

Leading The World

# Smart Senior Fitness

Silver Fitness Gym | Smart Gym | Senior Fitness Planning



Leading Brand In Senior Exercise



Professional  
Smart Gym Construction

Leading the Future  
of Senior Fitness

Serving Seniors  
Worldwide



## A Senior's Health Paradise

Turtle Gym was founded in 2011 in Kyoto, Japan  
To date, we have helped countless Japanese  
communities, senior centers and nursing  
homes solve senior health problems.

**40+**

Global Publications

**100+**

Global Patents




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## BRAND STORY

**"Medical technology is advancing rapidly, allowing our lifespan to reach new highs year after year, but our unhealthy lifespan is also reaching new highs year after year..."**



**"Exercise is actually a more efficient way to solve the health problems of the elderly."**

In 2007, the American College of Sports Medicine (ACSM) and the American Medical Association (AMA) collaborated to launch the Exercise Is Medicine (EIM) initiative. Exercise is actually a more efficient way to solve the health problems of the elderly. Taiwan is currently facing the strongest wave of aging in the world, which is coming quickly and fiercely.

"Aging" is not just about our own aging, but also about complex issues such as national security, social problems, and family. What if we are old and have no money? Who will take care of us if we are sick? In the end, we still have to take care of ourselves first.

"A life full of achievements and fame can never compare to a life of health and happiness." For over a decade, we have been dedicated to research and development in the field of senior fitness and exercise, aiming to solve the health problems of seniors and become the best partner for seniors to live a healthy life throughout their lives.



## **Founded in Kyoto, Japan**

Turtle Gym has officially entered the Japanese community senior fitness market and introduced our services to Japanese community senior centers and nursing homes to address the health problems of seniors.

## **Awarded Numerous International Invention Patents**

Backed by extensive clinical research, with over 30 global publications and endorsements from medical professors, sports medicine professors, and exercise professionals.

## **Pioneering in Global Markets**

Acclaimed by leading medical centers and hospitals, Turtle Gym has been implemented in over 1,000 locations worldwide.

## **Crafting and Refining Precision Exercise Programs**

Conducting in-depth research on senior sleep issues to provide optimized solutions.

## **Launch Barrier-Free Exercise Equipment**

Recognized and adopted by various healthcare centers, nursing homes, long-term care centers, and day care centers, Turtle Gym's equipment provides safer and more efficient exercise solutions.

## **Implementing Intelligent Precision Exercise Systems**

A comprehensive upgrade, integrating smart technology to create the most comfortable and safe exercise environment for seniors.

# 20 23

**Global Development  
of Smart Senior  
Fitness Gyms**

“Embracing "Exercise is  
Medicine" for a Healthy  
and Long Life without  
Medication



In the face of the aging tsunami sweeping across developed nations worldwide, the trend towards an aging society is unstoppable. We are seeking solutions to delay aging and are committed to addressing the health problems caused by increasing age. Through more advanced, scientific, and human-centered approaches, we aim to make exercise more enjoyable, ultimately realizing the concept of "Exercise is Medicine" and allowing seniors to enjoy a healthy and long life without medication. We aspire for seniors to showcase their life values and lead healthy lives forever.

PROFESSIONAL  
PLANNING



A comfortable, warm,  
safe environment



Smart health assessment  
and plan formulation



Brain, heart,  
vascular exercise training



Smart sleep quality  
monitoring & conditioning



Indoor air purification,  
circulation & monitoring



Skeletal & joint  
exercise training



Smart isokinetic  
strength training



Customized exercise  
training for seniors



Health  
consultation & education



Professional floor  
exercise rooms



Individualized  
exercise guidance

# Spreading Health to Every Corner of the World

## GLOBAL PRESENCE

### Taiwan

- 真醫再生醫學診所附設運動醫學中心
- 財團法人桃園縣私立心燈啟智教養院
- 台北市私立貴族老人長期照顧中心
- 元培醫事科技大學智慧精準運動健康產學研發中心
- 南投縣私立耆福綜合式長期照顧服務機構
- 南投縣私立耆福綜合式長期照顧服務機構
- 中正大學高齡運動健康促進基地
- 高雄市燭光協會C級巷弄長照站
- 高雄醫學大學附設中和紀念醫院
- 新北市土城頂埔公共托老中心
- 新北市瑞芳明燈公共托老中心
- 大林慈濟醫院高功能運動中心
- 綠齡鮮境社區健康促進中心
- 彰化福興秀和苑日照中心
- 彰化花壇秀和苑日照中心
- 彰化溪州秀和苑日照中心
- 彰化北斗秀和苑日照中心
- 彰化伸港秀和苑日照中心
- 彰化田中秀和苑日照中心
- 五股獅子頭公共托老中心
- 屏東地磨兒生活機能中心
- 屏東縣腦性麻痺服務協會
- NTSU 40+ 逆齡俱樂部
- 長映藥局健康促進中心
- 臺南熱蘭遮失智症協會
- 康威藥局健康促進中心
- 慈光失能身障日間照顧
- 彰化安溪銀髮健康驛站
- 屏東向日葵護理之家
- 伊甸社會福利基金會
- 台北北投運動中心
- 呼你健康促進中心
- 玄奘大學健身中心
- 慈光日間照護中心
- 台北大同運動中心
- 健祥田園護理之家
- 橘世代科技運動館
- 康乃心護理之家
- 平安樂齡健身坊
- IZO健康運動館
- 寬福護理之家
- 雙連安養院
- 捷寶雲品
- 中台禪寺
- 好好園館

▶ 更多據點.....

### Malaysia

- 銀髮運動中心 (國家政府)
- 頂級物理治療復健中心
- 銀禧日間護理中心
- 馬來西亞大學醫院
- 佛義健康養生苑
- 梳邦再也醫院
- 國際醫生醫院
- 關環療養中心
- 菩提馨園

▶ 更多據點.....



## Japan

- のぞみデイ
  - 石井整骨院
  - 笑歩会 保免
  - 笑歩会 松前
  - 笑歩会 道後
  - 笑歩会 伊予
  - のぞみ整骨院
  - ホップス下鳥羽
  - トライアス西宮
  - うごこ〜よ谷田
  - たいよう接骨院
  - 恵光会 原病院
  - トライアス芦屋
  - さわやかサロン
  - ステップ 下鳥羽
  - ディサービス小川
  - 笑歩会 西条神拝
  - うごこ〜う厚原
  - トライアス伊丹
  - トライアス尼崎
  - デイサービス 道夢
  - 一之橋はり灸接骨院
  - どんぐり鍼灸整骨院
  - こもればいディサービス
  - クニリハビリスタジオ
  - 陽だまりの里 みくに
  - さくらスポーツ整骨院
  - 日光リハビリガーデン
  - アットホームあかばね
  - デイサービス・グッドワン
  - ヴォーリス老健センター
  - フランセーズ悠とみたけ
  - 田中ファミリークリニック
  - 特別養護老人ホームつばさ
  - 社会福祉法人邦寿会高殿苑
  - St Andrew Nursing Home
  - 通所介護トレーニングはうす
  - リハビリディセンター悠 杉田
  - 医療法人社団 たに整形外科
  - メリィホスピタル西風新都
  - 小規模多機能ホーム レンゲ (泉リハビリグループ)
  - 医療法人社団 たに整形外科
  - 純夢ディサービスセンター心
  - さくらディリハセンター東戸塚
  - 純夢ディサービスセンター和邇
  - 純夢ディサービスセンター感謝
  - ディサービスセンターねこのて
  - ビーンズリハビリディサービス
  - リハビリディサロン海 ほうらい
  - さわやか新町リハビリディサービス
  - リハビリディサロン海 ほうらい
  - NPO法人アピラ (山形県新庄市)
  - 純夢ディサービスセンター 三方原
  - 日興開発株式会社 アクアピナーシャ
  - リハビリ・ディケアサービスやわらぎ
  - Smileセンター フランセーズ悠よしだ
  - Ling Kwang Home Nursing Home
  - アルファディサービスセンター博多南
  - NPO法人アピラ (山形県最上郡戸沢村)
  - 歩行と脳のフィットネスディサービスプライフ
- ▶ 更多據點.....

Senior Fitness Facilities

Institutional Care Facilities

Medical Rehabilitation Facilities

## Tailored Venue Planning

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Turtle Gym has over 10 years of experience in developing senior fitness and exercise spaces. We have implemented our senior fitness programs in over 1,500 locations worldwide, creating safe and comfortable exercise environments for seniors.





Turtle Gym is dedicated to creating a warm and intelligent environment for seniors, constructing comfortable exercise and wellness spaces, providing precise exercise guidance, and offering personalized workout plans. This allows seniors to enjoy exercise in a safe and comfortable environment, achieve a good quality of life, and cultivate a happy later life.



# 5-Star Health Commitment

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Endorsed unanimously by top experts  
from various fields nationwide.

**Dr. Jin-Jong Chen , Ph.D., M.D.**

Doctor of Exercise Medicine,  
University of Virginia, USA  
Professor of Exercise Medicine,  
Yang-Ming University



“Exercise always stems from human nature, and good exercise habits must be integrated into daily life to be sustainable.



“Developing good exercise habits leads to a good night's sleep until dawn.”

**Dr. Chin-Ping Wu, Taiwan's Chief Sleep Medicine Doctor**

Professor and Director of Sleep Medicine Center, International Medical Department, Liensin International Hospital

“Immune strength diminishes with age, but through exercise, the body can maintain health and vitality.”



**Dr. Rong-Pei Wang**

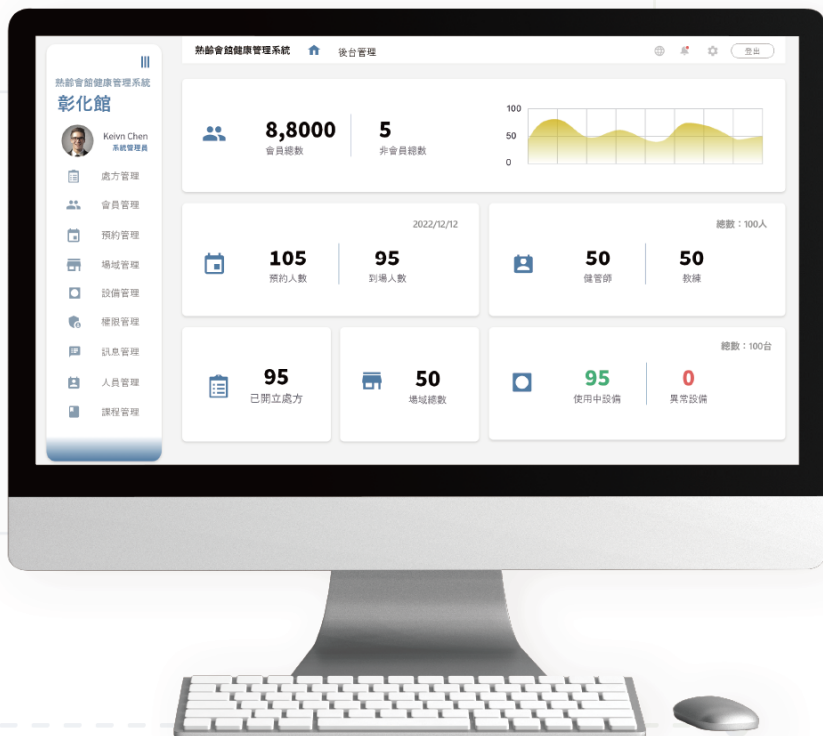
Expert in Pharmacology, Pathology, and Geriatrics  
Research Scholar in Aerospace Medicine, USA  
Scholar in Aging Families

# Internet of Things × Data Analysis

Smart Seniors Fitness Center

Venue Service Management

Backend Management | Venue Management iOS | Home Management iOS/Android



Management Process Automation

Data Management & Service

Data Tracking Reports

### Fitness Assessment

Scientific Fitness Assessment Program

### Health Assessment

Personalized Health Assessment

### Health Management

Health Record and Management

### Precision Exercise Plan

Personalized Precision Exercise Plan

### Smart Exercise Equipment

IoT devices make exercise more precise

### Precision Exercise Guidance

Professional Instruction & Real-time Evaluation

### Health Tracking

Health & Exercise Record Analysis

### Professional Consultation & Advice

Health & Exercise & Lifestyle Consultation

# AI × Aging × Smart

TURTLEGYM PRO



## Smart Fitness Management System

A comprehensive series of Silver Fitness Gym planning solutions by Turtlegym, tailored to create a comfortable and safe smart exercise environment through initial assessment. Precisely track users' exercise status.

Precision Exercise Plans

Exercise Record Management

Physiological Health Management



# Elderly fitness, the best choice!

TURTLEGYM Comprehensive Fitness Management App



Record anytime, share anytime

Share the joy of exercise with family!



Exercise Plans



Health Records



Video Tutorials



Health Insights



Training Logs

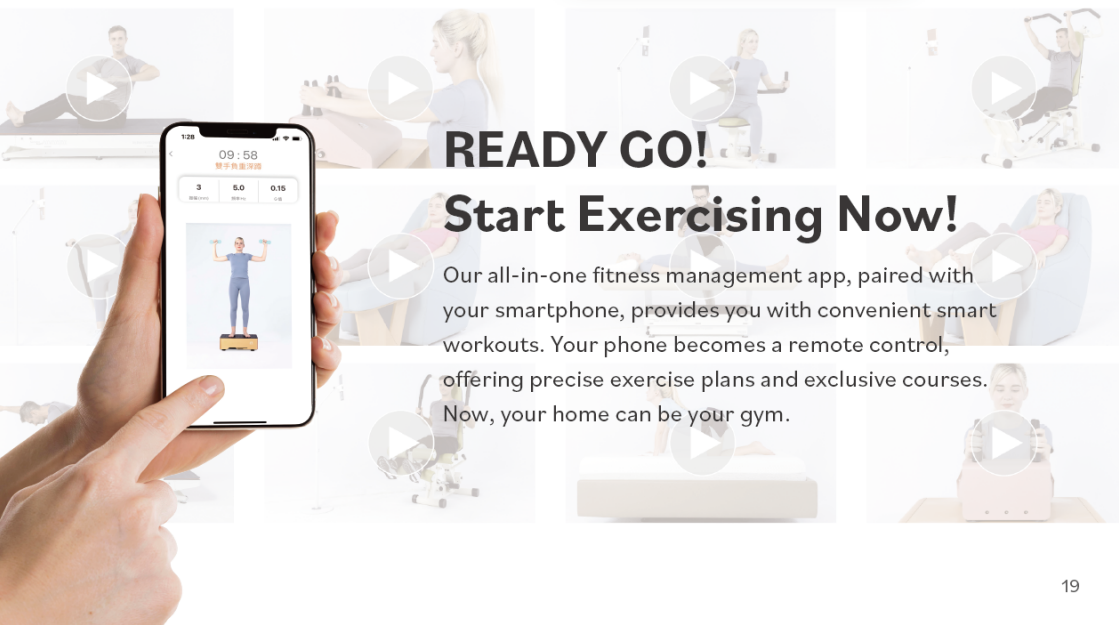
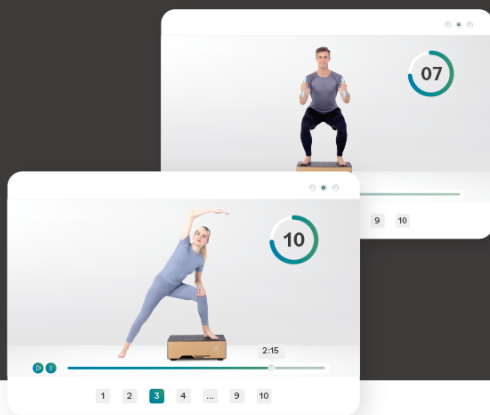


Health Consultations



## Have you exercised today?

Exercise is no longer a challenge for the elderly! Leave it to the TURTLE GYM APP. We create the most precise and efficient exercise plans for the elderly!



## READY GO! Start Exercising Now!

Our all-in-one fitness management app, paired with your smartphone, provides you with convenient smart workouts. Your phone becomes a remote control, offering precise exercise plans and exclusive courses. Now, your home can be your gym.

# Intelligent Isokinetic Muscle Strength Training

Innovative Development, Breaking Technological Limits



## ORIGIN & DEVELOPMENT

First proposed by Hiplop, Perrine, and Thistle in the 1960s. It is currently a safer, more efficient, and more humane way of strength training in clinical research.

Using special equipment to maintain constant speed, the resistance changes according to the user's exertion. Regardless of the force applied, the speed of movement remains constant. However, the muscles contract in an isokinetic state, allowing for significant strength training purposes regardless of joint angles. Isokinetic strength training offers advantages that traditional weight training equipment does not possess.

# 6 Major Advantages

## Low-Impact, High-Efficiency Exercise

Through clinical research, isokinetic strength training has been shown to be a training method that is more in line with human nature and is safe and efficient.



Provides safer and more efficient training for all muscle groups in the body



Offers customized speed selection for strength training



Adjusts training intensity based on individual muscle strength



Self-regulates overload, minimizing the risk of exercise-related injuries



Detailed tracking of changes in muscle strength and power during training



Flexible training options with customizable time and frequency settings

High-sensitivity  
Motor Control  
Module



Stepless Speed  
Control Adjustment  
System



Skin-friendly,  
Breathable High-Tech  
Leather



# Whole body Exercise × Strength Training

## Multifunctional Training

Recommended for Senior Training



### LDW01

#### Isokinetic Hand Push-Pull/Leg Press Core Training

##### Appearance & Structure :

High-sensitivity motor control module  
Skin-friendly, breathable high-tech leather  
Stepless speed control adjustment system

Rated Voltage : 100 - 240 V ~ 50/60 Hz

Communication Method : Wi-Fi 2.4GHz / BLE 5.0

Rated Power : 30 W

Dimensions : L 1620 x W 625 x H 1440 mm

Product Weight : 79.5 kgs

Maximum Load : 85 kgs

Resistance : Bidirectional isokinetic resistance

Commodity Inspection Number : Non-regulated product

### LDW02

#### Isokinetic Hand Push-Pull/Leg Front Kick-Hook Core Training

##### Appearance & Structure :

High-sensitivity motor control module  
Skin-friendly, breathable high-tech leather  
Stepless speed control adjustment system

Rated Voltage : 100 - 240 V ~ 50/60 Hz

Communication Method : Wi-Fi 2.4GHz / BLE 5.0

Rated Power : 30 W

Dimensions : L 1270 x W 625 x H 1460 mm

Product Weight : 55.5 kgs

Maximum Load : 85 kgs

Resistance : Bidirectional isokinetic resistance

Commodity Inspection Number : Non-regulated product



## System Options



### Intelligent Operating System

- TURTLEGYM PRO
- TURTLEGYM



### Basic operating system

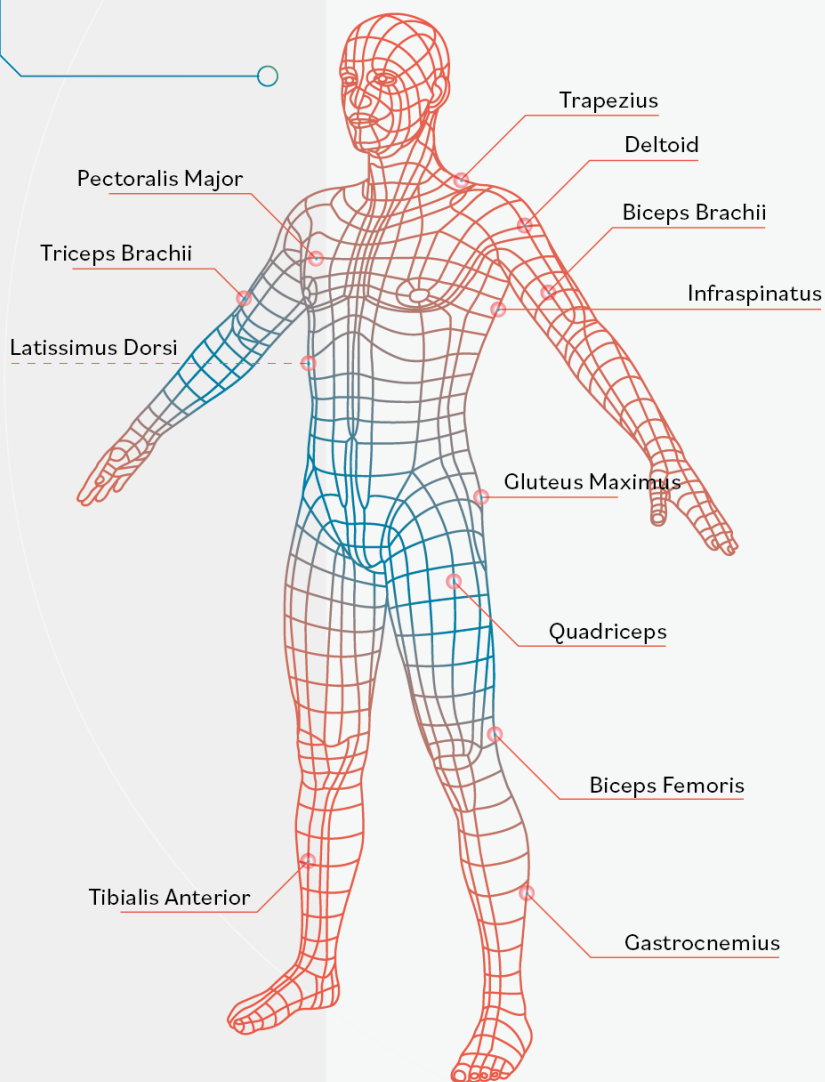
Knob-style stepless speed control



# 10 Models Available

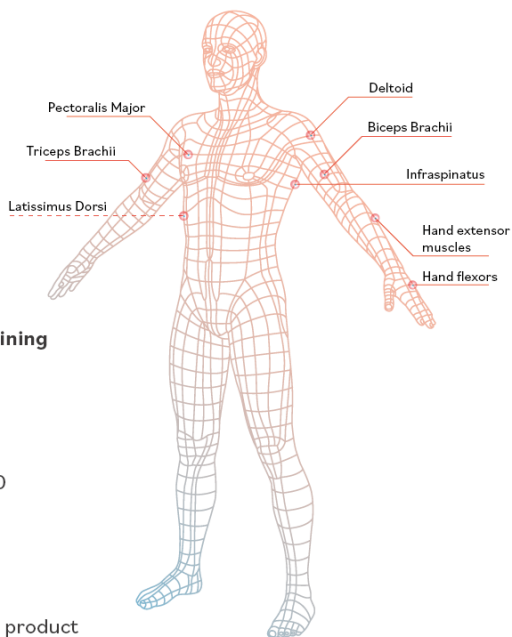
Intelligent isokinetic strength training equipment designed for different muscle groups. Various models to meet all training needs.

## Muscle Training Areas for LDW01 / LDW02





## Muscle Training Areas



### LSW01

#### Isokinetic Arm Chest Press/Row Dual Core Training

##### Appearance & Structure :

High-sensitivity motor control module

Skin-friendly, breathable high-tech leather

Stepless speed control adjustment system

Rated Voltage : 100 - 240 V ~ 50/60 Hz

Communication Method : Wi-Fi 2.4GHz / BLE 5.0

Rated Power : 30 W

Dimensions : L 980 x W 770 x H 1220 mm

Product Weight : 36 kgs

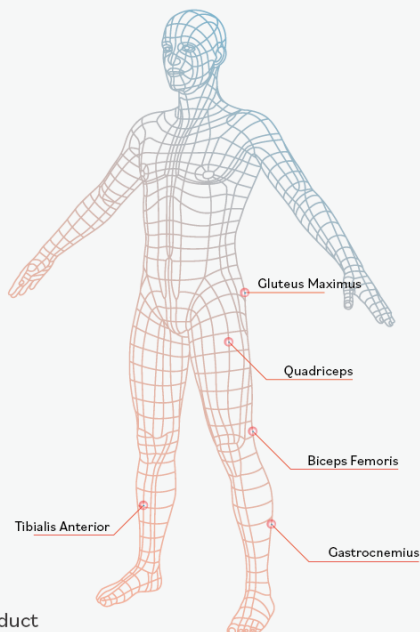
Maximum Load : 85 kgs

Resistance : Bidirectional isokinetic resistance

Commodity Inspection Number : Non-regulated product



## Muscle Training Areas



### LSW02

#### Isokinetic Leg Front Kick/Hook Dual Core Training

##### Appearance & Structure :

High-sensitivity motor control module

Skin-friendly, breathable high-tech leather

Stepless speed control adjustment system

Rated Voltage : 100 - 240 V ~ 50/60 Hz

Communication Method : Wi-Fi 2.4GHz / BLE 5.0

Rated Power : 30 W

Dimensions : L 1195 x W 610 x H 1360 mm

Product Weight : 40 kgs

Maximum Load : 85 kgs

Resistance : Bidirectional isokinetic resistance

Commodity Inspection Number : Non-regulated product



### LSW03

#### Isokinetic Leg Adduction/Abduction Dual Core Training

Appearance & Structure :

High-sensitivity motor control module

Skin-friendly, breathable high-tech leather

Stepless speed control adjustment system

Rated Voltage : 100 - 240 V ~ 50/60 Hz

Communication Method : Wi-Fi 2.4GHz / BLE 5.0

Rated Power : 30 W

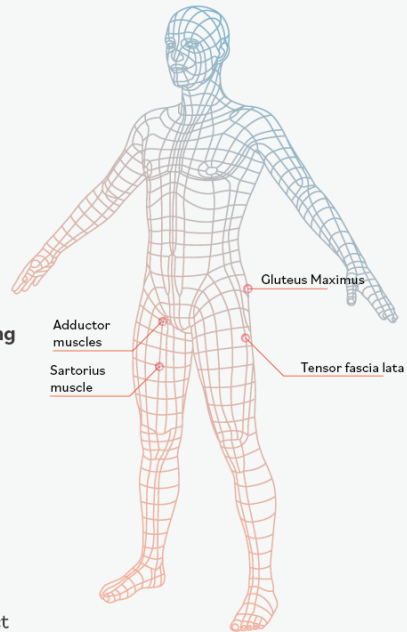
Dimensions : L 1550 x W 1150 x H 1290 mm

Product Weight : 50.5 kgs

Maximum Load : 85 kgs

Resistance : Bidirectional isokinetic resistance

Commodity Inspection Number : Non-regulated product



### LSW04

#### Isokinetic Arm Chest Fly/Open Dual Core Training

Appearance & Structure :

High-sensitivity motor control module

Skin-friendly, breathable high-tech leather

Stepless speed control adjustment system

Rated Voltage : 100 - 240 V ~ 50/60 Hz

Communication Method : Wi-Fi 2.4GHz / BLE 5.0

Rated Power : 30 W

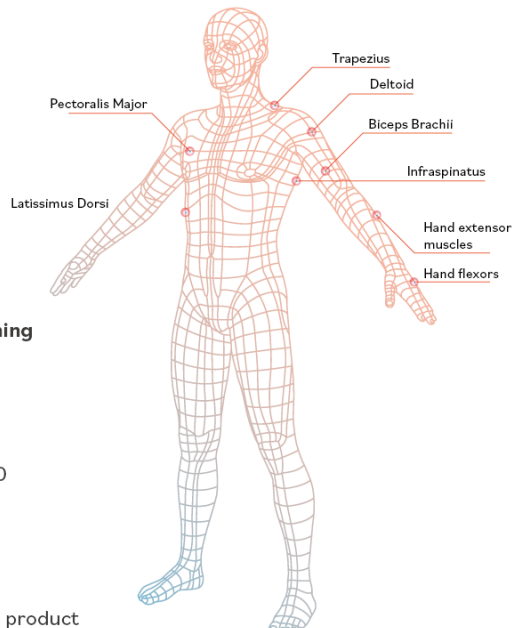
Dimensions : L 1300 x W 840 x H 1270 mm

Product Weight : 48.8 kgs

Maximum Load : 85 kgs

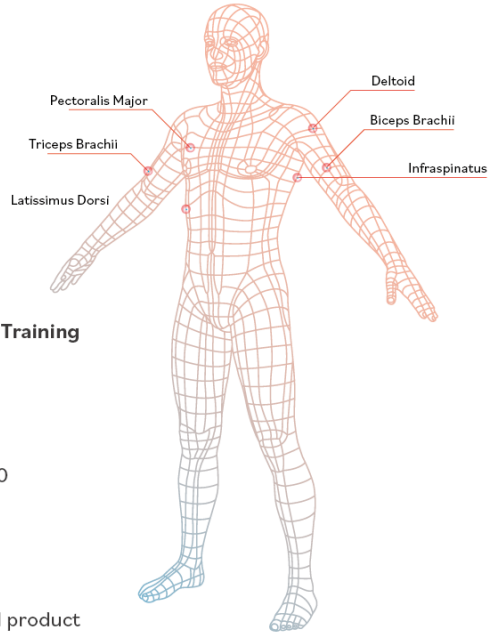
Resistance : Bidirectional isokinetic resistance

Commodity Inspection Number : Non-regulated product





## Muscle Training Areas



### LSW05

#### Isokinetic Arm Push-Up/Pull-Down Dual Core Training

Appearance & Structure :

High-sensitivity motor control module

Skin-friendly, breathable high-tech leather

Stepless speed control adjustment system

Rated Voltage : 100 - 240 V ~ 50/60 Hz

Communication Method : Wi-Fi 2.4GHz / BLE 5.0

Rated Power : 30 W

Dimensions : L 810 x W 620 x H 1360 mm

Product Weight : 35 kgs

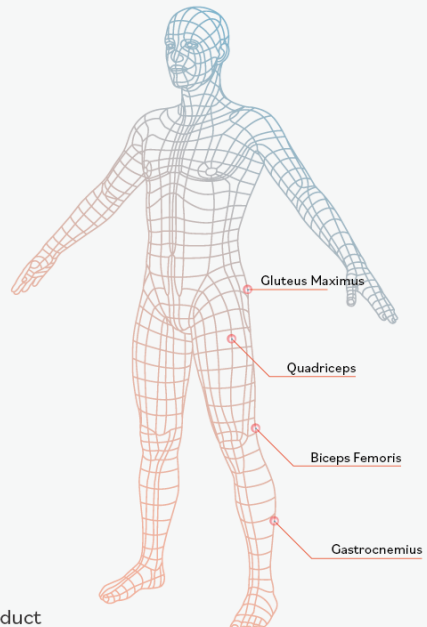
Maximum Load : 85 kgs

Resistance : Bidirectional isokinetic resistance

Commodity Inspection Number : Non-regulated product



## Muscle Training Areas



### LSW06

#### Isokinetic Leg Press Strength Training

Appearance & Structure :

High-sensitivity motor control module

Skin-friendly, breathable high-tech leather

Stepless speed control adjustment system

Rated Voltage : 100 - 240 V ~ 50/60 Hz

Communication Method : Wi-Fi 2.4GHz / BLE 5.0

Rated Power : 30 W

Dimensions : L 1590 x W 620 x H 1000 mm

Product Weight : 61 kgs

Maximum Load : 85 kgs

Resistance : Bidirectional isokinetic resistance

Commodity Inspection Number : Non-regulated product



## LSW07

### Isokinetic Abdominal/Back Dual Core Training

Appearance & Structure :

High-sensitivity motor control module

Skin-friendly, breathable high-tech leather

Stepless speed control adjustment system

Rated Voltage : 100 - 240 V ~ 50/60 Hz

Communication Method : Wi-Fi 2.4GHz / BLE 5.0

Rated Power : 30 W

Dimensions : L 870 x W 780 x H 1040 mm

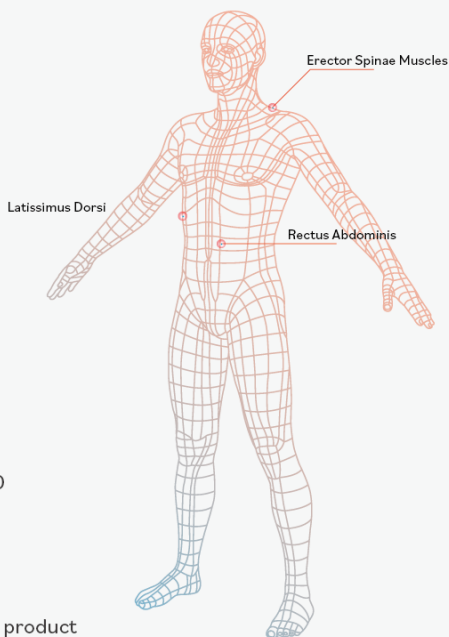
Product Weight : 34.3 kgs

Maximum Load : 85 kgs

Resistance : Bidirectional isokinetic resistance

Commodity Inspection Number : Non-regulated product

## Muscle Training Areas



## LSW08

### Isokinetic Waist Twisting Strength Training

Appearance & Structure :

High-sensitivity motor control module

Skin-friendly, breathable high-tech leather

Stepless speed control adjustment system

Rated Voltage : 100 - 240 V ~ 50/60 Hz

Communication Method : Wi-Fi 2.4GHz / BLE 5.0

Rated Power : 30 W

Dimensions : L 670 x W 735 x H 1010 mm

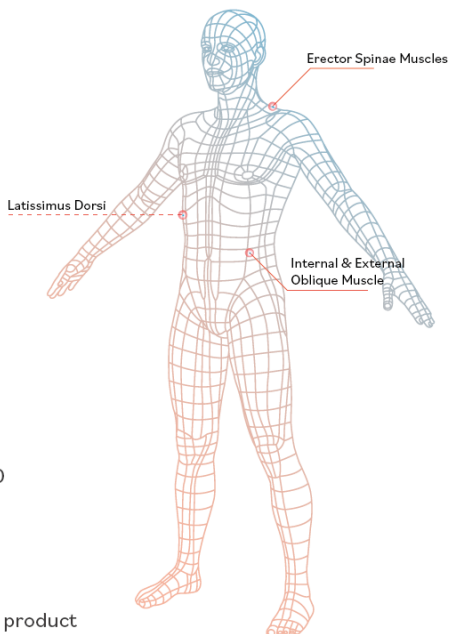
Product Weight : 29.5 kgs

Maximum Load : 85 kgs

Resistance : Bidirectional isokinetic resistance

Commodity Inspection Number : Non-regulated product

## Muscle Training Areas



*Isokinetic strength training is widely used in sports medicine, rehabilitation medicine, sports science, and professional sports.*

## ENVIRONMENT



### **Senior Fitness Gyms, Community Sports Centers**

Allowing the elderly to achieve effective training in a safe environment.



### **Personal Training Centers, Health Sports Clubs**

Ensures safety for trainees not suitable for conventional strength training equipment



### **Physical Therapy Clinics, Rehabilitation Hospitals, Traditional Chinese Medicine Facilities**

Suitable for training individuals with muscle and joint arthritis, tendon and ligament injuries.



### **Senior Care Centers, Day Care Centers, Nursing Homes**

Equipment used for daily strength training and health maintenance for the elderly.

# Whole Body Vertical Vibration

## ORIGIN & DEVELOPMENT

# 1970

Whole-body vertical vibration exercise was utilized by the former Soviet Union to train astronauts, aiding in maintaining their health indices and muscle strength in the weightless environment of space.



# 1980

This training method expanded to athletes, with noticeable improvements in their performance, leading to widespread research and application.



# 2000

This exercise modality further expanded into other medical fields such as rehabilitation medicine and sports medicine.



# 2006

Turtlegym pioneered professional exercise equipment integrating this method into geriatric sports medicine, developing equipment tailored for safe and effective exercise for the elderly.



## Movement = Weight + Force

Weight is related to gravity; force is the action that changes objects. In movement, the interaction between weight and force creates impact.

**And so,  
movement begins...**




Nurturing the Body in Motion,  
Nurturing the Mind in Stillness

In the stillness within movement, like Qi flowing through the body, allowing the body to be active and lively from the inside out.



Global Sports Medicine Authority

## Dr. Jin-Jong Chen



- Graduated from the first batch of Medical School at Yang-Ming University
- Doctorate in Sports Medicine from the University of Virginia, USA
- Research Scholar at the Harvard School of Public Health, USA
- Former Professor of Sports Medicine at National Yang-Ming Chiao Tung University, Taiwan

## PROFESSIONAL ENDORSEMENT

“  
**For those over 50, we need more graceful ways to exercise.**

Whole Body Vertical Vibration (WBVV) originates from the principle that both human growth and movement are influenced by gravity. The vibration waves generated through the platform, at a sinusoidal speed and acceleration, stimulate the body gently from bottom to top and from outside to inside. This mild stimulation targets every part of the body, promoting relaxation without increasing cardiovascular burden. WBVV involves harmonic movements that help improve overall physical capabilities more gently compared to vigorous exercises. It enhances physical fitness, harmonizes the body and mind, and achieves the goal of health maintenance. Through this approach, individuals can effortlessly enjoy a high-quality life of health maintenance and stress relief through exercise.

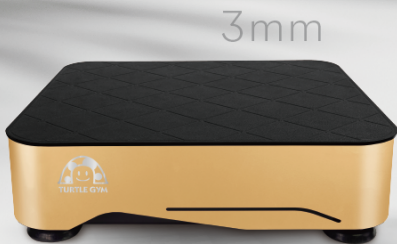
# Home Exercise Smart Living



- 1~3 level ● 40db(A)
- 5~7 level ● 45db(A)
- Library ● 50db(A)
- Indoor Talk ● 60db(A)
- City Noise ● 70db(A)

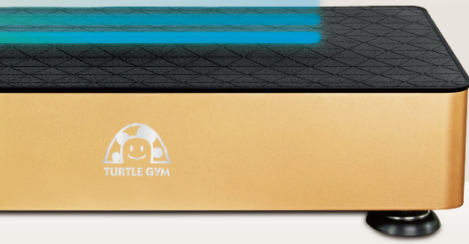
## 10 Sets of Motion Modes

Exclusive invention with patented high-precision mechanical module, silent and noise-free, allowing you to enjoy the pleasure of exercise in tranquility.



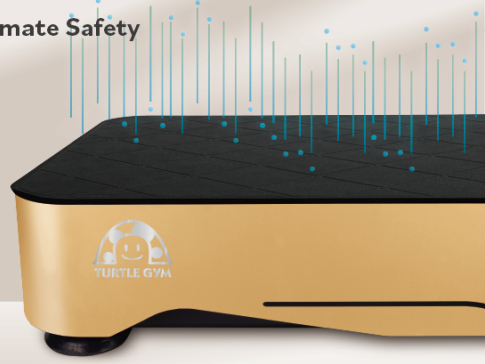
*From the beginning to the end of the day,  
it accompanies you*

**NEW<sup>+</sup>**  
Tapping Technique



Dual Health: Sole Tapping + Motion **TF3**

**1G<sub>v</sub>**  
Ultimate Safety



**TPA-03** Daily Health: Comfortable Motion

**4mm<sup>↑</sup>**  
Motion Intensity



**TP2** Intensity Enhancement: Deep stimulation motion

## Various motion choices to meet your exercise needs

The special series of Turtle Gym's whole body vertical motion styles satisfy different groups' exercise needs, whether it's daily care or combined with exercise training.

*Just like a foot massage,  
it's comfortable, refreshing & stress-relieving*

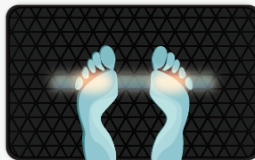
Combining new health tapping elements with vertical motion exercise, it gently stimulates the whole body through high-speed, vertical vibrations. Integrating the concept of traditional Chinese foot acupressure points with overall health benefits, it helps circulate the body from the soles upward, alleviates fatigue, and relaxes the body, making it particularly suitable for mature and elderly individuals seeking passive exercise.

## Health Starts from the Feet: 6 Techniques of Tapping and Vibration



### Foot Sole Tapping

Relax foot pressure by performing tapping and vibration in sitting or standing positions.



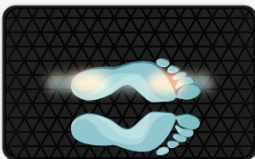
### Toe Circulation Tapping

For those who wear high heels often, tapping helps circulate blood flow and alleviate discomfort in the foot arch and toes.



### Heel Relaxation Tapping

Busy commuters can relax their heels and calves through tapping and vibration.



### Single Foot Tapping

Enjoy the full benefit of tapping and vibration from heel to toe on both feet.



### Arch Tapping

Place the tapping rod on the arches of the feet to focus tapping and vibration on specific points.



### Alternate Tapping

Sit on a chair and cross your legs to alternate tapping between the front and back of the feet.

TPA-01

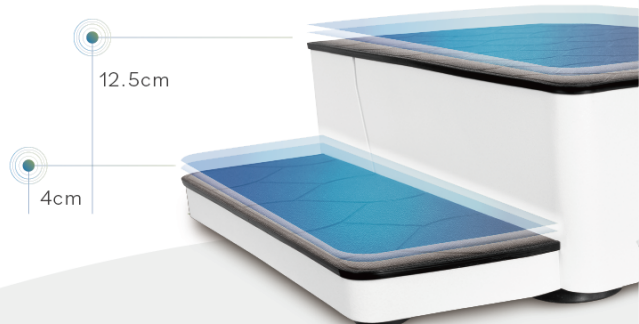
## *Just the Right Height, Just the Right Size*

Different heights provide different vibration sensations. The N1 Foot Shaking Vibration Machine offers a perfectly timed exercise experience at every moment. Its compact size makes it ideal for placing under an office desk, living room table, or other spaces for convenient exercise.



## Stepped Design

Experience different vibrations at varying heights. You can enjoy gentle vibrations while seated or whole body vibrations while standing.



# Recommended Vibration Exercise Methods



**Wellness Vibration:**  
15 minutes per session



**Frequency:**  
At least twice daily,  
morning and evening

## Before Exercise

Drink 200-300cc of warm water

## After Exercise

Drink 200-300cc of warm water

### Timing

Use one hour before or after meals

### Duration

First week: 15 minutes per session  
Second week: 15-30 minutes per session

### Speed

Set to a comfortable personal speed

### Frequency

General wellness:  
At least twice daily, morning and evening  
Intensive training:  
Rest for 2 hours before the next vibration

## & 3 Automatic Program 7 Fixed Frequency

**M1** Relaxation Mode

**M2** Massage Revitalization Mode

**M3** Internal Health Maintenance Mode

**1** Wellness Vibration

**2** Leg Muscle Relaxation Vibration

**3** Waist and Abdomen Massage

**4** Leg and Hip Shake Vibration

**5** Shoulder and Neck Relaxation

**6** Whole Body Muscle Revitalization

**7** Whole Body Deep Stimulation



# Whole Body Vertical Vibration Machine Series

The Top Choice for Home Exercise

## Standard Model TPA-03



Frequency : 4 ~ 13 Hz  
Amplitude : Vertical amplitude 3 mm  
Operation Mode : Wireless remote control  
Control Programs :  
7 fixed frequencies + 3 automatic program functions  
Time Setting :  
Each cycle lasts approximately 15 minutes  
Exterior Structure :  
High-hardness steel structure  
Triple-coat paint surface treatment  
Power Supply Input Voltage : 100 - 240 V ~ 50/60 Hz  
Rated Voltage : 24V ~  
Rated Power : 50 W  
Dimensions : L 420 x W 420 x H 125 mm  
Load Capacity : 120 kg  
Product Weight : 17 kg  
Commodity Inspection Number : R3E094

## Advanced Model TP2

Frequency : 4 ~ 12 Hz  
Amplitude : Vertical amplitude 4 mm  
Operation Mode : Wireless remote control  
Control Programs :  
7 fixed frequencies + 3 automatic program functions  
Time Setting :  
Each cycle lasts approximately 15 minutes  
Exterior Structure :  
High-hardness steel structure  
Triple-coat paint surface treatment  
Rated Voltage : AC 110 V, 60Hz  
Rated Power : 100 W  
Dimensions : L 605 x W 405 x H 200 mm  
Load Capacity : 150 kg  
Product Weight : 34 kg  
Commodity Inspection Number : R3E094



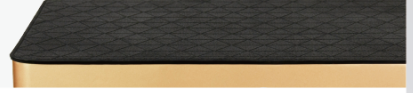
## Tapping Model TF3

Frequency : 4 ~ 13 Hz  
Amplitude : Vertical amplitude 3 mm  
Operation Mode : Wireless remote control  
Control Programs :  
7 fixed frequencies + 3 automatic program functions  
Time Setting :  
Each cycle lasts approximately 15 minutes  
Exterior Structure :  
High-hardness steel structure  
Triple-coat paint surface treatment  
Power Supply Input Voltage : 100 - 240 V ~ 50/60 Hz  
Rated Voltage : 24V ~  
Rated Power : 50 W  
Dimensions : L 530 x W 320 x H 125 mm  
Load Capacity : 120 kg  
Product Weight : 18 kg  
Commodity Inspection Number : R3E094



Ultimate Perfection  
Coating and Baking Process

Rock-Solid Stability  
Stable Platform



## System Options ●●

### ● Intelligent Operating System

- TURTLEGYM PRO (📱)
- TURTLEGYM (📱)

### ● Basic operating system

- 3 Automatic Program (🔘)
- 7 Fixed Frequency (🔘)

## Entry-Level Model TPA-01

Frequency : 4 ~ 13 Hz  
Amplitude : Vertical amplitude 2 mm  
Operation Mode : Wireless remote control  
Control Programs :  
7 fixed frequencies + 3 automatic program functions  
Time Setting :  
Each cycle lasts approximately 15 minutes  
Exterior Structure :  
High-hardness steel structure  
Power Supply Input Voltage : 100 - 240 V ~ 50/60 Hz  
Rated Voltage : 24V ~  
Rated Power : 60 W  
Dimensions : L 480 x W 355 x H 125 mm  
Load Capacity : 100 kg  
Product Weight : 14 kg  
Commodity Inspection Number : R3E094



# Enjoy Health So Easily

## Professional Whole Body Vertical Vibration

The First Choice for Professional Training



● Heart Rate Monitoring

● LCD Screen Display

● Safety Handrails

### System Options ● ●



Index  
Detection



Safety  
Handrails



High  
Vibration

#### ● Intelligent Operating System

- TURTLEGYM PRO ((☎))
- TURTLEGYM (☎)

#### ● Basic operating system

- 8 Automatic Program ((☎))
- 8 Fixed Frequency (☎)

# Whole Body Vertical Vibration = Jump Rope Exercise x Multiple Benefits

The stable and precise vibration amplitude significantly reduces the risk of exercise injuries. The intensity can be adjusted according to your physical condition and can be combined with weight training, stretching, and other exercises. This makes it the best method for exercise, especially for the elderly.

## Standard Model Fit1

Frequency : 4 ~ 12 Hz  
Amplitude : Vertical amplitude 4 mm  
Operation Mode : Push-Button Control Panel  
Control Programs :  
8 fixed frequencies + 8 automatic program functions  
Time Setting :  
Each cycle lasts approximately 15/60 minutes  
Exterior Structure :  
High-hardness steel structure  
Triple-coat paint surface treatment  
Rated Voltage : AC 110 V, 60Hz  
Rated Power : 100 W  
Dimensions : L 685 x W 585 x H 1580 mm  
Load Capacity : 150 kg  
Product Weight : 51 kg  
Commodity Inspection Number : R3E094



## Advanced Model F1

Frequency : 3 ~ 10 Hz  
Amplitude : Vertical amplitude 5 mm  
Operation Mode : Push-Button Control Panel  
Control Programs :  
8 fixed frequencies + 8 automatic program functions  
Time Setting :  
Each cycle lasts approximately 15/60 minutes  
Exterior Structure :  
High-hardness steel structure  
Triple-coat paint surface treatment  
Rated Voltage : AC 110 V, 60Hz  
Rated Power : 100 W  
Dimensions : L 780 x W 850 x H 1660 mm  
Load Capacity : 180 kg  
Product Weight : 77 kg  
Commodity Inspection Number : R3E094

# Wellness Starts with the Mind, and Relaxation is Key

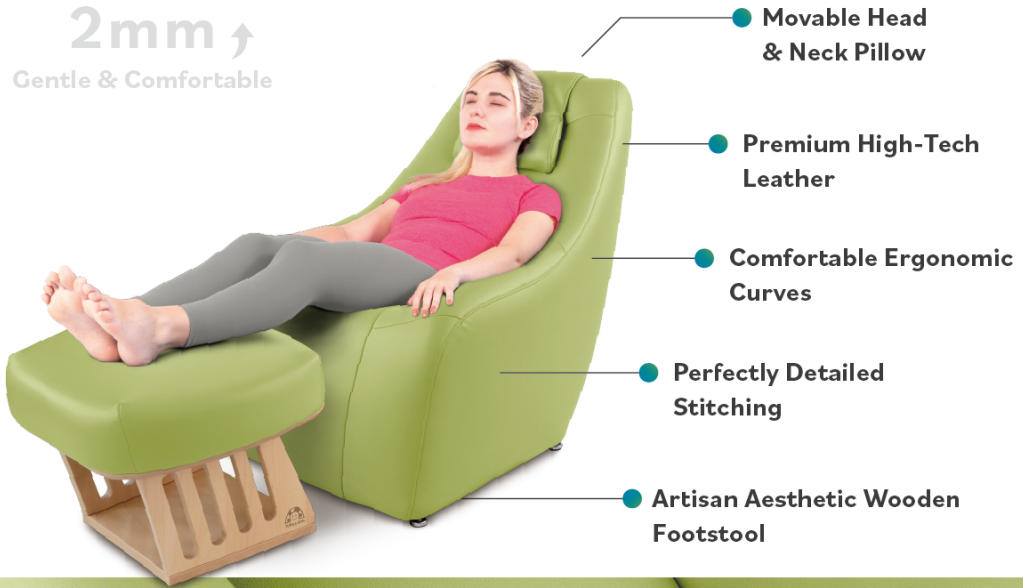
Achieve ultimate motion enjoyment  
by harmonizing the body and mind.



TS1

# 2mm ↑

Gentle & Comfortable



## After Exercise, You Need a "Relaxation Sofa"

Gentle frequencies help your body and mind achieve complete relaxation. Crafted from high-quality materials, this sofa envelops you with motherly tenderness, rejuvenating your tired body and providing a soothing sense of relief through its motion.

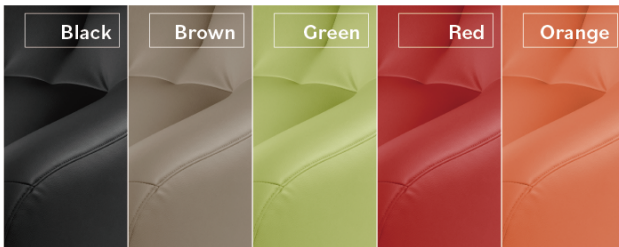
### System Options ● ●

#### Intelligent Operating System

- TURTLEGYM PRO (📱)
- TURTLEGYM (📱)

#### Basic operating system

- 3 Automatic Program (📱)
- 7 Fixed Frequency (📱)



#### Exercise & Stress Relief Chair

Frequency : 3 ~ 13 Hz  
Amplitude : Vertical amplitude 2 mm  
Operation Mode : Wireless remote control  
Control Programs :  
7 fixed frequencies  
+ 3 automatic program functions  
Time Setting :  
Each cycle lasts approximately 30 minutes  
Exterior Structure :  
Premium High-Tech Leather  
Solid Wood  
Rated Voltage : AC 110 V, 60Hz  
Rated Power : 100 W  
Dimensions : L 1080 x W 750 x H 960 mm  
Load Capacity : 180 kg  
Product Weight : 75.5 kg  
Commodity Inspection Number :  
Non-regulated product

# Accessible Exercise Training

World's First Passive Assisted Exercise

## NM2

Frequency : 4 ~ 13 Hz

Amplitude : Vertical amplitude 3 mm

Operation Mode : Wireless remote control

Control Programs :

7 fixed frequencies

+ 3 automatic program functions

Time Setting :

Each cycle lasts approximately 15 minutes

Exterior Structure :

High-hardness steel structure

Beech Wood

Power Supply Input Voltage :

100 - 240 V ~ 50/60 Hz

Rated Voltage : 24V  $\approx$

Rated Power : 50 W

Dimensions : L 815 x W 800 x H 1130 mm

Load Capacity : 120 kg

Product Weight : 51.5 kg

Commodity Inspection Number :

Non-regulated product

## TPA-04

Frequency : 4 ~ 13 Hz

Amplitude : Vertical amplitude 3 mm

Operation Mode : Wireless remote control

Control Programs :

7 fixed frequencies + 3 automatic program functions

Time Setting :

Each cycle lasts approximately 15 minutes

Exterior Structure :

High-hardness steel structure

Beech Wood

Power Supply Input Voltage : 100 - 240 V ~ 50/60 Hz

Rated Voltage : 24V  $\approx$

Rated Power : 50 W

Dimensions : L 700 x W 685 x H 1230 mm

Load Capacity : 150 kg

Product Weight : 39 kg

Commodity Inspection Number : R3E094



Pharmacology/Pathology/Geriatrics Specialist

## Dr. Rong-Pei Wang

- Consultant at Changhua Show Chwan Medical Group
- Aerospace Medicine Research Scholar in the United States
- Renowned Domestic Expert in Pharmacology and Pathology
- Nuclear Medicine Technician, Tri-Service General Hospital, Ministry of National Defense
- Pathology Technician, Naval General Hospital, Ministry of National Defense
- Pharmacist, Air Force Hospital, Ministry of National Defense



## PROFESSIONAL ENDORSEMENT

# “More Safe and Efficient Exercise Methods

Passive motion exercise is more comfortable and safe for those with limited mobility and health problems. By planning motion exercise, seniors can get good exercise help and keep their bodies healthy and burden-free.



### System Options ● ●



Safety certified



Energy saving



Easy to operate

#### ● Intelligent Operating System

- TURTLEGYM PRO ((📱))
- TURTLEGYM ((📱))

#### ● Basic operating system

- 3 Automatic Program ((📱))
- 7 Fixed Frequency ((📱))

# Vibration Movement Exercise

Solve My Exercise Dilemma,  
Make Me No Longer Stiff and Powerless

Home Edition | TPA-02

## Target Groups

Elderly with disabilities

Individuals with lower limb disabilities

People with spinal cord injuries



● Special textured non-slip foot mats

● Easy-to-grip non-slip dual handles

● Safe, stable, and durable body



## Accessible Design

Low chassis and wide design for easy access for wheelchair users without needing to leave the wheelchair.

# New Exercise Option for Wheelchair Users

Vertical motion exercise allows people with disabilities to easily enjoy the health and fun of exercising. Utilizing gravity, the wheelchair motion machine enables users to perform vibration movements. By integrating advanced global patents, the wheelchair motion machine helps individuals achieve comprehensive exercise from the inside out.



Field Edition | i-vib8020

## TPA-02

Frequency : 4 ~ 13 Hz

Amplitude : Vertical amplitude 2 mm

Operation Mode : Wireless remote control

Control Programs :

7 fixed frequencies + 3 automatic program functions

Time Setting :

Each cycle lasts approximately 15 minutes

Exterior Structure :

High-hardness steel structure

Power Supply Input Voltage : 100 - 240 V ~ 50/60 Hz

Rated Voltage : 24V  $\overline{\text{---}}$

Rated Power : 60 W

Dimensions : L 795 x W 520 x H 130 mm

Load Capacity : 120 kg

Product Weight : 22.5 kg

Commodity Inspection Number : R3E094

## i-vib8020

Frequency : 3 ~ 9 Hz

Amplitude : Vertical amplitude 2 mm

Operation Mode : Wireless remote control

Control Programs :

7 fixed frequencies + 3 automatic program functions

Time Setting :

Each cycle lasts approximately 15 minutes

Exterior Structure :

High-hardness steel structure

Beech Wood

Rated Voltage : AC 110 V, 60Hz

Rated Power : 100 W

Dimensions : L 1400 x W 1050 x H 1250 mm

Load Capacity : 180 kg

Product Weight : 100 kg

Commodity Inspection Number :

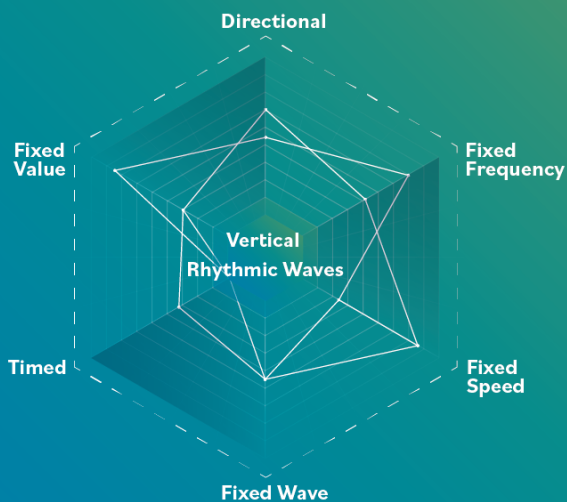
Non-regulated product

# 6

## Stability Principles

# Precise Vertical Rhythmic Movement

Just like the rebound and jump rope movement in Qigong exercises, and the whole body vertical rhythmic motion of walking, this exercise stimulates the entire body from the bottom up, keeping it healthy and energetic. It helps individuals with mobility challenges to easily enjoy the fun of exercise.



### Directional

Only vertical direction

### Fixed Frequency

Stable and constant frequency

### Fixed Value

G value below 1G

### Timed

Automatically preset to 15 minutes

### Fixed Speed

Stable vertical amplitude speed

### Fixed Wave

Only sine wave

## Target Groups

Elderly

Stroke patients

Mobility impairments

Parkinson's disease

Through the accessible exercise training series equipment for vertical rhythmic training, this passive exercise method combined with active exercise can enhance lower limb muscle strength, balance, and muscle coordination. It makes gait more stable and reduces the likelihood of falls.



# Breaking Technological Limits

Whole body vertical gait rhythmic exercise training machine features a multifunctional auxiliary design and an extra-large rhythmic exercise platform suitable for combined aerobic and anaerobic training. This versatile machine offers users a rich exercise experience.



## AV005B

Frequency : 3 ~ 13 Hz  
Amplitude : Vertical amplitude 3 mm  
Operation Mode : Wireless remote control  
Control Programs :  
7 fixed frequencies + 3 automatic program functions  
Time Setting :  
Each cycle lasts approximately 15 minutes  
Exterior Structure :  
High-hardness steel structure  
Rated Voltage : AC 110 V, 60Hz  
Rated Power : 375 W  
Dimensions : L 2200 x W 750 x H 1130 mm  
Load Capacity : 180 kg  
Product Weight : 111 kg  
Commodity Inspection Number :  
Non-regulated product



## AV005C

Frequency : 3 ~ 13 Hz  
Amplitude : Vertical amplitude 3 mm  
Operation Mode : Wireless remote control  
Control Programs :  
7 fixed frequencies + 3 automatic program functions  
Time Setting :  
Each cycle lasts approximately 15 minutes  
Exterior Structure :  
High-hardness steel structure  
Rated Voltage : AC 110 V, 60Hz  
Rated Power : 375 W  
Dimensions : L 2535 x W 1140 x H 2235 mm  
Load Capacity : 180 kg  
Product Weight : 125 kg  
Commodity Inspection Number :  
Non-regulated product

**UR1000A**

Let "Rhythmic Movement" Gently Relieve Your Stress

# Whole Body Vertical Rhythmic Exercise Massage Bed



**Massage  
Relaxation**



**Health  
Regulation**



**Stretch &  
Stress Relief**

Frequency : 3 ~ 10 Hz  
Amplitude : Vertical amplitude 2 mm  
Operation Mode : Wireless remote control  
Control Programs :  
7 fixed frequencies + 3 automatic program functions  
Exterior Structure :  
High-hardness steel structure  
Premium high-tech leather

Time Setting :  
Each cycle lasts approximately 15 minutes  
Rated Voltage : AC 110 V, 60Hz  
Rated Power : 100 W  
Dimensions : L 1940 x W 760 x H 650 mm  
Load Capacity : 180 kg  
Product Weight : 84 kg  
Commodity Inspection Number :  
Non-regulated product

### Time

Adjustable rhythmic motion time settings

### G-Value

Stable G-value below 1G

### Frequency

Precise frequency control

### Amplitude

Precise amplitude control

### Settings

Customizable automatic programs

### Management

Simultaneous management of multiple devices



## Precise Rhythmic Motion Assistance

Provides complete relaxation and maintenance for the body



Head & Neck Adjustment



Waist Adjustment



Leg & Hip Adjustment



Shoulder Adjustment



Pelvic Adjustment



Lumbar Adjustment

# Whole Body Periodic Acceleration

Enjoy Health, Start Now



## ORIGIN & DEVELOPMENT

Isokinetic Horizontal Rhythmic Exercise (WBPA), also known as whole body periodic acceleration exercise, involves lying flat on a bed that moves the body horizontally back and forth to achieve exercise. It is a non-invasive, bed-based exercise that combines exercise, stress relief, and sleep into one, making fitness and wellness a pleasure rather than a burden. This passive exercise is safer and more efficient for health maintenance and wellness.

Taiwan's Leading Sleep Medicine Expert

## Dr. Chin-Ping Wu

- Professor and Director, Lian Shin International Medical Internal Medicine
- Director, Advanced Technology Sleep Center, Lian Shin International Hospital
- Honorary Director, Taiwan Society of Critical Care Medicine
- Chairman, Lixin Medical Research and Development Foundation
- Adjunct Professor, Internal Medicine Department, National Defense Medical Center
- Adjunct Professor, National Central University



## PROFESSIONAL ENDORSEMENT



### A Third of Life Spent with the Bed

Sleep occupies nearly one-third of our lives. Besides allowing the body to rest and eliminate fatigue, many essential body functions operate in cyclical patterns during sleep. To maintain good physical and mental health, the quality and health of sleep should not be overlooked.



#### System Options ● ●

##### ● Intelligent Operating System

- TURTLEGYM PRO ((📱))
- TURTLEGYM ((📱))

##### ● Basic operating system

- 7 Automatic Program ((📱))
- 3 Fixed Frequency ((📱))

Exercise

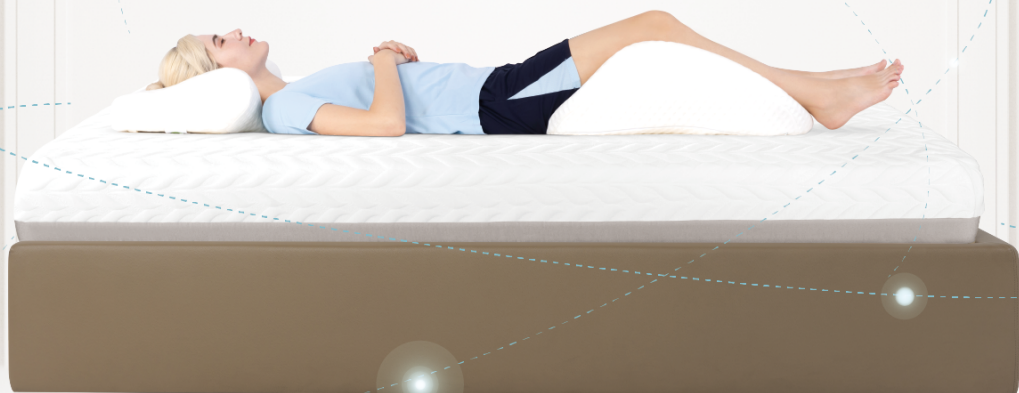
*Unbelievable  
Ultimate Feast*

Sleep

Stress  
Relief

## A Vibrant Bed of Excellence

The whole body periodic acceleration bed combines exercise, stress relief, and sleep to create a healthy and relaxing sleep experience. The horizontal rhythmic motion eases tension, allowing the body to achieve ultimate relaxation. This gentle rhythmic motion guides you into a sweet slumber, providing comprehensive premium care for your body.



**VF8B**

● Brown ● Black ● Customizable





Benefits for  
Wellness & Health



Soothing  
Relaxation



Healthy  
Sleep



Confident  
Living



Stable  
Thoughts



Cardiovascular  
Maintenance



**3D Breathable  
Skin-Friendly Fabric**

**High-Tech Pressure  
Relief Foam**

**TAF High-Durability  
Pocket Springs**

**Antibacterial &  
Odor-Resistant Mesh Fabric**

**3** Major  
Health Benefits



**Full-Body Circulation &  
Enhanced Well-being**



**Clear and Agile Thoughts**



**Robust Health & Vitality**

**20MM <>**  
**Optimal Horizontal Distance**

The regular horizontal rhythmic motion not only improves sleep but also promotes health. This recommended exercise method is particularly beneficial for maintaining wellness and health in mature individuals.

# Guardian of Health for Mature Individuals

Inclined Model | AV008B



## Optimal Incline Angle

Provides the most comfortable reclining angle for the body, aiding in comprehensive horizontal acceleration exercise to maintain cardiovascular health.

Inclined Design

Comfortable  
Leather Mattress

High-Hardness  
Steel Frame

Optimal  
Horizontal Distance

20MM

Leather Foot Pad Design

## Protect Your Health

# With a Good Night's Sleep

Health begins with mental relaxation, and mental relaxation starts with physical relaxation. The isokinetic horizontal rhythmic exercise is highly beneficial for both health and sleep problems.



| Comfortable Sleep with Horizontal

### Customizable

Frequency : 50~140 RPM  
Amplitude : Horizontal amplitude 20 mm  
Operation Mode : Wireless remote control  
Control Programs :  
7 fixed frequencies + 3 automatic program functions  
Time Setting :  
Fixed Frequency 30 min. ① 45 min. ②&③ 50 min.  
Exterior Structure :  
High hardness steel + Selected High Tech leather  
Rated Voltage : AC 110 V, 60Hz  
Rated Power : 375 W  
Commodity Inspection Number :  
Non-regulated product

### VF8B **Single**

Dimensions : 2080 x 1200 x 530 mm  
Product Weight : 160 kg Load Capacity : 180 kg

### VF9C **Double** **Queen**

Mattress size : 900 x 2000 x 275 mm x2  
Dimensions : 1930 x 2010 x 640 mm  
Product Weight : 295 kg Load Capacity : 180 kg(Single bed)

### VF9C **Double** **King**

Mattress size : 1050 x 2000 x 275 mm x2  
Dimensions : 2040 x 2010 x 640 mm  
Product Weight : 315 kg Load Capacity : 180 kg(Single bed)



| Inclined Horizontal

Frequency : 50~140 RPM  
Amplitude : Horizontal amplitude 20 mm  
Operation Mode : Wireless remote control  
Control Programs :  
7 fixed frequencies + 3 automatic program functions  
Time Setting :  
Fixed Frequency 30 min. ① 45 min. ②&③ 50 min.  
Exterior Structure :  
High hardness steel + Selected High Tech leather  
Rated Voltage : AC 110 V, 60Hz  
Rated Power : 375 W  
Dimensions : L 2030 x W 760 x H 580 mm  
Load Capacity : 180 kg  
Product Weight : 110 kg  
Commodity Inspection Number :  
Non-regulated product



Easy Maintenance



Fire Safety



User-Friendly

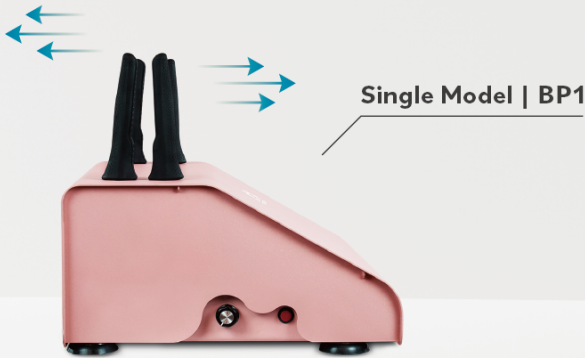
# World's First Hand Rhythmic Exercise Training

Hand Mobility Impairment Training Solutions

General Training

Post-Surgery Exercise

Assisted Training



Inclined Support Design ●

Safe Dual-Function Operation ●

Ergonomic Handle ●



## Designed for Individuals Needing Increased Hand Flexibility and Strength

The hand rhythmic exercise machine is an ideal and ergonomically designed device for hand exercise. Through specially designed angles and armrests, it provides concentric/eccentric two-directional movement, which significantly aids in revitalizing hand function.



Relieves Discomfort in Hands and Shoulders



Improves Hand Stability and Grip Strength



Concentric and Eccentric Training for Hand Muscles



Enhances Hand Function in Parkinson's Disease and Stroke Patients



### System Options ● ●

● Intelligent Operating System

- TURTLEGYM PRO 
- TURTLEGYM 

● Basic operating system

- 8 Automatic Program 
- 8 Fixed Frequency 

○ White ● Pink



### Single Model **BP1**

Frequency : 2 ~ 9.5 Hz  
Operation Mode :  
Manual Operation / Wireless Remote Control  
Control Programs :  
7 fixed frequencies + 3 automatic program functions  
Time Setting :  
Each cycle lasts approximately 15 minutes  
Exterior Structure :  
High-hardness steel structure  
Power Supply Input Voltage : 100 - 240 V ~ 50/60 Hz  
Rated Voltage : 24V ~  
Rated Power : 50 W  
Dimensions : L 466 x W 390 x H 351 mm  
Product Weight : 21 kg  
Grip Load : 25 kgf  
Inspection Number: Not subject to commodity inspection



### Dual Model **BP2**

Frequency : 2 ~ 9.5 Hz  
Operation Mode :  
Manual Operation / Wireless Remote Control  
Control Programs :  
7 fixed frequencies + 3 automatic program functions  
Time Setting :  
Each cycle lasts approximately 15 minutes  
Exterior Structure :  
High-hardness steel structure  
Power Supply Input Voltage : 100 - 240 V ~ 50/60 Hz  
Rated Voltage : 24V ~  
Rated Power : 50 W  
Dimensions : L 600 x W 516 x H 351 mm  
Product Weight : 27.3 kg  
Grip Load : 25 kgf  
Inspection Number: Not subject to commodity inspection



### Home Model **BX2**

Frequency : 2 ~ 9.5 Hz  
Operation Mode :  
Manual Operation / Wireless Remote Control  
Control Programs :  
7 fixed frequencies + 3 automatic program functions  
Time Setting :  
Each cycle lasts approximately 15 minutes  
Exterior Structure :  
High-hardness steel structure  
Power Supply Input Voltage : 100 - 240 V ~ 50/60 Hz  
Rated Voltage : 24V ~  
Rated Power : 50 W  
Dimensions : L 400 x W 390 x H 350 mm  
Product Weight : 17 kg  
Grip Load : 25 kgf  
Inspection Number: Not subject to commodity inspection



**"Rhythmic movement allows my hands to grasp the second half of life again."**

## Target Groups

Elderly grip strength training

Hand and arm training for stroke patients

Frozen shoulder relaxation training

Post-injury hand and arm stretching training

Parkinson's disease tremor training

Hand muscle activation exercise training

Alzheimer's disease hand training

Post-surgery arm edema exercise training

Hand training for brain injury patients

Hand training for polio patients

**Passive Hand Exercise**  
Relieves hand tension and discomfort



**Active Force Exercise**  
Trains hand grip strength and flexibility

**Arm Lifting Exercise**  
Relieves tension in arms and shoulders





**Robust Clinical Research  
Strength for Optimal  
Health Commitment**



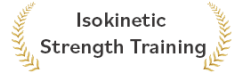
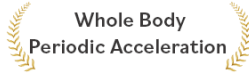
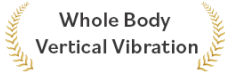
**Our top-tier research  
& development strength  
is recognized worldwide.**

**Strict Safety Certifications Ensuring Your Health**



CE Certification: EU CE Approved

BSMI Safety Certification



## Stringent Quality Control

High-quality assurance with a warranty on all products. Direct Manufacturer Warranty Service: Ensuring your health is protected.

## Corporate Responsibility Safeguarding Your Rights

Product Liability Insurance: TURTLE GYM insures all products to protect consumer rights and ensure safe use.



TURTLE GYM: Dedicated to environmental sustainability and social responsibility.

Environmental Friendly Development: Committed to creating eco-friendly products to enhance the world.

Community Engagement: Involved in social welfare activities to promote positive impact.

Health Promotion: Dedicated to fostering healthier lifestyles and becoming the guardian of happy, healthy living.

TURTLE GYM embodies a culture of green energy and environmental protection, striving for sustainable development and corporate social responsibility. Through continuous efforts in social welfare and health promotion, we aim to provide a healthier and happier life for all.



Embrace Health Enjoy Happiness

Exercise Is Medicine  
Enjoying A Healthy And Long Life Without Medicine



Website



YouTube

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