



A dream figure with space age technology

The success of vibration training started with the Russian space program and proved its effectiveness during the record setting space flight of over 400 days.

Now a new age in vibration training has begun with *powercoach*- engineered and produced in Switzerland. *Powercoach* combines the basics of biomechanical vibration training with revolutionary, state of the art soft- and hardware.

Efficient training

With the *powercoach* vibration training you will activate approximately 97% of your muscles while conventional training methods only activate approximately 40%.

Biomechanical vibration training

The high efficiency of the *powercoach* training is achieved through high frequency movements (frequency + stroke) of the base plate. Depending on the exercise, between 1500 and 3600 muscle contractions per minute and a multiple of your body weight are transmitted. This ensures fast, efficient and reliable results.

Two – three times per week

Replace hour long work outs with 10-15 min. of our efficient, simultaneous stimulation of all your muscles 2-3-times a week.

Muscle development

Powercoach reaches the deep lying dynamic muscle groups as well as retaining and support muscle groups. Specific muscle contractions at high velocity can be seamlessly regulated with our 1-step control touch pad from 25 Hz to 60 Hz.

Increased coordination

The vertical movement induced with our vibration training improves your sense of balance and thus coordination.

Higher bone density

Powercoach vibration training actively prevents bone density loss (Osteoporoses) and helps you live an active and fulfilled life.

Cellulite reduction

Approximately 80% of women over the age of 25 suffer from “orange-peel” skin effect (cellulite). The massage effect stimulates the lymphatic flow while increased reduction of fat is achieved through muscle training.

Powercoach combines both with its vibration training for a noticeably better skin tone.

Higher hormone production

Scientific studies have shown that a 10 min vibration training increases the level of testosterone by 7% (increased muscle and bone growth, cellulite reduction) while reducing the level of the stress hormone cortisol by approximately 30%. Increased levels of the growth hormone somatopine and the “happiness” hormone serotonin have been measured.

Fat reduction

Muscles need energy, so an increase in muscle density results in a noticeable reduction of fat. And with regular training you can achieve a positive effect on your metabolism.

Pain and tension reduction

Specific exercise with our *powercoach* training program will help relieve pain in the back and loin regions as well as loosen tension in the neck and upper back. Regular training will reduce these symptoms lastingly.

Characteristics

Powercoach F1 offers you as the only machine of its kind differentiated settings, intelligent sensor technology and a laser controlled air suspension system as a revolutionary breakthrough.

Our sensors automatically determine your weight and the laser controlled air suspension will optimize the air pressure accordingly.

Exercises which are not done in the middle of the plate, and can thus cause a one-sided load are automatically recognized and rectified to ensure a horizontal plate, eliminating malpositioning by the trainee.

Its user friendliness, sophisticated technology, exceptional quality and high-tech soft- hardware make the *powercoach* the ideal tool for medical (rehab), health, wellness and sport applications.

Numerous innovations, setting new standards and the infinite bandwidth of possibilities make the *powercoach* an efficient, reliable and future orientated training partner.

Outfitting

The current model *powercoach* F1 is made entirely of stainless steel with glass fiber cowlings. Four laser controlled air suspensions guarantee an optimal weight distribution and a horizontal plate.

Application and training examples

Fat and cellulite reduction, muscle developement and toning, stretching, stamina and coordination training.

With the *powercoach* fitness training you can individually achieve various training goals

The *powercoach* offers itself easily for both medical and private as well as professional uses.



Address:

Power Coach GmbH
Seidenfadenstr. 1A
3800 Unterseen b. Interlaken
Switzerland

Tel: +41 (0) 33 821 6760

Fax: +41 (0) 33 812 6761

info@power-coach.ch

www.power-coach.

Technicals

Max. load	250 Kg
Timing	30-60-60-120-180-240 seconds
Frequency settings	15 - 50 Hz, adjustable in 1 Hz increments
Aplitude	Low or High 2 mm / 4 mm
Effective power output	400 Watt
Power input	220 - 230 VAC
Weight	145 kg
Dimenstions (w x d x h)	86 cm x 95 cm x 131 cm

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