

**MAXXUS® CV-9**  
Whole Body Vibration Machine

Hold each position up to two minutes depending on your fitness level.  
Rotate through various positions during the week to obtain overall toning.



Calf Stretch



Hip / Leg Strengthening



Wide Stance Squat



Parallel Squat



Joint Strengthening  
Deep Squat



Shoulder Press



Lower Back Massage



Upper Body  
Strengthening

*“I got my ‘sexy’ back with the Maxxus® CV-9 Whole Body Vibration Machine and you can too!”*





Lateral Dips



Pelvic Stabilization



Ab Crunch



Quad Massage /  
Upper Body Stretch



Upper Body Massage

**Whole body vibration** is a revolutionary form of low-impact exercise that promotes health and fitness allowing you to get a full body workout with less time and effort. Mimicking the human gait and stimulating both fast twitch muscles and slow twitch muscles simultaneously stretching, strengthening and toning the supportive muscles of the body. Using gravitational force to trick the body into thinking it is walking very quickly by alternating the body's weight from side to side up to 30 times per second. This side to side motion causes the reflexive muscles to contract and stretch, stimulating muscles and increasing oxygen & nutrient rich blood to all muscles.

The Maxxus Core Vibe 9 (CV9) was designed to provide the full spectrum of vibration muscle stimulation by providing a manual frequency range of True 6-28 Hz at 8mm amplitude to maximize your health goals. The CV9 pivotal vibration system is the most popular of all vibrating platform technology and is widely used by trainers and doctors across the USA. Our CV9 whole body machine is suitable in commercial settings for all ages and health levels.

*Celebrate Health, Celebrate Life!*



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