

Relaxer

ACTIONS:

Low frequency sound wave therapy.

DESCRIPTION:

It is important to cool down gradually at the end of an exercise session. The purpose of a cool down is to allow your heart rate and systolic blood pressure to gradually decrease so that your body can adjust back to normal activity levels.

During exercise, your muscles produce chemicals such as lactic acid which can cause delayed discomfort if not gently flushed through the circulatory system. The gradual reduction in activity at the end of a work out will allow the circulatory system to gradually redirect the blood flow away from the muscles and back towards the major organs. This reduces the risk of feeling dizzy or stiff following exercise.

The Relaxer offers vibratory stimulation which promotes relaxation at the end of an exercise session. Several physiological benefits are associated with vibration therapy. Research studies indicate that it can increase bone density, improve standing balance, reduce pain and decrease stiffness. These physiological responses will benefit the symptoms associated with long term conditions and the ageing process.



4.3" touch screen console offering both manual and programme options



Power assisted (plug and play installation)



Designed and manufactured in UK

Technical Specification

Dimensions	
Width	94cm
Length	173cm
Height	95cm
Electrical Specification	
Voltage	220V/240V (110V-USA)
Amps	3 Amps
Plug Cable Length	1.5 metre
Upholstery	
Side Panels	High impact resistant ABS plastic
	Flame retardant vinyl, resistant to moisture and bacteria EN 1021-&2



Premium cover - durable fire and water resistant materials



**STRATEGIC
PARTNER**

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