

***Magic** Fit™*

SIMPLE ANSWERS TO ALL YOUR VIBRATION MACHINE QUESTIONS

**What you really need
to know when you own
a vibration machine**

**DISCOVER NO-NONSENSE TIPS, INDUSTRY ADVICE AND LEARN
THE ALL-IMPORTANT RULE OF 3 AND WHY IT REALLY WORKS.**

SIMPLE ANSWERS TO ALL YOUR VIBRATION MACHINE QUESTIONS

**What you really need to know when you
own a vibration machine**

WHAT YOU WILL FIND IN THIS GUIDE...

- 1. What is it really?**
- 2. What are the major benefits?**
- 3. The rule of 3 - why it works**
- 4. The RIGHT machine – how do I know?**
- 5. Using a machine correctly for MY life**
- 6. Taking it to the next level**
- 7. Where to get a professional
grade machine for my home**

INTRODUCTION

In this short book, I want to share with you the potential that is whole body vibration; to open your minds and lives to a very simple solution for the need to exercise daily and what that means to your body in health, longevity and well-being.

I maintain the belief that “KEEP IT SIMPLE” is a way of life, and this book will show you how simple it can be to get the necessary movement in order to have a body that looks and feels alive in every way!

WE WILL TALK ABOUT THE WHY?

- Why do I need to read on?
- Why will whole body vibration work for me?

YOU WILL LEARN THE WHAT?

- What is this technology?
- What are the benefits?
- What should I look for?

YOU WILL GRASP THE HOW?

- How do I use it at home?
- How do I know what to do?

AND FINALLY THE ALL-IMPORTANT WHAT IF

- What if more than one person in the family is using it?
- What if I want to increase my workload?
- What if my machine breaks down?

By the end of reading this short book (and yes, I know you will skim over the less juicy bits) you will see why whole body vibration has become so popular, and understand how you can use it for yourself at home to get amazing results in more areas of body health and fitness that you ever thought possible.

SOUND EASY? READ ON TO LEARN MORE...

WHAT IS IT REALLY?

Before we get into the technical information, let's be clear on what you will be using your vibration machine for.

IT IS... a great way to speed up strength and fitness results in a shorter space of time. In ten minutes – if used correctly – you will get the body benefits of a whole hour of weight bearing exercise. Weight bearing exercise contributes to fat loss, improved circulations and bone density.

IT IS NOT... a replacement for going for a walk if you can, getting out and having fun where possible, eating sensibly.

IT IS... really time effective for busy people (get your daily training in 10-15 minutes)

IT IS NOT... going to work if you say you won't find 10 minutes a day to get on it!

IT IS... safe for most joint and spinal issues if used correctly, and can build strength and flexibility into damaged or weak joints, or even joints that have been inactive for a very long time.

IT IS NOT... a magic pill that makes every health problem go away

IT IS... however, the best way I have come across to stimulate the systems in your body that lead to better health and fitness, the core of these being circulation, structural (bone and muscle) integrity, mobility and motor skills, and active nerve pathways. **THE REST IS UP TO YOU.**

ASK YOURSELF:

'What is it i hope to get from owning a machine like this?'

This will help your decision not only in buying the right machine, but getting results when you do have a machine at home.

SO – LET'S MOVE ONTO THE MORE TECHNICAL INFORMATION...

Whole body vibration is a term that relates to equipment that moves the body as a whole at a very fast rate when standing or performing movement on it.

HyperGravity training takes into account that with the correct speed of vibration (frequency) and the right amplitude (how far the plate moves) you can increase the load and muscle activity of the body, and amplify the results of those moves.

I believe that while having the right machine is important, what you do on and with it is equally valuable to your outcomes. What is the point of having a fantastic machine if you don't know how to use it to get the results you need?

Not all machines available on today's market can activate muscle to mimic high intensity, elite level training, so let's take a moment to briefly go over the differences in the machines available and what to look for. (If you already have a machine and would like support in using it more effectively, please go to the contacts page and let us know how we can help.)

THE TWO DIFFERENT TYPES OF VIBRATION...

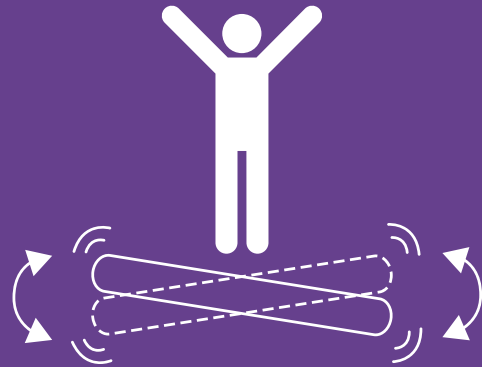


1. VERTICAL

Also known as linear vibration moves in an up-and-down motion. It needs to be at a very high speed of vibration to force the body to respond with the involuntary contractions necessary to simulate exercise.

Of course there are studies that are both for and against this type of vibration, but use over the years has shown it to be effective for athletic and in some cases therapeutic benefits.

My experience has been that if spinal, neck and some joint issues are a major problem, they can be exacerbated by linear machines. They are better suited for Gym use under strict supervision.



2. OSCILLATING

Also known as Pivotal vibration moves in “see-saw” fashion from left side to right side.

It simulates or mimics the neuromuscular response that you get when you walk. With the correct amplitude and speed, the body’s muscle will respond with the involuntary stretch reflex activating every muscle below the ribs and in the spine to stretch and contract for you - even if you simply stand still.

Of course, just like with the, linear machines, there are studies that are both for and against.

It is the way of science and the human body - Sometimes there is no single answer.

WHEN DECIDING WHICH THE RIGHT ONE FOR YOU IS, ASK YOURSELF ‘Which movement is closer to nature’s design?’

This is what I did when I saw all the information and realized there were two sides to both styles.

My logic says that my pelvis and hips move one side than the other when I move generally, not up and down. And a very fast series of compacting movements on my joints (at my age anyway) is not what I wanted to risk on my older generation clients at the time either.

I have only come across one linear machine that is I personally recommend and it is not designed for home use. (read about that in an article on the website – an interview with Lloyd Shaw)

So years ago when first beginning with vibration training, I chose what is more natural. I chose Pivotal, but only pivotal with the correct specs to generate a deep stretch reflex. More on this later...

THE BASIC OVERALL BENEFITS OF A CORRECT PIVOTAL PLATE:

BALANCE AND CO-ORDINATION

- The left to right activation of the muscles first on one side of the body and then the other is an important motion that asks the left and the right brain to communicate better and thus increasing motor skills and balance. For example; the act of crawling and then walking in very young children is the same process, engaging the left and right brain hemispheres and stimulating what is known as patterning vital for co-ordination skills. A Pivotal plate just speeds this process up and results are much faster.

HIGHLY BENEFICIAL IF BALANCE AND MOVEMENT ARE ISSUES.

POSTURAL AND SPINAL SUPPORT (CHIROPRACTORS LOVE IT!)

- This same rocking motion helps gently pump the discs in the spine while activating the muscle alongside it. The core and pelvic floor muscles are also engaged through the movement of the pelvis in natural stimulation rather than compaction, and the flowing movement up through the vertebrae helps increase blood flow and build muscle strength through the back.

THE NATURAL MOVEMENT ENHANCES POSTURE AND BALANCED USE OF BOTH SIDES OF THE BODY WHEN IN ACTION.

IT CAN BE USED FOR WEIGHT TRAINING WITH ALL THE ASSOCIATED BENEFITS:

- The G-force (acceleration) that is applied to the muscle in the higher speeds creates the load effect of intense weight training. On the right machine, even if you simply stand still at these speeds your body will see change.

HOWEVER, ADDING MOVEMENT TO THE VIBRATION WILL ACCELERATE YOUR RESULTS FOR LEAN MUSCLE, STRENGTH AND FUNCTIONAL MOVEMENT.

A TIME SAVER FOR BUSY PEOPLE:

- How do you feel about having a stronger, leaner, more active and flexible body with strong and healthy bones and higher levels of energy daily? That's what weight bearing training will give you **NOW IMAGINE GETTING THOSE RESULTS TEN TIMES FASTER!** With Hyper Gravity Training, whether it is a busy lifestyle that stops you putting time into your health and body, or you are just impatient to get results fast, when 10-15 minutes will give you the equivalent to an hour of weight training,

THERE IS NOTHING TO LOSE.

THE BASIC OVERALL BENEFITS OF A CORRECT PIVOTAL PLATE:

CIRCULATION - WHAT THAT MEANS TO MY BODY

- Circulation and flow are the keys to every function (or lack of function) in your body. The cardiovascular system and the lymph system are both a part of circulation as a whole. Blood disperses nutrients, oxygen and hormone to the tissue; it also keeps peripheral tissue warm and mobile. Cold hands and feet are a sign of poor circulation in those areas. The Lymphatic system filters toxic waste from your body, reduces inflammation and excess fluids and helps activate the immune response against viruses and bacteria. The rapid speed of the muscle movement when using whole body vibration stimulates both these systems to engage at a much higher level than usual.

TO YOUR BODY, FLOW IS EVERYTHING.

FAT REDUCTION

- Used as exercise, a Pivotal plate with higher G's is like a version of weight training. This is necessary in the creating of a leaner body. Stress is also reduced with training and a sense of wellbeing is increased. Of course there are more variables involved in long term fat loss, but we all know exercise is one of the major 3 areas to improve body shape and size. (what you put in your mouth, what you do with your body, where your head is at) With this simple tool in your home, your journey to a healthier, leaner body is a third of the way there already! It is important to note that not all machines have the capacity to stimulate the body for fat burn, if this is something that is important to you, read on to find out what to look for.

**REMEMBER, THE MORE LEAN MUSCLE YOU HAVE,
THE MORE FAT YOU BURN EVERY MINUTE!**

IN A NUTSHELL, WHETHER YOU ARE:

- an athlete looking for improved performance
- a mum trying to fit in a workout each day
- a labourer who needs better core and back strength
- an over 60's person looking at safely maintaining muscle or bone strength through weight bearing exercise
- a shift worker with no time to train
- someone who sits, or stands, too long every day for work
- a person with joints that can't exercise because of pain

YOU WILL FIND A BENEFIT IF YOU USE YOUR VIBRATION MACHINE WITH THE CORRECT HYPERGRAVITY TRAINING TECHNIQUES THAT ARE DESIGNED FOR YOUR INDIVIDUAL GOALS AND NEEDS.

THE RULE OF 3 – WHY IT WORKS

Now don't laugh. The rule of 3 is something that governs how things happen in our lives. Have you ever heard anyone say that all things (good or bad) come in 3's? It is an old saying, but you will be surprised at the truth that can be found in it when applied to life.

I mentioned earlier the 3 things that are the core of fat loss – and in fact most functions of the body:

1. WHAT I DO WITH MY BODY

Includes activity, relaxation, listening and responding to my body needs

2. WHAT I INGEST INTO MY BODY

This includes how much as well as what I eat and drink and breathe

3. WHERE MY HEAD IS AT

Includes thoughts, cognitive activity, emotions

So basically what I do, eat and think need to be addressed when I have issues in my body. My personal philosophy is to pick one of the 3 and start with that, rather than overwhelming myself with too many changes at once. When it comes to mobility and fitness, I recommend starting with number 1 – *what I do with my body*. You may find your journey to physical success will be easier.

IT IS A SIMPLE CONCEPT. TRY THIS:

To create a healthier body specifically using a high level vibration machine, the 3 necessary actions that govern the activation of the other systems and body changes are:

1. ACTIVATING THE CENTRAL NERVOUS SYSTEM

by triggering the “stretch reflex”

2. THIS STIMULATES RAPID MUSCLE CONTRACTIONS

3. THIS IN TURN UTILISES THE CIRCULATORY SYSTEM.

cardiovascular and lymph included are pumped rapidly

IN A NUTSHELL, IT BECOMES LIKE A BASIC SYSTEMS REBOOT FOR YOUR BODY.

When you consider the direct side effects of these three activities, not to mention the indirect changes, the mind boggles as to the potential for what this can be applied to in the world of health and fitness, and overall well-being.

THE RULE OF 3 – WHY IT WORKS

These 3 systems are the foundations of structural and functional activity for every human body. Suddenly, in the light of logic, something which at first seems like it could be “*one of those gimmicks*”, makes a lot more sense doesn't it?

Adding to that, because most of these machines are easy to use at home and can make you feel amazing; it follows that I am more likely to want to do it (and not avoid it because I can't be bothered). So it won't sit in the corner and gather dust.

The beauty is by doing less than I thought I had to, I can get more than I thought possible and it really does become that win/win we are always looking for.

THE TRICK

**If you don't already have a machine,
how do you get the RIGHT machine?**

The right machine is important, because, while you will get some results on machines with lesser specs, you will not get the full spectrum of the 3 activities in the above rule of 3, and that would be really missing out!

**READ ON TO FIND HOW THE RULE OF 3
APPLIES TO THE MACHINES THEMSELVES....**

USING THE RULE OF 3 TO FIND THE “RIGHT MACHINE” FOR ME

Before we go on to the 3 rules that apply if you want a machine that will get you results, there are of course many other things to take into account.

1. Is the machine ARTG listed for fitness and therapeutic use?

2. What does the warranty cover? How long is it?

3. What kind of after sales support do I get and for how long? (does this include workouts support?)

4. What size is the plate, and what load can it take?

5. What is the wattage of the motor?

6. What happens after the warranty

Add to this the following “rule of 3” specifications, and you should have yourself a machine designed for the high end results that you are looking for, not just a machine that massages or simply wobbles your body.

The truth of the matter is that a “wobble” does not burn fat no matter how nice it feels!

But if we take that movement and apply the below formula to it, you will get the necessary “stretch reflex” which means that your “wobble” just became load bearing exercise.

We can't change the fact that the body needs movement and exercise to achieve the list of results that most people are after, BUT we can make it really simple and time effective.

In my opinion, this is why most of us don't make enough time for correct training, no matter how much we know we need it. If it's too hard and takes too long, we will find a way not to do it.

So at last, if you have the right machine, you have a solution that is easy to use and can be done in 10 minutes.

THE PROBLEM IS SOLVED!

So what is the formula?

And what do I need to make sure of?

THE RULE OF 3 TO LOOK FOR IN YOUR MACHINE IS:



THAT'S IT.

But they need to be specific to get specific results.

1. AMPLITUDE

is the distance the plate moves from peak to peak in the see-saw movement. The deeper the amplitude on a Pivotal machine, the more full the muscle fibre reaction. HOWEVER, too much amplitude decreases the value of the muscle response, and too little amplitude will not stimulate the involuntary muscle response

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2. FREQUENCY

is how fast the platform moves per second. The higher the frequency the faster the muscle responds. HOWEVER too fast a frequency (over 30hz) and human muscle can't keep up, and too slow a frequency (below 12hz) and the muscle is not stimulated with the stretch reflex to contract at all.

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3. GRAVITY

(through acceleration) or G-force is created by the speed of the plate moving upwards at an accelerated rate, first on one side as it pivots, then on the other side. The load that this creates on the body, combined with the frequency and amplitude of the moving plate is what combines to trigger the all-important stretch reflex which is key to the whole process.

**IF YOU DON'T HAVE THE RIGHT AMPLITUDE AND
FREQUENCY, YOU WILL GET MINIMAL G-FORCE
AND THEREFORE MINIMAL RESULTS.**

THE RULE OF 3 TO LOOK FOR IN YOUR MACHINE IS:

ALL of these 3 components applied through the body via standing or exercising on the plate must be accurate or the stimulus response that creates all the great results simply will not occur.

A wobble may feel nice but it is not revolutionary, that's for sure. And a wobble, no matter how fast is all you will get if this formula is not present.

For example, if you have a high frequency, but a low amplitude, the G-force will not load the muscle with the necessary weight to make it weight bearing exercise.

This goes for vice versa as well; too high amplitude and a low frequency may actually cause problems in the joints rather than helping them.

So that is the basic principle of whole body vibration, and now you know what to look for you can make a better choice.

Getting it right is simple because there are not many machines available with the specifications needed, and if the person you are talking to does not know what you are talking about when you ask about it, then maybe that answers your question about who to go with.

THE NEXT MOST IMPORTANT THING TO KNOW IS,
'How do I use it when I get it home?
How will I know if I am using it right?'

USING THE MACHINE - SOME BASIC PRINCIPLES AND TIPS

FIRSTLY, ASK YOURSELF THE QUESTION

'Is it simple to contact the person I have purchased from for workout information and general help and support?'

While the training itself is very simple to do, having some safe and effective guidelines supplied is invaluable, and the more specific your program design is to your needs, the better it is for your results. There is not much value in creating a high end sport training regime for a 95 year old stroke victim, so make sure your machine includes the type of easy to access follow up support to answer your personal questions on how to use the machine.

Generic programs are well and good, but the more specific you can be to your needs, the faster the results and the less chance of misuse of the equipment.

Again, if you have a machine at home and are unsure of how to use it correctly, please refer to the contacts page at the end for some free tips and tricks to get the best results.

THE 3 MOST IMPORTANT BASICS

1. HOW TO STAND CORRECTLY

This is a vital part of using the machine correctly and forms the basis of many simple and functional moves to progress into. I believe in always leaning towards correct anatomical function for best practical results. How you stand in the first few months will help determine your postural position during your day to day movement. For example; we all have to walk don't we? Have a look at how far apart your feet are when you walk forwards. They should be directly under your hips to generate a balanced walking movement. So taking this information, the logical position to have your feet when first standing on the plate is:

- **Firstly, place your feet directly under your hips** (below the joint itself not as wide as the "extra bits" on the side!) This way you are going to build muscle that will strengthen the tissue needed for correct walking. It is also more effective for enhancing neutral pelvic position and core activity for healthier posture generally.
- **Secondly, then make sure your knees are soft, and very slightly bent.** Long term it is not necessary to maintain the slight bend in the knee joint, but it is advisable at the beginning.
- **Thirdly, place your feet straight- front to back (not turned out like a duck.)** It may feel odd at first if your feet don't normally stand like this. Bear with it while on the machine for the first months and your posture and hip and knee alignment will respond with better alignment and a more functionally correct position for future movement.

USING THE MACHINE - SOME BASIC PRINCIPLES AND TIPS

2. THE SPEEDS

once again, there are three basic things to remember, and once again, there is a lot of differing information out there on this topic, and not all of it is accurate. So we will work with the logic of the facts learned from years of experience, and you can take it from there.

- *Firstly, below 12Hz is simply a massage.*

Because the involuntary contractions do not activate below 12hz (and the right amplitude) we have come to consider this the massage zone. Using speeds in this low range will help with things like balance, circulation, and relaxation for your body and it is amazing for recovery after a hard day or training, but it is not for muscle tone or fat burn or bone density. For these you need the muscle to work under load and to achieve that, you must be over 12hz.

Be aware that just because a machine says a number on the screen, this does not mean that the plate is functioning at that Hz. This can make it confusing if you don't have a calibrated machine, but the principles of use that you are learning here can still be applied.

- *Secondly, 12-15Hz is like mild exercise.*

This is where the magic begins. This is where all the postural muscle starts stretching and contracting, alternating from one side of the body to the other. The contractions repeat as fast as the plate is moving from hereon in. At this range of speed, the g-force is high enough to be considered light load on the body and the adaptation of your body will reflect that in its mild changes.

It is a great speed range for the “days off” from your hardcore work day, because it still activates your muscle, circulation and lymph, but not so much that you will need a day of recovery after.

- *Thirdly, above 17hz is a workout for your body.*

Here is where the real changes start to happen faster! If you are using a proper Pivotal machine, the g's generated at this level and above, is what it is all about! It is in this range that it becomes load bearing exercise and the claim that 10 minutes will give your muscle the equivalent work of an hour of weight training is feasible only at or above this level of intensity.

I USE THIS AS A WARNING, NOT A CATCH PHRASE!

Because it is so simple to do, and often feels great, it is easy to think that maybe more is better. This is not the case in this situation! You wouldn't weight train any one muscle group for more than an hour at a time, so if 10 minutes is the equivalent to an hour, **More is not better!**

Having said that, there are ways to be able to use it longer, and it is helpful and important to know how so that you don't over fatigue or damage muscle.

ASK US IF YOU WANT TO KNOW MORE ON THIS

USING THE MACHINE - SOME BASIC PRINCIPLES AND TIPS

The third and final tip, I believe is the most important of them all. Actually, my firm belief is that a lack of it gives rise to so many physical problems in the first place. The final tip is:

3. LISTEN TO YOUR BODY!

You will not make a mistake with your Vibration Training and WBV if you listen to your body and what it is telling you. The old paradigm of no-pain-no-gain is no longer relevant! Your body knows what it is doing, so LISTEN! It is about reconnecting your conscious mind to a full awareness of what is actually going on in your body at any given time. You will be amazed at how your cognitive spacial awareness changes, and how quickly you start naturally correcting things that cause discomfort to you. Things that you may have learned to ignore or “got used to” will stop being normal as you adapt to communicating better with this amazing human body that we live in.

If it says “OUCH” at a certain speed, or in a certain position, then change and modify the speed or position. If your body says it has had enough of a certain thing, then listen and respond accordingly.

- **Firstly, listen** see and feel where things are really at within you physically
- **Secondly, modify** change what you have been doing to create a different result
- **Thirdly, adapt** this is what our bodies are born to do. They adapt to demand and environment, so get out of the way and START LISTENING! Allow your body to change with this type of training, don't try force it to.

So many people are really hoping this is going to be a miracle machine and in many ways it may seem that way with its huge potential for so many varied applications. The natural scepticism could be based in the fact that you have tried so many health and fitness tools that did not live up to the media hype. And I mean seriously, how can a “wobbly” machine tone muscle and burn fat?

Just because you had not found the solution until now, doesn't mean that using this machine might not be the best thing you ever did

This is why it is important to listen to the logic behind the science. If it makes sense logically, then follow your gut feelings on it – just like listening to your body, you won't go wrong.

We have become conditioned to accept that certain dogmas about our aging bodies and what is supposed to happen (deteriorate) as time passes.

I believe in living young no matter what my age, and I am going to continue using my machine so my body will have what it needs to stay fit and young with me. That sounds more fun than the other way, don't you agree?

TAKING IT TO THE NEXT LEVEL

If you choose a machine whose company will back you with support you are going to be able to take your fitness and mobility to the next level.

With Magic Fit™ your questions will be answered promptly and professionally from our team of experts so you know you are being looked after.

Guidance with what to do in specific situations (knee or back problems, fat loss, or sport training etc...) should be given as an individual, and generic information, while very helpful on the basic use, beginning and general maintenance, does not give you the whole picture of what to do with specific needs like health and joint issues and enhanced sport performance.



**THIS IS THE POINT
WHERE I TELL YOU
ABOUT WHAT WE DO
AT Magic Fit™**

TAKING IT TO THE NEXT LEVEL

At Magic Fit™, we have a machine with all the correct specifications to achieve the results we have been talking about:

The right Amplitude, the high frequencies and the necessary G-force from those is what we focussed on. Along with that, our Magic Fit™ machine can handle 330lbs, has a 1000 watt motor for loading strength and is designed to be used at a professional level.

PLUS one of our main goals was to keep it at a price that a household could afford as well. This way people at home can have the same type of machine that the professionals are using.

SO WE HAVE THE BEST MACHINE FOR THE JOB, WHAT ABOUT THE SUPPORT?

Actually, this is the part that we aim to be the best at. Supporting you in using your machine correctly is a HUGE FOCUS for us as a company and a culture.

When you purchase a machine from Magic Fit™, you become part of the family. Your questions need to be answered and our support team will answer them promptly.

We are here to help.

SO WITH Magic Fit™ (AND THE LAW OF 3) YOU CAN HAVE THE FOLLOWING:

**1. A GREAT
MACHINE WITH
THE CORRECT
SPECS FOR
RESULTS**

**2. THE RIGHT
SUPPORT TO
HELP YOU GET
THE MOST OUT
OF IT**

**3. A HAPPIER,
HEALTHIER,
STRONGER
BODY**

Magic Fit™

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