

Body Shaker Manual

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Body Shaker es un sistema de acondicionamiento fisico a base de vibración que produce una intensa contracción de fibras musculares hasta 30 veces por segundo...

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A whole-body vibration workout session of up to 10 minutes is just about enough to achieve the kind of exercise one would acquire having spent up to a full hour in the gym. Research has also proven that metabolism is boosted up to 18% when the user faithfully workouts 3 times a week for over 6 weeks. This means that relaxation has been taken to a whole new level where one is able to burn a ...

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At Manual Mode, press these button to adjust the massage speed How to use the power switch Power Switch Secure the electrical cord to the power connector. Turn on main power at this switch. If necessary press the reset button located next to the power switch to turn the unit on again. page OPERATION INSTRUCTION 5.

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Whole-body vibration can offer some fitness and health benefits, but it's not clear if it's as good for you as regular exercise. With whole-body vibration, you stand, sit or lie on a machine with a vibrating platform. As the machine vibrates, it transmits energy to your body, forcing your muscles to contract and relax dozens of times each second. The activity may cause you to feel as if you're ...

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