

Side By Side Product Comparison

With so many products out on the market, what should a consumer look for in a quality whole body vibration system?

Notes

*The vibration method used in the SFL 100 machine is a pivotal movement similar to a teeter totter. This is the most widely tested and safest vibrational movement on the market today.

** Tri-planar movement is a combination of vertical, front to back and side to side simultaneously. This movement entails 30 second to 1 minute bursts of vibration and requires exact stances to avoid injury

***Vertical movement is a simple up and down vibration. There is concern among some researchers about long term negative affects of spinal compaction using this method of movement.



Style For Life

Product	SFL 100	Power Plate	Turbosonic	VibraFlex Home	SoloFlex	Power Vibe
MSRP	\$1,250	\$4,500	\$12,995	\$4,950	\$395	\$2,497
Vibration Technology	Pivotal *	Tri planar**	Vertical*** Sonic	Pivotal	Vertical***	Pivotal
Max Load	275Lbs	400 Lbs	Not listed	220 Lbs	Not listed	300 Lbs
Frequency Range	5-30 HZ	25-50 HZ	6-25 Hz	12-27 HZ	28-60 Hz	20-50 HZ
Frequency Adjust	1 HZ	1 HZ	1 HZ	1 HZ	1 HZ	1 HZ
Settings	3 Program 1 Manual	Low High	Manual Only	Manual Only	Manual Only	4 modules
Weight	97 Lbs	185 lbs	277 Lbs	66 Lbs	31 Lbs	300 Lbs
Warranty	1 Year	1 year	5 years	1 Year	1 year	2 years
Quiet Operation	Whisper Quiet	No- Noisy	Yes Sonic	No- Noisy	Medium	Medium
Personal Coaching	Yes	No	No	No	No	No
Referral Program	Yes	No	No	No	No	No
Built in Wheels	Yes	No	No	No	No	No