
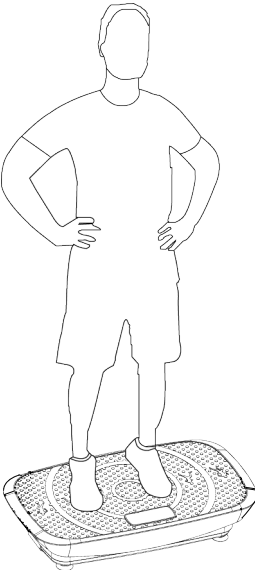


VIBRATION EXERCISES



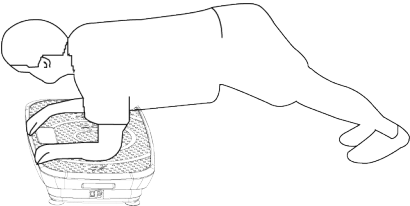
1. BACK RELAXER

Sit in the centre of the machine. Allow your upper body to lean forward. In this position, the vibrations will help to relax the muscles of your back, hip and thighs.



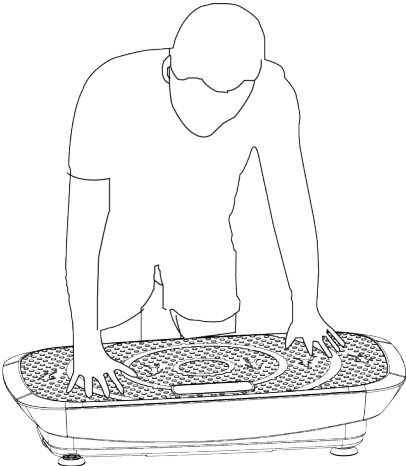
2. CALVES

Stand on the vibration machine with your feet shoulder width apart. Keep your back straight, your abdominal muscles tight and you will feel tension in your calf muscles. To vary this exercise, you could also bend your knees to 90°.



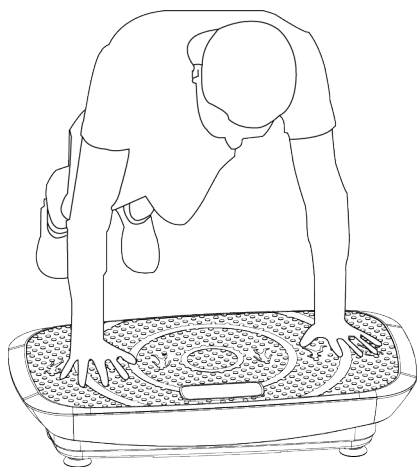
3. LOWER ABDOMINALS

Lean on the machine with your lower arms flat on the platform and hold on tightly to the front edge of it. With your back straight, lift your buttock slowly as if you wanted to pull the platform towards your feet. You should then feel the tension in your abdominal muscles. You may also perform the same exercise in kneeling position.



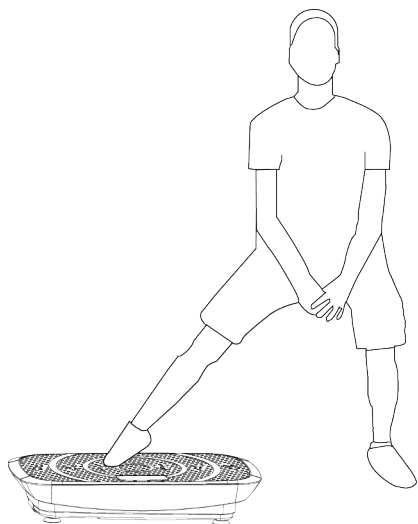
4. SHOULDER & NECK RELAXATION

Kneel down in front of the machine and place your hands on the platform with your arms outstretched. Keep your back and neck straight. Swing you upper body backwards while resting your arms on the platform. This exercise helps to relax muscles of your neck and shoulders.



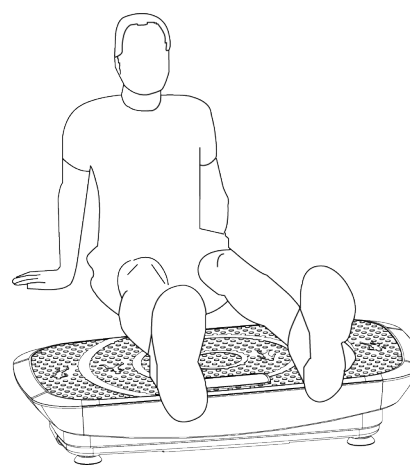
5. PUSH UP

Kneel down in front of the machine. Place your hands on the platform shoulder-width apart. With your back straight and abdominal muscles tight, push your chest up from the platform. This exercise aims to strengthen your chest, shoulder muscles and triceps. You may also perform the same exercise with your legs stretched.



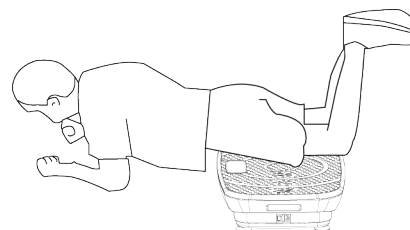
6. ADDUCTOR STRETCH

Position yourself sideways on the machine, one foot on the platform and the other on the floor. Legs apart, slightly bent the supporting leg while keeping the other one straight. Keep your upper body straight and lower your buttocks towards the floor. This exercise helps to stretch the muscles of your inner thighs. Repeat the same exercise by switching the position of the two legs.



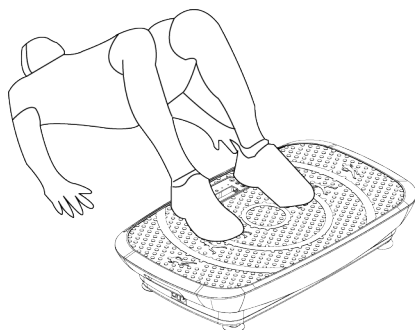
7. CALF MASSAGE

Lie down in front of the machine, your back on the floor. Rest your calves on the platform with your toes pointing upwards. Simply relax and enjoy an invigorating calf massage.



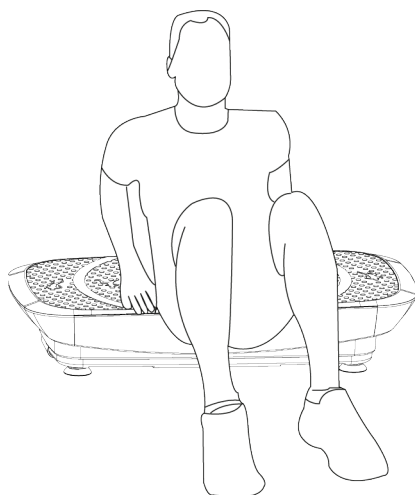
8. QUADRICEPS MASSAGE

Lie face down on the floor in front of the machine, your arms supporting your upper body. Rest your upper legs on the platform with your lower legs slightly bent. While enjoying this relaxing massage, be sure to keep your back straight and tense your abdominal muscles.



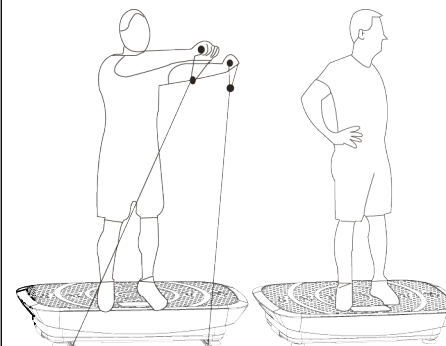
9. PELVIS BRIDGE

Lie down with your shoulders on the floor and your feet flat on the machine. Raise your buttocks with your knees slightly bent. Gently pull your heels towards your upper body by tensing the thigh and buttock muscles.



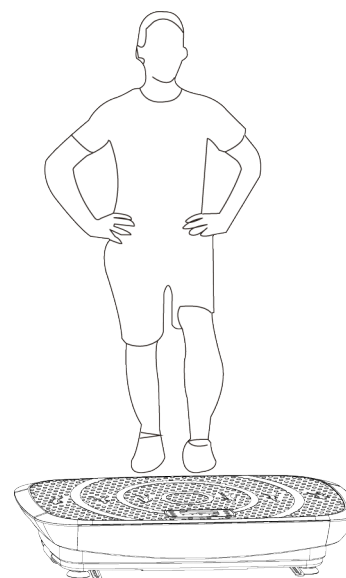
10. TRICEPS DIP

Turn your back to the vibration machine and firmly grip the edge of the platform. Bend your arms slightly and bring your hip to the level of the platform, so that your shoulder blades come close to one another. You should then feel muscle tension in your upper arms and shoulders. You can also perform the same exercise with your legs stretched for a more intense exercise.



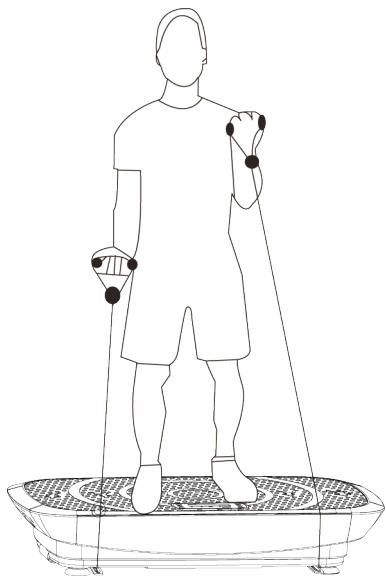
11. ABDOMINAL TWIST

Stand on the vibration machine with your feet shoulder width apart and hands on your hips. Rotate your torso clockwise and hold for a few seconds before returning to the centre. Then repeat on the other side. This exercise can also be done using the resistance bands by holding them out in front of you at shoulder height and rotating. This will work your abdominal and oblique muscles.

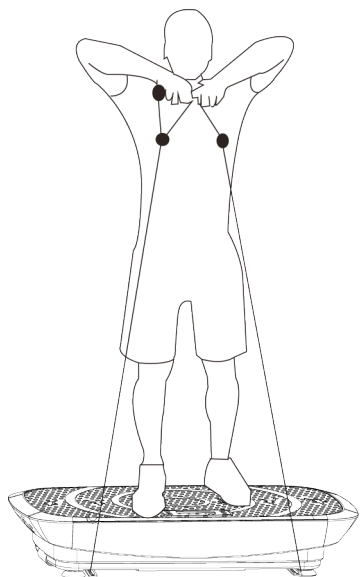


12. LUNGE

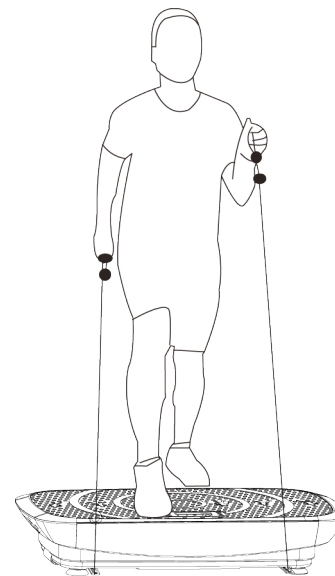
Step on the vibration machine with one foot on the middle of the platform and the other on the floor behind. Bend your knee about 90°. Keep your back straight, your knees not extending beyond toes and position your bodyweight on the front leg. You should then feel muscle tension in the hamstrings, quadriceps and buttocks. This exercise can be used in conjunction with other exercises such as bicep curls using the resistance bands to enhance the workout.

**13. BICEPS CURL**

Carefully stand on the vibration machine. Grip the resistance band handles, and then extend arms down with palms facing up. Lift one arm up towards your chest and down again, then repeat with the other arm. Continue to lift your arms alternately up and down in a controlled manner. You can do this exercise with or without the vibration plate active. This exercise can be done with both arms at the same time also. To advance this exercise it can also be done in the lunge or squat position.

**14. HIGH PULL**

Stand on the vibration machine with your feet shoulder width apart. Grasp the resistance bands so the palms of your hands are facing the body. Keeping your back straight raise the handles of the resistance bands up towards your chin and then lower. This will work your shoulders, back and triceps. To advance the exercise you could bend your knees when lowering the resistance bands.

**15. TRICEPS EXTENSION**

Carefully stand on the vibration machine. Hold the resistance bands in front of your chest so that palms are facing each other. Lower arms slowly behind you so that they are outstretched and straight, then bring them back into the starting position. This can be done either alternately or at the same time. To advance this exercise, it can be done either in the squat or lunge position. You can do this exercise with or without the vibration plate active.