

## Goals

Massage component reduces muscle tightness.

Excellent for reducing DOMS - delayed onset muscle soreness

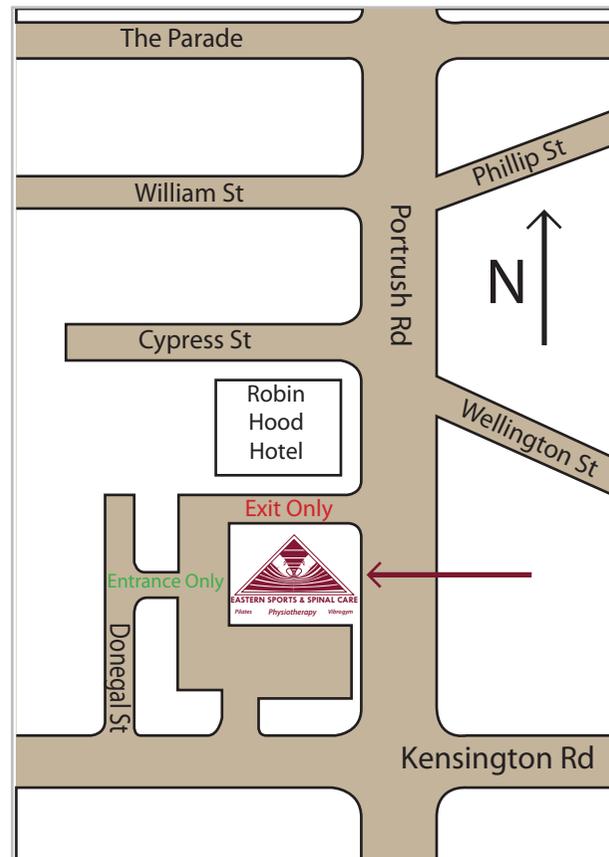
Programs can range from very gentle to very challenging depending on your specific needs.

As whole body vibration training increases your metabolism it is a very useful adjunct for those wanting to reduce body fat, in conjunction with a good diet and a cardiovascular program.

The machine is suited to ages 14 years + and caters for a range of needs. It can be used as an alternative to traditional gym work, to improve balance and bone density for the aged or for those with very tight muscles, to name a few.

We are happy to discuss its suitability with you over the phone.

## Location



141 Kensington Road  
NORWOOD SA 5067

### Opening Times

Monday - Friday

8:30am - 6pm

**Ph:** 8331 0606

**Fax:** 8331 0832

**Web:** [www.sportsspinal.com.au](http://www.sportsspinal.com.au)



# Vibrogymp



As used by Tatiana Gregorieva, Shaquille O'Neal, Kylie Minogue, Prince Albert of Monaco, Essendon Football Club & Arsenal FC

# How It Works

The *Vibrogym* stimulates muscle reflex contractions as the user weight bears on the platform activating more muscle fibres than when performing an exercise on a stable base or when using general exercise equipment. A range of exercises are prescribed on the Vibrogym, according to each individual's needs.

Approximately 90% of each muscle is activated throughout exercise performed on the *Vibrogym* compared with 40% for a standard exercise on a stable floor.

Therefore, a workout on the *Vibrogym* is much more efficient.

30 mins on the *Vibrogym* = 90 mins in the gym

## How We Can Help You

No one is better qualified to assess your body and design a specific program to improve key areas than one of our physiotherapists. Each one has had detailed training on the various exercises that can be performed on the *Vibrogym* and the benefits they provide for your body.

### Our Physios Will:

- Determine your specific goals
- Assess your current physical condition
- Design a personal program for you
- Teach you your *Vibrogym* exercises
- Renew and upgrade your program to help you achieve your goals



# Pricing

**Initial Consult** - \$99.50

An initial 1-on-1 consult with a physio is required at Eastern Sports & Spinal Care to assess and design your program on the *Vibrogym*.

**Supervised Subsequent Consults** - \$69.50

Depending on your progression you are likely to require 1-2 additional 1-on-1 sessions with a physio before you begin your unsupervised program.

### Private Sessions

Once you have been cleared to use the machine without supervision, there are three payment options available. Users can only book in single half hour availabilities

#### 1. 1 Week Block

\$30 p/week

= unlimited usage for 1 week

#### 2. Prepay for 8

\$160

= \$20 p/session

#### 2. Pay per session

\$25 each

## Availability

The *Vibrogym* is available to use during business hours (Monday to Friday 8:30am - 6pm). As we like you to exercise in the privacy of our gym, some times may be unavailable due to time clashes with group exercise classes. Bookings are essential.

Call us today to book a time that suits you.

8331 0606