



**Eagle Healthmate 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 results 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 & Vibration 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 method, 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.

## Exercise Benefits

The Eagle Healthmate smoothly oscillates and triggers a rapid reflexive contraction of your muscles between 25 and 50 times per second. This movement causes your muscles burn large amounts of energy (Kj/Cal) hence emptying the fat cells of their stored carbohydrates due to the accelerated muscle load



Compared to traditional training methods, this achieves better results in less time and with less effort. You are always in control, as you can select the optimal level of oscillation movement suitable to your training objectives. The net result will be a real breakthrough in your training and conditioning as you get to focus on the results you want to achieve.

## Why Eagle Healthmate is World's Most Popular Equipment!

The Eagle Healthmate phenomenon is changing the way people think about exercise & fitness! At Eagle 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 Eagle Healthmate. 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 Eagle Healthmate, recruits and stimulates up to 100% of your muscle fibers 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 far more calories than you could during a normal gym session.

In case you are wondering, yes your muscles will feel like they've had a workout-sorry not getting out of that one. But it 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 it's 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 Eagle Healthmate.

## 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 Athletes or NASA- there are 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.

# Vibration Training Studies & Press Info

If you want to read up on the research, linked below is a sample of the latest scientific papers 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 Vibrations Machine](#)

[Vibration Training-English Institute 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 alternations in muscle blood volume](#)

[The science and application of vibration training](#)

## 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 women 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 Eagle Healthmate 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 injure, 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 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.

Preliminary evidence. Abstract from the American journal of physical medicine Vol.83, no11, Nov.2004,pg.867-873. That short term effects of whole vibration on postural control in under stroke patients



**THIGHS**



**CALVES**



**INNER LEGS**

Beautifully accentuate and define some natural looking calves.  
Shape and tone some great looking legs.  
Smoothly tone and eliminate fat where other workouts 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.

# Machine Features / Operation

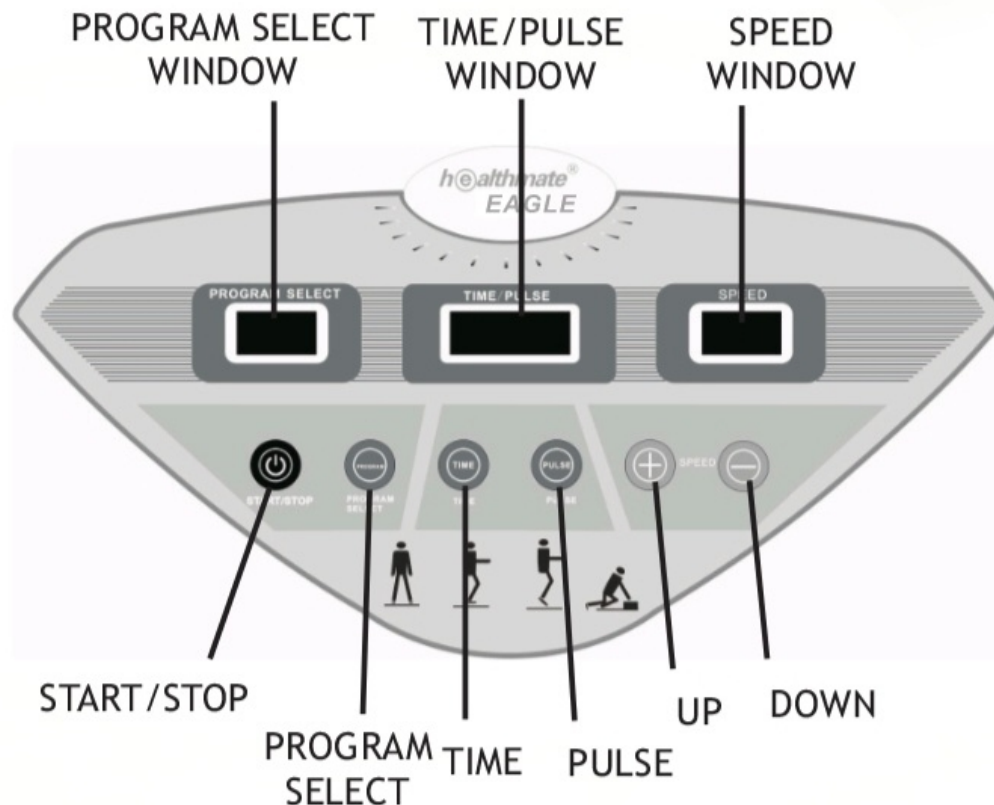
1-50 Classes of different working speed

3 Specifically designed programs

3 Digital LED screens. One indicates the program number (“Program Selection”), the second shows time elapsed and heart pulse (“Time/Pulse”) and the third shows the speed selected (“Speed”).

## Description of Display Panel Buttons :

### 1. Display Window :



Screens :  
1. PROGRAM SELECTION  
2. TIME/PULSE READY  
3. SPEED

Buttons :  
START/STOP  
PROGRAM SELECT  
TIME  
PULSE  
UP  
DOWN

## 2. Usage Instruction:

1. Power on the PROGRAM SELECT window show “HL”; TIME/PULSE window show “010”, which means timing for 10 minutes; SPEED window show “00”.
2. In any status, press the TIME/PULSE key to change the show of time or pulse in the middle displayer window.
3. In the standby status, press the START/STOP key, the machine is in working status, press this key again, the machine come to the standby status again.
4. In any Standby or working status, press the PROGRAM SELECT key to choose the working program. They are manual mode “HL”, automatic program “P1”, automatic program “P2” and automatic program “P3”.Timing for every program: 10minutes. On the automatic program, the SPEED key is inactive.
5. In any status, press the PULSE key and hold the heart rate sensor the present heart rate will be showed on the window.
6. Instruction for the Automatic Program Working Mode:

Automatic Program P1: Slowly increase your body's heart rate and vibration resistance. Every 30 minutes, the speed change from start to 10-15-20-25-30-35-40-45-50-45-40-35-30-25-20-15, Keep cyclic motion.

Automatic program P2: Keep your heart rate in the fat burning zone.

Every 15 minutes, the speed change from Start to 5-10-15-20-25-30-35-40, Keep accelerated motion.

Automatic program P3: Fartlek training for advanced athletes.

Every 15 minutes, the speed change from start to 15-30-45, Keep accelerated motion.

## 3. Assembly Instruction

Before starting please lay out all of the parts from the package. Thanks!

### Steps :



**P 1**



**P 2**



**P 3**





**P4**



**P5**



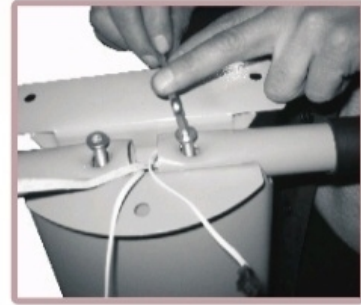
**P6**



**P7**



**P8**



**P9**



**P10**



**P11**



**P12**



**P13**



**PERFECT MACHINE**

## Assembly Instruction

1. Lay the main unit (P1) on even surface.
2. Take wire (P2) pass it down the middle of the support tube. Please pay attention to have larger connector at the top. Please see the picture carefully (P2).
3. When you assemble the main support tube, make sure the wires remain connected. Then, connect the bottom connector of wire with in the main unit. Please see the picture (P3) and make sure the wires remain connected.
4. Now, slot the main support tube into the main unit, please see picture P4. Pay attention to use correct tools and screws: Hexagon screws 8\*50. The picture P5 shows how the main support tube should look like when connected and assembled.
5. Take the 2 bottom support bars (P6) and place into the main unit. Please make sure the top of the bottom support bars are angled away from the main unit. Take the correct tool and use Middle screws: M6\*10 and washers to secure the bottom support bars to main unit. This should be done at the bottom of the main unit. See picture P6
6. Take the top support bars and place on top of the bottom support bars. Pay attention that the top bars fit into the main support tube. See picture P7
7. Take the tool and use small screws: 5\*10 to secure the top support bars to the bottom support bars. Please see picture P8.
8. Use the connect tool and take the big screws: M8\*40 and secure the top support bars to the main support unit. Please see picture P9.
9. Connect the wires of the control panel to the wires of the main support tube. Please see picture P10.
10. Place the control panel onto the main support tube and feed the wires inside the main support. Please see picture P11.
11. Finally, using screws M6\*10 at the bottom side of the control panel. Then use tool to secure the control panel to the main support tube. Make sure to secure the front screw first, then screw on two sides.

### TOOLS :



Hexagon Die Nu:#6



Hexagon Die Nu:#5

# YOGA WORKOUT



## Wide Legged Stance

**Getting Into Position:-** Place the feet parallel on both sides of machines with heels turned slightly outward.

The further apart the feet, the 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.



## 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.



## 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 strengthening and increasing blood flow to the feet, knees, quadriceps and lower extremities.



## 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

# YOGA WORKOUT



## 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.



## 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 benefits of the gentle push up position:-** Strengthens the upper body, triceps, chest, pectoral muscles and helps create flexibility in the wrists.



## 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 benefits of sitting Gluteal Stretch:-** Promotes flexibility in the inner abductors and draws oxygenated blood to the pelvic area. Massages into the buttocks and thighs, stimulating the fat cells; working the cellulite.



## 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 Benefits of sitting Forward Bend:-** Activates the stomach meridians, and takes oxygenated blood to the pelvic region, promotes flexibility in the hamstrings, gluteal muscles

# YOGA WORKOUT



## Back Strengtheners

**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 Benefits of the Back strengthener position:-** A good foundation posture; strengthens the whole back& 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 focus 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.

# YOGA WORKOUT



## Hip Rise

**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 lunge 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 the 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

# YOGA WORKOUT



## 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 Benefits of Deep Forward Bend Posture:-** An advanced 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, look 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.

# YOGA WORKOUT



## 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 help 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