

# SONIX Training Program



SONIX

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## “Sonic wave vibration exercise system”

- Rehabilitation & Silver
- Aesthetic
- Fitness & Sports

### ■ Stimulation Area per Frequency(Hz)

3Hz	whole body exercise
4Hz	arms, shoulders
5Hz	chest, shoulders
6Hz	shoulders, back
7Hz	hip, back, abdomen (Trunk)
8Hz	abdomen, hip, thigh
9Hz	hip, thigh, abdomen
10Hz	waist, thigh(inner)
11Hz	thigh(inner), prostate (male)
12Hz	thigh, face
13Hz	whole body(vertebra), face, knees
14Hz	whole body(vertebra), shoulders, knees
15Hz	thigh(front), calves, knees
16Hz	thigh(front), calves, knees
17Hz	abdomen, thigh(inner), pelvis(front)
18Hz	whole body stimulation(stretching)
19Hz	whole body stimulation(stretching)
20Hz	whole body stimulation(stretching)
21Hz	pelvis(side), sartorius, lower abdomen(female)
22Hz	pelvis(side), sartorius, lower abdomen(female)
23Hz	calves, thigh(back)
24Hz	calves, thigh(back)
25Hz	calves, thigh(back)
26Hz~50Hz	entire upper muscle stimulation, neuromuscular training, BMD enhancement, rehabilitation training, muscle massage, circulation massage



- Musculoskeletal stimulation with body movement free
- Isokinetic, isometric, isotoning training
- Combination with various training equipments
- GX Training

### ● Specification

	SW-VP13C	SW-VM10	SW-VH11	SW-VC12
Type	Plate Type	Stand Type	Stand Type	Stand Type
Program	Auto mode, Manual	Auto mode, Manual	Auto mode, Manual	Auto mode, Manual
Frequency	3-50Hz	3-50Hz	4-50Hz	3-50Hz
Intensity	0-99	0-99	0-99	0-99
Allowable loaded weight	Max 300Kg	Max 130Kg	Max 130Kg	Max 250Kg
Power	100-240V, 50Hz/60Hz	120V/60Hz, 230V50Hz	120V/60Hz, 230V50Hz	120V/60Hz, 230V50Hz
Power consumption	200W	300W	200W	500W
sonic wave generator	150Φ × 2	150Φ	150Φ	150Φ × 2
Working temperature	40℃ (humidity 0~80%)	40℃ (humidity 0~80%)	40℃ (humidity 0~82%)	40℃ (humidity 0~80%)
SIZE	1200X1100X190(mm)	700×820×1450(mm)	610×730×1490(mm)	900×910×1450(mm)
Weight	85Kg	45Kg	40Kg	80Kg
Color	Silver	Silver, White	Yellow	Silver

\* This specifications are subject to change at manufacturer's discretion without prior notice.

With SONIX for the people  
**SONIX**



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**SONIX**  
Vibroacoustic  
therapy system

SW-VB12



**Sound Therapy for Relaxation & Healing**

- Provide therapeutic health & wellness
- Stimulation of body cells to stabilize mind & body
- VAT system corresponding to brain wave, and results in well-cared conditions of relaxation and healing
- Selected sound wave delivers more deeper, and the cells in the body comes to be a cured condition easily.

- Stress management
- In-depth relaxation
- Deep physical & mental harmony
- Revitalization
- Better sleep
- More energy
- Quality of life
- Ergonomic design
- Into the Peace

*Return to daily life with recovered energy and power !!*

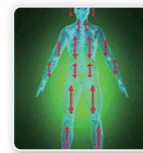


Lower Body  
Vibration &  
Far Infrared  
Sauna System

SW-VB12



**Thermal effect by using far infrared ray**  
Contrary to normal heat, far infrared ray penetrates into the thick skin and stimulates metabolism through self-heating, helps to eliminate harmful metals accumulated in body for diet effect, delays aging.



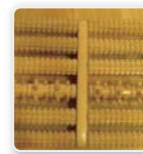
**Sonic wave vibration effects**  
Contrary to the existing revolving way, this new concept sonic wave vibration by using electromagnetic field & vibration principle of speaker let precise vertical sonic wave vibration reach to the body and helps to strengthen the muscular strength which can hardly stimulate impetus in ordinary ways, to increase bone density.

**Tourmaline is equipped in the bottom**



- Tourmaline helps blood circulation by reacting with blood cells in body and decomposes harmful active oxygen which is a cause of aging.
- Tourmaline discharges anion and releases body tension, helps to stabilize mind & body.
- Tourmaline contains minerals such as natrium, magnesium, iron, lithium & boron and when it is contacted with body, it delivers beneficial minerals

**Foothold for foot acupressure treatment is equipped in the bottom**



Foothold for foot acupressure treatment is equipped in the bottom and helps blood circulate to tiptoe.

**Use red cedar from Canada**

Red cedar is strong against heat & humidity and it has excellent effects of humidification & phytoncide



Elimination of waste matter &  
toxin from the body

**Specification**

Program	12 Automatic, Manual
Frequency	3-50Hz
Intensity	0-99
Allowable loaded weight	Max 100Kg
Power	120V/60Hz, 230V/50Hz
Power consumption	900W
sonic wave generator	110Φ
Working temperature	40℃ (humidity 0~82%)
SIZE	600×1100×760(mm)
Weight	85Kg
Hardwood	Red cedar from Canada

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**Effect**

- Fatigue recovery
- Stimulate metabolism
- Eliminate body waste & toxin
- Diet effect
- Relieve insomnia & hangover
- Improve woman's diseases
- Antibacterial function

Sonic Wave  
Tilting Table  
System

SW-VB12



For patients who are unable to stand without support

- Dementia, Alzheimer, Cerebral palsy, Paralyzed patients, patients after surgery

**Specification**

Frequency	3-50Hz
Intensity	0-99
Power	100-240V, 50Hz/60Hz
Power consumption	200W
Sonic wave generator	150
Size & Weight	2100×700×800(H)(mm) / 125Kg
Tilting Angle range	0-90°

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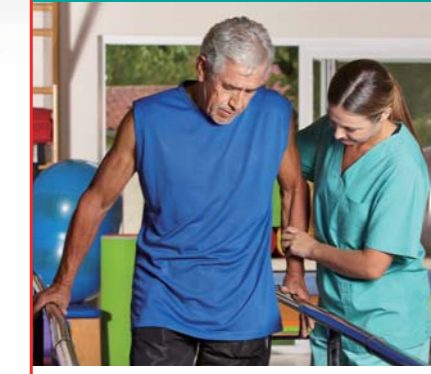


Effective & Stable SonicWave Training

- Fast recovery for the brain damaged patients
- Pain control and rehabilitation after surgery
- Rehabilitation effects according to tilting angles (0 ~ 90 degree)
- Rehabilitation exercise for neuroplasticity
- Vibration rehabilitation & visual biofeedback - stimulation of the cells, not only in musculoskeletal also in auditory & visual organs, combined vibration and cognitive therapy

Sonic Wave  
Vibration  
Gait Training  
System

SW-VB12



Stable & Safe **Gait Training**

- Vibration gait training & rehabilitation after surgery
- Stimulation for degenerated articulation, ligament, and tendon
- Rehabilitation exercise for neuroplasticity
- Balance Training by neuromuscular stimulation

**Specification**

Frequency	3-50Hz
Intensity	0-99
Loaded Weight	200Kg
Power	100-240V, 50Hz/60Hz
Power consumption	200W
Sonic wave generator	150φ× 2
Size	3000(W)×800(L)×750-1050(H)mm
Weight	220Kg

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