

## T-ZONE VIBRATION AND CONTRAINDICATIONS

**Disclaimer:** Individual results may vary. Whole Body Vibration is very safe, but may not be suitable for some people. Use the VT-12 Whole Body Vibration machine at your own risk. Strong vibration affecting the neck and head can occur when using positions other than standing. Some health conditions require medical approval before use.

**Please be sure to seek qualified medical advice before using Whole Body Vibration.** In particular, if you are pregnant, have a pacemaker, any other implant, or have had recent surgery, or have any medical condition whatsoever, please do not undertake Whole Body Vibration without the approval of your medical practitioner.

Watch your balance when getting on/off the machine. Keep fingers away from platform edge while in use. User weight capacity must not exceed 330lbs.