

# WELCOME TO THE WORLD OF VB TECHNOLOGIES

THE NUMBER ONE BRAND FOR WIRELESS EMS TRAINING



# VB TEC

THE PERFECT MATCH BETWEEN FITNESS AND TECHNOLOGY

**VB TEC** is the number one brand for **wireless EMS training**. It is in the **forefront of wearable fitness technology** and leads the re-conceptualization of the health and fitness industry in the 21st century.

Using both electrical muscle stimulation (EMS) and electrical muscle activation (EMA) technologies, the VB TEC System provides a **streamlined approach to any fitness goal**, especially regarding body composition, strength and endurance.

Simply put the VB TEC garment on, attach the stimulation box, start the app, select a training program and you are ready to go!



# CUTTING-EDGE FITNESS

WITH UNPRECEDENTED FREEDOM



A VB TEC System EMS training is more intense than a traditional training. A **20-minute workout** per week is equivalent to a 3 to 4 hour traditional workout depending on the traditional activity and its intensity.

Being a **completely wireless system**, with no cables hindering body movement, and operating over Bluetooth, the VB TEC System delivers **complete freedom** to train in any dry location, both indoors and outdoors, at any time.

It is designed to be incorporated into many types of sports and activities such as Functional Fitness · CrossFit · Circuit Training · HIIT · Boxing · MMA · Spinning · Running · Tai Chi · Pilates · Yoga · Zumba · Dance · Walking.

# CUSTOMIZABLE TRAININGS

TO STREAMLINE ANY FITNESS GOAL



A VB TEC System, depending on its edition, can offer a choice of up to **8 main programs**. The programs are: Basic, Activation, Continuous, Endurance, Strength, Fat-Burning, Cool Down, Special and Recovery. The chosen program determines the stimulus, which will be applied to the muscle groups, either in isolation or simultaneously, throughout a training session.

The VB TEC System can cater to both **single and group training sessions**. The basic components are the Box and Software.

Depending on the VB TEC System edition, the number of VB TEC Boxes can be increased to allow for group sessions with **unlimited users**, each with their own **individualised training settings**.

The choice of VB TEC garment to be used with a VB TEC Box is personal choice.

# STATE-OF-THE-ART FEATURES

FOR TOTAL TRAINING CONTROL AND MONITORING



No other EMS product offers as many training support features as the VB TEC System.

With its user-friendly muscle group visuals, the VB TEC System delivers the **ultimate facilitation in training control and monitoring**. Training settings can be instantly changed with ease at any time, even during a training, to deliver, each and every time, an optimal training experience tailored to any training goal.

For single VB TEC Box editions, the previous training settings can be saved, with the last saved values automatically being retained to start the next training session.

Unique to the VB TEC System is its ability to present helpful **ECG data**, in the form of a heart rate graph and a current heart rate indicator, at any time a training session is paused or terminated.

# VB TEC GARMENTS

FOR OPTIMAL COMFORT AND RESULTS



The VB TEC garments are fitness wearables, which are made from a skin-friendly material, which provides antibacterial features, maximum flexibility and optimal electrode conductivity.

The **Powersuit** is a full-body suit, which allows for all muscle groups of the body to be trained to improve overall body composition, strength and endurance.

The **Powerpants** focuses purely on the lower body region, making it ideal for those wanting to solely tone and strengthen their abdomen, legs, butt and lower back. Even reduce cellulite.

Unlike other EMS brands, these garments does not require any wetting with water or gels before any training starts. Nor do they require the wearing of any special undergarment. Instead, perspiration from warm up excercises ensures for the necessary electrode conductivity.

The VB TEC garments come in six sizes - XS, S, M, L, XL, XXL - for both men and women. Other sizes can be made on request.

# VB TEC VEST

FOR DEMO TRAINING AND LIMITED MOBILITY



Understanding that those inquisitive about EMS training would like the opportunity of a **demo training**, VB TEC has developed the VB TEC **Vest**. A garment, which through its design, also brings the benefits of EMS to those with **limited mobility** to improve their metabolism, blood circulation and muscle movement.

The VB TEC Vest is designed to be easily wrapped around the body and focuses on applying stimulation to the arms, chest, back, abdomens, buttocks and legs.

As the VB TEC Vest can work even without any warm-up exercises, it is necessary to wet its electrode areas with a conductive water spray prior to its use. This ensures the electrodes maintain proper contact with the weaker parts of the body. The VB TEC Vest also requires the wearing of an undergarment.

# VB TEC EDITIONS

FOR FITNESS STUDIOS AND GYMS



The VB TEC System can cater to **any training scenario**, ensuring everyone can gain access to and incorporate the benefits of EMS technology into their fitness regimes.

**VB TEC Pro** is for fitness studios offering EMS group trainings to up to 8 people.

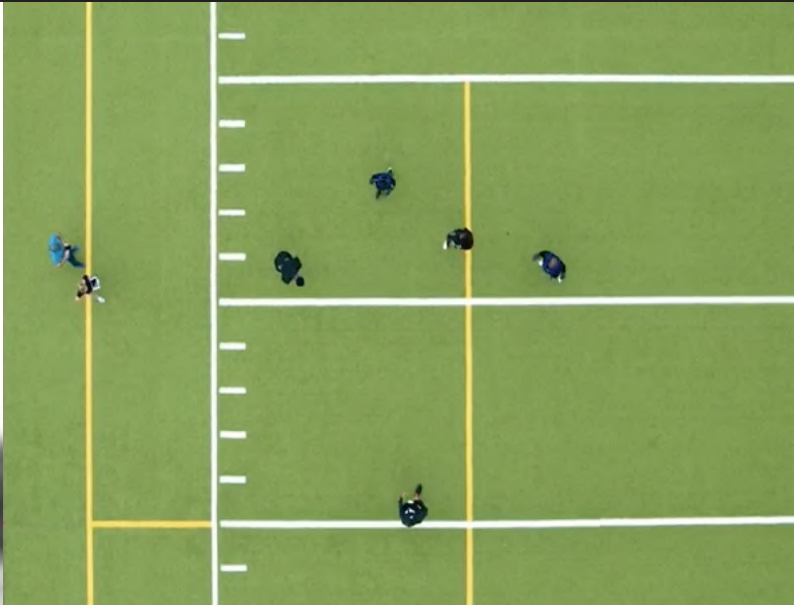
**VB TEC ProMaxx** is for large gyms offering trainings of more than 20 people at the same time. The number of participants is limitless.





# VB TEC EDITIONS

FOR PROFESSIONAL ATHLETES



**VB TEC Pro-Athlete** is a specialty edition unique to ViB TEC and on the EMS fitness market. It was developed at the request of professional athletes looking for a natural edge against the competition. It addresses all the needs of a professional athlete in one system.



# VB20

THE BUSINESS SOLUTION



With the mission to build a solid brand throughout the world, VB TEC offers its **franchise program** to those, who wish to establish their own studios using VB TEC's distinct branding and its VB TEC System editions with other fitness products to provide an unforgettable top class training experience to their customers. All this under the name **VB20 studios** and with the marketing, training and technical support of VB TEC.

**Come join our family** and be in the forefront of re-conceptualization the health and fitness industry.

# INTERESTED...?

WE ARE HERE FOR YOU

For additional information on VB TEC and the VB TEC System, please do not hesitate to contact us under [info@vbtec.com](mailto:info@vbtec.com).

VB TEC prides itself not only in helping its customers to get fit but to achieve their fitness goals quickly.





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