

Total Body Enhancement

A Red Light Experience



Ergoline

Beauty Light + Total Body Recovery with Vibra-Shape | Full Session Time: 12 Minutes



Helps to work muscle groups: legs, abs, arms, and glutes. | Energizing 10-minute workout.

The ultimate muscle toning environment with 4 levels of interval training:

1 WELLNESS (low intensity)

This program improves flexibility, loosens and relaxes muscles with gentle movements at low-impact vibration frequency.



3 CROSS- TRAINING (high intensity)

Intense vibration combined with high frequency interval training, this program strengthens muscles with powerful movements. It's excellent for sports and exercise enthusiasts.



2 NEW YOU (medium intensity)

Designed for beginners, this program utilizes medium frequency vibration and massage technology to improve muscle tone appearance with alternating movements.



4 MULTI-LEVEL (mixed intensity)

A mixed frequency cycle targets specific muscle groups in the legs, abs, arms and glutes to help tone and tighten muscles.



SCAN TO LEARN MORE



Frequently Asked Questions

What is the Total Body Enhancement?

- Total body experience (Beauty Light lamps | Vibra Shape technology)
- UV free environment
- Stimulates, energizes before workouts
- Refreshes and relaxes after workouts
- Low-impact muscle toning in legs, abs, arms and glutes
- 12 minute total session time
- 10 minute Vibra Shape program includes warm-up/cool-down sessions

Who Can Use the Total Body Enhancement?

- Any Black Card Member, regardless of age, gender, skin tone, or fitness level.
- Different program levels cater to members of all fitness levels.

Who Should NOT use the Total Body Enhancement?

- If you are pregnant, consult with your physician If you have an illness that causes light sensitivity If you have epilepsy and/or seizures If you are on prescription or herbal medications that cause light sensitivity. Check with your doctor before using any tanning equipment or service. Please read carefully the warning labels located on the device.

When can the Total Body Enhancement be used?

- Before workouts to energize and enhance microcirculation, after workouts to cool down, can help reduce muscle soreness and joint tightness.
- As its own workout using the muscle toning programs and/or Beauty Lamps for relaxing warmth.
- In a salon/spa setting for relaxation.
- Can also be combined with a tanning session.

When can you expect to see results?

- Varies, depending on the fitness level of each user.

Is eye protection required for the Total Body Enhancement?

- Recommended by the manufacturer
- Some clubs may require the use of eye protection

What is the difference between the Total Body Enhancement programs?

- Program 1: Low-intensity muscle toning
- Program 2: Medium-intensity muscle toning
- Program 3: High-intensity muscle toning
- Program 4: Varied intensity
- Vibra Shape muscle toning programs are not required for TBE use.
Users can choose to use only the Beauty Light lamps for relaxing warmth.

* **Note:** The manufacturer makes no claims about the Beauty Angel's health-related benefits.

For more information, visit ergolineplanetfitness.com