The JPMEDICS NAMI is a very effective product for people who cannot exercise due to psychological or physical problems. It is also great for individuals who do not have time or space to exercise. NAMI provides the effect of a regular aerobic exercise experience.

### Advanced Training Programs
For athletes who use a lot of energy in a short amount of time, like runners and individuals who are jumping and throwing, it is very critical to maintain the weight and performance of your slow twitch muscle fibers. But luckily, the Nami will do exactly that.

### Sonic Waves
Sonic waves exercise and soften tendons and ligaments which are hard to exercise. Sonic waves exercise not only the large muscles of the human body, but also small muscles such as facial muscles and pelvic muscles, which usual weight training cannot exercise. Whole body vibration exercise combined with usual power training will increase maximum muscle strength by an additional 30%, reduce required training period by 85%, and will also reduce training sessions by more than 50%. Contrary to general muscle training like weight lifting, vibration exercise does not cause any overload to the joint, tendon, or ligament; in other words, it does not cause any risk of injury.

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