



Scan me!



«The only bad training is the one you don't do.»

**START WHERE YOU ARE.
DO WHAT YOU CAN.
GET WHERE YOU WANT TO GO.**



CARDIO

Improve your endurance and breathing capacity



TONE YOUR MUSCLES

Build muscle mass



MASSAGE

Relieve tension and reduce stress

Use the MaxBoard to :

- ✓ Help weight loss
- ✓ Increase muscle strength
- ✓ Tone and firm muscles
- ✓ Improve flexibility
- ✓ Increase metabolism
- ✓ Reduce the visibility of cellulite
- ✓ Lymphatic drainage
- ✓ Improve coordination
- ✓ Increase energy
- ✓ Massage muscles
- ✓ Reduce impact on joints

In just 10 minutes a day!

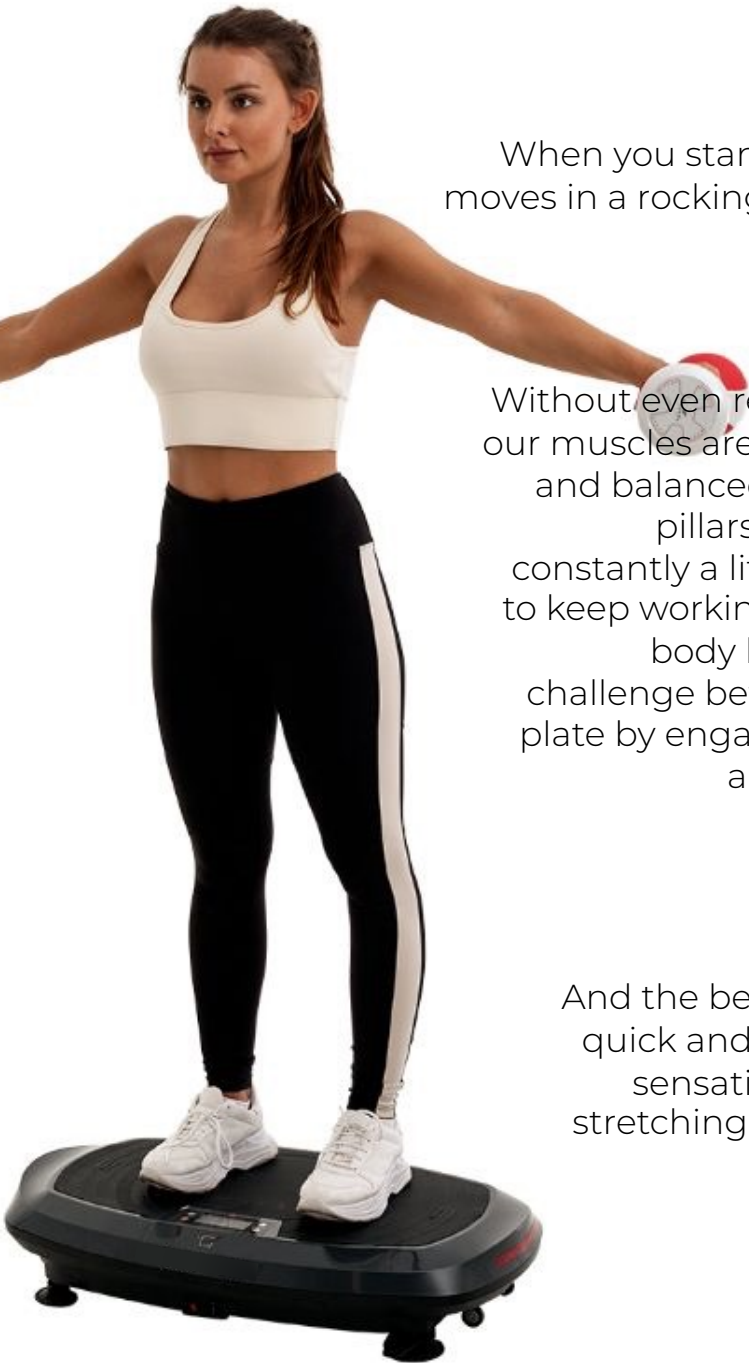


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INTRODUCTION



When you stand on the MaxBoard plate, the plate moves in a rocking motion, slightly unbalancing your body. This gives you movement.

Without even realizing it, when we're on the move, our muscles are always reacting to keep us upright and balanced. This natural reaction is one of the pillars of MaxBoard. By keeping the body constantly a little off balance, these muscles have to keep working. Every time the plate moves, your body has no choice but to respond to the challenge before it - to rebalance yourself on the plate by engaging and disengaging (contracting and relaxing) several times a second.

And the best part is that these reactions are so quick and involuntary that you feel great! The sensation is more like a massage or gentle stretching - nothing like pounding out several sets in a gym.

WEIGHT LOSS

Weight loss is all about burning calories, which comes from movement. Traditional machines like stationary bicycles can generate a lot of calories through leg movement. However, with the MaxBoard, in addition to the lower body, you can exercise the whole body. Although the simple oscillating movement of the base causes muscle contractions, you can burn even more calories by combining it with exercise. Obviously, this massive effort burns calories and contributes to weight loss.

There's nothing more effective for weight loss than the MaxBoard.

STUDY

Oscillating plate machines can promote weight loss and reduce abdominal fat (University of Antwerp, Belgium, May 2009)

CONCLUSION

Over a 12-month period, the oscillating plate exercise group lost 50% of their body weight faster than the cardio exercise group, particularly the visceral fat surrounding the stomach organs.



WORKS UNDER AMPLIFIED GRAVITY

In addition to creating movements and reactions, the MaxBoard also harnesses the power of gravity - the attraction exerted by the earth.

As the machine accelerates, it pushes against your body, creating an additional force known as the "g-force". Imagine holding a 12-pound weight in your hand. No problem, right?



Now imagine that someone drops this weight - just an inch or two - into your hand. You'll have to use a little more force to keep the weight from falling. The weight hasn't changed, but it feels heavier. Now, imagine if someone dropped that weight into your hand 30 times a second! Your muscles would be working much harder than if they were just holding the weight.

So, while your muscles are working to keep you balanced, they actually have to stabilize a heavier load than if you were standing on the ground! Your body will literally feel like it weighs more, which means you have to work against a heavier weight or "load" than your muscles are used to.

LOSE WEIGHT 50% FASTER THAN CARDIO... it's true!

10 MINUTES A DAY



It's been said that 10 minutes of training on an oscillating plate is the equivalent of an hour's training. How can this be true? Simple! When you do a workout, you work one muscle group at a time. When you're doing arm curls, you're not doing leg extensions or sit-ups for your abs. But when you're on the MaxBoard, your whole body is engaged in rebalancing, which means all your muscles are engaged the whole time you're on the machine. What's more, your body is also working under much greater g-force stress, which speeds up results.

You'll notice the benefits almost immediately - often after just a minute!

BENEFITS OF EXERCISE WITHOUT MOVING

The MaxBoard creates movement for you as you swing from left to right, and the involuntary stop to prevent your body from falling from left to right allows you to exercise indirectly.

WHOLE-BODY ENERGY

The MaxBoard works your whole body, even when you're not consciously exercising your muscles. This contrasts with a stationary bike, which only works part of your body. This is what makes it possible to achieve maximum results with minimum effort. It's an amplification of your effort. It's achieving something that, in practical terms, can't be done by any other method.

LOW-IMPACT TRAINING



Another of MaxBoard's great features is its low impact, which means it's gentle on your joints. This is because your feet are immobile on the mat. This means that oscillatory motion training is suitable for all kinds of people - whether you already have joint problems or are simply trying to avoid future problems, the MaxBoard is an excellent choice.

BLOOD CIRCULATION

There's no technology that activates circulation as quickly as the MaxBoard's plate movement. The MaxBoard allows you to have up to 20 movements per second as you rock back and forth, helping the body to accelerate blood circulation.

STUDY

Does vibratory exercise increase skin circulation? (International Medical Journal of Experimental and Clinical Research, February 2007)

CONCLUSION

Short-duration vibration alone significantly increased blood flow to the skin.

MUSCULAR STRENGTH

It's a well-known fact that muscles burn more calories than fat, which means your metabolic rate will be increased even if you're standing still. What's more, building strong muscles is essential to achieving a sculpted body, as toned muscles tend to hide the curves you want to make disappear. The MaxBoard is ideal for stimulating those big fat-burning muscles and, combined with a sensible diet plan, you'll get even faster results.

Best of all, you don't need to do any strenuous exercise to reap the benefits. Some people simply like to stand on the platform. Others do squats, lunges, push-ups and even golf strokes. Your choice of exercise positions will depend on your needs.

STUDY

Effects of 24 weeks of whole-body vibration training on body composition and muscle strength in an untrained woman (International Journal of Medicine, January 2004)

CONCLUSION

The strength gain from vibration is comparable to the strength gain from cardio and resistance training, but in a fraction of the time of traditional training.



STRETCHING / FLEXIBILITY

Static stretching weakens your muscles. Dynamic stretching as offered by MaxBoard does not. That's because stretching is done in motion. This keeps the muscles engaged and working, whereas conventional stretching just pulls on the muscles.

STUDY

Whole-body oscillation exercise for the elderly (Kagawa University Hospital, Japan 2003).

CONCLUSION

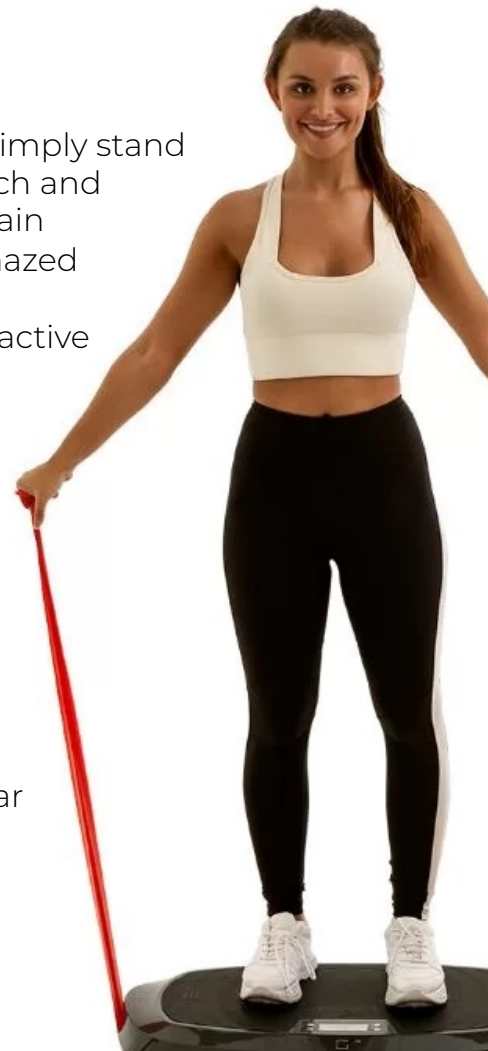
Oscillatory body movement therapy significantly improves standing balance in the elderly, helping to prevent falls and fractures.

POSTURE

The MaxBoard is very useful for improving posture. Simply stand standing on the machine while working your stomach and buttocks muscles to keep your posture . This will retrain your muscles and make them stronger. You'll be amazed at how challenging it can be, and how quickly your body responds, rewarding you with better, more attractive posture and a stronger body!

MASSAGE

Just stand on your MaxBoard at high speed and feel the relaxation begin! The MaxBoard platform oscillates from left to right at up to 2 movements per second, giving your body a pleasant, tension-melting massage. There's nothing like regular exercise and massage to relieve tension! Use your MaxBoard every day to feel your best.



INCONTINENCE

Standing up and squeezing the Kegel muscle strengthens this muscle, which can reduce or eliminate incontinence.

BOWEL MOVEMENTS

Many of our customers report that they have become more regular users of the machine on a daily basis.

BACK HEALTH

Many of our customers have found in us a way to manage the physical discomfort caused by sitting too long. MaxBoard makes it easy to stretch and tone the muscles you need.

BEAUTY

MaxBoard really helps reduce cellulite! Studies show a significant reduction (25.7%) in cellulite with just 3 sessions per week (11 hours in total over 24 weeks). Combined with exercise, this reduction rises to 32%! (Sanader. Anti Cellulite Untersuchung, 2003)



LYMPHATIC DRAINAGE

The heart has a pump. However, lymphatic fluid does not have a pump to circulate. Consequently, circulation relies on movement. What better movement can there be than up to 20 times a second? The source of most disease is congestion - and movement is the key to clearing it. movement is the key to evacuating toxins.

BEFORE AND AFTER EXERCISE

It normally takes about 30 minutes of stretching to soften your muscles and joints. As little as 5 minutes of oscillating movement can produce similar results.

Use the MaxBoard to prepare your muscles. Swinging will warm up your muscles before any exercise.

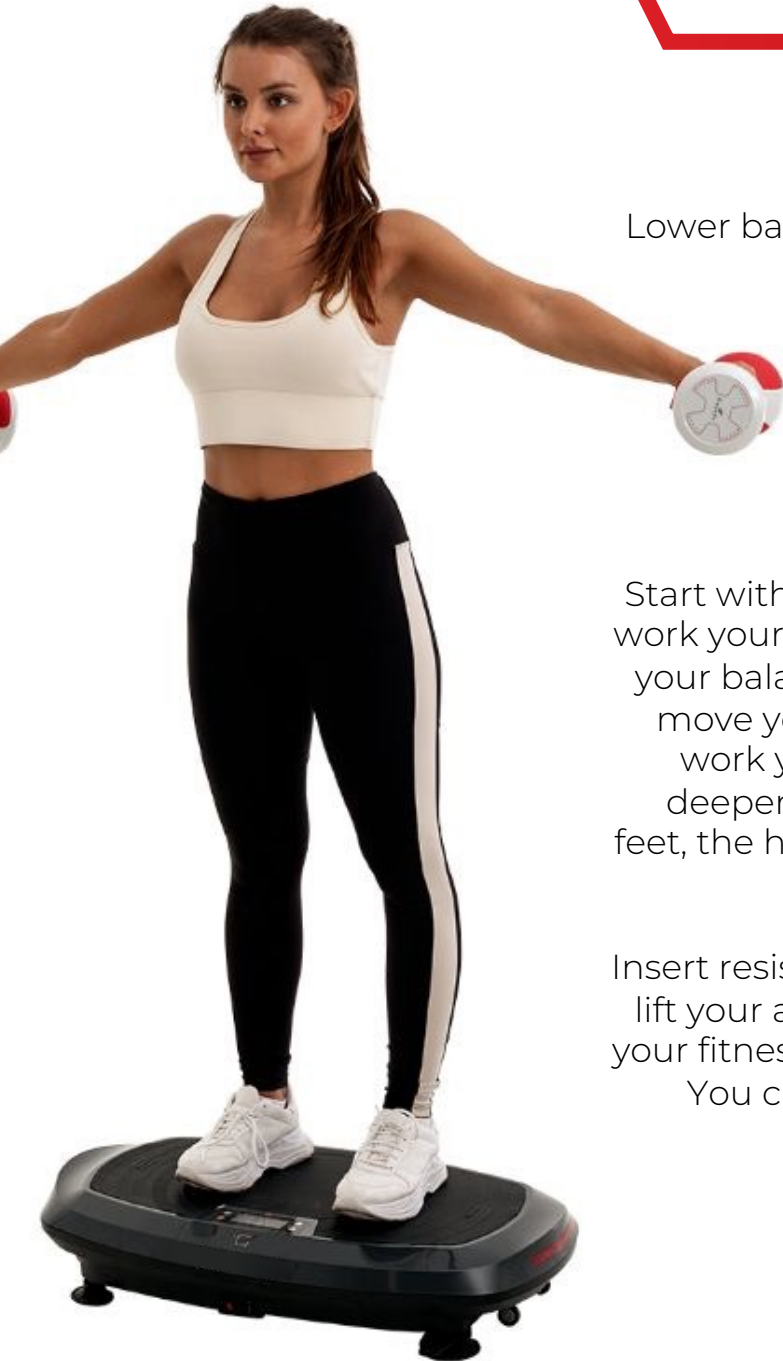
After a vigorous workout, e.g. field hockey, basketball, hiking, skiing, while standing on the MaxBoard, the oscillatory rocking of the platform will relax tired muscles, reducing the risk of muscle cramps. The MaxBoard should be used as soon as possible after each training session

SPACE-SAVING

The MaxBoard is compact enough to be stored under a bed or in a closet.



INITIAL POSITION



MUSCLES INVOLVED

Lower back, abdominals, inner thighs, core

SPEED

4-6

TIME

5 minutes

Start with your feet in a walking position to work your pelvic floor muscles and improve your balance. Keep your back straight and move your feet to the jogging position to work your core and lower back muscles deeper. And don't forget! The wider your feet, the harder your muscles will work, and the more intense the workout.

Insert resistance bands under your feet and lift your arms at the same time to improve your fitness and firm up your tummy faster! You can also use weights if you want to increase your muscle mass.

ABS

MUSCLES INVOLVED

Lower back, abdominals, legs, cardio

SPEED

5-8

TIME

1-2 minutes



Position yourself in the center of the machine.

Keep your right leg straight out in front of you, while bending your other knee towards your chest.

Turn your waist and bend your right elbow, so that it touches your bent knee. Alternate at your own pace.

Add resistance bands to your feet to increase the level of difficulty.

ARMS

MUSCLES INVOLVED

Lower back, abdominals, biceps, triceps, shoulders

SPEED

5-8

TIME

1 minute



Hands forward, bend elbows until your face is close to the MaxBoard and push yourself back.

Do not straighten your arms completely if your arms are spread. Raise your knees off the ground to a position of maximum pressure to increase the level of difficulty!

SQUAT

MUSCLES INVOLVED

Lower back, abdominals, thighs, buttocks

SPEED

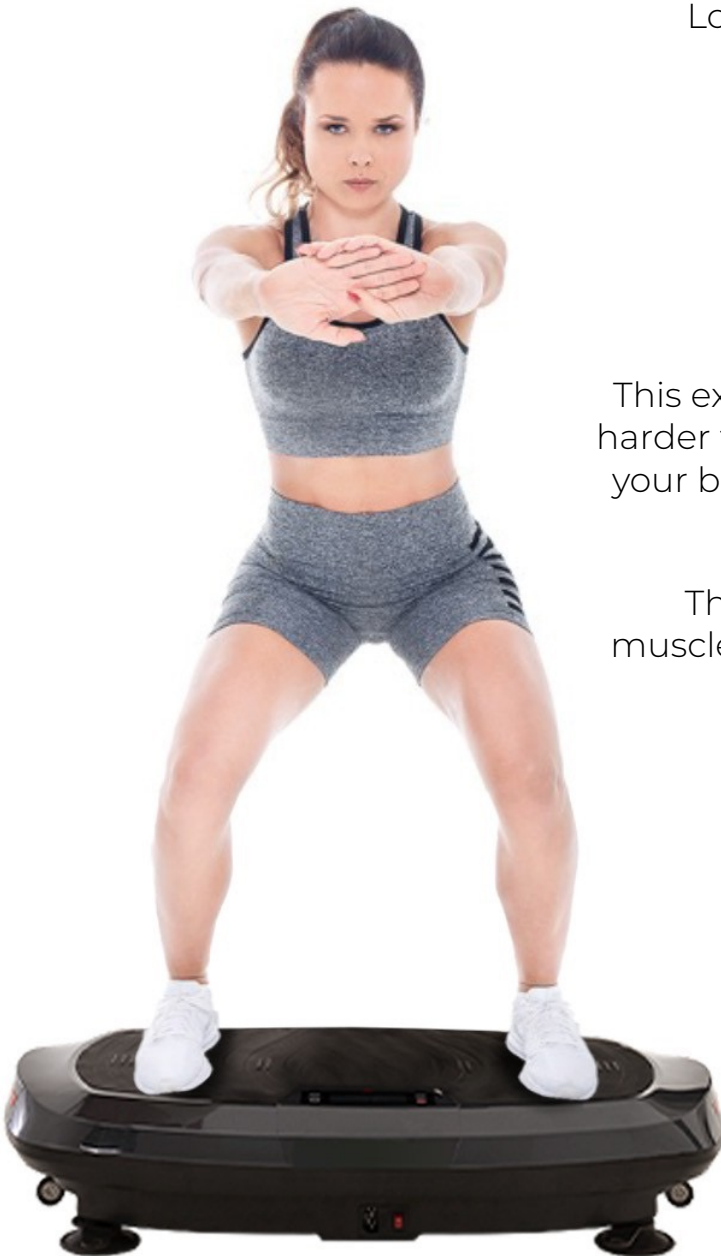
5-8

TIME

3 minutes

This exercise works your legs 5 times harder than on a stable surface! Keep your back straight and move up and down slowly.

This will not only strengthen the muscles in your thighs, but also help with your balance.



LUNGES

MUSCLES INVOLVED

Lower back, abdominals, thighs, buttocks

SPEED

5-8

TIME

3 minutes

The best position to place your foot is in the center of the board.

By keeping your foot in the center of the board, all your foot muscles engage, improving your walking alignment.

Use resistance bands to strengthen your upper body at the same time.



SIDE PLANK

MUSCLES INVOLVED

Lower back, abdominals, legs, core

SPEED

8-10

TIME

30 seconds each side

This movement is ideal for a full-body workout.

The idea is to be directly in line with your hand and lift your hips as high as possible to engage your core stabilizing muscles.

When you feel comfortable with the static position, you can add a leg movement and work these muscles.

