

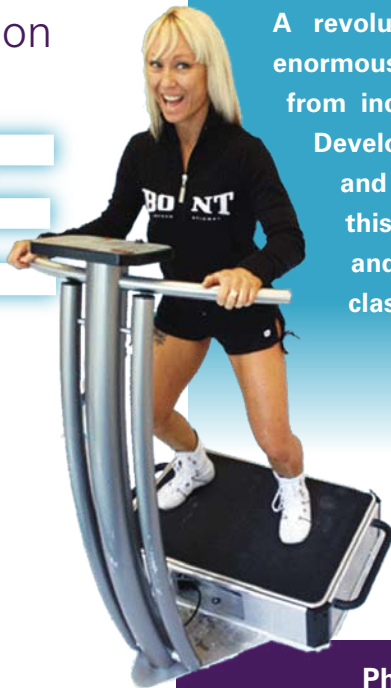
Galileo Whole Body Vibration

FREE

Demonstration

Now, for the first time, this innovative and ground breaking technology is available in Geelong.

Call Freedom Physio & Pilates today for a Free demonstration - 5250 1549.



A revolutionary training technique to achieve an enormous range of health and fitness benefits, from increased strength to improved bone density.

Developed in the Soviet Union to treat Cosmonauts and improve the performance of Olympic athletes, this technology is used widely throughout Europe and North America by elite sports clubs, world class athletes, gyms, and physiotherapy centres.



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Ph :: 5250 1549 - 793 Bellarine Hwy, Leopold

Who can benefit?

Anyone, from the elderly to athletes. The Galileo is a user friendly machine, time efficient exercise technique. A wide variety of people can benefit from the unique stimulation provided by the Galileo.

It is suitable for use by the general public for the strengthening of muscles and tendons, for muscle relaxation, for the treatment of Osteoporosis, to improve balance control post injury and to assist with both balance control and 'get up and go' time for the elderly.

For time poor individuals the Galileo can be used as a stand alone program instead of submaximal weights or circuit training. For athletes extra speed, strength and metabolic benefits are achieved by combining Galileo training with their conventional training.

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- Muscle strengthening
- Sports rehabilitation
- Bone strengthening
- Metabolic advantages
- Neurological conditions
- Falls prevention



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