

Are there any contra indications?

Please remember as we are primarily concerned for you safety, we advice you te review the following list of contra indications and contact your physician or specialist should you have any questions before training with the RBV Power Vibe.

Contra indications:

- Pregnancy
- Trombosis
- Cardiovascular diseases
- Recent wounds form surgery
- Synthetic/artificial joints
- Hernia
- Severe Diabetes
- Epilepsy
- Inflammations
- Severe migraines
- Pacemakers
- Carring metal pins, bolts or plates
- Tumors
- Retinal Problems

Note: Should one of the contra indications listed above apply to you, you are not necessarily excluded from using the RBV Power Vibe. We can always design a specific exercises program for your individual needs

To be safe, we would like to advise you to consult your physician to determine

BENEFITS

10 min x 3 times/week

The RBV Power Vibe will:

- Decrease the appearance of cellulite and boosts your body's natural collagen production
- Increase HGH (Human growth Hormone) out put by 361%
- Burn Fat and tighten skin
- Increase your core muscle strength up to 50% in as little as 18 days
- Dramatically increase your flexibility
- Decrease your recovery time after work outs
- Elevate your serotonin levels (better mood and sense of well being)
- Build bone density
- Increase your metabolic rate to help burn fat and dramatically
- Raise energy levels
- Enhance endorphin release generating that 'feel good' Sensation which follows a traditional work out increase production of growth hormones and all of its anti-aging benefits .
- Increase testosterone production
- Decrease production of cortisol (the body's stress hormone)
- Improve energy
- Improve balance

Prices

per session Afl.15,- 10 sessioncard+1free Afl.150

Add on: RBV Power Wrap Afl. 12.50

Wraps available: (Cellulite, Detox, Slimming,)

Richelle Beauty Vision

The **RBV FITNESS program** takes ONLY 10 MINUTES A DAY and is the most time effective Health, Wellness and Fitness Program available today. Using Whole Body Vibration (WBV) will effectively help you to build muscle mass, tone and tighten your body, improve, mood, energy and much more.



Whether you are interested in losing weight, muscle toning, cellulite reduction, improving your core strength or an overall body workout, specific exercises can be tailored to your individual needs by our instructors to achieve your goals fast in just 10 or 20 minutes!

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ARUBA

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A revolutionary training technique to achieve an enormous range of health and fitness benefits. Whole Body Vibration is a **PROVEN SCIENCE** and is currently used by many NHL, NBA, elite sports clubs, world class athletes, hospitals, gyms, physiotherapy and wellness centres. Now, for the first time, this innovative and ground breaking technology is available in ARUBA.

The **RBV Vibe** has been extensively used for people looking to improve their health, build core muscle and lose weight. Backed by research on its effects on health and wellness, it provides a safe, gentle and easy to learn program that can be accomplished in as little as 10minutes, 3 times per week.

Anti Aging

The RBV Power Vibe provides a simple solution for you fitness routine. Whole Body Vibration exercise contributes to a more youthful feeling due to an increase in the secretion of serotonin, the feel good neurotransmitter. The RBV Power Vibe will help play a vital role in enhancing wellness and overall quality of life.

Back Problems

Weakened back muscles respond very well to the benefits of Whole Body Vibration. By engaging and activating the muscles, they become stronger and less prone to injury.

Whole body Vibration also significantly strengthens the core stabilizer muscles which assist in reducing strain on the weakened back muscles. Many doctors and Chiropractors are now incorporation WBV into their practices.

Hormone Levels

Studies have shown that with regular WBV, you will drastically decrease levels of the “stress hormone”cortisol and at the same time, have a profound effect on anti aging hormones such as DHEA, “the mother hormone, increasing it to more youthful levels.

Lymphatic Drainage

The lymph system plays an underestimated role in the health of our bodies. How do you reduce cellulite? The lymph system is responsible for the absorption of trapped toxins in the fat cells, commonly referred to as cellulite. It takes the toxins contained in those problem cells and flushes them out of your system.

Another function of the lymphatic system is the absorption of excess fluid anywhere in the body and returning it to the blood stream. Lastly, the system is a critical support for the body’s immune system. Your very underestimated lymphatic system is the unsung hero of the human body. Unlike our blood, lymphatic fluid does not use the heart as a pump. Lymph transport (or drainage) primarily depends upon the contraction of skeletal muscles

(thus the importance of exercise). A body which is not moving will begin to stagnate in more ways than one! WBV is an excellent and easy way to prevent this.

Osteoporosis

Whole Body Vibration is especially beneficial to people over 60 who can now “reverse” common symptoms of aging such as stiffness, osteoporosis, osteo arthritis, decrease mobility, lack of flexibility and other symptoms that make life difficult.

Spa & Beauty

RBV Power Vibe machines offer the capacity for the whole body massage and relaxation. Not only can RBV Power Vibe machines passively work all the muscle groups in the body, but can reduce stress by decreasing Cortisol levels while raising levels of serotonin (very similar to working out regularly)

NB: Always up your water intake by at least 20% to experience the full benefits!

Weight Loss

RBV Power Vibe will help you to lose weight. Understand that weight loss is about balance. A combination of exercise, eating the right amount, and small lifestyle changes usually lead to optimal weightloss.