

# FreeMotion i.Tonic

WHOLE BODY VIBRATION



Whole Body Vibration training is shaking up the way we work out. The FreeMotion i.Tonic Vibration Platform can enhance your workout and is built with a sleek, high-performance design. You can experience a total-body workout to help you increase strength and feel like a whole new person when you don't have the time to get to the gym.

Vibration training was first used in the 1960's in the Russian Space Program to help cosmonauts recover more quickly from the adverse affects of weightlessness – muscle atrophy. Since then, Olympic athletes have used Whole Body Vibration as a low-impact way to increase strength, flexibility, and rejuvenate their bodies.

The way that WBV works is the muscles in your body experience an involuntary contraction at the same rate that the platform is vibrating. Your body's response to this vibration stimulus can produce a variety of health benefits.

**Feeling Rejuvenated** – In studies, it has been shown that WBV training increases blood flow, increases production of growth hormone and decreases levels of cortisol (stress hormone). Your muscles act as a pump, releasing toxins built up in your body to relieve muscle soreness and tension. When set to Massage Mode, the FreeMotion i.Tonic can provide an exhilarating massage.

**Increase Muscle Strength** – Set the FreeMotion i.Tonic for 30 seconds at a frequency of 30 Hertz, your muscles will contract 900 times. Similar to doing 900 squats in 30 seconds, and you won't feel the stress in your knees. You can experience a total-body strength workout to tighten and tone in a fraction of the time it takes for a traditional strength-training session.

**Increased Flexibility** – WBV training helps to lengthen and strengthen your muscles and tendons for improved flexibility. When used before a traditional workout, stretching on the FreeMotion i.Tonic gets the muscles ready to work out and helps to prevent injury. After exercising, stretching on the FreeMotion i.Tonic helps muscles to release built-up lactic acid to decrease soreness and help rejuvenate and repair muscle.

**Combat Osteoporosis** – Studies have found that WBV training helped increase muscle strength in postmenopausal women and increase bone density.

**Increased Metabolism** – With the increase in blood flow, your body can more efficiently eliminate waste and better consume nutrients.

The FreeMotion i.Tonic boasts an impeccable design. The sleek, stainless steel frame and distinct aesthetic make it look more like a work of art, than workout equipment. A conversation piece for any home or office, the FreeMotion i.Tonic is a high-performance machine with patent-pending air cushion isolators and synchronized motors – all to provide smooth, consistent operation.

  
**FREEMOTION**  
i.Tonic

