



Zen Pro

The Zen Pro® TVR-5400 is the vertical whole body vibration plate designed to help you reach a new level of “Zen” in your training. Zen Pro’s high-intensity Tonic Vibration Reflex technology stimulates “stretch reflex” muscle contractions known to quickly and effectively enhance total body fitness – whether it’s to gain a competitive edge, supplement everyday activities or recover from injury. Vibration training has been shown to increase muscle strength and explosive power, flexibility, range of motion and core stability for users of every age and fitness level. When combined with weight training

equipment, Zen Pro offers low-impact resistance training in a small, mobile package excellent for home and commercial use.

Vibration training may...

- Increase muscle strength, power and flexibility
- Improve muscle function and range of motion
- Enhance sports performance by minimizing repetitive joint loading
- Improve postural control and balance
- Increase blood circulation and accelerate metabolism
- Expedite recovery from injury
- Relieve muscle tension by flushing lactic acid post-workout
- Increase bone mineral density for the prevention of osteoporosis
- Help relieve lower back pain and improve rheumatoid arthritis



Zen Pro continued:

Product Features

- Whole body vertical vibration training in a small, mobile package for home or commercial use
- High-intensity Tonic Vibration Reflex technology
- User-friendly, high-definition LED console display with remote control
- Unique vibrating plate design
- Easy portability and storage with handles and rolling wheels
- 360 degrees of available movement for postures
- Two-sided convex massage technology

Specifications

Voltage: 110V–120V

Frequency: 25–50 Hz

Amplitude: 2.0 mm max

Motor: DC 1.0 HP Motor

Console: LED display

Panel: 2 time keys, 2 frequency keys, 1 start, 1 stop

Remote: Remote controller uses li-battery 3V

Maximum Load: 350 lbs

Dimensions: 43" (length) x 10" (height) x 25" (width)

Weight: 97 lbs

Certifications: CE, ETL, ROHS compliant

Warranty: 3 years parts