



Bodyblade was created to give you the kind of workout that you could never achieve with traditional exercise machines. Bodyblade addresses the deep dynamic stabilizers of the spine and core, which gives you a strong, stable foundation useful for:

- Rehabilitation
- Post Rehabilitation
- Sports performance training
- Personal training
- Fitness enhancement
- Weight Loss Management

Best of all, you will almost immediately notice improved wellness, balance, coordination and muscle definition, as well as greater flexibility and posture. And anybody can do it! This method of vibration training is simple and powerful, no matter what your fitness level, age, gender or previous training experience. In fact, Bodyblade automatically adjusts to the fitness level of each user to guarantee success in training.

The Power 10 Exercises

- Chest Press
- Back and Shoulder Reach
- Tricep Push
- Bicep Tricep Trimmer
- Overhead Press
- Ab Crunch
- Upper Cut

Bridge
Plank
All Fours