

Download Vibration Plate Exercise Manual

Make sure this fits by entering your model number.; Premium Quality: Featuring a time-tested motor and sturdy steel construction to support up to 265 pounds, this commercial-grade, professional quality vibration plate delivers 500 watts of power for effective, low-impact training for all fitness levels. Page 2 SAFETY TIPS Do not use your Confidence Vibration Plate Power Plus with wet hands. Always turn off the power at the mains socket after use. Not to be used by pregnant woman. DO NOT drink alcohol and then use the Vibration machine. Standing Vibration Platform Exercise Full Body Training Machine This is a great Standing Vibration Fitness Platform machine that will help you improve your stamina, circulation and general fitness as well as combat cellulite and increase bone density all with low impact and fast results in the comfort of your own home. Just because vibrating exercise equipment might not give you the strength and weight loss results you're looking for, that doesn't mean that it's a useless scam. Dr. Joseph Mercola of Peak Fitness says that whole body vibration can help older adults who have problems with balance, can reduce bone loss and even alleviate pain.