



SONIX TRAINING PROGRAM SUGGESTIONS

PECTORAL



PUSH UP
10Hz~14Hz



PUSH EACH HAND
9Hz~13Hz



PECTORALIS STRETCHING
8Hz~12Hz



BACK



PULL DOWN
13Hz~18Hz



ROWING BACK
13Hz~18Hz



ROLLING UP SPINE
13Hz~18Hz



SHOULDERS



LATERAL RAISE
5Hz~6Hz



SHOULDER PRESS
10Hz~14Hz



NECK&SHOULDER STRETCHING
10Hz~14Hz



ARMS



TRICEPS DIP
11Hz~15Hz



PRAY EXERCISE
6Hz~9Hz



WRIST STRETCHING
13Hz~16Hz



LEGS



SQUAT
12Hz~16Hz



T-BALANCE
13Hz~17Hz



QUADRICEPS STRETCHING
14Hz~18Hz



TRUNK FLEXION
15Hz~20Hz



CALF RAISE
12Hz~18Hz



CALF STRETCHING
12Hz~18Hz



ABS



CRUNCH
10Hz~14Hz



LEG CIRCLE
11Hz~14Hz



OBLIQUE STRETCHING
18Hz~22Hz



HORIZONTAL ROTATION
18Hz~22Hz



COBRA
9Hz~13Hz



VERTEBRA STRETCHING
11Hz~15Hz



HEALTHY LONGEVITY CARE



SONIX
VC-15

FEATURES

- Slim and trendy design
- Easy installation
- Convenient LED display with a touch sensor
- Reliable sonicwaves from a digital amplifier
- Soft and smooth delivery of sonicwave vibration
- Safe with acceleration control sensor
- Patented technology

BENEFITS

- Relieves chronic pain by relaxing the tensions of the main joints.
- Improves musculoskeletal disorders (osteoporosis & degenerative arthritis)
- Improves the diabetic neuropathic diseases.
- Exercise aid for patients after the surgery
- Enhance muscular strength & durability
- Enhance the body balance system

1 Effect of whole-body sonicwave vibration (WBV) on the correction of the elderly's walking capability (walking step) and the posture balance capability

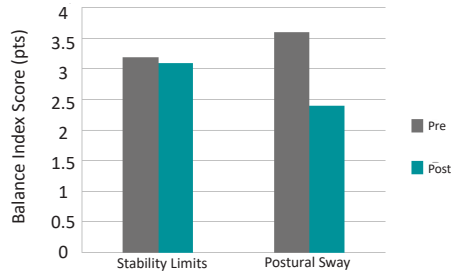


Figure 1. Change of balance points after the whole-body vibration (WBV)
Study conducted by: Department of Sports Science, Warrette University

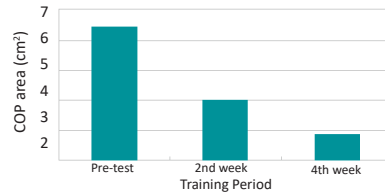


Figure 2. Evaluation result of posture balancing capability before and after the vibration training
Study conducted by: Welfare equipment research center, Biomedical Engineering Department of Cheonbuk National University

RESULTS The results indicated that the WBV is very effective for improving elderly's walking capability. It improved the swing speed of the legs, walking step and maximum one-leg standing up time. After the SWV treatment, patient's swing speed of unaffected legs, stride length of feet and percentage of toe-off from the view of normal side have improved. The balance of aerodynamic core sway speed in the dorsal (front) & ventral (back) of the thigh also improved. Moreover, in the second study, WBV exercise improved the posttrue balancing capability as the vertical vibration strengthened the lower limb muscles.

CONCLUSION Sonicwave Vibration Exercising Device is recommended for the rehabilitation training for the elderly people who need the improvement of posture balancing capability as well as gaining overall muscle strengths.

Recommended: 30-min WBV a day, 4x a week for 7 weeks)

2 Effect of SWV on the brain cells in the brain hemorrhage-induced rat

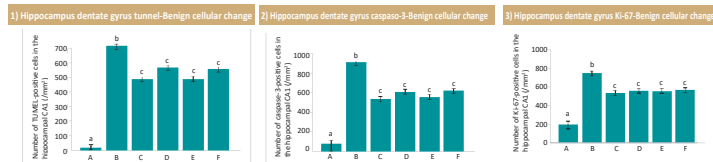


Figure 3-5. Hippocampus dentate gyrus cellular change
Study conducted by: Dr. Kim, Medical College of Kyunghee University, Korea

RESULTS WBC reduced the extinction of damaged brain cells and minimized the neurologic disorder caused by the brain hemorrhage.

CONCLUSION Highly recommend WBC for rehabilitation workout for patients with brain hemorrhage.

3 Efficiency of lumbar rehabilitation training WBV and stretching

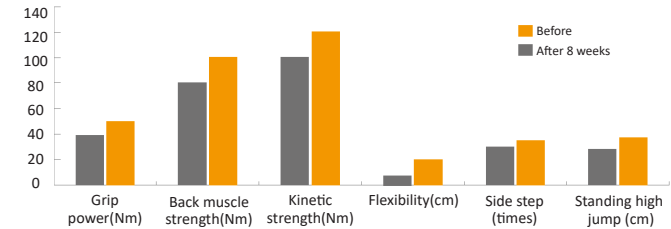


Figure 6. Variation of based physical fitness with WMV (standard means, *p<0.1, **p<0.05)
Study conducted by Spring symposium of Korea rehabilitation welfare engineering society

RESULT WBV treatment maintains the flexibility, continuous vitalization and muscular tension and brings the effect of stretching with more efficiency.

CONCLUSION WBV can work to maximize the efficiency of the lumbar rehabilitation training along with stretching.

4 Effect of WBV on state of blood cell



Figure 7. Changes in the state of blood corpuscle (blood cells) before & after WBV

Study conducted by Dr. Jacob Swilling (USA)

RESULTS After the WBV treatment, blood cells separated more clearly and moved smoothly. Moreover, after the WBV treatment, the pH index of the blood changed from acidity to alkalinity.

CONCLUSION WBV can aid the cells to charge more dynamic energy, better deliver nutrients and energy to the cells.

5 Effect of partial vibration stimulation for preventing osteoporosis (A pilot study)

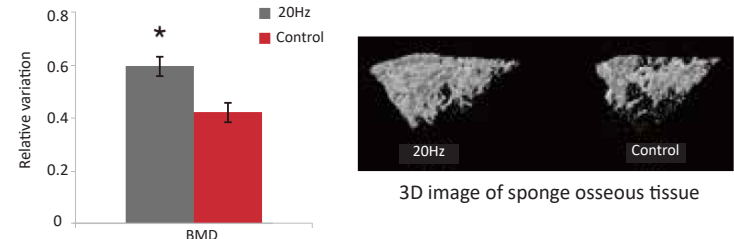


Figure 8. Changes in the osseous tissue at partial vibration (20Hz)
Study conducted by International Society of Biomechanics Congress 2011, Brussels (Medical engineering department of Yonsei University)

SW-VC15

Size: 90x91x145cm
Weight: 80kg
Program: auto/manual
Max. loaded weight: 250kg
Frequency: 3-70Hz
Intensity: 0-99
Power: 300W



Specification