



DATA SHEET

RELAXER

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.

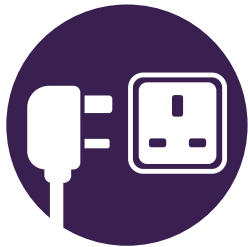
During exercise, your muscles produce chemicals such as lactic acid which can cause delayed discomfort if not gently flushed through the circulatory system. The gradual reduction in activity at the end of a work out will allow the circulatory system to gradually redirect the blood flow away from the 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.

Technical Specifications



4.3" touch screen console
offering both manual and
programme options



Power assisted
(plug and play installation)



Dimensions:

W94cm x L173cm x H95cm



Electrical Specification:

Voltage: 220V/240V (110V-USA)

Amps: 3 Amps

Plug Cable Length: 1.5 metre



Upholstery:

Side Panels: High impact resistant
ABS plastic



Covers:

Flame retardant vinyl and
resistant to bacteria and
moisture EN 1021-&2

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