



www.fitvibesmart.com

Belgian top model Phaedra Hoste:
 "Being a media figure means my life is very busy, but my Fitvibe Smart keeps me in shape!"



Dylan Vanholme, building contractor:
 "I build fitness and wellness studios, so I know that a lot of these businesses have Fitvibes. It's great that I can train at home too, without compromising on quality!"

fitvibe smart[®]
Your personal coach

For more information, visit
www.fitvibe.com
www.fitvibesmart.com

your dealer:

FITVIBE SMART

Accessories, options and technical specifications:

Vibration frequencies:	30Hz-35Hz-40Hz
Intensity (amplitude):	High/Low
Active time:	15-180 sec
Integrated training schedules:	yes
Voltage:	115V ± 10%, 50Hz/60Hz or 230V ± 10%, 50/60Hz
Dimensions (WxDxH)	630 x 950 x 1400mm
Weight:	approx. 65kg
Maximum load:	150kg with a dynamic component of 20%
Colours:	White, grey and red

Fitvibe Smart is delivered with these standard accessories:
 1 set of training straps, a mat, a poster, a training guide and a remote control.

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**GET IN SHAPE
 PROFESSIONALISM FOR THE
 HOME!**



fitvibe smart[®]
Your personal coach

fitvibe smart®

Your personal coach

When you get the Fitvibe Smart, you are getting a top quality vibration plate. A workout when it suits you. Targeted training has never been so accessible!

The Fitvibe Smart means quality and effective results. Just take a look:

PROFESSIONAL VIBRATION PLATE FOR HOME USE

COMPLETE WORKOUT ON 1M²

BUILT-IN TRAINING SESSIONS

EXERCISES ON THE SCREEN

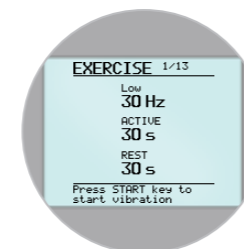
VIRTUALLY SILENT

QUICK START

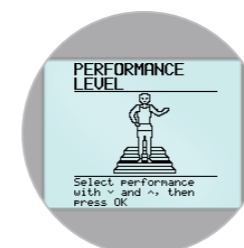
2 AMPLITUDES, 3 FREQUENCIES

BEST PRICE/QUALITY

MAXIMUM RESULTS WITH THE BUILT-IN PERSONAL COACH



- **Choose the indication**
There is a choice of 5 training modules: Relax and massage, Upper body strengthening, Leg strengthening, Stretching and Body-shaping. All parameters are pre-programmed.



- **Select the training level**
The Fitvibe Smart will always let you start at the right level for you.



- **Exercises**
All the parameters are pre-programmed. The Fitvibe Smart displays the correct exercises clearly on the screen.



- **Free mode**
Exercise as you see fit. Assume the exercise position and determine the vibration time, frequency and amplitude for yourself.

Example exercise for the lower body



Example exercise for the abdominal muscles



Example exercise for the upper body

ARE YOU READY FOR THE VIBRATION PLATE OF THE FUTURE?

In shape – with ease

“No pain, no gain”, that’s what they say. But it’s different with the Fitvibe Smart. Set your own targets and achieve them in the comfort of your own home. Lightweight and easy to move, the Fitvibe Smart makes good on all its promises.

How does it work?

The Fitvibe Smart works on the principle of controlled Whole Body Vibration. Or to put it more simply: vertical vibrations that are transmitted to the body. The Fitvibe Smart’s parameters have been selected to obtain the optimum response to these vibrations from the muscles as they automatically tense and relax. The Fitvibe Smart trains your body through intense and extremely effective muscle contractions. And you can also enjoy a relaxing massage or stretching, stimulating the blood circulation.

The Fitvibe Smart does not just strengthen your muscles! The vibrations also have a healthy effect on your tendon and bone tissue, the nervous system and the hormonal balance. Ask your distributor for more information and convince yourself!