

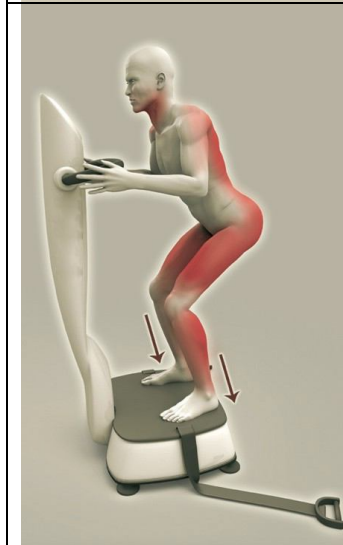
# EXERCISE ILLUSTRATIONS

A/ Strength



## A01 Squat

Stand on the Vibration Plate with feet shoulder width apart. Keeping the back straight and knees slightly bent. Gently squeeze the leg muscles. You should feel tension in your quadriceps, buttocks and back.



## A02 Deep Squat

Stand on the Vibration Plate with feet flat and shoulder width apart. Keeping the knees directly above the feet at a 100 degree angle, gently bend the legs and squeeze the leg muscle. Keeping the back straight, bend the upper body forward. This exercise aims to strength the back, buttocks and legs.



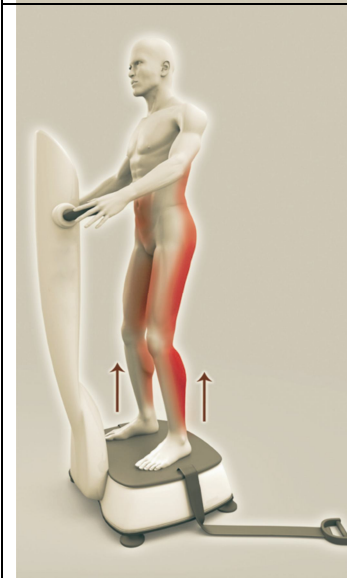
## A03 Wide Stance Squat

Stand on the Vibration Plate with legs wide apart and toes turned outward. Keeping the knees directly above the feet at a 100 degree angle, gently bend the legs. You should feel tension in the back, buttocks, quadriceps, and inner thigh area.



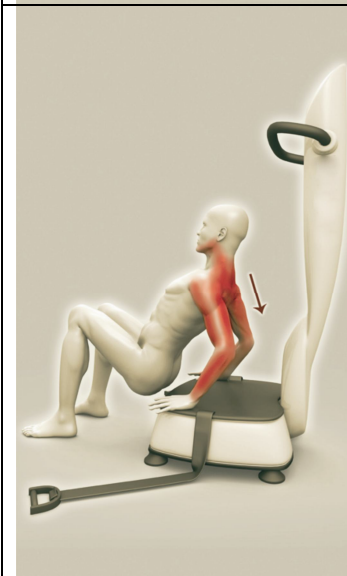
#### **A04 Lunge**

Place one foot in the middle of the vibration plate and step back with other planting it firmly on the ground behind. Keeping the back straight and the knees directly above the toes, squeeze the leg muscle. You should feel tension in the hamstrings, quadriceps and buttocks.



#### **A05 Calves**

Standing in the centre of the vibration plate, rise up on to the balls of the feet. Keeping your back straight and abdomen tight, you should begin to feel tension in your calf muscles. To add vibration to the exercise, try bending your knees to 90 degrees.



#### **A06 Triceps Dip**

Facing away from the vibration plate, firmly grip the edge and push upwards. Now bend the arms slightly and lower the hips toward the plate, squeezing the shoulder blade together. You should feel the tension in your upper arms and shoulders. For vibration, repeat the exercise with your legs straight.



#### **A07 Pectorals**

Facing to and keeping a proper distance from the vibration plate. Hold the bands put your hands in front of your chest and backwards. You should feel the tension in your pectorals and back. For vibration, repeat the exercise



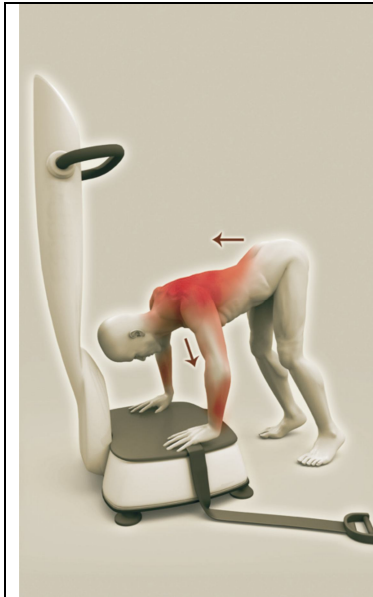
#### **A08 Back**

Keeping a broad shoulder stand and bend the knees slightly. Your upper body should protrude slightly forward. Keep the shoulders back and pull the band as close to your waist as possible. You should feel the tension in your entire back and shoulder.



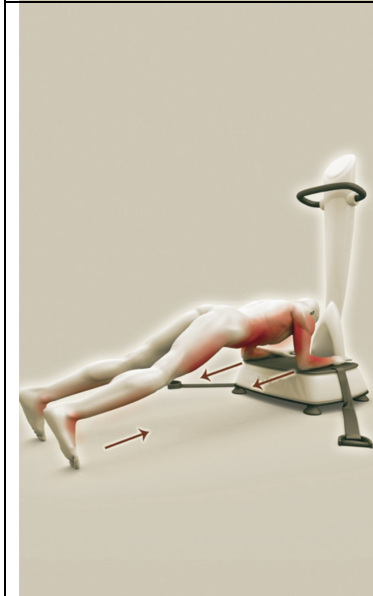
#### **A09 Shoulder**

Facing to and keeping a proper distance from the vibration plate. Hold the bands lightly and drag them upwards. You should feel tension in your entire shoulder. Change the lengths of the bands according to your height.



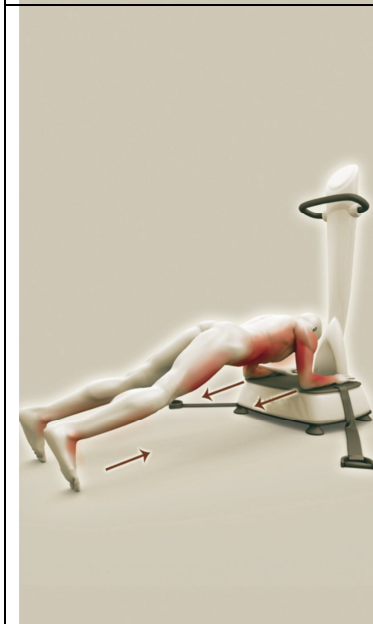
### **A10 Shoulder Press**

Position the body in a horizontal line parallel with the vibration plate. Hands should be shoulder width apart, legs and back straight, head raised. Using slow and controlled movement push your slight bend arms toward the vibration plate, then return to the starting position. This exercise is perfect for shoulders and upper arms.



### **A11 Lower Abdominals**

Brace yourself on your elbows and hold onto the front edge of the vibration plate. Now, with a straight back, pull your buttocks up slowly as if you wanted to pull the plate toward your feet. You should feel tension in your abdominal region. To vary the routine, perform the same exercise from a kneeling position.



### **A12 Standing Abdominals**

Stand in the centre of the vibration plate, feet shoulder width apart. Holding the railing at chest height. Keeping the back straight and legs slightly bend, push your upper torso down. Immediately you will begin to feel tension in your abdominal muscles. To vary the exercise simply bend your arms further.



### A13 Lateral Abdominals

With one foot directly behind the other, place one elbow on the vibration plate and lean sideways. Keeping your head, torso and legs straight, push your shoulder down and tighten your torso simultaneously. This exercise works the lateral abdomen. To add variation try to push your hips upward at the same time.



### A14 Push Up

Kneel in front of the vibration plate, placing hands on the plate shoulder width apart with finger facing inward. With a straight back and strong abdomen, push off the vibration plate platform. This exercise will strength chest, shoulder muscles and triceps. For variation, try to straighten your legs and lifting your knees.



### A15 Abdominal Crunch

Place a pillow under your back, raise your legs and place your hands under your head for support making sure to keep your elbows parallel with the floor. Crunch your upper body toward your legs and feel the tension in the abdominals. Ensure your buttocks and lower back do not lose contact with the mat. To vary the routine, place your feet on the step,

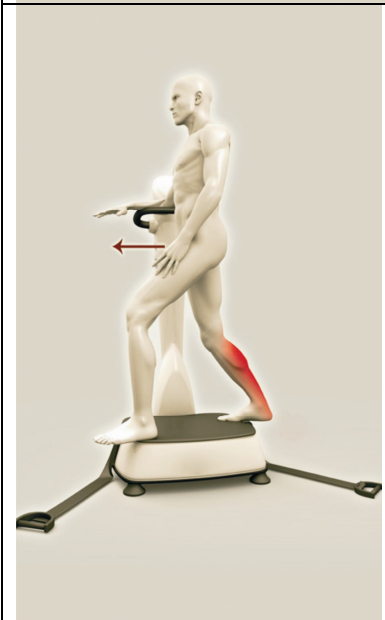
# EXERCISE ILLUSTRATION

B/ Stretch



## **B01 Quadriceps Stretch**

Place one shin on the vibration plate ensuring the foot remains off the plate. Keeping the upper body and back straight, tense your stomach. By pushing your pelvis forward you will be stretching your quadriceps. Vary this exercise by pulling the rear leg forward.



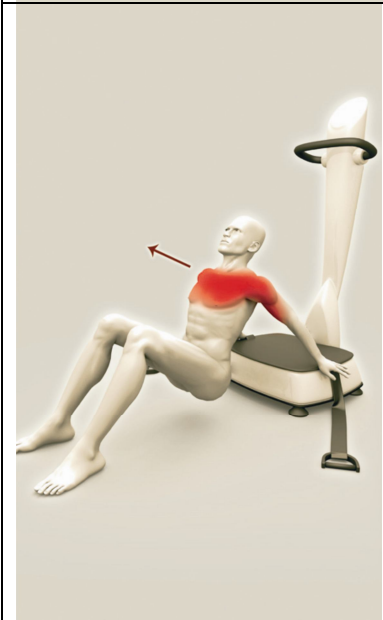
## **B02 Calf Stretch**

Stand sideways on the vibration plate. With one leg in front of the other and toes facing forward. The front leg should be slightly bent, the rear leg is straight. Push the heel of the rear leg down and you should feel tension in your calves. To vary this exercise, keep your back straight and push your pelvis forward.



### **B03 Adductor stretch**

Stand sideways on the Vibration plate with your feet near the support column. Place the outside foot on the floor close to the plate so legs are apart. Bend the outside leg while keeping the other leg straight. Keeping the upper body straight, lower your buttocks to the floor. This exercise will stretch the insides of your thighs. Repeat on the opposite side.



### **B04 Pectoral Stretch**

Sit with your back to the vibration plate. Now hold the vibration plate behind your back so that your fingers grip the edges. By pushing your shoulders down you will stretch your chest and shoulders. You may also gently pull the straps on either side for optimum results.



### **B05 Shoulder Stretch**

Stand backwards to the vibration plate. Remove a band behind your back and hold one of the bands in seat height. The other hand raises up and put it on the back of your head. By drag the band, you will stretch your shoulder and neck muscles. To vary this exercise. Change the hands again!

# EXERCISE ILLUSTRATION

C/ Massage



## **C01 Calf Massage**

Lie in front of the vibration plate with both calves on the vibration plate, toes pointing toward the ceiling. The rest is easy, simply relax and enjoy an invigorating calf massage.



## **C02 Upper Arm Massage**

Lie sideways facing the vibration plate, with legs slightly bent. Ensure the frontal mat extends slightly over the edge. Rest one arm on the vibration plate and relax.





### **C03 Adductor Massage**

Lie on your side facing the vibration plate. Slightly bend one leg and rest it on the vibration plate. Making sure your body does not touch the plate. Now repeat the massage with the other leg.



### **C04 Front Thigh Massage**

Position yourself with front of the thighs on the vibration plate. Lean Your feet slightly against the console. Your upper back with your arms on the desk. Do as flat and relaxed abdominals. There is a pleasant massage of the Front thigh.



### **C05 Thighs bottom buttocks Massage**

Lie on a desk and put your Legs and half of Buttocks are on the vibration plate. Put your calf close to the stand post. This exercise will provide a pleasant Loosening on your legs and bottom buttocks. To varying slip with your Buttocks a little after rear.

## D/ Relaxation



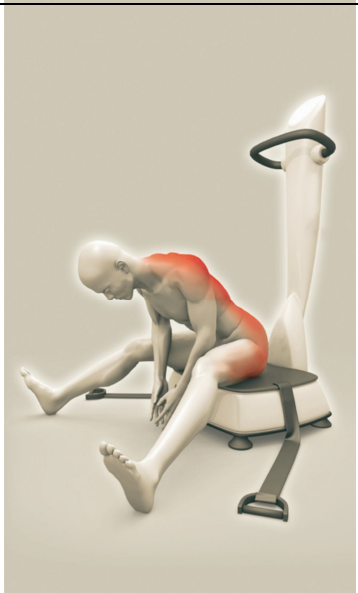
### **D01 Shoulder and Neck Relaxation**

Kneel down in front of the vibration plate with your arms outstretched. Keep your back and neck straight. Now pull your upper body back while resting your arms on the plate. This exercise will relax your neck and shoulder area.



### **D02 Upper Body Relaxation**

Sit facing away from the vibration plate with your legs bent. Using your elbows for balance, raise your upper body off the vibration plate. Keeping your neck and back straight, Pull your shoulders back. The vibration will relax your upper body.



### **D03 Back Relaxation**

Sit in the centre of the vibration plate placing the cushion under your buttocks with legs apart. Allow your upper body to relax toward. You should feel a pleasant vibration relaxing on the back, hip, and thigh area.



#### **D04 Lower Back Relaxation**

Sit on the floor facing away from the vibration plate with your legs apart. Place the mat between your body and the vibration plate and hold the edges for support. Relax during the vibration, targeted primarily in the lower back. As an alternative, angle your legs and push your body harder against the vibration plate.



#### **D05 Feet and Legs relaxation**

Put a chair close to the vibration plate. Sit down on the chair and put your leg in the centre of the base plate. This Exercise improves circulation in your legs and feet. The blood is then more by the legs and feet circulates.