



Virtual Gym is VOLTAGE DRIVEN technology WITHOUT CURRENT that delivers a CNS (central nervous system) compatible signal. Afferent nerves carry the signal to the brain. THE BRAIN CAUSES A FULL MUSCLE CONTRACTION THAT INVOLVES THE WHOLE BODY, WHILE RELEASING AND BALANCING HORMONES (unlike current driven muscle stimulators that the contraction is topical to individual uncoordinated muscles)  
THE VIRTUAL GYM CONTRACTION IS A CENTRAL EVENT AND IT IS UNIQUE TO THE VIRTUAL GYM. THE




Please find more information in new published book “CHECKMATE BY A PROTEAN INVISIBLE ENEMY – COVID-19 The Danger Within”

now selling on Amazon:

[https://www.amazon.com/s?k=xanya+sofra&crd=S1Z0DUYUVWT3&sprefix=xanya+sofra%2Caps%2C344&ref=nb\\_sb\\_noss](https://www.amazon.com/s?k=xanya+sofra&crd=S1Z0DUYUVWT3&sprefix=xanya+sofra%2Caps%2C344&ref=nb_sb_noss)

Research below is based on 23 Clinical Studies. Several published articles can be found at:

[https://scholar.google.com/scholar?hl=en&as\\_sdt=0%2C5&q=Xanya+Sofra&btnG=](https://scholar.google.com/scholar?hl=en&as_sdt=0%2C5&q=Xanya+Sofra&btnG=)

|  | VIRTUAL GYM<br>8888 MAX  | VIRTUAL GYM<br>888 PRO   | VIRTUAL GYM<br>8000   |
|--|--|--|---|
|  |   |  |  |
| Launched   | January 2022   | April 2021   | January 2020  |
| Contraction Time                                   | Lowest: 2 sec<br>Highest: STABILIZED to 10 seconds (new hand made hardware)  | Lowest: 1 sec<br>Highest: Vacillates between 6.7 to 7.3 seconds                      | Lowest: 1 sec<br>Highest: Vacillates between 5.9 to 6.8 seconds                       |
| Highest Contraction Time Advanced Timing Stability | Holds the waveform stable for higher penetration into visceral fat<br>The most effective than previous models for Athletes, American Football, boxing, |  |   |



|  |  |         |        |
|--|--|---------|--------|
| Lowest Contraction Time Advanced Timing Stability  | Holds waveform stable at 2 sec – ideal for slimmer legs Athletes, European Football, Runners, Basketball, Baseball |         |        |
| Waveform Composition   | 6,336 sine frequencies from 45 Hz to 1000 Hz combined in a proprietary combination                                 | 5,833   | 4,890  |
| Exercises: resistance, stretching, push ups, crunches, bent over, strength, stretching, aerobics<br>Dance: Belly dancing, sous and jazz slow circular movements (includes combined exercise delivery due to new waveform tuning) | 256  | 144     | 144    |
| Experimentally shows Visceral Fat Reduction from clinical studies<br>DECREASE %  | -39.5%   | -32.2%  | -27.8% |
| Experimentally shows Increased Muscle Mass from clinical studies<br>INCREASE %   | +41.9%   | +36.35% | +27.3% |



|   |   |                        |                        |
|---|---|------------------------|------------------------|
| Advanced Waveform Tuning  | Highest compatibility with the Central Nervous System |                        |                        |
| Triglycerides REDUCTION %   | -58.03%   | -46.6%                 | -41.7%                 |
| VLDL REDUCTION %  | -57.14%   | -43%                   | -39.54%                |
| Fatty Liver Previously / No Fatty Liver after No of Treatments (Sonography Reports)     | After 12-15 treatments                                | After 15-20 Treatments | After 20-25 Treatments |
| Testosterone INCREASE % (INCREASED SEXUALITY / ENHANCED MOOD)                           | +68%  | +59%                   | +52%                   |
| Fasting Insulin DECREASE %  | -59.52%   | 51.3%                  | 42%                    |
| Insulin PP DECREASE %   | -51.97  | -44.3%                 | -38.66%                |
| Blood Fasting Glucose DECREASE %  | -42.3%  | -38.7%                 | -33.7%                 |
| Blood PP Glucose DECREASE %   | -43.6%  | -39.8%                 | 31.54%                 |
| CRP DECREASE %  | 39%   | 33%                    | 33.9%                  |
| T3 INCREASE % (METABOLISM)  | 46.76%  | 42.1%                  | 39.8%                  |
| Total Additional Handmade Components in addition to the components from Previous Models | 8   | 6                      | 5                      |



|                                |  |                         |  |
|--------------------------------|--|-------------------------|--|
| Handmade Hardware Improvements | Three new hand-made boards (research from London University)<br>New Wiring configuration for greater waveform accuracy | Two New Handmade Boards |  |
|--------------------------------|--|-------------------------|--|

### Virtual Gym 8888 Fitness MAX







## Virtual Gym 888 Fitness & Energy Pro



