

LET'S GET TECHNICAL...

“ CardioTech is a Member of the IVTRB (google it!) ...the International Vibration Training Regulatory Body! ”

PERFORMANCE	
MOTOR	High Torque
MOTOR SIZE	5kg
PLATE SURFACE	53 x 37cm
SPEED RANGE	1-99
TIME SETTING	Up to 10 minutes (high speeds for massage)
DISPLAY	1 large easy to read LCD Blue Backlit display, featuring: Time; Speed, Pulse
VOLTAGE & WEIGHT REGULATOR	Yes
PULSE METER	Yes
CALORIE METER	Yes
PROGRAMS	8 pre-set massage programs
VIBRATION	'See-Saw' motion to simulate walking
AMPLITUDE	1-10mm
HANDLE BARS	Side mounted for easy grip and supported balance

QUALITY	
MAXIMUM LOAD	150kg
WARRANTY	5 years on motor; 2 years on parts and 1 year on labour
MACHINE WEIGHT	39.4kgs
FRAME	Steel frame with high quality plastic base
ASSEMBLED HEIGHT	137cm
BASE HEIGHT (STEP-UP)	26cm
FOOTPRINT	72cm x 60cm

Specifications are correct at the time of printing and are subject to change without notice.

CONTRAINDICATION TO VIBRATION

Whole Body Vibration is safe for the large majority, but may not be suited for some people. Please seek medical advice before using Whole Body Vibration. In particular, if you are pregnant or have any medical condition whatsoever please do not undertake Whole Body Vibration exercise without approval of your medical practitioner. Pets should not use Whole Body Vibration and children should only use under the supervision of a qualified professional.



CardioTech's sister company, T-Zone Vibration based in Canada, holds all proprietary design rights over the CV12 Vibration Machine.

CardioTech® Australia Help Centre
1300 13 55 96

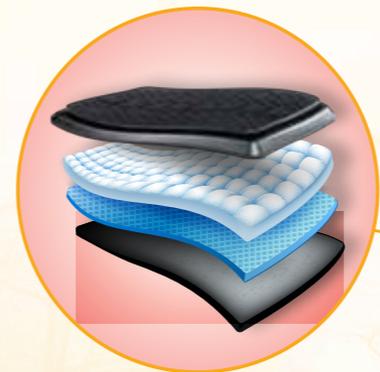
www.vibrationworks.com.au | info@CardioTech.com.au

TRANSFORM YOUR BODY

LOSE WEIGHT 50% FASTER WITH VIBRATION*



with **MAGIC MAT** ...bounce-back polymers are soft on joints



ALSO Recommended for SENIORS

AUSTRALIA'S VIBRATION EXPERTS FOR OVER 10 YEARS
By **CardioTech**
www.vibrationworks.com.au

INCLUDED ON Australian Register of THERAPEUTIC GOODS

* See details of study on back cover.



CardioTech CV12

*University research shows that when exercising with Vibration Training combined with a calorie controlled diet you can lose weight 50% faster than with cardio exercise alone. Published in Obesity Facts, 2010: "Effect of Long-Term Whole Body Vibration Training on Visceral Adipose Tissue: A Preliminary Report"
**Based on time spent to achieve equal weight resistance benefit.
Prices, specifications and design are correct at the time of printing and are subject to minor changes without notice. August, 2021©

THE CV12 HERE'S THE SCOOP...

Fast track results, leave gym and boot camp in your wake with the CV12! Why spend an hour at the gym when you can reap the same benefit in just minutes?***
Make your time count!

Blast cellulite, work that core, tighten that pelvic floor! The frame supports you to hold challenging positions longer so you get leaner and stronger faster!

VIBRATION WORKS

390 Clinical Studies
on Whole Body
Vibration

ON HAND

***Based on time spent to achieve equal weight resistance benefit.

* See back cover.

BASED ON SCIENCE HOW VIBRATION WORKS

The CV12's tilting action puts our muscles under pressure to stabilise. Our body reacts with involuntary muscle contractions. It's what keeps us from falling over, without even trying. The full body effects are similar to strength training, but achieved in a fraction of the time!



Exercising with Vibration may help...

- Improve flexibility and circulation
- Increase strength and balance... that's your mobility!
- Reduce dangerous visceral fat*
- Find time to exercise
- Shrink that waist
- Increase lean muscle
- Reduce cellulite
- Maintain bone health
- Relieve pain through improved circulation
- Strengthen pelvic floor to prevent incontinence
- Feel more relaxed... worry-free
- Gain more energy
- Improve skin tone
- Improve digestion and sleep

EXPERTS AGREE

“ We use only those tools that have undergone extensive research. As a result, we now use Vibration Training with virtually all our clients because of the significant benefits we've seen and measured. ”



Duncan Maxwell

DUNCAN MAXWELL Elite Athlete Fitness Trainer, Strength Coach, Lecturer, Presenter and Corporate Health & Lifestyle Consultant

OLD METHODS DON'T WORK

In Australia, 2 out of every 3 adults are overweight or obese. Our weight loss industry is worth \$466M and growing!

Fad diets and rigorous training programs aren't helping. The weight comes back faster!

Why? By restricting your calories or doing heavy cardio, you strip muscle as you drop the fat. Might not seem important, but muscle is what drives our metabolism.

The only way to preserve muscle is through resistance exercise. And with WBV this may be accomplished far more efficiently than conventional weight training in the gym, by following a commercially-proven program.

THINKING OF JOGGING FOR WEIGHT LOSS? THINK AGAIN...

Like many other diet and exercise myths the benefits of 'Jogging' are not what you may think...

- Your body is likely to drop muscle with this moderate-intensity exercise. Muscle is the furnace that burns calories, so the last thing you want is less muscle!
- As you increase endurance, you'll gradually start burning fewer calories during your runs.
- Painful shin splints and the long-term deterioration of joints (knees, hips etc) are common!

You need the CV12 to give you tone, to give you definition... you need muscle! No one wants to be a skinny, flabby person!!!



CLINICAL STUDY PROVES FASTEST WEIGHT LOSS WITH VIBRATION

The remarkable results are all there in black and white in a university study published in 'Obesity Facts' (completely unfunded- so no bias!). A total of 61 participants completed the study over 12 months. Here's a few of the startling facts!

AFTER 12 MONTHS:

- The Vibration Group experienced **50% faster weight loss** compared with the Cardio Fitness Group
- **Visceral fat was significantly decreased** in the Vibration Group, but NOT the Cardio Fitness Group
- **Waist circumference decreased** the most in the Vibration Group
- Vibration was the **ONLY** group where **Waist to Hip Ratio significantly decreased** after 3mths, 6mths and 12mths!

STRENGTHEN AND TONE IN JUST 10 MINUTE WORKOUTS!

SPENDING HOURS IN THE GYM? NO WAY!

Your 10 minute Vibration workout can equal an hour in the gym – here's why... Depending on the speed, muscles will contract up to 15 times per second and as the acceleration forces increase, your body will feel as if it weighs more. This clever technology means you can work against a far greater gravity force in every movement you perform. Studies show that users have achieved impressive benefits in a fraction of the time.** So easy... your workouts will fly!



IN SHAPE FOR LIFE HOW VIBRATION WORKS...

Whole Body Vibration

The technology is relied on by major centres in Europe, the USA, Canada and Australia. Professional sport teams have adopted WBV to develop explosive strength and for rehabilitation. Health Spas are offering clients personalised sessions for massage and relaxation and Personal Trainers are using it exclusively for the ultimate whole body strength and toning workout.

WHOLE BODY VIBRATION HAS SHOWN, THROUGH EXTENSIVE WORLDWIDE RESEARCH, TO HAVE FAR REACHING HEALTH BENEFITS...

NOT EVERYTHING THAT VIBRATES IS VIBRATION TRAINING!

Smaller or lighter platforms, most often provide circulation and massage and not full muscle benefits – despite their promises! To change your body composition you need a machine designed for this, that also comes with sturdy side rails to hold the #1 pose for weight loss... the deep squat. Similarly, if you aren't following a results-based full body workout program, you're not likely to achieve your training goals. Check out 'Vibration's Training Myths' and 'Top Training Tips' on our website.

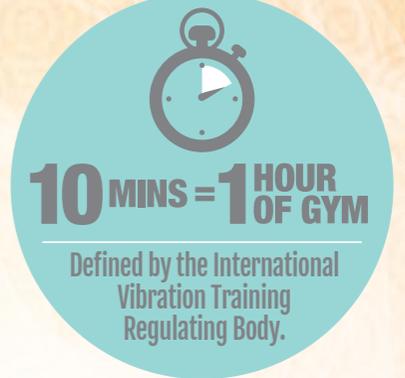
RESEARCH SHOWS...

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**In just 6 weeks
your resting
metabolism can
increase by 18%[^]**

PLOS ONE January 2018

RESHAPING? HANG ON TO YOUR "MUSCLE"

We want to look good, be proud of our bodies. While weight loss can be great (if it's needed), toning is what we all want. Vibration has the ability to give us that athletic, sporty look by changing our body composition. We're talking more lean muscle, less cellulite, better posture. Lean muscle... it's what burns calories... even at rest!



“ **My results exceeded expectations not just in body shape, but injury repair. At 53 I am in better shape than I was at 35.** ”

WHY IS IT IMPORTANT TO SIT?

You'll experience more intense muscle contractions and Vibration frequencies on the body part that is closest to the plate. The frequency dampens as it moves through your body.

Sitting allows you to more effectively target glutes, abs, arms, shoulders, chest and back muscles to experience all the benefits of Whole Body Vibration.

- ✔ Core muscles engage automatically – pelvic floor on!
- ✔ May help with incontinence and constipation
- ✔ Blood, lymphatic and synovial fluids move faster through the upper body
- ✔ Relaxing your spine, relieving tension
- ✔ Flushing toxins
- ✔ Bringing relief to joints
- ✔ Blood surges and repairs cells
- ✔ May help improve healing and pain
- ✔ Great for skin, hair and nails

SITTING IS THE KEY FOR:

- Massage
- Upper body toning
- Strengthening the pelvic floor
- Boosting blood flow
- Draining fluid
- Reducing cellulite



THE CV12 IS ABSOLUTELY UNIQUE.
THE CV12 IS NEEDED FOR SITTING!

YOUR SECRET WEAPONS TO TARGET STUBBORN AREAS!

A TRULY MAGIC MAT!

A supportive, comfort-designed platform verses a hard, rigid, bone-bruising piece of steel, what would you prefer to sit or stand on? The Magic Mat uses special polymers ... yesss, think luxury cushioning. Feel the 'push back' effect just from standing. It's soft on joints for an even gentler 'therapy session' or is perfect for that muscle building workout with spring-back support.

For sitting, the magic mat makes a glute 'cellulite' massage ultimately relaxing, the perfect wind-down after a busy day.



SO EASY TO SIT!

PURPOSE-BUILT CURVED RAILS

Getting in and out of a seated position is finally effortless with the CV12's clever curved rail design. Simply slide your hands down the rails as you guide yourself into position. No chance of falling and no strain on muscles. To stand up, it's just as easy, grab the rails and push up. You're supported every step of the way.

To fast track weight loss and toning you need to squat. Only side rails like these can fully support you to achieve the "must-do" deep squat – it's the #1 Vibration position for muscle activation and body sculpting results.



JUST AS EASY TO STAND!

THE PLATFORM HEIGHT

The CV12's platform height is almost double virtually all competitors. No more struggling to get up and down from the floor, with a raised seat it's never been easier to sit on your machine and get the core and upper body benefits.



TURN BACK TIME AMAZING ANTI-AGING BENEFITS

*Vibration is a simple
and easy solution!*

STAYING MOBILE

If you're over 65, a fall is your number one enemy. In fact, 1 in 3 people over the age of 65 suffer a fall each year[^] – due to progressive muscle weakness and imbalance.

- ✓ Improve your balance
- ✓ Improving core strength
- ✓ Increase leg strength
- ✓ Improve your mobility

Using Vibration,
in 4mins/day

MAY ...

- ★ improve balance
- ★ walking speed
- ★ agility

up to
40%*

**Effect of a combination of whole body vibration exercise and squat training on body balance, muscle power, and walking ability in the elderly." - Therapeutics and Clinical Risk Management 2014; 10: 131-138.



RESEARCH SHOWS...
.....
For fall prevention
a **77% improvement**
in balance!#

World Health Organisation

<https://www.who.int/>

RESEARCH SHOWS...
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For Bone Health
3 sessions
a week may be
more effective
than walking!

BMC Musculoskeletal Disorders November 2006

MAINTAIN YOUR BONE HEALTH

Strong bones are what keep us young. Postmenopausal women are most affected by bone mineral loss and significantly more than men, so this is serious stuff!

Just as weight resistance exercise improves bone density, WBV sends the same signals to the bones without the need to use actual weights. Ground-breaking research has shown excellent results.

(Journal of Bone and Mineral Research, 2006)

Vibration was born in the early days of space travel. When Astronauts are in space for extended periods, significant loss of bone density is experienced. Exercise using Vibration was used to help build muscle which in turn helped to maintain and build strong bones.

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^According to the Injury Control Council of WA.
*<http://www.health.harvard.edu/staying-healthy/taking-aim-at-belly-fat>



STAY MOVING... YOUR HEALTH DEPENDS ON IT

BOOST YOUR CIRCULATION

Your white blood cells are like the 'cavalry' of the body, the 'clean-up crew' - removing debris from broken down cells and attacking invading agents, such as bacteria.

Even at lower speeds, WBV improves your blood circulation... oxygen and nourishment are pumped to every cell. Your lymphatic drainage and overall health can benefit.

Vibrations get your whole body working so you may lead a strong, vibrant and healthy life.

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“Just by standing on the plate it's possible to achieve a 50-100% increase in peripheral circulation and a 40% increase in lymphatic drainage.”

University of Dundee, November 2015

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IMPROVE AND REDUCE INCONTINENCE

Studies show[^] that Vibration Training may reduce incontinence. Just by standing on the vibrating platform your pelvic floor muscles are activated to tense and release - it's what you are told to do but with Vibration it happens automatically! Users report dramatic improvements to bladder control.

REDUCE DANGEROUS VISCERAL FAT

As our waistlines grow, so do our health risks. And we're not talking about the fat you can grab either. Visceral fat lies out of reach, deep within the abdominal cavity, where it pads the spaces between our abdominal organs and is a key player in a variety of health problems.

It's been linked to metabolic disturbances and increased risk for cardiovascular disease and Type 2 Diabetes. In women, it is also associated with breast cancer and the need for gallbladder surgery.

Harvard Health says experts stress that lifestyle*, especially exercise, is the very best way to fight visceral fat.



SWEET RELIEF FROM PAIN...



The key to a healthy, strong and in most cases, pain-free back, is core strength. With strong core muscles, you develop better posture and have a greater chance to reduce back pain.

Whole Body Vibration can activate those 'key' stabilising muscles at your body's core. Increased circulation caused by the vibrations also brings vital nutrients to your vertebral joints and discs.

MASSAGE AWAY ACHES AND TENSION

We all know how awesome massage makes us feel - it relieves those tight, tired, sore muscles.

Massage is so easy and beneficial, and is so simple on the CV12. And because of the corporate sized platform you have access to loads more positions than ever before!

And when you add the supportive magic mat you'll experience the benefits of massage on your core and lower spine... so take a seat, and feel that tension disappear.

**ALSO
RECOMMENDED
FOR
SENIORS**



**VIBRATION
WORKS**

390 Clinical Studies
on Whole Body
Vibration

ON HAND

FOR REHABILITATION

Low impact exercise like WBV may prevent injuries, but just as important, it can help in the rehabilitation process. Many professional sports teams, have found WBV to be an invaluable tool - having an ability to strengthen muscles without the usual strain on joints and ligaments.

COMMERCIALLY PROVEN PROGRAMS TESTED OVER 10 YEARS TO WORK!!!

We include 4 programs from two international experts to help achieve your weight loss, mobility and health goals.

GET THE 10 MINUTE BODY TRANSFORMATION PROGRAM BY LLOYD SHAW

• Known as the Safe Strength Program

Lloyd has tested and tweaked this magic formula across his chain of Vibration studios to provide CV12 users with the optimum ten full-body workout poses and speed instructions to achieve the best body re-composition results in the shortest amount of time. Lloyd is renowned as the world's leading authority on Vibration Training.

GET LIFETIME ONLINE MEMBERSHIP TO DR JASPER SIDHU'S WEIGHT LOSS & THERAPY PROGRAMS

• Trim and Tone Program

This exclusive program is one of the first Vibration weight loss programs in the world. Spread out over 6 modules, the program combines Vibration exercise with research-backed weight loss principles.

• Vibration Therapy Programs

For bone health or low back pain, our doctor-developed program will ensure you use Vibration safely and effectively.

PLUS, YOU'LL GET THESE EXTRAS...

+ Vibration Training Sessions

New to Vibration, and not sure how to start? Our sessions provide a safe, step-by-step guide to Vibration Training through videos and printable modules.

+ Large Exercise Database

We have over 300 exercise positions, and counting! The exercises are broken down into body parts so you can easily access our exercise database to make up your own programs if you choose. Just follow the videos ... it's that easy.



MEET WORLD LEADING VIBRATION TRAINING EXPERT

- LLOYD SHAW

Lloyd has been involved in the industry since 2001, launching the world's first Vibration training studio in 2003 and now has the biggest chain worldwide.

He also designs and builds the largest and only machines for helping the morbidly obese and those suffering disabilities / mobility issues, which he trains for free.

He is the leading authority on Whole Body Vibration and advises both the health and fitness industries internationally.



WORLD CLASS CANADIAN PROGRAM INTERNATIONALLY RECOGNISED.

- DR JASPER SIDHU

LEARN...

- ✓ Why other weight loss programs fail
- ✓ To harness the power of your mind
- ✓ How to set goals for success
- ✓ Why metabolism is crucial
- ✓ Your burn rate to fast-track results
- ✓ Accountability, keeping you honest
- ✓ Weight loss... it needs to be long-term
- ✓ How to use Vibration to feel fabulous again!
- ✓ Tone-up to get your sexy back!
- ✓ And, so much more

PLUS GET...

- ✓ Handy tools to keep you motivated and honest!



THE CV12 DIFFERENCE...

	FEATURE	IMPORTANT FOR...	CARDIOTECH CV12	TYPICAL COMPETITOR
COMMERCIALLY PROVEN	Tested Over 10 Years	Validating you can change body composition, not just therapy benefits.	YES	NO
SAFETY	Side Rails	Balance poses	YES	NO
		#1 Weight loss pose		
		Safe sitting		
		Easy sitting to standing		
		Abdominal poses		
	Magic Mat	Upper body circulation	YES	NO
High Platform	Cushioning leg joints			
		Cushioning tailbone		
WARRANTY	In-Home Service	NO hidden costs!! No shipping interstate!!!	YES	NO
	Spare Parts ALWAYS in stock!	Staying motivated... no waiting months for parts to arrive from o'seas!	YES	NO
	Loan Machine Available	Keeping up your routine... if your machine goes for testing.	YES	NO
	Long Motor Warranty	Protecting your investment!	5 Years	1 Year
	15 Years Supporting Our Equipment	Peace of mind... we stand by our warranty.	YES	NO (Beware of the backyard importer!!!)
COMMERCIALLY PROVEN PROGRAMS BY INTERNATIONAL EXPERTS (INCLUDED FREE!!!)	10 Minute Body Re-Compositon Program (print & online)	Weight loss & toning	YES	NO
	Online Bone Health Program	Strong bones	YES	NO
	Online Pain Program	Lower back pain	YES	NO
	Online Membership to Exercise & Therapy Modules	Extension poses & massage	YES	NO
	<i>(All programs tested over 10 years in commercial settings)</i>			
AFTER-SALES SUPPORT	Lifetime Support by Worldwide Expert!!!	Changes in health	YES	NO
		Injuries		
Changes in fitness level				
Changes in age				
	Australian Customer Service Centre... open 7 days/wk!	Your questions answered fast!!	YES	NO
COMPANY VALUES	An Australian-Owned Company	We give back! Donated 140 machines to disabled children.	YES	NO
	We Have Ethics!	We connect you with independent world respected experts!		

WHAT OUR CUSTOMERS ARE SAYING...



My vibration machine has helped get me back, fitter, healthier, stronger than ever without sore muscles and it doesn't feel like a massive chore. I love ...love my machine and how I feel and I also love I don't have to pay for bootcamp anymore.



DANIELLE (MORAYFIELD)



Thank you CardioTech, a great machine that we have no hesitation in recommending to other people.



DAPHINE (GOLD COAST)



I am so pleased ... I have seen some great results and my overall fitness has improved!



DENISE (MOUNT FORBES)



Great for the elderly and good for me too! After initial reluctance from my mother who was afraid that the machine might make her legs ache even more than they were, she loves it. She tells me she can feel more sensation in her feet now and gets tingly legs when she uses the machine.



DIANE (AUCKLAND)



This machine has made so much difference in my life. I no longer take medication and I have lost 10kg and kept it off.



ERICH (GOLD COAST)



The machine has been a blessing. It's given relief to the tightness and returned my legs back to a supple state... Easy to use machine with great results – very very happy.



ELIZA (HELENSVALE)



I am 69 years old. In my opinion, this technology is nothing short of a miracle if used properly.



G.M. LUDLOW (AUCKLAND)



I received my machine three weeks ago and I have already dropped 2kgs and my energy levels have risen greatly.



ELLEN (MAUDSLAND)



I have found that the vibration has made an improvement in my cellulite, varicose veins and also a large improvement in my pain for carpal tunnel.



HELENE (HATTON VALE)

“IT’S ALMOST

EFFORTLESS!”



After a time in hospital recently it has helped me get back my strength and fitness. It has also helped my wife and I to lose weight, and feel much healthier.



IAN (LOGAN)



This is an easy to use device. The equipment is sturdy and gives the user full control over whatever setting they want. I personally use vibration to reduce fluid retention in my ankles after an ACL tear a few years ago.



LINDA (IPSWICH)



I am 72 years old. Before getting the vibration machine I could only walk a few steps. Now I regularly walk 5km+ a day, and can bend a knee. Love it CardioTech!



AMY (HELENSVALE)



I am on my feet all day and it helps with the pain in my legs and lower back. I am able to move better and my muscles aren't sore when I walk. Amazing product!



JACKIE (NORTH LAKES)



Great for restless leg syndrome and my anxiety problems. Love it so much! Great for us 'oldies'.



LINDA (WALLOON)



I purchased a vibration machine from CardioTech and would recommend it to anyone. It makes me feel so good after using it and I have also lost weight. I have so much more energy.



BARB (MAROOCHYDORE)



I am 54 years old and I started going to vibra-training 12 months ago because I have arthritis in my knees. 12 months on and my knees are the best they have been in 10 years.



KEITH JOHNSON (AUCKLAND)



I lost 5 kilos in 4 weeks. A great machine, easy to use. My wife is loving it too.



LUKE (CHERMSIDE)



In 7 months I have lost 77cm from my body, my balance has improved and my overall wellbeing is 100% better!



ROSEMARIE (MAROOCHYDORE)

