**TurboSonic and Sonic Life Machines**

- **What is Whole Body Vibration (WBV)?**

  Whole Body Vibration is a platform that vibrates while the user can stand, sit, etc., on it. Exercises can be performed while on the platform, which will have a different effect on the body compared to performing these exercises while on solid ground. The biological reaction to vibration is dependent on the frequency, magnitude, duration and type of vibration — or how often, how much and how long the vibratory stimulus is. There is an involuntary muscular response to vibration; the muscle contracts at the same rate as the Hz set on the WBV unit. Specific WBV frequencies make muscles contract more often and to a greater degree. For example, if the unit is set to 30Hz for 30 seconds, the muscle will contract 900 times.

- **What is SWBV (Sonic Whole Body Vibration)?**

  Sonic Whole-Body Vibration (SWBV) employs a speaker system with new magnetic circuits, rather than vibration spin motors. SWBV works diligently to overcome all negative aspects of vibration motors. Vibration spin motors have noise and flaws, which result in mechanical abrasions. They simply cannot function at the level that SWBV does.

  Many types of intermediate sports, like walking, power walking, horse riding, etc. are performed at low frequencies, between 1 ~ 8 Hz. It is now possible with SWBV to exercise at these ultra low frequencies. Better yet, the movements are only vertical, which is the direction we experience through most of our physical activities.

- **Is there anything I can do to increase the effects of the TurboSonic?**

  While on the TurboSonic, flex and hold muscles. The stimulation of the fast twitch muscle response is the natural process of the TurboSonic using the weight of the cell in gravity. To get greater and faster results from your 10 minute TurboSonic workout, flex and hold muscle contractions.

  Also, Breathe, Breathe, and Breathe! When you have all of your 50 trillion cells in motion, they are screaming for oxygen to help burn the large number of calories being spent.

- **Should I ease my way into using the TurboSonic?**
Yes, start off slowly. In the beginning stick with the 10 minute program, or even less, the body has been storing toxins for many years. The fluid movement generated by the TurboSonic is going to stimulate your body to detoxify and remove unwanted fluid. As you slowly adapt, you can add in another 10 minute session, or use the machine up to three 20 minute sessions a day.

- **What is the max G-Force and amplitude for the TurboSonic?**

  The max G-force of the TurboSonic is 3Gs and the max amplitude is 22mm. Remember that the TurboSonic is sound actuated, so it functions in a true sine wave, decelerating before it changes direction. Mechanical and non-sonic machines are a saw tooth or square wave, creating very harsh and jarring cellular stress due to the change in the direction of the motor.

- **What makes the TurboSonic better than the rest of the WBV machines?**

  The TurboSonic is the only vibrational plate available that is truly sound actuated, with a precise frequency range from 3 - 60 Hertz in 1 Hertz increments. The base plate or motor is actually a powerful magnetic voice coil or speaker. Since the introduction of the TurboSonic six years ago, several other companies have been trying to capitalize on our patented sonic design by claiming to be sound actuated. What they actually have is a liner motor or several small liner motors that do respond to a sound frequency chip, and that is the end of the similarity. The motion is then transferred to the plate via mechanical actuation rods.

  - Number of vibrational machines available------about 60.
  - Number of machines that are a strictly vertical motion----about 6 (Omni-directional plates can create a cellular stress response. This would be acceptable for an elite athlete, but not for someone with a health challenge or geriatric).
  - Number of machines that function below 30Hz-------about 3 (Earth frequencies, dolphins, mitochondria, healing effects, meditation, creative brain wave patterning, etc. are all below 12Hz.)
  - Number of machines that are sound actuated---**One**.
  - Number of machines that have a range from 3-50 Hz in one step increments---**One**.
  - Number of machines that can adjust amplitude from 0 to max (27mm)---**One**
- Number of machines that emit a coherent low frequency electromagnetic field—One

It’s as though there is no vibration machine competition at this level. Most of the other machines are an exercise device at some level, but none have the therapeutic and exercise versatility of the TurboSonic.

- **How can I utilize the TurboSonic in my business practice?**

  Many businesses such as Gyms, Wellness Spas, Chiropractic offices, etc…are using the TurboSonic. It is a great way to create revenue by selling sessions or monthly memberships to use the TurboSonic.

- **How many calories can I burn in a 10 minute session?**

  In One ten minute TurboSonic session you can burn up to 190 Calories.

- **Will I lose weight if I use the TurboSonic?**

  Yes, training with WBV has been shown to increase lean muscle mass and the metabolism and also burns more calories. It is recommended though, for optimum weight loss, that you combine Vibration training with a cardio workout and diet.

- **Will using the TurboSonic reduce cellulite?**

  Yes! Studies have shown that cellulite can be significantly reduced through Whole Body Vibration.

- **Will the TurboSonic increase my flexibility?**

  Yes, it can definitely improve your flexibility. Before you use the TurboSonic, try touching your toes; after your session try touching your toes again. You will notice an increase in flexibility the second time. A better range of motion is usually the first thing the users notice.

- **Can I use the TurboSonic if I’m pregnant?**

  No, it is not recommended. However, it is great to use as a post pregnancy work out.

- **How should I be standing while using the TurboSonic?**

  While on the TurboSonic, hold your most perfect posture. Standing tall places your body posture in a neutral weight distribution position for the best overall affect.
• **What are the Contraindications & Effects of the TurboSonic?**

This list below of contraindications is not absolute. If one of the conditions listed below applies to you, we strongly advise that you consult with your physician before using the TurboSonic. If you have any known health concerns in addition to this list, consult your physician and advise them you wish to begin using a sonic vibration exercise system which vibrates at between 3-50 Hz (vibrations per second) and has an adjustable volume (height at which the plate vibrates up and down). Your body may endure between negative and positive 3 Gs of force for up to 10 minutes. This can be equivalent to 1 hour of cardio.

- Pregnancy
- Acute thrombosis
- Serious cardiovascular disease
- Pacemaker
- Recent wounds from an operation or surgery
- Hip and knee implants
- Acute hernia, discopathy, spondylolysis
- Severe diabetes
- Epilepsy
- Recent infections
- Severe migraine
- Tumors
- Recently placed IUDs, metal pins, or plates
- Electrolyte imbalance

Research is still being conducted on the effects of vibration on certain medical conditions. Very frail individuals and children should consult their physician and be accompanied by an adult when using the TurboSonic.

With respect to children using the TurboSonic, their brains are in a developmental stage up to the age of about 12-13 years. With children, restrict use to less than 3-4 minutes at a 50% amplitude standing. This would include the Auto mode, or in the Manual mode at low frequency. Children seem to know intuitively when enough is enough and want to get off of the machine after about 3-4 minutes. Some autistic or CP children have been able to sit on the machine plate for the full 10 minutes session at 10 Hz, and very low amplitude, i.e. < 30%.