

Technical Specifications



1,5 kg
fitvibe® full motion dumbbells
white



2,8 kg
fitvibe® full motion dumbbells
silver/chrome



4,6 kg
fitvibe® full motion dumbbells
black



**full motion vibration
concept**



**Train upper AND lower body
AT THE SAME TIME!**

For more information, visit www.fitvibe.com

Your dealer:

fitvibe® is a division of GymnaUniphy N.V.

Get into the vibe - get in shape with the first real whole body vibration workout!

REAL WHOLE BODY VIBRATION WORKOUT

Whole Body Vibration is an exercise method which lets you achieve the same results you could get with regular resistance training in a lot less time. So far it was not possible to train upper and lower body at the same time while allowing full freedom of movement, and we have solved that problem once and for all.

These days, practically everyone involved in the fitness and wellness industry knows about the amazing results that can be achieved by using fitvibe® vibration exercise equipment. Now for the first time ever fitvibe® makes it possible to enjoy these benefits for every part of your body!



UPPER AND LOWER BODY

fitvibe® has developed an entirely new training concept: full motion vibration® training. This concept enables you to train your upper AND lower body at the same time. No straps, no cables, no loss of intensity - and as a result, optimal efficiency!

COMPLETE RANGE OF MOTION

Full motion vibration training is a new, exciting way to get in shape without restrictions. Complete range of motion, absolute freedom and a real, intense vibration workout for your entire body.

fitvibe® gives you the possibility to benefit from all of the advantages of vibration training exactly where you want them. You can train your whole body at once by standing on the fitvibe platform, challenging your lower body, while using top quality vibrating dumbbells to train your upper body. This will allow you to include free weight exercises into your training routine.

Integrated Training System - your personal trainer!

As far back as 2004, fitvibe® was the first with a MDD certification for the professional version, as well as for our equipment for home use. We were also the first company to develop an integrated training system with built-in training protocols.

The built-in intelligent card system enables personal trainers and physiotherapists to add customized remarks and indications, and even images!

The system enables trainers to write training programs directly onto the chip card using the ITS software.

The user inserts the chip card into the fitvibe® excel pro which immediately displays their personal training program; all training variables are set at once.

Simply press START and begin exercising.



fitvibe® excel pro

Vibration plate

Vertical vibration amplitude 2 & 4 mm
Ergonomic handles
Start / stop on platform
Extra large exercise surface
Frequency 20-60Hz (adjustable per 5Hz)
Frequency 20-60Hz (adjustable per 1Hz)
5 strap connection points

Handle

Integrated card reader
Electronics insulated from vibration
Start/stop on display
Start/stop by remote control

Software

Quick start
Dynamic 3-D pictures
Color screen
Integrated training software
Training & amplitude - Time card feature

Standard accessories

Foot straps (1 pair)
Hand straps (1 pair)
Remote control
Soft mat

Technical specifications

Weight 120 kg
Dimensions 1050 x 990 x 1440 mm
Maximum static load 250 kg
(Dynamic proportions 20%)
Noise level max. 71dBA
Standard colors: white, grey & black
Optional colors: on demand
Supply voltage: 230V +/- 10%, 50/60Hz
115V +/- 10%, 50/60Hz