WELCOME

Thank you for purchasing this equipment. Please read operation manual thoroughly before you begin operating the exercise unit.

Website: www.hitechhealth-fitness.com
Hitech Health Care is the amazing whole body oscillation & vibration training system that helps you attain your weight loss, body shaping, and fitness goals fast!

Vibration training can achieve the same result in just a fraction of the time compared to conventional fitness training methods—with only 10 minutes per day and the minimum of effort you will have all the benefits of full intensive strength workout.

These futuristic vibration fitness plates help you TONE UP, SLIM DOWN, INCREASE CIRCULATION, ACCELERATE FAT LOSS AND REDUCE THE VISIBLE APPEARANCE OF CELLULITE. But you don’t need to spend lakh—now you can afford the latest breakthrough in weight loss and fitness technology.

It All Started with space Research

Whole body oscillation & vibration research all started with cutting edge space research and NASA who studied the effects of vibration massage on bone mineral density. Today, 100s of academic research papers have been released highlighting the many positive benefits of whole body oscillation and vibrating training.

1. Oscillation & vibration training can achieve results in a much shorter period than conventional & intensive training methods.
2. Oscillation & vibration training is a low impact training methods, suitable for a range of activities, fitness level and physical abilities.
3. Oscillation & vibration training has many valuable benefits for weight loss, fitness, wellbeing, injury recovery & active ageing.

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Why Hitech Health Care is World’s Most Popular Equipment!

The Hitech Health Care phenomenon is changing the way people think about exercise & fitness! At Hitech Fit World, we believe that creating a natural & beautiful body should be affordable for everyone. That’s why the products we offer are designed to suit your budget.

Don’t be fooled by flashy logos and big prices hiding products built using the same vibration plate technology as the Hitech Health Care. All of our machines are built from the high-grade components and tested to the latest professional standards. Naturally, this is backed up with hundreds of hours of independent product testing, world-class consumer support and warranty.

Why is Vibration Training so Effective?

The reason why it is so effective, is that the superior muscle-activation created by the Hitech Health Care, recruits and stimulates up to 100% of your muscle fibres under rapid movement - unlike, normal exercise (such as a run) that only uses up to 50% - 70% of them. As a result, you can burn fat more calories than you could during normal gym sessions.

In case you are wondering yes your muscles will feel like they’ve had a workout-sorry not getting out of that one. But is achieved with minimal stress on joints & ligaments and can be used to work out virtually all of your major muscle groups in a low-impact practical fashion. Almost any exercise from a typical gym can be done on a vibration platform, and its also perfectly suited to passive muscle building activities such as resting your feet on the machine for leg muscle strengthening.

But the best thing though, is that you don’t need to spend hours each sweating it out at the gym each day just 2-3 short 10 min. sessions each day will give you the results you’re looking for! It’s not quantity you need, just simply a better quality of regular muscle workout provided by Hitech Health Care.

WOW, this is a breakthrough

Yes, you will be surprised at just how many people are actually using vibration training technology and it’s not just Hollywood. Elite Thletes or NASA - there is whole fitness gyms dedicated to vibration. WBV is regarded as one of the most significant fitness breakthroughs of the 21st century and will only be seen more and more.

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Vibration Training Studies & Press Info

If you want to read on the research, linked below is a sample of the latest scientific paper available. Alternatively, a quick Google Search on “Vibration Training Research” will give you plenty of results.

★ Whole Body Vibration Study of Patients
★ Whole Body Vibration Research
★ Effects of WBV on Muscle Activity Strength and Power
★ WBV-elderly persons and its influence on muscle performance, balance and mobility
★ Strength increase after WBV Compared with Resistance Training
★ WBV-induced Increase in leg muscle activity during squat exercises
★ Vibration Sensation - Whole Body Vibration - ABC
★ Wobble to Wellbeing Vibration Platform - The Sydney Morning Herald
★ Effect of Vibration Exercise on muscular performance, balance, and bone
★ WBV and Resistance Training prevent Bone mineral Loss
★ Quick Work of Exercise - NBC News
★ Madonna has a Wobbler - The SUN
★ Good Vibration Machine
★ Vibration Training - English Insurance Of Sports
★ Acute effects of WBV on Muscle activity, strength, and power
★ Neuromuscular responses to two WBV during dynamic squats
★ Comparing the effects of different WBV intensities on vertical jump performance
★ Strength Training on Vibration Plates
★ WBV Range of Motion Study Explosive strength in elite and amateur athletes
★ Performance-enhancing Effects of squats on a vibration platform
★ WBV and Vertical jump performance
★ Decrease in Cellulite
★ The effects of vibration on human performance and hormonal profile
★ Effect of four-month vertical whole body vibration on performance and balance
★ Trends in training science: The use of vibration training
★ WBV a new exercise approach
★ Bone and spaceflight
★ Oxygen Uptake in WBV Exercise
★ WBV exercise in the elderly people
★ WBV exercise leads to alternation in muscle blood volume
★ The science and application of vibration training

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What if you have Osteoporosis?

As the baby boomers enter their 50’s and 60’s more women are facing the diagnosis of osteoporosis prescribe anti restoratives medication and told to engage in load bearing exercise.

While aerobics and strength training are beneficial, many woman find this too rigorous and soon out. The Eagle Healthmate can help by offering a low-impact alternative that really works.

Research of postmenopausal women has shown that whole body vibration is able to increase the density of the hip. At the same time, the women gained muscle strength and postural stability, put lower risk for hip fracture.

Whole Body Oscillation & Vibration offers a drug free addition to your osteoporosis wellness plan because.

**Using Whole body oscillation & Vibration 5-10 minute, Everyday**
- As your muscles get stronger, your bones get stronger
- Whole body oscillation & Vibration is gentle and has a low impact on joints
- Whole body oscillation & Vibration is load-bearing resistance exercise
- Whole body oscillation & Vibration is less risky than weight training

**What can do for you if you have a medical condition or rehabilitation?**

Doctors generally advise exercise to alleviate back pain, regain strength and flexibility in joint injuries, poor circulation, slow down the harmful effects of diabetes and to build bone density for women, where exercise and movement are important for children with cerebral palsy. Even Parkinson’s disease, fatigue are important for children with cerebral palsy. Even Parkinson’s disease, fatigue are improved by exercise.

Post-surgical patients are often required to do specific exercise to speed their recovery. People who are weak and overweight need to use their bodies in new ways.

The Eagle Healthmate moves your body when you can’t. The gentle vibration contract and relax your muscles.


Website : www.hitechhealth-fitness.com
HITECH HEALTH CARE

THIGHs

CALVES

INNER LEGs

Beautifully accentuate and define some natural looking calves.
shape and tone great looking legs.
Smoothly tone and eliminate fat where other workout can’t deliver.

ABDOMINALs

THIGHs &
UPPER BODY

WAIST

Blast away that unwanted tummy rolls for a flat stomach.
Tighten and shape your gluteal with an intense lower body workout.
sculpture some curvaceous toned shoulders and arms.

Website: www.hitechhealth-fitness.com
**Wide Legged stance**

**Getting into position:** Place the feet parallel on both sides of machines with heels turned slightly outward.

The future apart the feet greater the oscillation.

**The Benefit of wide legged stance:** Greater for the elderly, overweight, those new to this therapy and to warm up and cool down after exercise.

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**On Toe Stance**

**Getting into position:** Place the feet parallel on both sides of machines with heels turned slightly outward and stand on toe.

**The Benefit of on toe position:** Effective exercise for calves and thighs, this will strengthen the leg.

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**Squat**

**Getting into Position:** Keep feet parallel on the sides of the platform, about hip width apart.

**The benefit of squat position:** This stance is great for the strengthening and increasing blood flow to the feet, knees, quadriceps and lower extremities.

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**Deep Squat**

**Getting into position:** Place both feet parallel on the platform.

Lengthen through the spine, shoulders back, chest forward and chin parallel to the floor.

**Benefit of deep squat position:** This advanced position is beneficial for strengthening and increasing blood flow to the knees, quadriceps and lower extremities.

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*Website: www.hitechhealth-fitness.com*
**Kneeling shoulder stretch**

**Getting into position:** Lengthen across the shoulder blades, tuck the chin under so the spine is straight up the neck to top of the head.

**The Benefit of kneeling shoulder stretch:** External rotation of the shoulder for releasing tension and stretching underarms, sides & back of torso.

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**Gentle Push Up**

**Getting into position:** Keep the elbows tucked in towards the side of the body.

Can be done with feet raised or on the floor.

**The Benefit of the gentle up position:** Strengthens the upper body, triceps, chest, pectoral muscles and helps creates flexibility in the wrists.

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**Sitting Gluteal Stretch**

**Getting into position:** Tuck the chin under, relax the neck and shoulders and allow the weight of the body to take you into the stretch.

**The Benefit of sitting Gluteal Stretch:** Promotes flexibility in the inner abductors and draws oxygenated blood to the pelvic area. Message into the buttocksand thighs, stimulating the fat cells; working the cellulite.

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**Sitting Forward Bend**

**Getting into position:** Hold your feet, tilt the pelvis forward, lengthen through the spine.

- Take the chest towards the thighs can be done with knees bent.

**The Benefit of kneeling shoulder stretch:** Activates the stomach meridians, and takes oxygenated blood to the pelvis region, promotes flexibility in the hamstrings, gluteal muscles.

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Back Strengthener

Getting into position: Place feet slightly pigeon-toed, directly under the hips can be done with knees slightly bent.

Tilt the pelvis forward, lengthen through the spine, and tuck the chin under for alignment.

The Benefit of the back strengthener position: A good foundation posture; strengthens the whole backs & arms, releasing tension in the shoulders.

Quadriceps stretch

Getting into position: Keep the knees even and draw up through the abdomen.

The Benefits of the Quadriceps stretch: Beneficial for strengthening the standing leg, promotes flexibility and blood flow to the feet, ankles and calves. Helps to improve balance.

One - Legged Stance

Getting into position: Always place the foot above or below the knee.

- Keep hips even and rotate knee out to the side.

The Benefits of one-legged stance: Great leg strengthener, promotes balance and opens up the hips.

Deep Lunge

Getting into position: Keep the front knee on top or behind the ankle.

The Benefits of Deep Lunge: Strengthens the quadriceps of both legs, working into psoas muscles (these lie behind the abdominal contents, running from the lumbar spine to the inner thighs near the hip joints) and increases hamstring flexibility. Can be done holding the handles for balance.

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HITECH HEALTH CARE

YOGA WORKOUT

Hip Rose
Getting Into Position: - Keep the straight and shoulders relaxed.
- Draw up through the inner thighs and buttocks.
The benefits of Hip rise Position: - Strengthens the back and opens the chest and sternum, stimulating the thyroid and parathyroid glands. Lengthens the front of the body, activating the lung meridian.

Calf Massage
Getting Into Position: - Allow the upper body to relax and feel the grounding of this posture.
- Lengthen the back of the neck along the floor.
The Benefits of Calf Massage: - Great after a run or after standing up for long periods. Soothes tired feet and legs and helps improve circulation to the lower extremities.

Gluteal Stretch
Getting Into Position: - Draw the foot in towards the groin to reduce rotation of the knee joint. Use Blanket under the knee of the extended leg.
The benefits of Gluteal Stretch: - This pose is the cellulite buster-stimulating the thighs and buttocks. Promotes flexibility in the hamstrings, hips and muscles.

Abdominal Strengthenener
Getting Into Position: - Start with feet on the floor and slowly raise the legs, thighs either side of the central bar.
- Chest forward, shoulders back, keeping the lower back.
The benefits of The Abdominal Strengthenener position: - Improves balance, tones and strengthens the abdominal muscles and lower back.

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**Deep Forward Bend**

*Getting into Position:* Feet hip width apart, lengthen through the spine, tuck the chin under, relax the head and neck towards the floor and neck, bend the knees if you need to take care of the lower back.

*The benefit of Deep Forward Bend Posture:* An advance posture, this will help to lengthen the hamstrings, gluteal muscles and lower back.

**Advanced Triceps Curl**

*Getting into Position:* Lengthen through the inner thighs and buttocks, take the head back if it feels comfortable with the neck otherwise tuck the chin under slightly, gazing straight ahead.

*The Benefits of Advanced Triceps Curl Posture:* A dynamic posture, strengthening for the whole body. Opening up the chest, working deep into the shoulders.

**Neck Release**

*Getting into position:* Hands at least shoulder width apart with feet, hip width apart.

- Relax the neck and take the top of the head toward the floor.

*The Benefits of Neck Release Posture:* A restorative pose, quietening the mind, relaxes the heart and is a cooling posture. Activates the lymphatic system and works the hamstrings.

**Reverse Push Up**

*Getting into position:* Spread the fingers wide apart, keep the hands directly underneath the shoulders. Elbows straight, took towards the floor.

*The Benefits of Reverse Push up:* This strong pose strengthens the core of the body, developing power and mobility in the wrists. It contracts the abdominal and oblique muscles and tones the arms. Promotes flexibility and blood flow into the toes and ankles.

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Back Bend Stance

Getting into Position: - Bend your back as forehead touching the display board by placing hands on the bar.

The Benefits of Back Bending Posture: - Effective exercise to reduce the lower sides of the stomach & waist and to remove unwanted fat.

Sitting Stance

Getting into Position: - Position your base on the platform rest the spine on the stand.

The Benefits of sitting stance: - This exercise will helps to reduce the thighs in fat, hips & in waist.

- Place the hands on the plate for the upper body workouts.

Sitting on Chair Stance

Getting into position: - place your feet on the platform by sitting on chair, position your hands on the knees.

The Benefits of sitting on chair stance: - Effective exercise for elderly and old ages this exercise will cure the knees pain and by placing hands on the thighs easily can work out on the upper body.

Website: www.hitechhealth-fitness.com
# PRODUCT WARRANTY CARD

<table>
<thead>
<tr>
<th>BILL No.</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Purchase Date</td>
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</tr>
<tr>
<td>Warranty Period</td>
<td>One year</td>
</tr>
<tr>
<td>Dealer Name</td>
<td>Hitech Health &amp; Fitness</td>
</tr>
<tr>
<td>Sales Executive</td>
<td></td>
</tr>
</tbody>
</table>

**Email**: hitechhealthcare2011@gmail.com

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**Note**: Keep this card safe. This card and invoice are required for repairs & there is no extension in warranty.

**Website**: www.hitechhealth-fitness.com
TECHNICAL SPECIFICATIONS

- Operating Speed Range: 1-50
- Frequency Range: 50-6-Hz
- Power Consumption: 300w
- Motor: 1.5 HP
- Maximum Operating Weight: 150Kg
- Net weight: 30 Kg

Website: www.hitechhealth-fitness.com