

**F**ar too many people spend their entire lives chasing after money, wealth, power, success, pleasure and ego gratification. They go about this pursuit sometimes 10 – 20 hours a day, 6 & 7 days a week, all year long, for decades, while in the back of their minds they are wondering, “Will I live long enough to enjoy it?”

We should have all learned by now that as human beings we have basic physiological needs that must be met: AIR—if we do not have air, we die within minutes! WATER—if we do not have water, we die within days! FOOD—if we do not have food, we

do not sustain life. Not too many years ago, we had to hunt and farm and do heavy manual labor just to eat regularly. Those days are gone, with highly processed, nutritionally deficient, calorie-packed foods, and short car rides to the grocery store. Now you do not even have to get off the sofa to change channels on the TV!

Now comes a new technology, an EXERCISE technology that can provide more benefit in less time than any exercise technology developed so far. The TRIO33 Vibe-Fit is a vibration plate that can activate virtually every muscle spindle in every muscle fiber

exercises that affect 35 muscles in the body. The TRIO33 Vibe-Fit reaches virtually ALL 606 muscles and 203 bones in the body. Athletes, coaches and personal fitness trainers have attempted to reach all 606 muscles by using exercise techniques referred to as CORE TRAINING or FUNCTIONAL TRAINING. Unfortunately, core training or functional training requires relatively high levels of fitness and athletic conditioning to become effective. But even at core training’s and functional training’s highest levels of effectiveness, they cannot come close to the effectiveness achieved

tissue (muscle) gains so necessary to improve body composition. Research clearly shows that core and functional training can decrease primary & targeted muscle activation by 70%. Put another way: a stable chest press can provide 100% activation of the pectoral major to increase the overall strength and size (muscular hypertrophy) of the targeted or primary muscle, the pectoral major. If you perform a core or functional exercise for the pectoral major, many more of the stabilizer muscles are activated, but the muscle activation of the pectoral major drops to 30%. You can avoid this loss of muscle activation by performing your core or functional training on the TRIO33 Vibe-Fit.

The benefits of utilizing the TRIO33 Vibe-Fit are tremendous. You can work all 10 Components of Fitness: Strength, Speed, Power, Anaerobic Endurance, Aerobic Endurance, Agility, Balance, Coordination, Flexibility, and Body Composition far more safely and effectively than any other exercise modality ever created. And probably the best part of the TRIO33 Vibe-Fit is its ability to perform all these wonderful benefits, in the shortest possible time.

Getting back to our initial dilemma, the hardworking, fast-charging, “I don’t have time for exercise!” patient and clients can get a complete, all-encompassing workout done in a very short time. You can set up a complete 30-minute program for your patient or client that will be safer and more effective than many workouts lasting four times as long.



## CORE AND FUNCTIONAL TRAINING COMPARED TO NEW EXERCISE MODALITIES!



James T. Bell, PhD.

James T. Bell, PhD. is the founder and CEO of the International Fitness Professionals Association, IFPA.

Just a sample of one beginner TRIO33 Vibe-Fit workout is listed below: (All exercises performed on the TRIO33 Vibe-Fit)

### WARM-UP (5 minutes)

Bell Protocol I (2.5 min)  
Squat with Dumbbell Curl & Heel Raise with Overhead Press

Bell Protocol II (2.5 min)  
Deadlift Knees Bent 15 degrees with Reverse Wrist Curl & Shrug with Regular Wrist Curl

NOTE: Bell Protocol I & II are performed with dumbbells

### WORKOUT (20 minutes)

1. Squat
2. Deadlift Knees Bent 15°
3. Chest Press

4. Seated Row
5. Overhead Press
6. Heel Raise
7. Tricep Extensions
8. Bicep Curl
9. Crunch
10. Shrug

NOTE: 15 RM sets; Crunch: 20+

### COOL DOWN (5 minutes)

1. Stretching

As always, follow all International Fitness Professional Association’s IFPA Exercise Science Guidelines: SAID, GPO, FITT, Individuality, Variation, Safety, etc. For more information on the IFPA Guidelines go to [www.ifpa-fitness.com](http://www.ifpa-fitness.com)

die within weeks! EXERCISE—if we do not exercise, our bodies prematurely age, break down and develop numerous diseases, disabilities and dysfunctions. In order to complete the series, many experts list SEX as a basic physiological need, but we have been unable to determine how long you can go without dying from lack of sex. It seems scientists have a great deal of difficulty setting up the research due to a lack of experimental volunteers.

All the wonders of our modern technology have created a plethora of “labor saving” technologies, but this is as much a curse as it is a blessing! It is a curse because the labor saving devices have robbed us of the need for physical activity as a necessity

in your body. The TRIO33 Vibe-Fit activates the “myotatic stretch reflex” (MSR) that, until now, has only been able to be activated by athletes using high intensity exercises via Plyometric Training. Plyometrics are rarely used by the average person because of the high intensity required to activate the MSR is just too demanding, and the high risk of injury to the deconditioned athlete. The TRIO33 Vibe-Fit can be used by anyone, of any fitness level, and any age.

Even better is the TRIO33 Vibe-Fit’s capability of reaching virtually every muscle in the body. Bodybuilders, Olympic lifters, weight lifters and most resistance training or strength training athletes will typically do weight lifting

by the TRIO33 Vibe-Fit. The TRIO33 Vibe-Fit vibrating at high speed creates significantly higher and faster myotatic stretch reflex response that can’t possibly be achieved by even the world’s fastest, most powerful athletes. Arguably the greatest impact of the TRIO33 Vibe-Fit may be its ability to maximize all 10 Components of Fitness, to a far greater degree than virtually any other exercise modality. In core and functional training techniques, there is always a trade-off between components of fitness. In core and functional training, you increase the ability to work agility, balance and coordination, the main components of the core and functionality, but you sacrifice maximal strength, speed, power, and the lean

Dr. Jim Bell will be presenting detailed lectures on Sports Medicine, Exercise Science, Nutrition, Longevity, and Anti-Aging Protocols in Bali, Indonesia at the IFPA Advanced Exercise Prescription Specialist (AEPS) Workshop 13-15 October, the Asia Pacific Conference on Anti-Aging Medicine, International Conference on Wellness and Anti-Aging Medicine and Australasia Hospital CEO Summit 10-12 October; the American Board of Anti-Aging & Regenerative Medicine (ABAARM) 13-16 October; the IFPA Personal Fitness Training Course 13-16 October at the Grand Hyatt, Bali, Nusa Dua five-star resort! Dr. Jim Bell will also be presenting in Jakarta, Indonesia: the IFPA-Asian Fitness & Health Conference 17-19 October; the IFPA Anti-Aging Fitness Specialist Certification Workshop & the IFPA Personal Fitness Training Certification Workshop. For more information on all IFPA events in Indonesia, email [info@AsiaAntiAging.net](mailto:info@AsiaAntiAging.net) or phone +62 361 773 or contact the IFPA.

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