

wpe



Wellness is a question of time

WELLNESS IS HARMONY BETWEEN MIND AND BODY

To achieve and maintain this state mind we devised a method of training can give beneficial effects in a short time, allowing anyone to get fitness and inner peace, regardless of age and the degree of athletic training.



A FORCE OF NATURE

The human body is constantly effected by the **force of gravity**, which is perceived by the organism as a state of imbalance. The attempt to find a new balance to counteract this force leads to a series of muscular contractions-relaxations (caused by reflex and voluntary stimuli) which have an effect on **skeletal, muscular, articular, circulatory and lymphatic functions**. FitShake oscillating plate uses the same principle, artificially generating variable frequency waves that amplify the feeling of imbalance perceived by the organism.



A WISE BALANCE

We have observed how the body reacts to solicitation induced by oscillations and in cooperation with the **Bioengineering Department of the Polytechnic of Milan** we have identified a frame of frequencies capable of simulating the solicitation that the body is subject to naturally during normal daily activities and when under stress. Sophisticated kinematic and electromyographic assessments have revealed beneficial effects for the locomotor apparatus. At the same time, thanks to our **Pilot Centre**, we have observed how various types of use interact with the oscillating plate, allowing us to define specific training programs, focus on increasing personal wellness and experiment with situations in which FitShake can become a vehicle for social relations.



A PERFECT MACHINE

These crossed studies have resulted in the creation of a truly functional machine. With FitShake nothing is left to chance: from the choice of material, to concealed finishes, everything has been designed to guarantee solidity, safety, curability and a pleasant appearance. **True to traditional Italian design, the shape of FitShake is born from its function.** The ergonomic curve of the tubular structure, about 160 cm high, offers complete freedom of movement thanks to the multitude of holds possible. The console audio/video in 5 languages, allows you to choose training modules that meet various requirements. FitShake can be used for **sport and physiotherapy, beauty and wellness, or prevention and therapy for the fitness of senior citizens.**

FitShake3.0

the **oscillating** platform
designed for the professional training,
wellness and aesthetics.



Oscillation and vibration are two synonyms that express the same motion characteristics of different size and speed: the rocking movement plays a large and slow (the pendulum), the vibrating movement small, fast (sound). The footrests pivot (oscillating or vibrator) are incline to the right and left around a central axis; platforms sussultorie (all vibrator) rise and drop. Fitshake specifically, the frame on the right and left about 13 mm around a central axis at a speed ranging from 1 to 24.

Our decision to marry the oscillating and tilting movement is supported by studies conducted at the Laboratory of Analysis of Posture and Movement “Luigi Divieti” - Politecnico di Milano - Department of Bioengineering, certify that the beneficial effects of Fitshake, since the stimulation produced can not create disturbances of any kind to the spine. A proof of this were highlighted three types of speed at which you can combine different types of training: rehabilitation, stretching and relaxation at lower speeds, a massage of the vascular and lymphatic drainage to intermediate speeds, and an excellent opportunity to muscle strengthening and weight loss in last speed supported by Fitshake.

FitShake is indicated for:

- trophism first level for beginners
- trophism Arthro-muscle rehabilitation for post-traumatic or surgical enhancement
- static-dynamic increase in muscle strength
- transfer to increase the force applied to the specific sport (football, basketball, volleyball, athletics, cycling, skiing, windsurfing, etc..)
- toning buttocks, thighs, abdomen
- lymphatic action and then action anticellulitica
- pressostatica and then against water stagnation periferico
- massage
- preparation for the mobilization of the vertebral articular facets and improving the elasticity and stability of the spine
- detensione paravertebral muscle and spinoappendicolare (stiff neck, lumbosacral blocks, etc.).
- improvement of body perception and development of a proper posture (scoliosis, ipercifosi, hyperlordosis, etc)
- psychosomatic relaxation and preparation for the maneuver unclamping of articular

FitShake3.0



SPECIFICATIONS:

- Power 1.5 Kw
- Acceleration from 0 to 5 G
- Width oscillation 13 mm
- Total machine weight 71 Kg
- Maximum User Weight 180 Kg
- Dimensions base 77 cm x 105 cm
- Depth tubular 160 cm
- Overall height 175 cm machine
- LCD – liquid crystal display
- iButton Key
- 50 preset programs
- Virtual Instructor in 5 languages





Accommodation for iButton key



Console audio/video with virtual instructor in 5 languages



Silver model

Antracite model

FitShake3.0

3 field of application

- sport and rehabilitation
- beauty and wellness
- fitness for senior citizens

5 training applications

- slimming
- anti-cellulite drainage massage
- toning and strengthening
- stretching and relaxation
- rehabilitation



100%
made in Italy

sport

FitShake can be used in sport as a means of support or as an alternative to traditional training, for warming up or winding down, or as a means of recovery during training. The solicitation produced by mechanical oscillations is capable of increasing muscular contraction by 30% leading to increased muscular strength and reactive elastic force.

In general, FitShake can be used to resolve various problems, including:

- muscular atrophy or hypotonia
- pubalgia (groin pain)
- problems with the Achilles tendon
- knee rehabilitation
- tension in cervical-dorsal muscles
- mobilization and trophism of the scapulohumeral joint



175 cm
high

beauty and wellness

FitShake allows **an improvement of basal metabolism, burning more fat and a consequent reduction of subcutaneous fat layers**. By activating the circulation and spraying more cells, helps to block the formation mechanism of cellulite, making the accumulation trend in waste disposal capacity of fat and muscle training trophism. Has an important effect of reinforcement of the connective tissue that gives skin a soft and smooth. Oscillations finally acting through the release in the body, quite naturally, of neurotransmitters such as serotonin and dopamine, which improves the mood and give a feeling of general well-being very similar to what you have at the end of a sport.

After 5 weeks of treatment with FitShake*:

* 2 sessions per week for 30 minutes in combination with a low calorie diet

- life circumference reduction from 1.5 to 3 cm
- reduction in circumference periombelicale 2 to 4.5 cm
- reduction in circumference basin SIAS to 2 to 3.5 cm
- reduced circumference at the base of the lower 2 to 3 cm



180 Kg
supported

fitness for senior citizens

Fitshake oscillations due to its sweet, its support safe and comfortable, provides an excellent opportunity to move to an elderly person in need and willing to pursue the following objectives:

- muscle stimulation
- bone stimulation
- articular stimulation
- circulatory stimulation

FitShake is also useful to **prevent osteoporosis**. The apparent improvement in muscle function induced by the administration of this treatment, producing effective stress on biological functions of the bones on which you enter. This factor, coupled with an increase in muscle strength and balance are key elements to improve the life of any elderly person (think, for example, at the lowest risk of falls that the increase of balance may result).

CUSTOMIZED FOR YOU

Finally, we wanted to offer our clients bespoke services so we have created personalised packages for **gyms, wellness centres and physiotherapy centres**. We can offer expert guidance from our qualified personnel and the possibility to become part of our **recognised WellPoint® network**. Some of the numerous services offered, please see our website **wpesrl.it** for more details, include the use of a marketing package that will provide you with all of the material needed to promote FitShake in your centre.





the Weltrainer

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