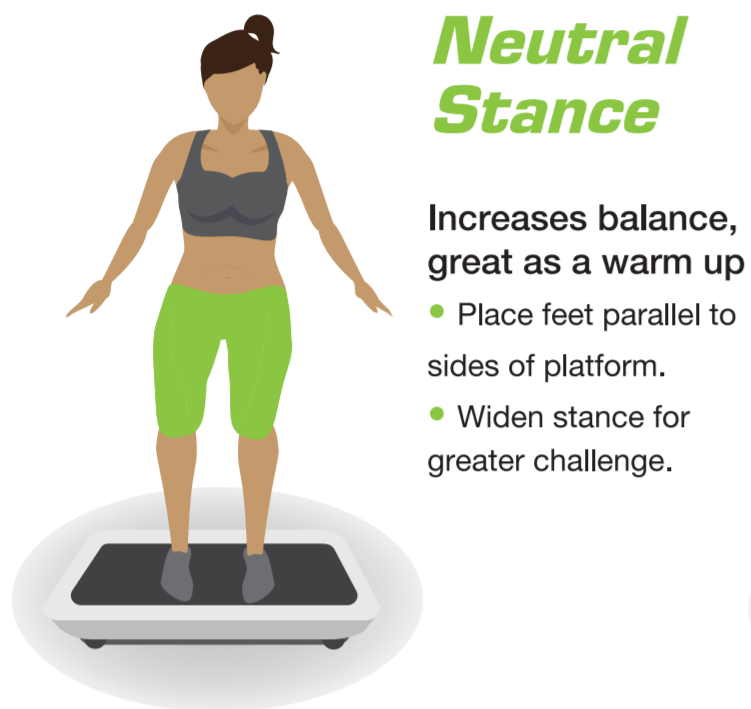


EXERCISE GUIDE

Recommendation: We suggest using the machine for 10 minutes at a time and up to 3 (10 min) sessions a day.

Positioning: The further apart you position your feet on the machine, the more intense the workout is. Once you are confident on the machine we would recommend doing slow squats and to feel a more intense vibration in your legs.



Neutral Stance

Increases balance, great as a warm up

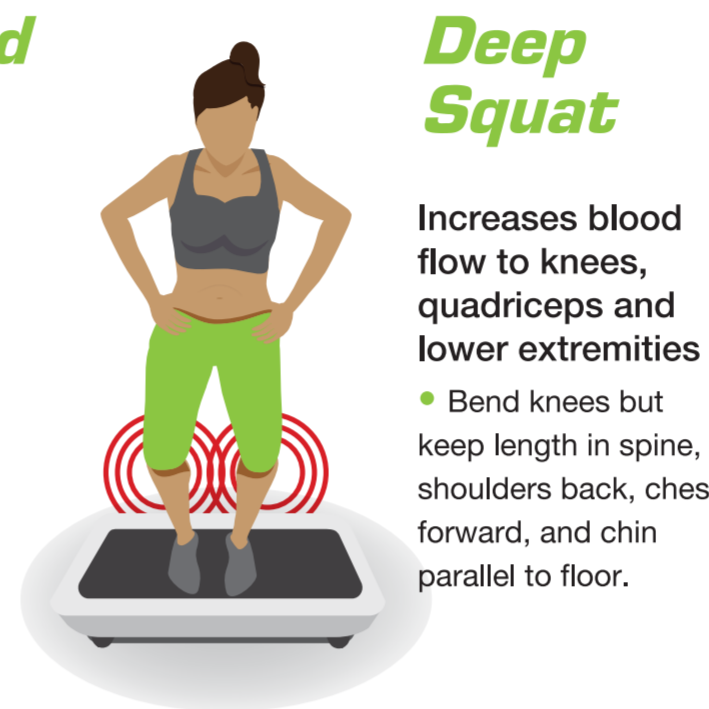
- Place feet parallel to sides of platform.
- Widen stance for greater challenge.



One-Legged Stance

Strengthens legs, increases balance

- Always place foot either above or below the knee.
- Keep hips even and rotate knee out to side.



Deep Squat

Increases blood flow to knees, quadriceps and lower extremities

- Bend knees but keep length in spine, shoulders back, chest forward, and chin parallel to floor.



Quadricep Stretch

Promotes flexibility and blood flow to feet, ankles and calves, increases balance

- Bend one knee and hold ankle with hand.
- Keep knees even and length in spine, shoulders back, and chest forward.

Advanced Push Up

Strengthens and tones abdominal region and upper body (biceps, triceps and pectorals)

- Place hands directly underneath shoulders and tighten abdominal muscles so body is in alignment.



Back Strengtheners

Strengthens back and arms, releases tension in shoulders

- Place feet slightly pigeon toed, directly under hips (bend knees slightly if needed).
- Tilt the pelvis forward, lengthen through spine, tuck chin under for alignment.



Lower Back Extension Core Strengtheners

Opens up lower back, strengthens arms and upper body

- Place hands directly underneath shoulders and tighten abdominal muscles so body is in alignment.
- Bring chest forward, shoulders back, and draw up through inner thighs and buttocks. Look straight ahead.



Core Strengtheners

Improves balance, tones and strengthens abdominal muscles and lower back

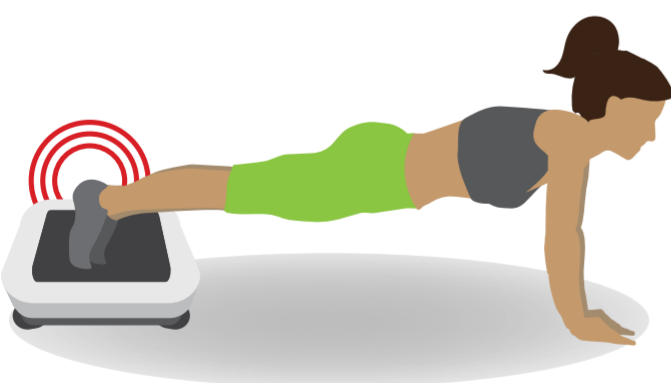
- Slowly raise legs with thighs on either side of central bar. Keep chest forward, shoulders back, and lower back straight.
- Can be done holding resistance straps for extra support.



Reverse Push Up

Strengthens body, abdominal and oblique muscles, promotes blood flow into toes and ankles

- Spread fingers wide apart and keep hands directly underneath shoulders, elbows straight. Look towards the floor.



Calf Massage

Soothes tired feet and legs, helps improve circulation to lower extremities

- Allow upper body to relax and feel grounded of this posture.
- Lengthen back of neck along floor.



Hip Raise

Strengthens back, stimulates thyroid and parathyroid glands

- Keep neck straight and shoulders relaxed, draw up through inner thighs and buttocks.



Advanced Tricep Curl

Strengthens whole body and opens up chest

- Place hands parallel and turned toward body. Lift buttocks and lengthen through inner thighs and back.
- Lean head back and gaze straight ahead if comfortable, otherwise tuck chin in slightly



COMPLEMENTARY WORKOUT



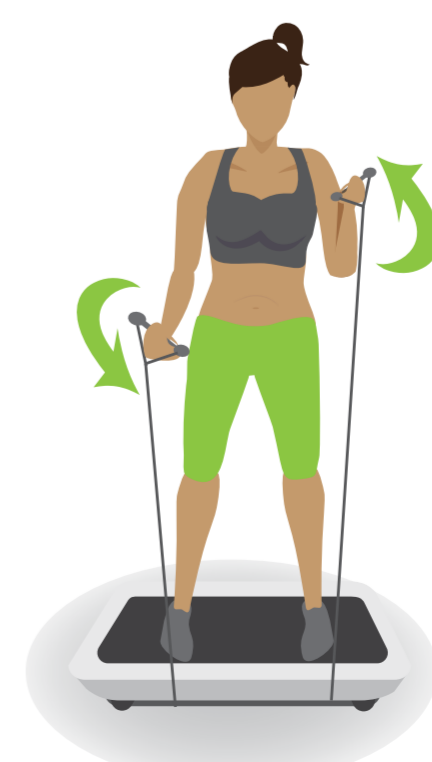
Strengthens and tones abs, thighs, biceps and arms

- Stand up with legs shoulder width apart. Grab resistance straps and place hands against outside of legs.
- Lift arms up at the same time, as far as you can, while holding straps firmly. Keep elbows straight.
- Repeat motion until end of vibration time.



Strengthens and tones abs, thighs, arms, back and biceps

- Begin in same start position as previous exercise.
- Lift right arm to chest height, with elbow bent at 90°, then lower. Repeat with left arm.
- Alternate movements until end of vibration time.



Strengthens and tones abs, thighs, arms, back and biceps

- Begin in same start position as previous exercise.
- With palms facing up, raise left arm bending at elbow. Repeat with right arm.
- Alternate movements until end of vibration time.