

CONTOUR PLUS



WAVE TECHNOLOGY PATENT NUMBER 7,438,696

AWT - AIR WAVE TECHNOLOGY
 Patented vertical calibration of the platform by the inflation of the air cushioning system to ensure comfort and consistency in vibration forces.

VCV - VERTICAL CONTROLLED VIBRATION
 Maximizes vertical directional control for smooth vibration through uninterrupted power flow.

BENEFITS

- Increase strength, balance and flexibility
- Positive effects on bone density and circulation
- Muscle toning
- Accelerated weight loss
- Deep tissue massage
- Cellulite reduction
- Detoxification

ACCESSORIES INCLUDED

- Training Manual
- Exercise Poster
- Operating Manual
- Exercise Mat
- Exercise Straps
- Access to WAVE Club

SUPPORT

Ongoing support through the WAVE Club ensures you will get the help you need to get on, and stay on track in achieving your health, fitness and beauty goals. Log on to www.wavexercise.com/waveclub to register.

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WAVE EXERCISE OUTLINE

EXERCISE SMARTER, NOT LONGER

Over 200 exercise positions for unlimited options

WAVE® CONTOUR PLUS

WHAT IS VIBRATION

WAVE vibration technology has been a trusted name in the medical, rehabilitation, sports, spa and fitness areas. Now we are able to bring this patented North American product into the comfort of your own home.

As you place yourself in various exercise positions, the movement of the platform simulates the body's natural 'stretch reflex.' This is similar to having your knee tapped at a doctor's office. Without thinking about it, your body responds with

a strong involuntary muscle contraction, leading to your leg 'kicking out.' With WAVE technology, these strong contractions can be repeated at a rapid rate, up to 3000 muscle contractions per minute.

Since the muscle contractions are involuntary, nearly 100 percent of your muscles are being worked. This is in contrast to conventional training, where you may only get 40 to 60 percent of your muscles engaged. Using more muscles

with higher repetitions than conventional training can provide you with a whole body workout in only 15 minutes. By using only your body weight, minimal stress is placed on the joints.

From busy professionals, aging boomers, athletes and the deconditioned, to those that can't handle the stresses and time constraints of regular exercise, the WAVE Contour Plus provides the ideal health, beauty, and fitness solution.

FEATURES OF THE WAVE CONTOUR PLUS



HANDLES
Ergonomically designed to accommodate all users' height and size requirements, providing exercise comfort and safety.

INTERACTIVE TOUCH SCREEN
Color touch screen incorporating program levels for ease of use.

INTEGRATED REACH BAR
Used for support and added comfort during exercise.

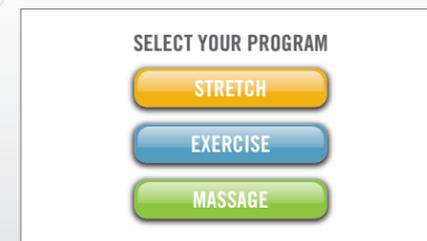
FOLDING MECHANISM
Minimal assembly required, allowing for ease of storage.

ANTI SLIP AND CUSHIONING SURFACE
Reinforced cushioning designed to increase stability and balance, therefore maximizing joint comfort and support.

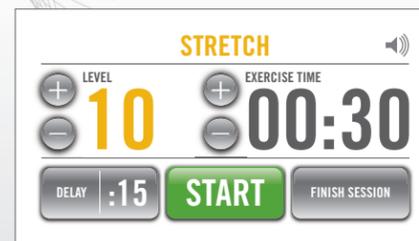
ISOLATED VIBRATION HOUSING
Advanced patented engineering and construction that contains the vibration in the exercise platform and prevents dispersal to the controls and floor.

SOLID STEEL CONSTRUCTION
Made of reinforced, toughened, solid steel, ensuring durability and quality for the residential market.

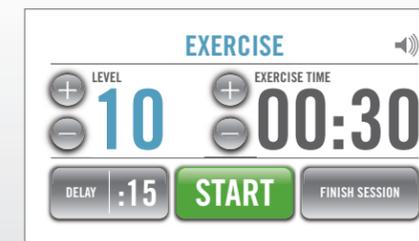
INTELLIGENT INTERFACE *Easy to use visual interface designed to be interactive and user friendly.*



SELECT YOUR PROGRAM
Whatever your need, the WAVE Contour Plus comes equipped with preset goals, allowing you to quickly select your training program.



STRETCH SCREEN
The stretch zone is designed as the ideal warm up, or gentle flexibility program for optimal health benefits.



EXERCISE SCREEN
With 10 levels to choose from, the exercise zone continually challenges and enhances your health and fitness goals.



MASSAGE SCREEN
Reward yourself with the massage zone, helping you recover and rejuvenate your body.

CONTOUR PLUS SPECIFICATIONS

MACHINE DIMENSIONS

Plate Dimensions: 30" x 24"
Machine Weight: 230 lbs
Weight Capacity: 400 lbs
Warranty: 2 years
Materials: Steel
Color: Midnight Black/Charcoal Grey

TOUCH SCREEN SPECIFICATIONS

Screen Size: 2.2 x 3.8
Color: 24 bit LED display
Navigation: Touch pad technology
Audio: Exercise tone indicator

TOUCH SCREEN FEATURES

Delay: 5, 10, 15 seconds
Exercise Time: 15 seconds-15 minutes
Stretch Levels: 1-10
Exercise Levels: 1-10
Massage Levels: 1-10
Frequency: 30-50 hz total range

