



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

Opens up lower back, strengthens arms and upper body

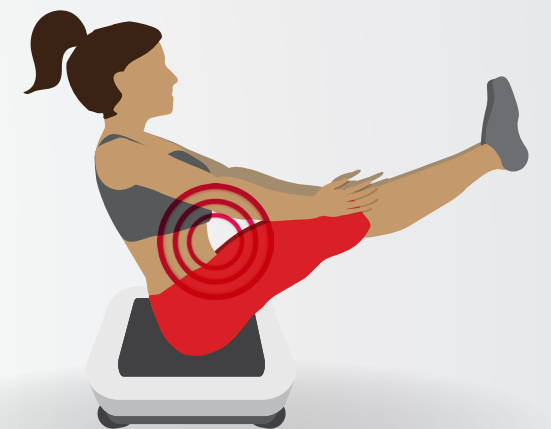
- Place hands directly underneath shoulders and tighten abdominal muscles so body is in alignment.
- Bring chest forward, shoulders back, and draw up through inner thighs and buttocks. Look straight ahead.



Core Strengtheners

Improves balance, tones and strengthens abdominal muscles and lower back

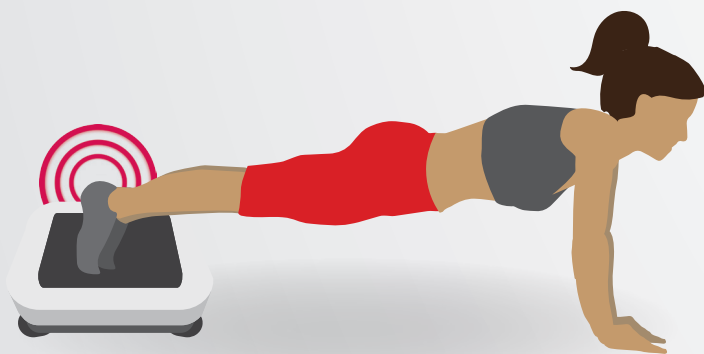
- Slowly raise legs with thighs on either side of central bar. Keep chest forward, shoulders back, and lower back straight.
- Can be done holding resistance straps for extra support.



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.



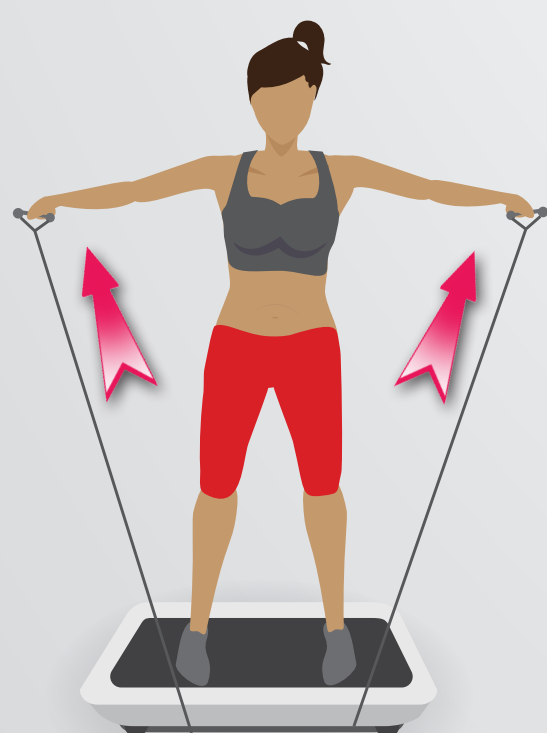
Advanced Tricep Curl

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.

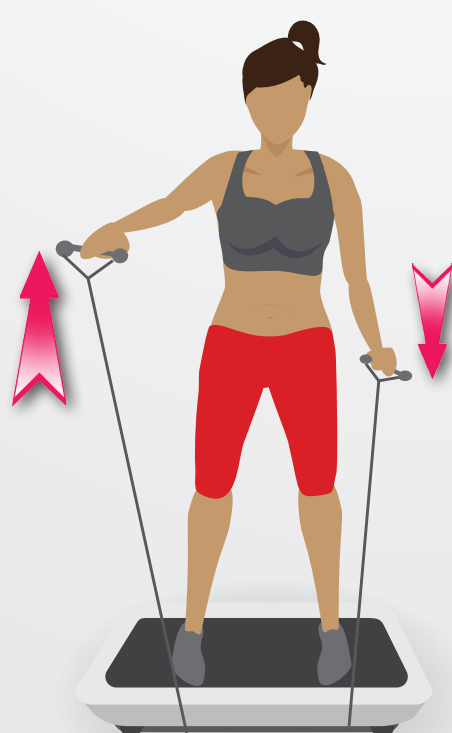


COMPLEMENTARY WORKOUT



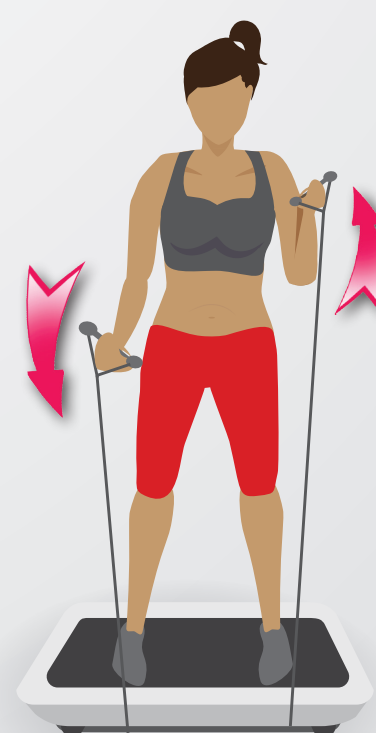
Strengthens and tones abs, thighs, biceps and arms

- 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.