

LFW Incorporating

QuickTone

20 Minute Vibration Training for Women



- **Increased Metabolism**

Training intensifies fat burning and improves basic metabolism

- **Breaks Down Fat Cells**

Massage functions reduce cellulite and stimulate lymph drainage

- **Boosts Muscle Power**

Activates nearly 100% of all muscle fibres resulting in improvements in strength and stamina

- **Increased Blood Flow**

Improves circulation, flexibility and the ability for the body to heal and regenerate itself.

- **Improves Flexibility & Co-ordination**

Intense circulation warms up the muscles and encourages tendons to be more pliable, enhancing flexibility

- **Increases Bone Density**

Reduces muscle wasting

- **Low Impact**

Great for beginners and more hard core fitness enthusiasts

*contact your local centre for availability & prices