



HF Industries Pty Ltd [ABN 16642637896]

HF Industries has New Vibration Training Course Approved By Fitness Australia!

For Immediate Release

May 2009 – Sydney

HF Industries is excited to announce that their new vibration training program, The i.Tonic Training Academy, has received program approval from Fitness Australia. The i.Tonic Training Academy now carries 5 CEC's and will offer students a rare opportunity to learn more about this new and exciting training modality.

HF Industries is the Australian distributor for both the FreeMotion i.Tonic and 'The Phoenix'; having two different vibration machines means they are in the unique position of being able to offer clients a choice between varying designs and features.

i.Tonic International put eight years of serious study and development into the FreeMotion i.Tonic Whole Body Vibration Platform. The machine combines function with style to provide a quieter, more balanced Whole Body Vibration (WBV) training session. This innovative platform features functional vibration technology with the patent pending air suspension system to reduce noise, synchronized motors to give a precise vertical displacement for consistent vibration, and a sturdy stainless steel frame.

"Having followed the whole body vibration movement for several years, we found i.Tonic to be a leader in vibration technology and a great complement to our product line," said Patrick Hald, FreeMotion Fitness president and COO. "There is great potential for the FreeMotion i.Tonic Whole Body Vibration Platform to enhance profits and increase workout efficiency."

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The FreeMotion i.Tonic whole body vibration platform is user-friendly, equipped with a simple display of easy-to-read dials and LED screen. The user simply sets the frequency, amplitude and duration before pushing the start button to begin. Users can also press a button on the frame to repeat the vibration cycle when performing exercises seated or lying down.

WBV training can help increase core strength, improve caloric burn and blood circulation. These benefits and more are produced by challenging the body with instability and activating muscles to contract and relax at the frequency of the vibration.

The FreeMotion i.Tonic is also a unique and innovative element of the new training concept "MC2" from FreeMotion and HF Industries, which incorporates vibration training with a 30 minute strength and cardio circuit to provide users with the ultimate workout!

For more information on the FreeMotion i.Tonic or to register your interest in attending our i.Tonic Training Academy (dates and locations will be released shortly) please contact HF Industries or visit www.itone.com.au

About HF Industries:

HF Industries is a family owned and operated business that has been prominent in the Australian Fitness Industry for more than 30 years. We represent US based equipment brands such as StarTrac, FreeMotion, Balanced Body Pilates, Ab Coaster, Marpo Kinetics, and Power Block.

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