



Wellness is a question of time.

wpe



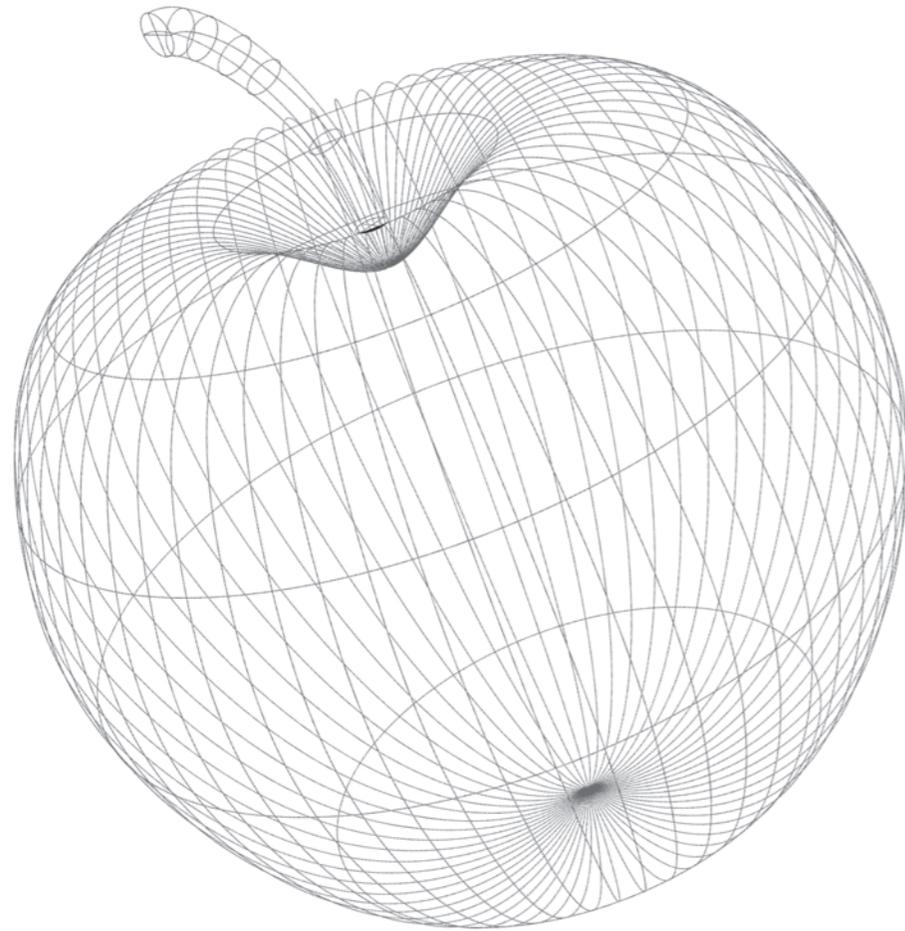
FitShakeDX



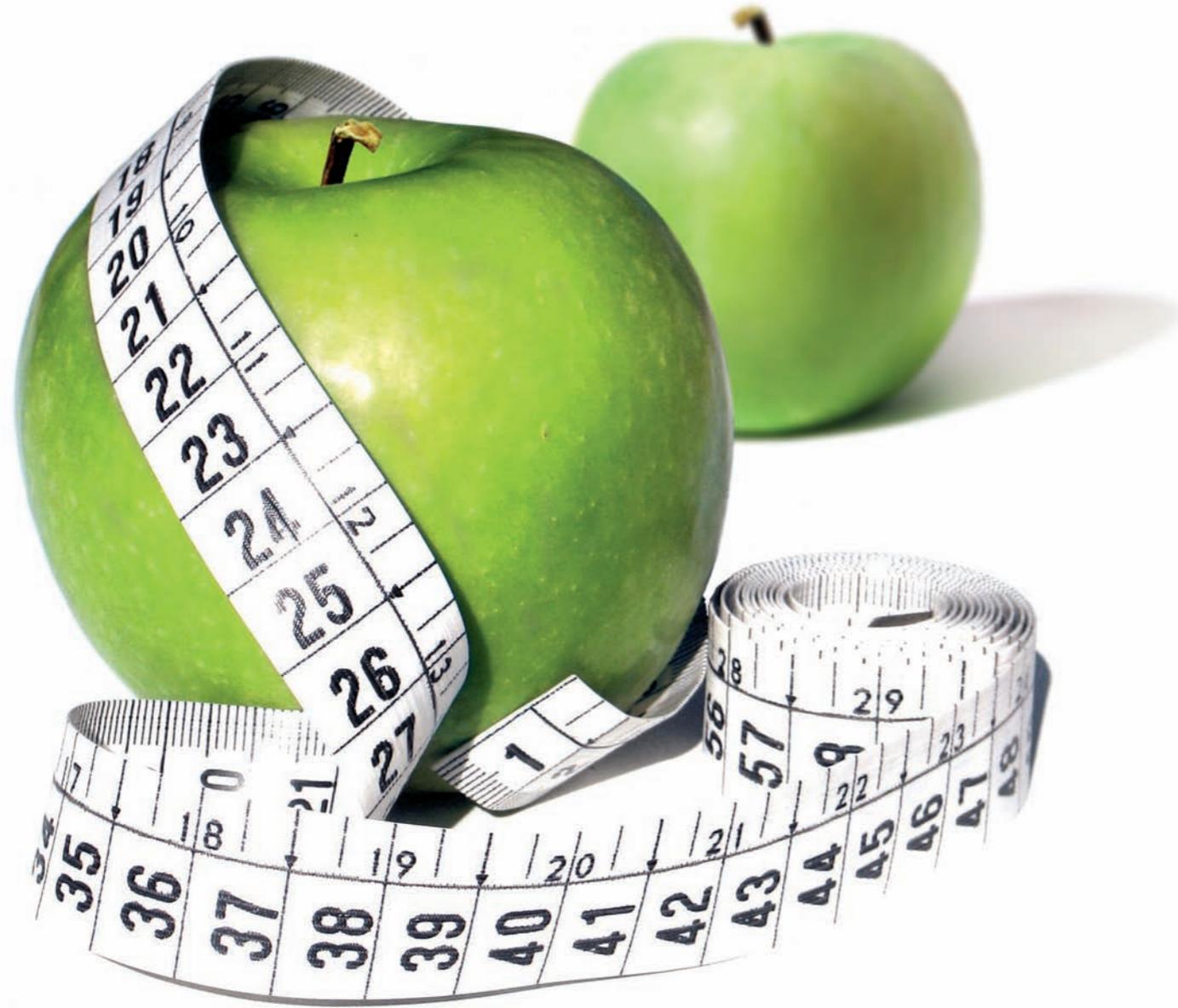
The human body is constantly effected by **the force of gravity**, which is perceived by the organism as a state of imbalance. The attempt to find a new balance to counteract this force leads to a series of muscular contractions-relaxations (caused by reflex and voluntary stimuli) which have an effect on **skeletal, muscular, articular, circulatory and lymphatic functions**. FitShakeDLX<sup>®</sup> oscillating plate uses the same principle, artificially generating variable frequency waves that amplify the feeling of imbalance perceived by the organism.



We have observed how the body reacts to solicitation induced by oscillations and in cooperation with the [Bioengineering Department of the Polytechnic of Milan](#) we have identified a frame of frequencies capable of simulating the solicitation that the body is subject to naturally during normal daily activities and when under stress. Sophisticated kinematic and electromyographic assessments have revealed beneficial effects for the locomotor apparatus. At the same time, thanks to our [Pilot Centre](#), we have observed how various types of use interact with the oscillating plate, allowing us to define specific training programs, focus on increasing personal wellness and experiment with situations in which FitShakeDLX<sup>®</sup> can become a vehicle for social relations.



These crossed studies have resulted in the creation of a truly functional machine. With FitShakeDLX<sup>®</sup> nothing is left to chance: from the choice of material, to concealed finishes, everything has been designed to guarantee solidity, safety, curability and a pleasant appearance. True to traditional Italian design, **the shape of FitShakeDLX<sup>®</sup> is born from its function.** The ergonomic curve of the tubular structure, about 160 cm high, offers complete freedom of movement thanks to the multitude of holds possible. Simple controls located on the display screen allow you to choose various training programs meeting a wide range of needs: in fact FitShakeDLX<sup>®</sup> can be used for sport and physiotherapy, beauty and wellness, or prevention and therapy for the fitness of senior citizens.



Finally, we wanted to offer our clients **bespoke services** so we have created personalised packages for gyms, wellness centres and physiotherapy centres. We can offer expert guidance from our qualified personnel and the possibility to become part of our recognised WellPoint® network. Some of the numerous services offered, please see our website [wpesrl.it](http://wpesrl.it) for more details, include the use of a marketing package that will provide you with all of the material needed to promote FitShakeDLX® in your centre.

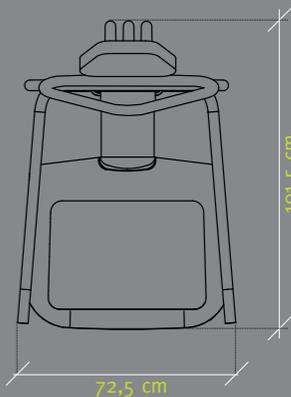
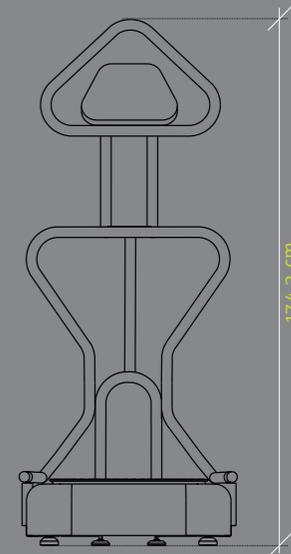
# FitShake®



Colour models (available on request)



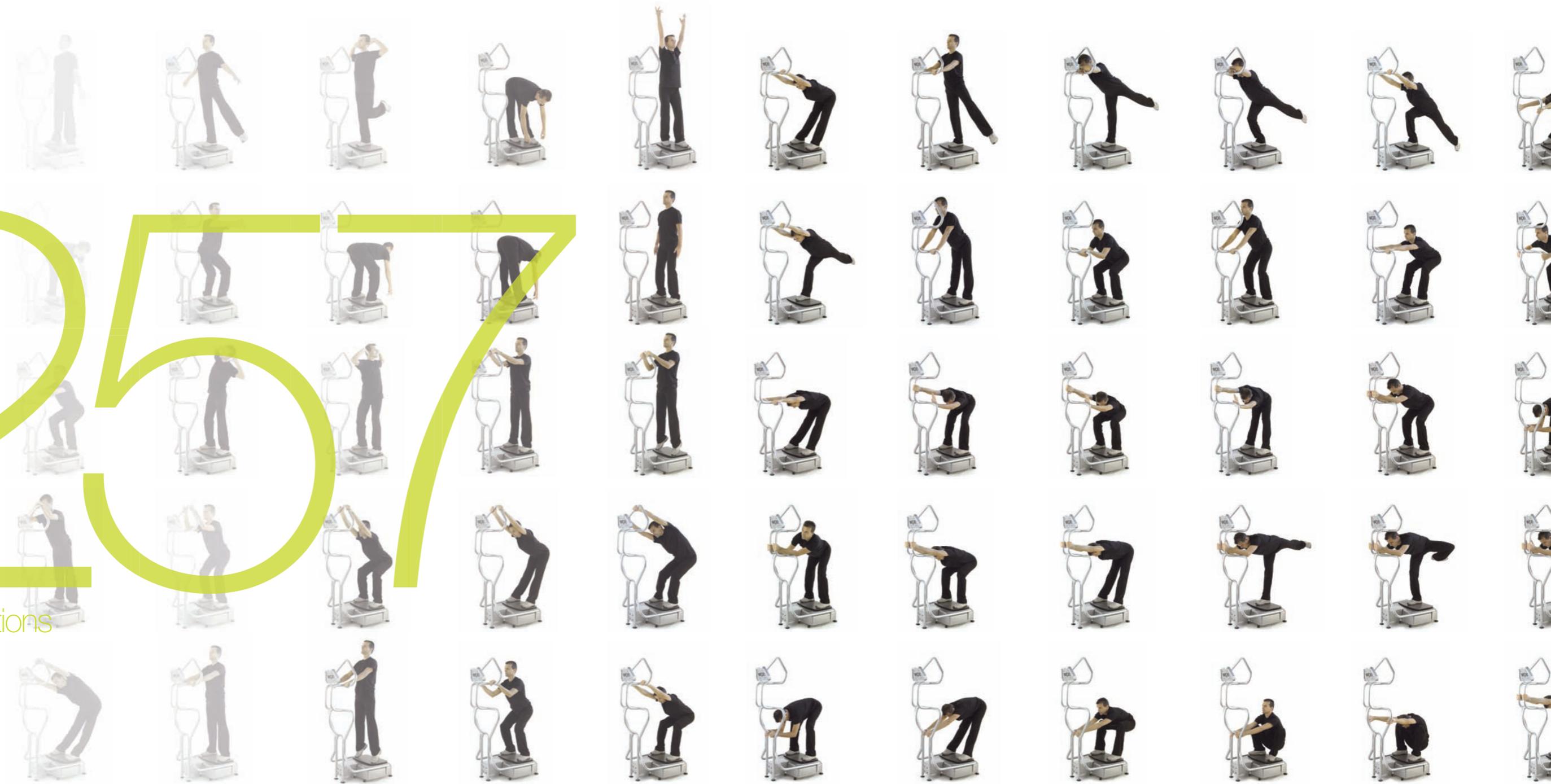
Silver model



- oscillation range: from 1 to 20
- oscillation amplitude: 0-12 mm
- weight: 55 kg
- maximum load: 150 kg
- liquid crystal display
- 50 preset programs
- virtual instructor

# 257

Studied positions



Field of application:

- Sport and rehabilitation
- Beauty and wellness
- Fitness for senior citizens

Preset programs

Training applications:

- Slimming
- Anti-cellulite drainage massage
- Toning and strengthening
- Stretching and relaxation
- Rehabilitation



FitShakeDLX can be used in sport as a means of support or as an alternative to traditional training, for warming up or winding down, or as a means of recovery during training. The solicitation produced by mechanical oscillations is capable of increasing muscular contraction by 30% leading to increased muscular strength and reactive elastic force. Some of the positive effects that can be gained include explosive force, maximum force, power, speed, elasticity and resistance. Exposure to this method also leads to hormone stimulation: recent studies have shown a significant increase in the growth hormone (somatotropin) and in testosterone after just 10 minutes of oscillation; an increase parallel with the increase in muscular strength. Famous tests were carried out by Dr. Bosco and his colleagues on some professional volleyball players, who showed increased strength in the extensor leg muscles after a session of only 10 minutes. Another experiment with well-trained athletes showed an increase in muscular strength during jumps after a 10-day treatment, applied for 10 minutes a day. It is worth noting that professional athletes can benefit greatly from the oscillating plate, not only for winding down, but also for improving performance without the risk of injury (a very high risk at certain weight levels). As regards fitness, the benefits worth highlighting are increased resistance to stress, quicker recovery and increased elasticity in the lower limbs.

FitShakeDLX can be used in physiotherapy to resolve physical problems caused, for example, by a prolonged period of inactivity following to an accident or operation. The FitShakeDLX oscillating plate can be used in rehabilitation and functional recovery procedures for both articular mobility and muscular trophism thanks to its ability to be graduated (it can be increased by 1 step in a range of 1 to 20). In general, FitShakeDLX can be used to resolve various problems, including:

- muscular atrophy or hypotonia
- pubalgia (groin pain)
- problems with the Achilles tendon
- knee rehabilitation
- tension in cervical-dorsal muscles
- mobilization and trophism of the scapulohumeral joint

Clinical studies carried out on patients with peripheral nerve traumas and articular contractures have demonstrated the effectiveness of the treatment when accompanied by classic traction methods. Very recent experiments have shown a remarkable improvement in flexibility of the spine and leg flexor muscles after treatment. It has been unequivocally demonstrated that this method is much more effective than traditional methods such as the ballistic, passive and static methods and PNF (Proprioceptive Neuromuscular Facilitation).



FitShakeDLX can be used for aesthetic purposes to improve a person's metabolic activity. It has been shown that sitting on the oscillating plate leads to an increased metabolism (with an improved basal metabolism), increased fat burning and consequently a reduction in subcutaneous adipose tissue. So we can underline some of the benefits offered by this method in terms of beauty and wellness: by activating the circulation and increasing cell permeation, FitShakeDLX helps to block the mechanism that forms cellulite, transforming the tendency to accumulate into an ability to eliminate fat and increase muscle trophism. FitShakeDLX and its oscillations have an important effect on lymphatic drainage, with a visible reduction in cellulite and adhesions, strengthening connective tissue leaving you with softer, smoother skin. In terms of psychophysical wellness, the plate's oscillations act by releasing neurotransmitters such as serotonin and dopamine in the body, in a completely natural way, which lift your mood and give you a feeling of general wellbeing similar to that experienced after practising sport. Other benefits include increased coordination, body balance and reflexes, as the oscillations act directly on the proprioception (mechanism regulating balance and the perception of movement).

In terms of fitness for senior citizens, FitShakeDLX can be used to prevent osteoporosis. Even though studies regarding application of the oscillatory method in reducing the development of this type of problem are hard to find in international documentation, it is clear that this new training method has unequivocally effective indications. This claim is supported by the fact that evident improvement in muscular functions, induced by administering this type of treatment, produces very effective solicitations of the biologic functions of the bone that they are inserted in. Recent studies suggest that this method could replace pharmacological intervention in treating and preventing osteoporosis and other research has found a considerable increase in bone density in patients subjected to oscillation. This factor, together with increased muscular strength and balance, are fundamental in improving the life of any elderly person (just think of the reduced risk of falls that increased balance can offer).

The formula of gravitational force Isaac Newton

$$F = \frac{G \cdot m_1 \cdot m_2}{r^2}$$

FitShake  $\cdot$  WPE <sup>®</sup>

The formula of wellbeing **wpe**

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