

# PneuVibe™

## PneuVibe Pro™

Combined with *dynamic* exercise, results are **OUTSTANDING!**

## PneuVibe Club™



PneuVibe Pro  
Lifting

Patent Pending



Available without handles

## Whole Body Vibration

## Vibration Exercises can be

Static (without moving) or Dynamic (while moving)

### Static Exercises

- Massage
- Blood circulation
- Strengthening
- Improve balance
- Therapeutic

### Dynamic Exercises

- Faster, more effective way to train
- Range of motion
- Reduce lactic acid

## Vibration for Rehab

- Joints, knees & shoulders
- Acute & chronic backs (scoliosis)
- Cervical & head pain
- Edema
- Parkinson's disease
- Osteoporosis

- Relax muscles with massage
- Increase circulation
- Increase bone density
- Increase metabolism
- Increase range of motion
- Increase muscle response
- Increase speed, power, flexibility & jump height

## Genuine Pneumex equipment



PneuMAP™



PneuBack Chair™



PneuWeight™



PneuWalker™



PneuVibe Club™



PneuVibe Pro™

### PneuVibe™

Model	Dimensions	Capacity	Speed
Pro	32x40"	1200 lbs	10 - 60 Hz
Club	32x18"	400 lbs	10 - 60 Hz

Pneumex's **ProVibe** is the only platform that allows for Olympic lifts and plyometric training with loads up to 1200 lbs." *Coach Satini*

After 27 years as a power lifter competing nationally and internationally, I started training on the **ProVibe** at 44 years. I set state and national records in three weight classes, ranging from 132 lbs - 165 lbs. As far as I know I am the first person to exceed 10 times my body weight in competition, squats 573 lbs., bench 341 lbs. and dead lift 529 lbs. Thank you Pneumex and Weber State University for allowing me to train on this leading edge equipment." *David Edmondson, Power Lifter*

Vibration is the most exciting tool I have found in 25 years. Our **ProVibes** are in use all day for everything from massage and joint stabilization to training and strengthening for athletes." *Don Gale PT*

## PneuVibe™

Twice the Results -  
Half the Time

