

Oii-PLATE

垂直律动

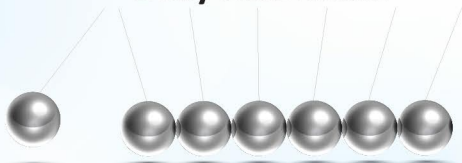


Whole Body Vertical Vibration

Physical inactivity is a global public health problem. According to World Health Organization (WHO), approximately 3.2 million deaths each year are attributable to insufficient physical activity. Our body system is designed for movement. We need to actively engage and move against earth's natural gravitational force to keep our blood circulating, heart pumping, central nervous system, lymphatic system, muscles, and bones to work in their optimal conditions.

根據世衛組織統計，身體缺乏活動是一個全球性的公共健康問題。每年大約有320萬人死於缺乏活動。我們的身體系統是專為活動而設計的。我們需要不斷的參與並抵抗地球的自然引力，保持血液循環，心臟泵，中樞神經系統，淋巴系統，肌肉和骨骼在最佳狀態下運作。

Vertical Movement & Body Resonance



垂直律動 和身體共振

Oii-Plate is designed with the intention of creating a passive vertical movement against the gravitational weight of your body. It has a low frequency of 4-10Hz and low intensity of less than 3mm to allow most people to use it safely and comfortably at home. By tapping on the principle of resonance of our body, to allow for maximum vibration with the least amount of displacement

Oii-Plate 律动平台是一种垂直運動機器。它利用地心引力及我們的體重，透過低頻率和低強度振動讓你全身動起來。通過身體共振原理，它讓運動效果更安全 and 有效。



- Loosen your joints and muscles. Excellent for relaxation, pre-sport warm-up and post recovery

鬆弛你的關節和肌肉。適合全体放鬆，運動前熱身或後期恢復

- Stimulates lymphatic drainage system to help improve detoxification

刺激淋巴排泄系統，改善排毒

- Improves balance, co-ordination, and metabolism

改善平衡和協調，以及新陳代謝



- Stimulates neurochemicals, blood circulation and helps promote overall physical and mental health

刺激神经化学物质，血液循环并有助于整体身心健康

- Exercise & stimulate your internal organs and improves overall vitality

锻炼和刺激你的内脏和器官.提高整体活力



10 Minutes Vibration

10分钟振动

= 3,000 to 5,000 steps

相等与走3,000到5,000步



**NO COMPLEX ROUTINE. NO COMPLEX POSTURE.
JUST TURN ON. SIT OR STAND. YOUR CHOICE!**

沒有復雜的常規，復雜的姿勢。
只需启动Oii-Plate。可坐或站。你的選擇！

Technical Specification



Frequency 4-10Hz

Amplitude 2-3mm (< 2G)

Dimension 59.5cm x 33.5cm x 13.5cm

Maximum Weight Supported 120 kg

Maximum Power 200W, 220V, 50/60Hz

Number of Speed Level 9

System Weight 18 kg

**10 Minutes, 2-3 Time Daily
Vibrate to Health Freedom**

**每天2-3次,每次十分钟
振回你的健康和自由**

