

A Warp-Speed Workout. Train YOUR ENTIRE Body in Just 10 Minutes!

Health Station Pro is perfect for all ages and abilities. Try it today, experience these benefits:

- ▶ Flexes muscles hundreds of times a minute for an intense workout
- ▶ Increases fat loss and boosts metabolism - brilliant for managing your weight
- ▶ Strengthens and tones your entire body
- ▶ Increases bone density to strengthen bones
- ▶ Stimulates collagen and elastin to prevent aging
- ▶ Improves circulation and lymphatic drainage - reducing puffiness



- ▶ Improves flexibility, balance, core strength and posture
- ▶ Reduces stress levels and induces wellbeing
- ▶ Low-impact and gentle on your joints – ideal for use by the elderly
- ▶ Perfect for those who struggle with regular workouts
- ▶ Save hours in the gym and a ton of money on costly memberships

Interested? Then learn more about vibration training inside...

Read what some of our customers have to say...

“My family and I have been using the Health Station for 4 months and we all love it. I've had lower back pain for 4 years but since using this machine, my back pain is virtually nonexistent. I've always seen exercise as a chore but the quick, invigorating work-outs motivate me to get active. My muscle definition improved very quickly and I'm getting better results in 10 mins a day than I was with a much heavier exercise regime. I'd definitely recommend it to anyone.”

Janelle Paskins, QLD



“I am a 55 year old grazier and have been in the industry for 40 years and am constantly faced with intense physical and exhausting work on a daily basis. Since purchasing the Health Station I have used it everyday and have found that it eases muscle tension, body pain, toned my muscles, improved blood circulation and it has even helped reduce facial wrinkles. I strongly recommend it to any person who wishes to reduce injury recovery time, improve overall body function and see results fast.”

Michael Lucey, QLD

Health Station pro



Price List	RRP	Special
Health Station PRO	\$3999	
Delivery	\$150	
Optional Extras		
Arm Straps	\$39.99	
DVD	Free	Free
Payment plans*		
3 month (paid monthly)		
12 month (paid fortnightly)		
* Payment plans are interest free. Terms, conditions and fees apply.		
Valid until:		
Prepared by:		
Phone:		

Try Health Station Pro today and feel the difference!

1300 877 388 / healthstation.tv / info@healthstation.tv

Health Station pro

**BUILD A STRONG,
POWERFUL, AND
HEALTHY BODY
IN JUST 10
MINUTES A DAY**

With 'Jenna' - Your
very own virtual
fitness coach!



feel the Vibe

Health Station pro

Combines optimum performance with state of the art technology to bring you the ultimate workout!



What Is Vibration Training and How Does It Work?

Vibration training uses a rapidly vibrating platform to create an unstable surface. This throws your body off balance, causing your muscles to contract just to stabilize the body. This is known as whole body vibration (WBV) because it affects your entire body.

The platforms vibrate up to 50 times a second triggering a 'stretch reflex' which continuously contracts and relaxes muscles, increasing strength and blood circulation and aiding weight loss.

The stretch reflex is so powerful that just **10 minutes on a vibration trainer is the equivalent of an hour in the gym!**

Explaining The Effects of G-Force On The Body

The vibrations create a gravitational force or 'G-force' from the inertia of the moving plate. For example, G-force is when your body gets a 'heavy feeling' when taking off in an airplane. G-force increases the load on your muscles, helping build muscular strength.

This extra gravitational load is why NASA and the Russian space program use WBV to train their astronauts on space missions. Space has no gravity and doesn't provide any resistance for your muscles, essentially wasting them away. The increased G-force on the muscles not only prevents muscle wastage; it increases muscle tone and strength, aids fat loss and increases bone density.

G-Forces Work Your Body At Varying Degrees Of Intensity... The intensity of your workout is determined by how strong the G-force is:

G-Force Rating	Used For	Ideal For
< 4	Light massage and relaxation	Older people and those recovering from illness and injury
Between 4-7	Muscle toning	Anyone wishing to develop a lean and toned physique
Between 7-10*	Strengthening muscles	Those wanting to take their workout to the next level and build a strong and fit physique
Between 10-16	Building explosive strength	For serious athletes looking to enhance athletic performance
Over 16	Maximum strength building	Elite professional athletes only – can be dangerous for non-professionals

*Research shows that the optimal G-force for vibration training is around 8 Gs

Health Station Pro is the Next Generation in Fitness...

Meet 'Jenna' your virtual fitness coach!

The Health Station Pro is no ordinary Vibration Trainer. Not only does it pack a punch with a top speed of 24hz and up to 14Gs of power to skyrocket your fitness. It also includes our revolutionary inbuilt fitness coach 'Jenna'.



Jenna comes to life on the 7" LCD touch screen and walks you through all the different exercises you can do on your Health Station Pro - perfect if you need extra instruction to perform your exercises. She can take you through complete workouts based on your ability level or based on the area of the body you want to focus on.

Jenna is a world first in Vibration Trainers and will take your workout to a whole new level!

Health Station Pro – Light Years Ahead of the Competition!

"I have owned my own beauty salon for 2 years, my main treatment is Endermologie; a treatment for cellulite. I bought a Health Station and have been following up the Endermologie treatment with 10 minutes on the Health Station. I have seen fantastic results using this combination with cellulite being further reduced and significantly improved muscle tone. I am now offering sessions on the Health Station as a standalone service and find they are increasingly popular due to the fast and visible results my clients' experience. I myself use the machine 4 or 5 times a week and have experienced a reduction in cellulite and improved muscle tone. The Health Station has been a great investment for my business."

Beverly Ellis, WA
bodyimpressions.com.au

Ideal for home and light commercial use, the Health Station Pro:

- ▶ Allows you to create and store multiple user profiles to track and monitor your progress.
- ▶ Introduces Jenna the revolutionary 'Fitness Coach' who takes you through upper, lower and full body workouts – it's like having your very own personal trainer!
- ▶ Optimum power with a speed range of 6-24Hz and up to 14Gs – giving you the performance of a commercial trainer at a price you CAN afford
- ▶ Includes arm straps for upper body toning
- ▶ Speed displayed in Hz so you can see exactly how fast you're moving!
- ▶ High-resolution Touch Screen LCD display for ease of use and perfect picture quality
- ▶ Includes a BMI calculator with personal recommendations to help you manage your weight
- ▶ Multiple preset workouts based on body part or fitness level
- ▶ Upload your favourite music and photos to keep you entertained while working out
- ▶ Rear wheels for easy mobility
- ▶ 5 year warranty*

*5 year warranty includes 1 year full warranty and an additional 4 year extended parts only warranty

"We are both in our 50's and were members of our local gym in an effort to increase fitness, tone up, improve muscle strength and lose unwanted kilos. We saw the Health Station at the home show and were impressed with the demonstration by the instructors. We took the information home to read and consider overnight the value of purchasing against the cost of gym membership for two. The following day we returned and purchased the machine. Over the next few months we both noticed strengthened muscle tone around the torso and leg area with improved circulation including losing 3-4 kilos. For many years I have had lower back/hip problems, since using the Health Station I have found both my hip and lower back are stronger. From our results to date we would certainly recommend anyone interested in improving health and fitness to purchase a Health Station."

Ian & Lorrene Redman, SA



Technical Spec Details

Technical Spec	Details
Dimensions	740 x 940 x 1365mm
Amplitude	12mm
Power Consumption / Motor Size	900W
Gross Weight / Net Weight	60kg / 55kg
User Weight Capacity	160kg
Frequency / Speed	6-24Hz

Just to be on the safe side

If you have any health condition that could possibly prevent you from using the Health Station please inform and ask one of our team members for our list of contraindications prior to trying or buying the Health Station.