

V-ACTIVE FITNESS



Alpha Fitness is the amazing whole body vibration training system that attain your weight loss, Body Shaping & Fitness goals - Fast!

Vibration Training can achieve the same results in just a fraction of the time compared to conventional fitness training methods - With only 10 minutes per day and the minimum of effort you will have all the benefits of a full intensive strength workout.

These futuristic vibration fitness helps you to TONE UP, slim down, increase circulation, accelarate fat loss and reduce the visible appearance of cellulite, but you don't need to spend lakh - Now you can afford the latest break through in Weight Loss and the Fitness Technology.

IT ALL STARTED WITH SPACE RESEARCH

Whole Body vibration (WBV) research al started with cutting edge space research and NASA who studied the effects of vibration massage on bone mineral density. Today, 100s of academic research papers have been released highlighting the many positive benefits of whole body vibration training.

- 1 Vibration Training can be achieve results in a much shorter period than conventional & the Intensive Training.
- 2 Vibration Training is a low impact training method suitbale for a range of activities, fitness levels and physical abilities.
- 3 Vibration Training has many valuable benefits for weight loss, fitness, wellbeing, injury recovery an active ageing.

PRODUCT

Warranty Card

BILL NO	:
PURCHASE DATE	;
WARRANTY PERIOD	: ONE YEAR
DEALER NAME	÷
SALES EXE. NAME	;
SALES EXE. NUMBER	:

NOTE : KEEP THIS CARD SAFE. THIS CARD AND INVOICE ARE REQUIRED FOR REPAIRS





Reverse Push Up

The Benefits of Reverse Push Up:

This strong pose strengthens the core of the body , developing power and mobility in the wrists. It contracts the abdominal and oblique muscles and tones the arm. Promotes flexibility and blood flow into the toes and ankles.

Getting into position:

- Spread the fingers wide apart, keep the hands directly underneath the shoulders
- Elbows straight, look towards the floor.



Deep Forward Bend

The Benefits of Deep Forward Bend Posture :

An advanced posture, this will help to lengthen the hamstrings, gluteal muscles and lower back.

Getting into position:

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- Feet hip width apart, lengthen through the spine tuck the chin under
- Relax the head and neck towards the floor and neck
- Bend the knees if you are need to take care of the lower back.

V-ACTIVE FITNESS EXERCISE BENEFITS

Tjhe Trillionaire Mindz smoothly oscillates and triggers a rapid reflexive contraction of your muscles between 25 and 50 times per second. This movement causes your muscles burn large amount of energy (kj/cal) hence emptying the fat cells of their stored carbohydrates due to accelerated muscle load.

Compared to traditional training methods, this achieves better results in less time with less time effort. You are always in control, as you can select the optimal level of oscillation movement suitable to your training and objectives. The net results will be a real breakthrough in your training and conditioning as you get to focus on the results you want to achieve.



WHY V-ACTIVE FITNESS

WORLD'S MOST POPULAR

MACHINE??

The TM Alpha fitness phenomenon is changing the way people think about exercise & fitness. We believe that creating a natural beauty body should be affordable for everyone. That's why the products we offer as designed to suit to your budget thats why TRILLIONAIRE MINDZ ALPHA FITNESS is the world's most popular vibration Training Platform.

WHY IS

VIBRATION TRAINING

SO EFFECTIVE ??

The reason why it is so effective, is that superior muscle-activation created by the TM Alpha Fitness, recruits and stimulates upto 100% of your muscle fibre's under rapid movement - unlike normal exercise (such as run) that only uses upto 50%-70% of them. As a result you can burn far more calories than you could burning during a normal gym time.

But the best thing though, is that you don't need to spend hours each sweating it out at the gym each day - just 2-3 short 10 min sessions each day will give you the results you are looking for. It's not quantity you need just simply a better quality of regular muscle workout provided by the TRILLIONAIRE MINDZ ALPHA FITNESS.

WOW, THIS IS A

BREAK THROUGH!

Yes, you will be surprised at just how many peoples are actually using this vibration training technology and it snot just Hollywood, Elite Atheletes or NASA- there is whole fitness gyms dedicated to vibration Training. As people have seen the benefits of using the technology, they have been fast to adopt this into their daily routine .



Gentle Push Up

The Benefits of Gentle Push Up posture:

Strengthens the upper body; the triceps, chest & pectoral muscles and helps create flexibility in wrists.

Getting into position:

- Keep the elbows tucked in towards the side of the bodu
- Can be done with feet raised or on the floor.



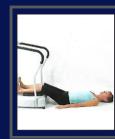
Hip Raise

The Benefits of Hip Raise:

Strengthens the back and opens the chest and sternum, stimulating the thyroid and parathyroid glands. Lengthens the front of the body, activating the lungs meridian.

Getting into position:

- Keep the next straight and shoulders relaxed
- Draw up through



Calf Massage

The Benefits of Calf Massage:

Great after a run or after standing up for long periods. Soothies tired feet and legs and helps improve circulation to the lower extremities.

Getting into position:

- Allow the upper body to relax and feel the grounding of this posture.
- Lengthen the back of the neck along the floor.



Advanced Tricep Curl

The Benefits of Advanced Tricep Curl:

A dynamic posture, strengthening for the whole body. Opening up the chest, working deep into the shoulders.

Getting into position:

- Lengthen through the inner thighs and buttocks take the head back if it feels comfortable with the neck otherwise tuck the chin under slightly gazing straight ahead.



Neck Release

The Benefits of Neck Release posture:

A restorative pose, quietening the mind, relaxes the heart and is a cooling posture. Activates the lymphatic system and works the hamstrings. Getting into position:

- Hands at least shoulder width apart with feet, hip width apart
- Relax the neck and take the top of the head towards the floor.



Abdominal Strengthener

The Benefits of Abdominal Strengthener:

Improves Balance, tones and strengthens the abdominal muscles and lower back.

Getting into position:

- Start with the feet on the floor and slowly raise the legs, thighs either side of the central bars
- Chest Forward, shoulder back, keeping the lower back straight.
- Can be done holding the handles for extra support.

V-ACTIVE FITNESS

Vibration Training Studies & Press Info

If you want to read up on the research, linked below is a sample of the latest scientific paper available. Alternatively, a quick Google search on "Vibration Training Research" will give you plenty of results.

- Whole Body Vibration Study of Patients
- Whole Body Vibration Research
- Effects of WBV on muscle Activity, Strength & Power
- WBV elderly persons and its influence on muscle performance,
- balance and mobility • Strength increased after WBV compared with resistance Training
- WBV induced increase in leg muscle activity during squat exercises
- Vibration Sensation Whole Body Vibration ABC
- Wobble to wellbeing vibration platform The Sydney morning Herald • Effect of Vibration exercise on muscular performance, balance and bone
- WBV & Resistance Training prevent Bone Mineral Loss
- Quick Work of Exercise NBC NEWS
- Madona has a wobbler The Sun
- Good Vibrations Machine
- Vibration Training English Institute of Sports
- Acute effects of WBV on muscle activity, strength and power
- Neuromuscular responses to two WBV during dynamic squats
- Comparing the effects of differernt WBV intensities on vertical jump
- Strength Training on Vibration Plates
- WBV range of Motion Study
- Explosive strength in elite and ameteur atheletes
- Performance enhancing effects of squats on a vibration platform
- WBV & Vertical jump performance
- Decrease in Cellulite
- The effects of vibration on human performance and hormonal profile
- Effect of four-month vertical whole body vibration on performance
- Trends in Training Science : The use of vibration Training
- WBV a new approach of exercise approach
- Bone and Spacefight
- Oxygen uptake in WBV Exercise
- WBV exercise in the elderly people
- WBV exercise leads to alterations in muscle blood volume • The science and application of vibration training



WHAT IF YOU HAVE OSTEOPOROSIS?

- ▶ As the baby boomers enter their 50's 60's more women are facing the diagnosis of osteoporosis prescribe anti retoratives medication and told to engage in load bearing exercise.
- While aerobics and strength training are beneficial, many women find this too rigorous and soon out. The TM Alpha Fitness can help to them by offering a low-impact alternative that really works.
- Research of postmenopausal women has shown that the whole body vibration is able to increase the density of the hip. At the same time, the women gained muscle strength and postural stability, put lower risk for hip fracture.
- Whole Body Vibration offers a drug free addiction to your osteoporosis wellness plan because :
 - 1 As your muscles get stronger, your bones get stronger
 - 2- Whole Body Vibration is gentle and has low impact on joints
 - 3- Whole Body Vibration is load-bearing resistance exercise
 - 4- Whole Body Vibration is less risky than weight training

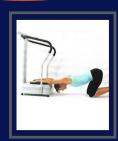
WHAT CAN THIS MACHINE DO FOR YOU IF

YOU HAVE A MEDICAL CONDTION OR REHABILITATION?

Doctors generally advise exercise to alleviate the back pain, regain strength and flexibility in joint poor circulation. slow down the effects of harmul diabetes and build bone density for women, where exercise and movement are important for children with cerebral palsy. Even Parkinson's disease, fatigue are improved by exercise.

The TM Alpha Fitness moves your body when you can't. The gentle vibration ways.

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Kneeling Shoulder Stretch

The Benefits of Kneeling Shoulder Stretch:

External rotation of the shoulder for releasing tension and stretching underarms, sides & back of torso.

Getting into position:

- Lengthen across the shoulder blades, tuck the chin under so the spine is straight up the neck to top of the head.



Advanced Push Up

The Benefits of Advanced Push Up:

Strengthens & tones the abdominal region and the whole upper body; biceps, triceps & pectoral. This pose can be performed with knees on the floor.

Getting into position:

 Place hands directly underneath shoulders & drawup through the abdominal muscles.



Back Strengthener

The Benefits of Back Strengthener:

A good foundation posture; strengthens the whole whole back and arms, releasing tension in the shoulders.

Getting into position:

- Place feet slightly pigeons toed, directly under the hips; can be done with knees slighlty bent.
- Tilt the pelvis forward, lengthen through the spine, tuck the chin under for alignment



Lower Back Extension

The Benefits of Lower Back Extension:

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This advanced energising pose opens up the lower back and is strengthening for the arms and upper body.

Getting into position:

- Bring the chest forward and shoulders back, draw up through the inner thighs & buttocks. Look straights ahead.



Shoulder Stretch

The Benefits of Shoulder Stretch position:

This is a resting posture for the heart while activating the lymphatic system. Opens the shoulders and lengthens the harmstring. Getting into position:

- Stand with feet hip width apart and slightly pigeon toed, tilt the pelvis forward taking the chest forward thighs.
- Can be done with knees bent.



Sitting Gluteal Stretch

The Benefits of Sitting Gluteal Stretch :

Promotes fexibility in the inner abductors and draw oxygenerated blood to the pelvic area. Massages into the buttocks and thighs, stimulating that fat cells; working the cellulite.

Getting into position:

- Place hands directly underneath shoulders & drawup through the abdominal muscles.



Sitting Forward Bend

The Benefits of Sitting Forward Bend:

Activates the stomach meridians, and takes oxygenated blood to pelvic region. Promotes flexibility in the hamstrings, gluteal muscles & lower back.

Getting into position:

- Tilt the pelvis forward, lengthen through the spine Take the chest towards the thighs
- Can be done with knees bent.



Tricep Curl

The Benefits of Tricep Curl:

Strengthening for the triceps, biceps, pectoral and deltoid muscles, opening up the front of the body.

Getting into position:

- Feet hip width apart and slightly pigeon toed Keep chin parallel to the floor, gazing straight ahead
- Can be done in an active posture, raising & lowering
- the hips.







Calves

Inner Legs

Beautifully accentuate and define some natural looking calves

Shape and tones some great looking legs

Smoothly tone and eliminates fat where other workouts can't







Gluteals



Upper Body

MACHINE FEATURES

OPERATIONS

- ▶ 1-50 Glasss of different working speed
- ▶ 3 specially designed programms
- Joing tal LED Screens, one indicates the program number ("program Selection") the second shows time elapsed and heart pulse ("Time/Pulse") and the third shows the ("Speed")





Quadricep Stretch

The Benefits of Quadricep Stretch:

Beneficial for strengthening the standing leg. Promotes flexibility and blood flow to the feet, ankles and calves. Helps improve balcance.

Getting into position:

- Keep the knees even and draw up through the abdomen.



One Legged Stance

The Benefits of One Legged Stance:

Great Lenght strengthner, promotes balance and focus and opens up the hips.

Getting into position:

- Always place the foot above or below the knee
- Keep hips even and rotate knee out to the side



One Legged Side Stance

The Benefits of One Legged Side Stance :

This advanced pose stretches the inner abductor and groin while strengthening the standing leg. Works into the inner thigh and A the liver meridian.

Getting into position:

- Tucking the tailbone under, lengthen through the spine as you take the leg out to the side.



Deep Lunge

The Benefits of Deep Lunge:

Strengthens the quadriceps of both legs, working into psoas muscle (these lies behind the abdominal contents, running from the lumbar spine to the inner thigs near the hip joints) and increases hamstring flexibility. It can be done holding the handles for balance.

Getting into position:

- Keep the front knee on top or behind the ankle.

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YOGA workout



Wide Legged Stance

The Benefits of Wide Legged Stance:

Great for the elderly, overweight, those new to vibration Therapy and to warm up and cool down after exercise.

Getting into position:

- Place the feet parallel on the both sides of machine with heals turned slightly outward.
- The further apart the feet, the greater the oscillation



Squat

The Benefits of Squat positions:

This stance is great for strengthening and increasing blood flow to the feet, knees, quadriceps and low extremities.

Getting into position:

- Keep feet parallel with the sides of the platform, about
- hip width apart.
- Bend the knees keeping them in line with 2nd & 3rd toes.



Deep Squat

The Benefits of deep Squat positions:

The advances position is beneficial for strengthening and increasing blood flow to the knees, quadriceps and low extremities.

Getting into position:

- Place both feet parallel on the platform
- Lengthen through the spines, shoulders back, chest forward and chin parallel to the floor.

Layout out of all parts of the package.

























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ASSEMBELY INSTRUCTIONS

- ▶ Layout the main unit (P1) on an even surface
- ▶ Take wire (P2) pass it down the middle of the support tube Please pay the attention to have larger connector at the top Please see the picture carefully (P2)
- When you assemble the main support tube, make sure the wires remain main unit. Please see the picture (P3) and make sure the wires remain connected.
- Now, slot the main support tube into the main unit, please see the picture P4. Pay attention to use correct tools and screws: Hexagons screws 8x50. The picture P5 shows how the main support tube should look like when connected and assembled.
- ▶ Take the 2 bottom support bars (P6) and place into the main unit.

 Please make sure the top of the bottom support bars are angled away from the main unit. Take the correct tool and use middle screws: M6X10 and washers to secure the bottom support bars to main unit. This should be done at the bottom of the main unit. See picture P6.
- ▶ Take the top support bars and place on the top of the bottom support bars Pay attention that the top bars fits into the main support tube. See pic P7 Take the tool and use small screw: 5x10 to secure the top support bars to the bottom support bars. Please see picture P9.
- Use the collect tool and take the big screws: M8X40 and secure the top support bars to the main support unit. Please see picture P9.
- ▶ Connect the wires of the control panels to the wires of the main support tube. Please see picture P10.
- Place the control panel onto the main support tube and feed the wires inside the main support. Please to picture P11.
- ▶ Finally, using screws M6X10 at the bottom side of the control panel. Than, use tool to secure the control panel to the main support tube. Make sure to secure the front screw first, than screw on two sides.

(2) Usage Instructions

- 1 Power on, the PROGRAM SELECT window show "HL"; TIME / PULSE window show "010", which means timing for 10 minutes; SPEED window show "00"
- 2 In any status, press the TIME / PULSE key to change the show of time or pulse or in the middle of the displayer window.
- 3 In the standby status, press the START/STOP key, the machine is in the working program. They are manual mode "HL" automatic program "P1" automatic program "P2" and automatic program "P3". Timing for every program: 10 minutes.
- 4 In any standby or working status, press the PROGRAM SELECT key to choose the working program. They are in manual mode "HL" automatic program "P1", automatic program "P2", and the automatic program "P3". Timing for every program: 10 minutes. On the automatic program the speed
- 5 In any status press the PULSE key and hold the heat rate sensors. The present heart rate will be showed on the screen.
- 6 Instructions for the Automatic Program Working Mode:
 - : Automatic Program P1:- Slowly increase your body' Heart rate & vibration resistance. Every 30 minutes, the speed change from Start to 10-15-20-25 30-35-30-25-20-15, keep cyclic motion.
 - : Automatic Program P2: Keep your heart rate into fast burning zone. In every 30 minutes, the speed changes from Start to 5-10-15-20-25-30-35-40 keep accelerated motion.
 - : Automatic Program P3 :- Fartlek Training for advanced atheletes. In every 30 minutes, the speed change from Start to 15-30-45, keep keep accelerated motion.

(2) Assembely Instructions

Before starting please layout out all the parts from the package Thanks!