

VIBRA TRIMTM

VT400 & VT500 Exercise Manual



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Vibration Therapy for Knee Replacement
USB Flash Drive - User's Programs

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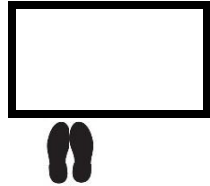
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The first time you use your VibraTrim

This may be a new sensation for you that you are unfamiliar with. To become accustomed to the machine, how it works and how your body will feel, let's do a little trial program.

Basic positioning

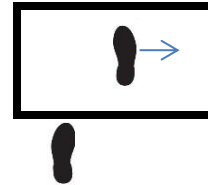
- Stand in front of the machine a little to the left of center facing the display panel. Do not stand on the plate just yet.



- Press the Start/Stop button 
- Press both the Oscillating (Left Side) and the Spiral (Right Side) speed buttons down once. 
- The machine has now stopped vibrating.

Oscillating Vibration

- Press the Up Button on the left side once. The machine is now on speed 1 for just the oscillating vibration. Place one foot in the middle of the plate. Slowly move your foot to the side of the plate and you will notice that the vibration intensity increases. This is because the plate is moving a greater distance on the side than it is in the middle.




- Press the Up button on the left side again. The machine is now on speed 2 for just the oscillating vibration. You will notice that the plate is now moving faster. There are 60 speeds for both vibration types and you are only on number two.
- Press the Oscillating (Left Side) speed button down twice so that the machine is stopped again. Switch feet and repeat the above steps.
- Press the left speed button twice so the machine stops again.

Spiral Vibration

- Press the Spiral Vibration (Right Side) speed button up once so that the machine is now on speed one for just the Spiral Vibration.
- Place one foot in the middle of the plate. You will notice that this is a completely different type of vibration that produces a different kind of sensation.
- Slowly move your foot to the side of the plate and you will notice that the vibration intensity stays the same with this vibration type.
- Press the Up button, on the right side, again several times. You will notice that the plate is now moving faster.
- Switch feet to experience the spiral vibration with the other foot.
- Press the Start/Stop button so the machine stops.

Dual Vibration

- Press the Start/Stop button so the machine starts again. This time both vibration types are running.
- Place one foot in the middle of the plate. Slowly move your foot to the side of the plate and you will notice that the vibration intensity increases. You will now notice the difference in the vibration from the two previous vibrating types.
- Switch feet.

- Press the Dual-Vibe speed control button  on the lower left of the display panel. You will notice that both vibration speeds increased at the same time. The down arrow will slow down both vibration types at the same time.
- Press the Start/Stop button so the machine stops.
- Now put both feet on the plate and press the Start/Stop button again.
- Play with all of these buttons to see how you can control the machine in the Manual Mode
- Press the Start/Stop button so the machine stops. You will notice that the machine will gradually slow down when you are on higher speeds so you do not come to an abrupt stop.

Your body sensation after stopping

Now that the machine has stopped, and you are off the machine, walk around for a few moments and shake your legs. You most likely will feel a little tingling or even itchiness on your skin. You may notice that your feet are a bit red. That is because the circulation has increased dramatically in your legs. Sometimes this may occur later in your legs or your arms and hands. Again it is the increased circulation.

Headaches

While it is not common with the VibraTrim, some people may get headaches the first few days. The reason is that there are a lot of muscles in the neck that are inhibited. They are very tight and have not been working. After you have started using the VibraTrim all of your muscles are going to start contracting and relaxing, not just the muscles in your legs. The oscillating vibration is mimicking the natural walking motion and causes your body to react in order to maintain your balance which is going to cause all of your muscles to start working. This can then inadvertently be registering in your head and cause the headache. Those muscles that have not been working for a while are now being forced to work. If you do get a headache don't panic. The next time, just make sure that you are not in a position that will cause the vibration to reach your head. It is also wise for you to put your feet closer together this will lessen the intensity of the Vibration.

Soreness

Even though vibration training is an easy exercise, in that it is easy to do and has low impact on the joints. The next day you might actually be sore.

Some people become sore after the first few times of using the VibraTrim. Don't be overly concerned. While that may actually be true, the soreness is due to a new sensation. Your body is just reacting to that new sensation and it will go away as you become used to using the machine.

When to use the Manual Settings

Most of the exercises that follow should be done using the manual settings. You will be able to control the vibration(s) for a specific exercise that works best just for you. It is going to take some time for you to discover what works best for you.

When to use the Internal Programs

The internal programs are designed for overall usage, mostly while just standing on the platform. Many users think that all they need to do is use the built-in programs. They are a good way to get started but don't let these be the only things you do. If you want to get fit, lose weight, firm up, etc. just standing on the platform and using only these programs alone won't do it. Read about all of these exercises, stretches & massages to see what will work best for you. You will need to experiment to find the right exercises, speed and intensity that will challenge your body to improve.

When to use the USB Flash Drive on the VT400 and the Modifiable programs on the VT500

This is one feature that sets VibraTrim apart from other machines on the market.

When you look at the massages that follow you will notice that, with most of them, you are laying on the ground with a body part on the platform or sitting on the machine. Just how do you control the vibration when you can't reach the display panel? You use the flash drive. For example, with most of the massages you will want to be using just the Spiral vibration. You would then set one of the six programs on the flash drive for massages. The first step might be after you press the start button to be stopped for 10 seconds while you get into position. You then might want the Spiral vibration to run for 5 minutes at speed 30. Then stop again for 5 seconds while you change positions and start again at a different speed and run for 7 minutes. Then stop again for 5 seconds while you change positions and start again at a different speed and run for 3 minutes. You can then loop this program meaning that it will start over and run for however long you want, up to 20 minutes.

As your exercise program progresses, you will want to make changes to the program. These changes are really very easy to make.

Many customers ask why we just don't have those already in the programs. The answer is really very simple. Are you 25 or 85? Are you sedentary or athletic? Are you 100# or 300#? Each body is different in regards to your age, condition, weight and suffering from physical ailments. There is no one program that is correct for everyone. In addition, your body is going to change; you are going to become more fit and you want to be changing your routine with different exercises, different speeds and different times.

Many clients will make one of the programs for Massages, another program for Stretches. This may include another for Exercises done on Monday, targeting the lower part of the body, and another on Tuesday for targeting the upper torso. There is a lot of flexibility here and you have six programs that you can modify just for your needs and body. If you need more than 6 programs, simply copy the contents from this flash drive to another. Now you have an unlimited number of programs.

Please refer to the manual that came with your machine on how to set these programs.

Basic Exercise Suggestions

Basic Exercise



Description

- This is the starting position for many exercises in addition to just standing on the platform.
- Preparation for the rest of the exercises.

Position of the feet

- Begin with your feet even on the plate and about 6" apart with your toes pointed slightly to the outside - "Low Intensity Position"
- Stand with your feet flat on the plate and your weight distributed evenly.

Low Intensity



Medium Intensity



High Intensity



Toes outward



Toes Inward



Position of the body

- Standing upright, facing the display panel.
- Knees slightly bent (The stiffer you make your knees, the more the vibration will travel up your body.)
- Hold on to the VibraTrim's handles for balance.
- Start with your feet in the "Low Intensity Position".
- Spread your feet further apart to find the right position for you. You are adjusting the intensity of the vibration.
- This is the "Basic" position that will be referred to in the rest of the exercises.

Exercise description, length & frequency

- Remain in this position with only slight posture changes.
- **Beginner** - 2 minutes at a low frequency (Oscillating 1-5, Spiral 1-5), then 5 minutes at a higher frequency (Oscillating 25-40, Spiral 25-40), then again 2 minutes at a low frequency (Oscillating 1-5, Spiral 1-5). *This is an excellent exercise for you to define a program on the flash drive.*
- **Intermediate** - 3 minutes at a low frequency (Oscillating 1-5, Spiral 1-5), then 10 minutes at a higher frequency (Oscillating 25-40, Spiral 25-40), then again 2 minute at a low frequency (Oscillating 1-5, Spiral 1-5).
- **Advanced** - 3 minutes at a low frequency (Oscillating 1-5, Spiral 1-5), then 15 minutes at a higher frequency (Oscillating 25-40, Spiral 25-40), then again 2 minutes at a low frequency (Oscillating 1-5, Spiral 1-5).

- Depending on your physical condition, and body mass, the frequency of the vibration and the amplitude (how far apart you spread your feet) can be tailored to your needs.
- If this position is comfortable for you and you would like to experience more vibration, spread your feet a little further apart to increase the intensity of the vibration.

Desired result

- Getting adjusted to the vibration sensation
- Improving the neuromuscular conditioning safely with correct posture control.
- Improving your circulation and body awareness.
- Learning how the vibrations are affecting and controlled with your body.

Comments

These exercises will be learning experiences for you. You will soon recognize how minimal changes in your posture, vibration speed and amplitude affect different parts of the body. Self-awareness comes from both experience of voluntary control and guided movements.

- The Basic exercise is nothing more than standing on the Vibration Plate. Standing straight with a slight arch in the back and holding your core as tight and for as long as you can.
- Do not let this be the only exercise you will do unless physically you can't do anything else.
- With any and all of the exercises most people can use the machine several times a day without a problem.
- We do caution you to not use the machine longer than 20 minutes in any one session.
- Longer than 20 minutes will stimulate too much lymphatic drainage causing too many toxins to overwhelm your system.
- It is also a good idea to also drink plenty of water to eliminate these toxins.

Intermediate Exercise - Weight shifted to your toes in the basic position



Description

Start from the basic position, moving the critical point of the body mass over the forefoot, with heels raised at the same time.

Position of the body

- Assume the “Basic” starting position,
- Lift your heels by shifting your weight on to your toes.

Exercise description, length & frequency

- Lift your heels alternately and to different heights.
- Bend your hips to different degrees.
- Learn how the vibrations can be controlled in different parts of the body. Your foot & calf muscles will be especially stimulated in the toe position. By decreasing the support area, your point of balance will be affected and your balance will increase.
- Hold on to the VibraTrim’s handles for balance.

Desired result

Learn how the vibrations can be controlled in different parts of the body. Your foot & calf muscles will be especially stimulated in the toe position. By decreasing the support area, your point of balance will be affected and your balance will increase.

Comments

Learning how the position of your feet can change your balance is more difficult than the basic position. Use caution in being too aggressive. When you increase the demand of this exercise you will learn how your foot position stimulates other body parts.

Intermediate Exercise - Weight shifted to your heels in the basic position



Position of the body

- Assume the “Basic” starting position.
- Move your weight very slowly to your heels while simultaneously lifting your toes.

Exercise description, length & frequency

- Lift your toes on one foot, then the other. Vary the height you lift your toes with each repetition.
- Hold on to the VibraTrim’s handles for balance. You will find that balancing on your heels is very difficult to control.
- Lift the toes of both feet together.
- Start with one minute at a low frequency (Oscillating 1-5, Spiral 1-5), gradually increase the time, intensity & speed.
- You probably will only be able stand without support for only a few seconds. Do not be too aggressive with this position.
- You will learn how your foot position will stimulate other parts of your body.

Desired result

- Learn how the vibrations can be directed to different parts of the body: vibrations are directed to the muscle structure along the sides of the spinal column. The support base and major elimination of the sideways rotation through rotating the foot inward and upward makes this experience more difficult and challenging your balance.
- Reduce the risk of falling.

Comments

The control of this position is much more demanding and challenging than the basic position or the toe positions. You probably will only be able stand without support for only a few seconds. Do not be too aggressive with this position. If you have balance issues do not try this without holding on. When you increase the demand of this exercise you will learn how your foot position stimulates other body parts. Learning how the position of your feet changes your balance and by directing vibration into the torso, and especially into the back. When you are on the edge of your heels the center of gravity is placed on the hip joints.

Squats



Basic Squat



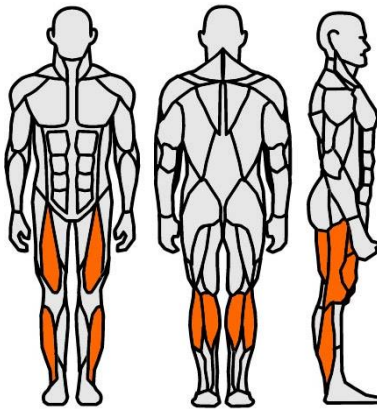
One Leg Squat



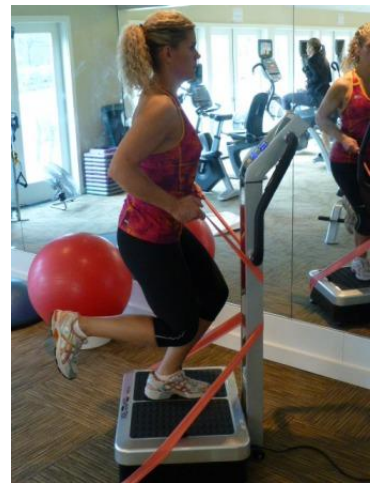
Squat holding ball between the knees



Squat while trying to force knees apart held by stretch bands



Muscle Groups effected by these exercises



One leg squat with stretch bands

Description

- Spread feet apart-standing in a bent position.
- Stimulates the hip, pelvis-and back muscles. With the use of weights, you will also stimulate your shoulder and arm muscles.

Position of the body

- Assume the “Basic” starting position.
- In a bent position - the knees are to be bent, chest bent forward with a slightly arched straight back.
- Do not let your knees go past your toes.

Exercise description, length & frequency

- Slowly move to the squat position & hold that position for 5 – 10 seconds.
- Slowly stand back erect & hold that position for 5 – 10 seconds.
- Repeat this exercise either for a number of repetitions or minutes of seconds.
- Hands holding on to the handles for balance.
- *Intermediate* - hands to the side or to your chest.
- *Advanced #1* – Hold light weights in both hands.

- *Advanced #2* – Hold light weights in both hands with your arms stretched out sideways
Frequency of treatment: two or three times per week and depending on fitness level, daily may be possible.
- **Variation #1** - Place a ball between your knees while standing erect and then holding the ball as tightly as possible. Squat as far down as far as you can. Move up and down slowly.
- **Variation #2** - Place the elastic band around your knees while standing erect and then try to pull them apart as much as possible. Squat as far as you can. Move up and down slowly.
- **Advanced Exercise** - One Leg Squat
- Hold on to the handles on the support column.
- Lift one leg 6" off the platform so you are standing on only one leg. Squat as far as you can. Hold 15-30 seconds.
- Switch legs and repeat several times.
-

Desired result

- Improving your muscle strength in the hips, pelvis & lower-back.
- Improvement in the range of motion in the hip, knees and ankles.
- Stimulating of the arm and shoulder muscles.
- Stimulating bone growth.

Comments

A reduction in your hip muscle strength is the second major factor, after balance, resulting in falls and can be fatal in older people. Muscle fatigue should be reached. If you have knee problems, the exercise difficulty should be advanced very slowly.

Bending the torso forward increases the torque in relation to the hip joint and stretching of the buttocks.

Torso bending & stretching



Holding weights in your hands

Description

- With extended or slightly bent knees, bend the torso down and forward to touch your toes.

Position of the body

- Stand facing away from the display panel.
- Begin with your feet shoulder width apart on the platform.
- Lift your arms straight over your head.

Exercise description, length & frequency

- From an erect position, very slowly bend the torso forward. This should take 8 seconds. Do not force this movement.
- Just bend as far as possible trying to touch your toes. Do not twist your body.
- **Squeeze the buttocks muscles as much as possible while doing this exercise as this will take the pressure off of the lower back.**
- Hold for 5-10 seconds.
- Slowly stand erect while lifting your arms back over your head as though you were trying to touch the ceiling.
- Bend backwards to stretch as far as you can and return to the original position.
- Hold for 5-10 seconds and repeat the exercise for a number of repetitions or minutes that is comfortable for you.
- You need to carry out these movements with finesse and be aware of what your body is telling you. The boundaries of balance and being pain-free must be carefully monitored.

Desired result

- Stretching the calves, hamstrings and back extension. The torso and hip stretching increases the range of motion. The greater the range of motion and the greater the force, the greater the absorption of potential energy.
- Pain relieving, muscle relaxation.

Comments

Stretching is an important part of your program. With improved range of motion, an improved sensation of movement should follow. Improved range of motion leads to muscle relaxation, prevention of pain and elimination or reduction of pain.

You need to carry out these movements with finesse and be aware of what your body is telling you. The boundaries of balance and being pain-free must be carefully monitored.

**** If you have back problems or balance issues you need to discuss this exercise with your doctor and to have assistance while performing this exercise.**

Pelvic titling



Description

- Tilt the pelvis forwards and backwards with slightly bent knees

Position of the body

- Assume the “Basic” starting position.

Exercise description, length & frequency

- With your knees bent slightly, very slowly tilt the pelvis. Keep your knees and chest in the same position moving only the pelvis region.
- Advanced position and for better control place your hands on your hips.
- Your hands will feel and guide the pelvic tilting motion forward and backwards.
- Do this exercise for 1-3 minutes varying the frequency in the mid-range.
- *Intermediate Exercise* – Do the same exercise but with your hands on top of your head.

Desired result

- Stretching and selective movement in the lumbar region of the spine to improve torso control.
- Pain reduction and muscle relaxation

Comments

The flexibility of the hip region and control of the upper body creates a fluid gait and body control.

Side Bends



Description

- With one hand extended straight over your head, slide the other hand down the side of your leg. Do not turn your body, bend only sideways.

Position of the body

- Assume the “Basic starting position.
- Knees as straight as possible.

Exercise description, length & frequency

- With your arms hanging down your sides, bend sideways sliding one hand down your leg to your knee
- Hold this position for 5-10 seconds.
- Repeat with the other arm.
- Variation - One arm is extended upwards over your head the other arm is held on the side of your leg.
- Slowly bend sideways as far as you can towards the hanging arm. Do not force or bounce this movement should take 8 seconds.
- Hold this position for 5-10 seconds.
- Switch arms and repeat the exercise.
- Repeat 5-10 times.

Desired result

- Stretching the side and pelvic muscles.
- Increasing the stretch movement results in absorption of energy for faster movement and increased power. This in turn leads to pain reduction and muscle relaxation.

Comments

Stretching is an important part of your program. With improved range of motion, an improved sensation of movement should follow. Improved range of motion leads to muscle relaxation, prevention of pain and elimination or reduction of pain.

You need to carry out these movements with finesse and be aware of what your body is telling you. The boundaries of balance and being pain-free must be carefully monitored.

Twisting



Holding Handles & not

Description

- Stand erect turning your trunk to the right and then the left feet are held in position.

Position of the body

- Assume the “Basic” starting position.
- Knees as straight as possible.

Exercise description, length & frequency

- Place your left hand on the right handle.
- Slowly rotate your body the right as much as possible.
- Hold this position for 5-10 seconds.
- Slowly rotate your body back to the front.
- Place your right hand on the left handle.
- Slowly rotate your body the left as much as possible.
- Hold this position for 5-10 seconds.
- Slowly rotate your body back to the front.
- Repeat as many times or minutes that are comfortable for you.
- **Intermediated Exercise** – Begin with your arms will be outstretched to the sides. Start twisting as far as you can to the right while bring your left hand to your right shoulder. This should be one fluid motion and hold. Then reverse directions.
- Do the same as above but with your hands together on your chest.

Desired result

- Stretching the oblique and pelvic muscles.
- Increasing the stretch movement resulting in absorption of energy for faster movement and increased power. This, in turn, leads to pain reduction and muscle relaxation.

One leg standing



Position of the body

- Assume the “Basic” starting position.
- Keep your knees as straight as possible.
- Holding on to the handles.
- You will be lifting one leg at a time backwards and held up in a relaxed position.

Exercise description, length & frequency

- Hold this position and try to move up and down.
- Begin with 30 to 60 seconds at a low frequency (Oscillating 1-5, Spiral 1-5), then 30 to 60 seconds at a higher frequency (Oscillating 25-40, Spiral 25-40), then again 30 to 60 seconds at a low frequency (Oscillating 1-5, Spiral 1-5). This is excellent exercise for you to define a program on the flash drive.
- *Intermediate & Advanced* - try to move up and down so you would be doing a one leg squat.

Desired result

- Improving your balance.
- Reduce the risk of falling.

Comments

When you are walking, 80% of the time you are on one leg. An important part of that movement is to control the gravitational force on your body. That is the object of this exercise. When you are practicing a balance exercise, you need to use different frequencies for optimal benefit.

Torso 90° bend



Description

- With the legs fairly straight, bend the torso down and forward until it is at a 90° angle to your legs.

Position of the body

- Stand facing away from the display panel.
- Begin with your feet even on the plate about shoulder width apart and keep your legs fairly straight.
- Arms are in relaxed hanging position or stretched forward for a variation.

Exercise description, length & frequency

- From an erect position, very slowly bend your torso forward. This should take about 8 seconds. Do not force this movement. Make sure your back is straight. If you allow it to be bent like the letter C, it will put too much strain on your lower back.
- Repeat this exercise slowly several times.
- **Variation #1** - Hold a baton or light weight in both hands and stretch forward.
- **Variation #2** – Go past the 90 ° but only if you are in excellent shape. Be very cautious about keeping your back straight.
- Change the stimulation frequency, in the mid-range, progressing to a higher frequency for 1-2 minutes.

Desired result

- Increase the strength of buttock, thigh and back muscles
- Pain relieving, muscle relaxation.
- Stimulate bone growth.

Comments

Stretching is an important part of your program. With improved range of motion, an improved sensation of movement should follow. Improved range of motion leads to muscle relaxation, prevention of pain and elimination or reduction of pain. In this position maximum torque is achieved in the hip joint which is then countered by the maximum buttocks reaction. You need to carry out these movements with finesse and be aware of what your body is telling you. The boundaries of balance and being pain-free must be carefully monitored.

If you have back problems or balance issues you need to discuss this exercise with your doctor and to have assistance while performing this exercise.

Strength Exercises

Bicep Curl



Description

- The standard exercise for increasing arm strength. Bicep curls are an ideal way to build upper body strength, something that many women are lacking.

Position of the body

- Assume the “Basic” starting position.
- Place some light weights in your hands.
- Remain in this position with only slight posture changes

Exercise description, length & frequency

- Slowly raise your hands up to the shoulder, keeping your hands in the upright position. (Palms are facing toward the body) Keep your elbows in and move only your forearms. The upper arm is to remain stationary.
- If this is difficult for you, do only one arm at a time and hold on to the handles with the other.
- Hold this position for 5-10 seconds then slowly return to the starting position.
- Repeat this exercise slowly several times.
- Rotate your hand 90° so your palms are facing upward.
- Repeat this exercise slowly several times.
- Rotate your hand 180° so your palms are facing downwards.
- Repeat this exercise slowly several times.
- Gradually increase the weight in each hand.
- 30 seconds at a low frequency (Oscillating 1-5, Spiral 1-5), then 30 seconds at a higher frequency (Oscillating 25-40, Spiral 25-40), then *again* 30 seconds at a low frequency (Oscillating 1-5, Spiral 1-5).

Advanced Exercise

- **Exercise description**
- Do the same exercise but in a modified squat position.
- Do the same exercise but in a moving modified squat position. When you are lowering your body to the squat position your arm is coming up to the full bicep curl and when you stand up your arm is moving down. This should be one continuous motion.

Desired result

- Increase the strength of your arms and upper back.
- Build bone density in your arms.
- Relieve joint pain.

Triceps Extension



Description

- The standard exercise for increasing arm strength. Triceps extensions are an ideal way to build upper body strength, something that many women are lacking and will aid in getting rid of the upper arm flab.

Position of the body

- Assume the “Basic” starting position.
- Knees slightly bent

Exercise description, length & frequency

- Hold a light weight in one hand or both hands holding a single weight and place each hand behind your head.
- Slowly extend each arm until the weights are directly overhead, and then return to behind your head.
- Repeat this exercise slowly several times.
- If this is difficult for you, use only one arm at a time and hold on to the handles with the other.
- Gradually increase the weight in each hand.
- 30 seconds at a low frequency (Oscillating 1-5, Spiral 1-5), then 30 seconds at a higher frequency (Oscillating 25-40, Spiral 25-40), then *again* 30 seconds at a low frequency (Oscillating 1-5, Spiral 1-5).
- *This would be an excellent exercise to be included in program for your upper body that you designed on the flash drive.*
- Depending on your physical condition and body mass, the frequency of the vibration and the amplitude (how far apart you spread your feet) can be tailored to your needs.

Desired result

- Increase the strength of your arms and upper back.
- Build bone density in your arms.
- Relieve joint pain.

Whole Arm Extension



Description

- The standard exercise for increasing arm strength. Whole arm extensions are an ideal way to build upper body strength, something that many women are lacking and will aid in getting rid of the upper arm flab.

Position of the body

- Assume the “Basic” starting position.
- Knees slightly bent.

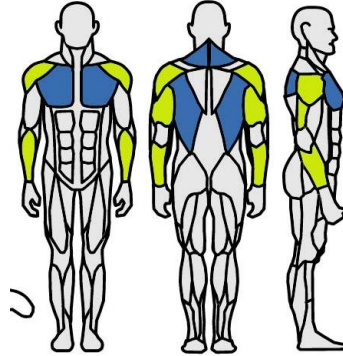
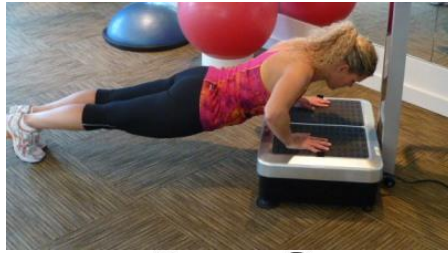
Exercise description, length & frequency

- Hold a light weight in both hands and place each hand next to your ears with the weight above your shoulder.
- Slowly extend each arm until your arms are outstretched forming a 90° angle with your body. .
- Repeat this exercise slowly several times.
- If this is difficult for you, use only one arm at a time and hold on to the handles with the other.
- Gradually increase the weight in each hand.
- 30 seconds at a low frequency (Oscillating 1-5, Spiral 1-5), then 30 seconds at a higher frequency (Oscillating 25-40, Spiral 25-40), then *again* 30 seconds at a low frequency (Oscillating 1-5, Spiral 1-5).
- **Advanced Exercise** – Extend your arms out straight forming an Iron Cross.
- .
- Depending on your physical condition and body mass, the frequency of the vibration and the amplitude (how far apart you spread your feet) can be tailored to your needs.

Desired result

- Increase the strength of your arms and upper back.
- Build bone density in your arms.
- Relieve joint pain.

Push Up (Military)



Description

- Push-ups are an ideal way to build upper body strength, something that many women are lacking

Position of the body

- Kneel down in front of the machine with enough distance so you can put your hands on the platform and rise to a military style push up position.
- Use a rubber mat on the platform, if necessary, for comfort.
- The normal position of your hands is shoulder width. However, the oscillation vibration maybe too strenuous for your head. If that is an issue, try to move your hands closer together to lessen the amplitude. If it is still too severe use only the spiral vibration.

Exercise description, length & frequency

- The correct posture while doing a push-up requires a straight spine.
- The abdominal muscles should remain taut as you perform push-ups.
- In the push up position, with your body straight, slowly lower your body with your arms as far as you can.
- Repeat as many times as you can comfortably.
- Repeat this exercise 2 or 3 times a week.
- *This would be an excellent exercise to include in a program for your upper body that you design on the flash drive.*

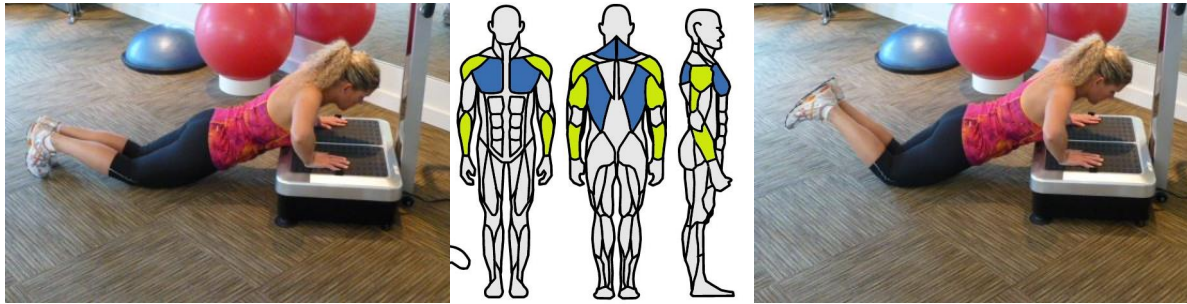
Desired result

- Increase your arm, chest, shoulder triceps and core body strength.
- Increase the firmness of your arms and upper body. (Reducing the flab in the upper arm)
- Increase the bone density in your upper body.

Comments

Push-ups work more than just the arms. Holding the aligned position works back muscles and can help women avoid back weakness that leads to curvature of the spine. If done properly, pushups provide a good abs workout leading to better posture and reducing the waistline. Chest muscles also receive a workout during push-ups and can help to alleviate sagging breasts. Sagging skin on the upper arms are one of the most dreaded conditions for women, as they age. A regular routine of push-ups, coupled with a healthy diet, can help to prevent underarm flab completely. Arms and shoulders receive the greatest workout from push-ups, providing women with toned arms to look their best in sleeveless tops and dresses.

Push Up (Modified)



Modified Push Up

Variation #

Description

- If the standard military push-ups are too difficult, try this version to get started.

Position of the body

- Kneel down in front of the machine with enough distance so you can put your hands on the platform while in a kneeling position.
- Use a rubber mat, a towel or a pair of gloves if necessary for comfort.
- In the normal push up position your hands are shoulder width. However, the oscillation vibration maybe too strenuous for your head. If that is an issue, try to move your hands closer together to lessen the amplitude. If it is still too severe use only the spiral vibration.

Exercise description, length & frequency

- The correct posture while doing a push-up requires a straight spine.
- The abdominal muscles should remain taut as you perform push-ups.
- In the kneeling position with your back straight, slowly lower your body with your arms as far as you can.
- Repeat as many times as you can comfortably.
- **Variation #1** - you might find it more comfortable to cross your ankles.
- **Variation #2** - you might increase the difficulty slightly by keeping your feet off the floor while doing the pushup.
- *This would be an excellent exercise to include in a program for your upper body that you designed on the flash drive.*

Desired result

- Increase your arm, chest, shoulder triceps and core body strength.
- Increase the firmness of your arms and upper body. (Reducing the flab in the upper arm)
- Increase the bone density in your upper body.

Comments

The advantages of this style are similar to the military style but not to the same degree. Most of this exercise benefits the arms and upper body. The core portion of your body is not as active as it is in the military pushup, but it is an excellent starting position for pushup exercises.

Leg lift



Start



Finish



One leg at a time

Description

- This is an advanced exercise. Sitting on the plate, with your arms extended, for balance lift your legs off the floor

Position of the body

- Sitting on the plate facing away from the display panel with your feet on the floor.
- Sit in the middle vibration plate, towards the front, so you have some room to lean back towards the support column.
- Place your hands on the platform a little behind you for balance.

Exercise description, length & frequency

- While sitting on the vibration plate and raise your feet together, until they are at an equal height to the platform and your knees form a 90° angle. Then, straighten your legs so they now make a 90° angle with your body.
- Slowly bring your knees back to the 90° angle. The only part of your body that should be moving is the lower leg from your knees to your feet.
- Find the frequency that is most comfortable to you. You may want to start off with just the spiral vibration.
- Repeat as many times as you comfortably can.

Desired result

- Increasing your abdominal strength.
- Increase lymphatic drainage.
- Increase bone density.
- Improve balance.

Comments

This exercise contracts your abdominal muscles while lowering and lifting the legs. According to a study sponsored by the American Council on Exercise, effective abs exercise must be ones that produce a long and constant contraction, such as the slow lowering and lifting of the leg raises.

This would be an excellent exercise to include in a program for your core area that you designed on the flash drive

Leg lift (Variation)



Basic positioning

- Sitting on the plate facing away from the display panel and feet on the floor.

Description

- This is an advanced exercise. Sitting on the plate with your arms extended for balance, lift your legs off the floor

Position of the feet

- Start by sitting on the vibration plate and raise your feet at equal height to the plate

Position of the body

- Sit in the middle vibration plate towards the front so you have some room to lean back towards the support column.
- Extend your arms out for balance.

Exercise description, length & frequency

- While sitting on the vibration plate, raise your legs, both straight and together, until the feet are at an equal height to the plate and your knees are at a 90° angle, straighten one of your knees so that it is parallel to the floor.
- Slowly bring your knees back up to the 90° angle. Your entire leg is moving but only one at a time.
- Repeat this with the other leg.
- Extend your arms out for balance.
- Find the frequency that is most comfortable to you. You may want to start off with just the spiral vibration.
- Repeat this as many times as is comfortable to you.

Desired result

- Increasing your abdominal strength.
- Increase lymphatic drainage.
- Increase bone density.
- Improve balance.

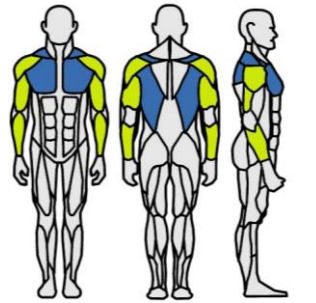
Comments

This exercise contracts your abdominals while lowering and lifting the legs. According to a study sponsored by the American Council on Exercise, effective abs exercises must be ones that produce a long and constant contraction, such as the slow lowering and lifting of the leg raises. This study also showed that crunches were ineffective.

This would be an excellent exercise to include in a program for your core area that you designed on the flash drive. If you do design a program, you might want to select the number of seconds to perform this exercise rather than a number of repetitions.

Maintain this same position for the next exercise for the Dorsals.

Dorsals



Description

- This is an advanced exercise. Sitting on the plate with your arms extended for balance.

Position of the body

- Sitting on the plate facing away from the display panel and feet on the floor
- Sit in the middle vibration plate, towards the front, so you have some room to lean back towards the support column.
- Extend your arms out behind you with your palms on the platform.

Exercise description, length & frequency

- While sitting on the vibration plate, raise your buttocks until your body is straight and parallel to the floor.
- Hold that position for 5-10 seconds.
- Slowly lower your body back to the original position.
- Find the frequency that is most comfortable to you. You may want to start off with just the spiral vibration.
- Repeat as many times as you are comfortably able to do.

Desired result

- Increasing your abdominal strength.
- Increase lymphatic drainage.
- Increase bone density.
- Improve balance.

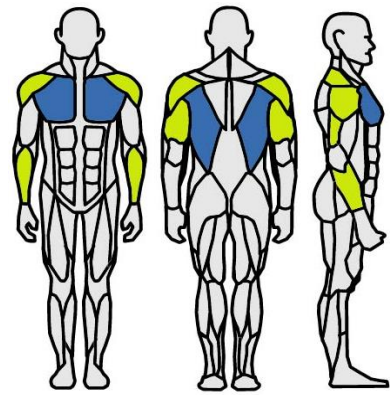
Comments

This exercise contracts your abdominals while lowering and lifting your hips. This is a good follow on exercise to previous exercise as you are already in that position.

This would be an excellent exercise to include in a program for your core area that you designed on the flash drive. If you do design a program, you may want to select the number of seconds to perform this exercise rather than a number of repetitions.

Maintain this same position for the next exercise for the Triceps Dip.

Triceps Dip



Description

- An advanced exercise for increasing arm strength. Whole arm extensions are an ideal way to build upper body strength, something that many women are lacking and will aid in getting rid of the upper arm flab.

Position of the body

- Sitting on the plate facing away from the display panel and feet on the floor.
- Extend your arms out behind you for balance.

Exercise description, length & frequency

- Placing your hands on the back part of the platform.
- From your sitting position on the vibration plate, raise your buttocks until your body is straight and parallel to the floor.
- Slowly lower your body by bending the elbows to a 90 ° angle.
- Hold that position for 5-10 seconds.
- Slowly return your body back to the original position.
- Hold that position for 5-10 seconds.
- Find the frequency that is most comfortable to you. You might want to start off with just the spiral vibration.
- Repeat as many times as you can comfortably.
- **Advanced variation** - repeat the exercise with your legs straight.

Desired result

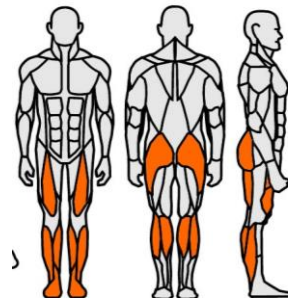
- Increase the strength of your arms and upper back.
- Build bone density in your arms.
- Relieve joint pain.

Comments

This exercise contracts your abdominals while lowering and lifting your hips.

This would be an excellent exercise to include in a program for your core area that you designed on the flash drive. If you do design a program, you might want to select the number of seconds to perform this exercise rather than a number of repetitions.

Lunge



Description

- This is one of the basic exercises that will affect the calves, hamstrings, thighs and buttocks.

Position of the body

- One foot in the center of the plate the other foot off the plate about 12 inches.
- Hold on to the handles.

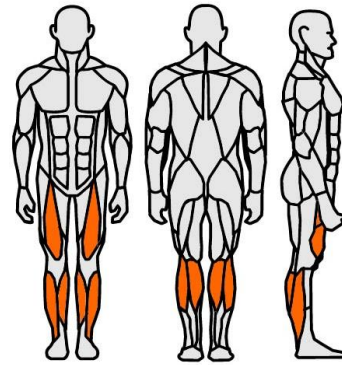
Exercise description, length & frequency

- Place one foot in the middle of the VibraTrim and step back with other, planting it firmly on the ground behind. Keep your back straight and the knees directly above the toes and squeeze the leg muscle.
- Rock forward so you are putting most of your weight on the foot on the platform. You should feel tension in the hamstrings, quadriceps and buttocks.
- Hold that position for 5-10 seconds.
- Rock back to the original position slowly. You will feel the difference in your body.
- Repeat 5 times increasing the number of repetitions as you improve.
- Switch Legs and repeat. legs again
- Find the frequency that is most comfortable to you. You may want to start off with just the spiral vibration.
- Repeat as many times as you can comfortably.

Advanced variations

- Place the foot that is on the floor a little further back and slowly rock forward until the lower part of the leg on the platform is vertical. Keep your back arched.
- Hold that position for 5-10 seconds.
- Rock back to the original position slowly. You will feel the difference in your body. Switch legs again.
- Hold that position for 5-10 seconds.
- Repeat 5 times increasing the number of repetitions as you improve.
- Switch legs and repeat 5 times.
- Move your foot further to one side to increase the intensity as you improve.
- Pick the speed(s) and vibration types that are the most comfortable for your body.
-
- **Advanced variation 1** - Raise the heel of the foot on the floor. Hold for 30 seconds and then rock back and forth slowly. Switch legs.
- **Advanced variation 2** - Cross your arms and twist your upper torso. This will also affect your core. Switch legs.
- **Advanced variation 3** - Raise your arms above your head and twist your upper torso. This will also affect your core. Switch legs.
- **Desired result**
- Strengthen and improve the flexibility of your legs, hips, knees ankles and buttocks

Calf Raises



Description

- Raising your body on your toes.

Position of the body

- Assume the “Basic” starting position.
- Hold on to the handles.
- Stick your buttocks backwards slightly and bend your knees slightly.

Exercise description, length & frequency

- Standing in the center of the VibraTrim, rise up onto the balls of the feet by lifting your heels higher than your toes and squeeze the leg muscle.
- Keep your back straight or with a slight arch and abdomen tight.
- Hold that position for 5-10 seconds.
- Slowly return to the original position.
- Repeat 5 times increasing the number of repetitions as you improve.
- Move your feet further apart to increase the intensity as you improve.
- Find the frequency that is most comfortable to you. You may want to start off with just the spiral vibration.
- Repeat as many times as you are able to do comfortably.

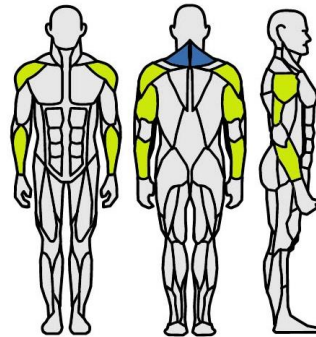
Advanced Exercise

- **Advanced Exercise #1** - Same exercise but not holding on to the handles.
- **Advanced Exercise #2** - This is the same exercise but standing on only one foot with the other held in the air behind you.

Desired result

- To bring toning and strength to the calves. To increase the mobility, flexibility and strength of the ankles.

Shoulder Press



Description

- An exercise to increase the strength of your upper arms and dorsal muscles.

Position of the body

- Stand in front of the machine facing the display panel. Leave enough room so you can bend at your waist and place your hands on the front portion of the platform.
- Stick your buttocks backwards slightly and slightly bend your knees.

Exercise description, length & frequency

- Your hands should be shoulder width apart, legs and back straight, head raised. This exercise is perfect for shoulders and upper arms.
- Keep your back straight or with a slight arch and abdomen tight.
- Using a slow and controlled movement, bending arms lower your shoulders toward the plate.
- Hold that position for 5-10 seconds.
- Slowly return to the original position.
- Repeat as many times as you can comfortably.
- Find the frequency that is most comfortable to you. You may want to start off with just the spiral vibration.
- To increase the strength of your upper arms and dorsal muscles.

Comments

This would be an excellent exercise to include in a program for your core area that you designed on the flash drive. If you do design a program, you might want to select the number of seconds to perform this exercise rather than a number of repetitions.

Chopping Motion



Description

- With extended or slightly bent knees bend the torso down and forward to touch your toes.

Position of the body

- Assume the “Basic” starting position facing away from the display panel.
- Flex the knees as slightly.

Exercise description, length & frequency

- Hold a weight in your hands on one side and lift it above the opposite shoulder and back down. This motion is much the same as swinging an ax, which is why it is called a chopping motion.
- You can substitute a stretch band or a medicine ball for the weight.
- Repeat this exercise four or five times. Switch sides and repeat.
- Vary the speeds in the mid-range.

Back Flex Exercise



Position of the body

- Sit on the front portion of the plate facing away from the support column.
- Feet are flat on the floor in front of you.

Exercise description, length & frequency

- Slowly move your shoulders back like you were going to rest against the support column. Keep moving until you can make close to a 45° angle with the floor. Arch your back. Do not bend your back forward. Keep it arched. Hold that position for 30-45 seconds.
- Slowly sit upright again. Rest for 5-10 seconds and repeat.
- Change the stimulation frequency in the mid-range.

Desired result

- This is going to strengthen your core. It will also strengthen and tighten you back, buttocks & thighs.

Advanced Exercise - Abdominal Crunch



Basic positioning

- Lie on the vibration plate with your back and buttocks on the plate. Place a pillow or cushion on the plate for comfort. (Omitted for illustration purposes.)

Description

- The standard exercise to strengthen your core and improve your waistline.

Position of the body

- Lie on the vibration plate with your back and buttocks on the plate. Place a pillow or cushion on the plate for comfort. (Omitted for illustration purposes.)
- Elevated with your knees forming a 90 degree angle with your calves parallel to the floor.
- Place your hands behind your head.

Exercise description, length & frequency

- Crunch your upper body toward your knees and feel the tension in the abdominals.
- Hold that position for 5-10 seconds.
- Slowly return to the original position.
- Find the frequency that is most comfortable to you. You may want to start off with just the spiral vibration.
- Repeat as many times as you can comfortably.

Desired result

- To strengthen your core.

Do not perform or even attempt this exercise if you have any neck or head issues!

This would be an excellent exercise to include in a program for your core area that you designed on the flash drive. If you do design a program, you might want to select the number of seconds to perform this exercise rather than a number of repetitions.

Sit Up Twist



Position of the body

- Sit sideways on the vibration plate. Place a pillow or cushion on the plate for comfort. (Omitted for illustration purposes.)

Exercise description, length & frequency

- Sit on the platform and lean backwards placing one hand on the floor, lifting the opposite knee so it forms a 90 degree angle while stretching the other leg out straight and letting it rest on floor. Place the other hand behind your head.
- With the elbow that is in the air, slowly try to touch the opposite knee with that elbow.
- Hold that position for 5-10 seconds.
- Slowly return to the original position.
- Repeat as many times as you can comfortably.
- Switch arms and legs.
- Find the frequency that is most comfortable to you. You may want to start off with just the spiral vibration.

Desired result

- Decrease the “love handles”
- Increasing your abdominal strength.
- Increase lymphatic drainage.
- Increase bone density.

Do not perform or even attempt this exercise if you have any neck or head issues!

This would be an excellent exercise to include in a program for your core area that you designed on the flash drive. If you do design a program, you might want to select the number of seconds to perform this exercise rather than a number of repetitions.

Side Crunch



- Exercising your core

Position of the body

- Sit on the vibration platform with your back to the support column. Use a pillow or cushion on the platform for comfort.
- Lean your body sideways so only one hip is resting on the platform. Lift your feet off the floor & keep them together.
- Keeping your head, torso and legs straight, with one hand grab the closest handle and place the other hand on the floor

Exercise description, length & frequency

- Slowly raise your upper torso off the platform. Pulling up with the arm that is holding on and pushing up with the other.
- Hold that position for 5-10 seconds.
- Slowly return to the original position.
- Switch sides and arms.
- Repeat as many times as you can comfortably.
- Find the frequency that is most comfortable to you. You may want to start off with just the spiral vibration.
- Vary the placement of your buttocks on the platform to vary the intensity.

Desired result

- Decrease the “love handles”
- Increasing your abdominal strength.
- Increase lymphatic drainage.
- Increase bone density.

Do not perform or even attempt this exercise if you have any neck or head issues!

This would be an excellent exercise to include in a program for your core area that you designed on the flash drive. If you do design a program, you might want to select the number of seconds to perform this exercise rather than a number of repetitions.

Lateral Abdominals



Position of the body

- Place your forearm in the middle of the platform with the rest of your body being extended straight off to the side with your body and feet resting on the floor. Place a pillow or cushion on the platform for comfort. (Omitted for illustration purposes.)

Exercise description, length & frequency

- Raise your hips so that your head, torso and legs are in a straight line and tighten your core simultaneously. This exercise works the lateral abdomen.
- Hold that position for 5-10 seconds.
- Slowly return to the original position and rest.
- Switch sides and arms.
- Find the frequency that is most comfortable to you. You may want to start off with just the spiral vibration.
- Repeat as many times as you comfortably can.
- Move the placement of your arm on the platform to vary the intensity.
- *Advanced variation* - try to push your hips upward at the same time.

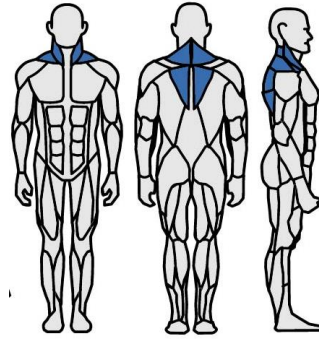
Desired result

- Increase your core strength and to remove the love handles.

Do not perform or even attempt this exercise if you have any neck or head issues!

This would be an excellent exercise to include in a program for your core area that you designed on the flash drive. If you do design a program, you might want to select the number of seconds to perform this exercise rather than a number of repetitions.

Shoulders & Neck



Position of the body

- Kneeling in front of the machine with your hands on the platform.
- Place your feet on the floor straight behind your knees. For variation you can cross your feet.
- Kneeling on the floor start with your legs at a 90 degree angle with the floor.

Exercise description, length & frequency

- Rock your body forward until your body is straight from your knees to your shoulders.
- Hold that position for 5-10 seconds.
- Slowly return to the original position.
- Hold that position for 5-10 seconds.
- Repeat 5 times increasing the number of repetitions as you improve.
- Find the frequency that is most comfortable to you. You may want to start off with just the spiral vibration.
- Repeat as many times as you can comfortably.

Desired result

- Improve the mobility & flexibility of your shoulders and neck while increasing the strength of those areas.

Do not perform or even attempt this exercise if you have any neck or head issues!

This would be an excellent exercise to include in a program for your core area that you designed on the flash drive. If you do design a program, you might want to select the number of seconds to perform this exercise rather than a number of repetitions.

Pelvic Bridge



Position of the body

- Lying on the floor with your head away from the front of the machine with your feet flat on the platform in the middle of the plate, place your arms comfortably flat on the floor along your sides.

Exercise description, length & frequency

- Slowly raise your hips until your body is straight from your knees to your shoulders.
- Hold that position for 5-10 seconds.
- Slowly lower your body back to the floor.
- Hold that position for 5-10 seconds.
- Repeat 5 times increasing the number of repetitions as you improve.
- Spread your feet further apart to increase the intensity as you improve.
- Pick the speed(s) and vibration types that are the most comfortable for your body.

Desired result

- To tighten your core and increase the lower back strength.

Comments

This would be an excellent exercise to include in a program for your core area that you designed on the flash drive. If you do design a program, you might want to select the number of seconds to perform this exercise rather than a number of repetitions.

Lower Extremities



Position of the body

- Sitting on a chair in front of the machine.
- Place your feet flat on the platform.
- Your arms comfortably along your sides or in your lap.

Exercise description, length & frequency

- Start with your feet towards the center of the platform.
- Slowly move your feet apart to increase the intensity.
- To improve the circulation in your legs. **This is an excellent exercise for individuals that are wheel chair bound.**
- If the person and tolerate this exercise, vary the intensity and frequency often.
- Find the frequency that is most comfortable to you. You may want to start off with just the spiral vibration.

Desired result

- **To improve the circulation in your legs. This is an excellent exercise for individuals that are wheel chair bound.**

Comments

This would be an excellent exercise to include in a program for someone that is wheel chair bound that you designed on the flash drive. If you do design a program, you might want to select the number of seconds at a specific speed and vary the speed after so many seconds to meet the individual's needs.

Exercise with the Stretch bands

Iron Cross (Arm lift to the side)



Position of the body

- Assume the “Basic” starting position.
- Face either to or away from the display panel.
- Arms are relaxed by your sides while holding on to a band in each hand with the bands crossing in front of you as if they were making an X.

Exercise description, length & frequency

- Start the exercise by slightly bending your knees, bringing your trunk forward a little while simultaneously lifting your arms up and out holding the bands in your hands.
- Make sure your back remains straight and your elbows are extended.
- Slowly lift both arms straight up until they are forming the iron cross position.
- Hold that position for 5-10 seconds.
- Slowly lower the arms back to the starting position. Repeat as many as you can.
- Move your feet apart to increase the intensity of the vibration.
- Progressively increase the resistance with a stronger band to your improve performance.
- 30 seconds at a low frequency (Oscillating 1-5, Spiral 1-5), then 30 seconds at a higher frequency (Oscillating 25-40, Spiral 25-40), then again 30 seconds at a low frequency (Oscillating 1-5, Spiral 1-5).
- Repeat 2-3 times per week

Desired result

- Improve the strength, mobility and flexibility of your arms and shoulders.
- Increase your arm, chest, shoulder triceps and core body strength.
- Increase the firmness of your arms and upper body. (Reducing the flab in the upper arm)
- Increase the bone density in your upper body.

Reach for the stars (Arm lift to the ceiling)



Position of the body

- Assume the “Basic” starting position.
- Facing either to or away from the display panel.
- Arms relaxed to the side holding a band in each hand with the bands not crossing.
- Start with your feet in the “Low Intensity Position”.

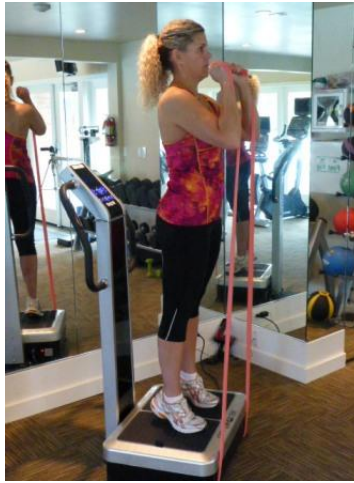
Exercise description, length & frequency

- Slowly lift one arm straight up as if you were trying to touch the ceiling.
- Slowly lower the arm back to the starting position
- Repeat with the other arm.
- Progressively increase the resistance to the bands with a stronger band. To improve performance
- 30 seconds at a low frequency (Oscillating 1-5, Spiral 1-5), then 30 seconds at a higher frequency (Oscillating 25-40, Spiral 25-40), then again 30 seconds at a low frequency (Oscillating 1-5, Spiral 1-5). *Excellent time to define a program on the flash drive for your upper body.*
- Repeat 2-3 times per week

Desired result

- Improve the strength, mobility and flexibility of your arms and shoulders.
- Increase your arm, chest, shoulder triceps and core body strength.
- Increase the firmness of your arms and upper body. (Reducing the flab in the upper arm)
- Increase the bone density in your upper body.

Strengthen calf with exercise band 1



Position of the body

- Assume the “Basic” starting position
- Facing either way.
- Arms relaxed to the side holding a band in each hand with the bands not crossing.
- Start with your feet in the “Low Intensity Position”

Exercise description, length & frequency

- Keep your body straight and hold the band in your hands while lifting up your arms so that the forearms are vertical and the upper arms are horizontal. Your hands are close to the chin.
- Now lift up your heels from the platform so that you are on your toes. The movement should be up and down slowly while keeping your body and arms still.
- Progressively increase the resistance to the bands with a stronger band to improve performance.
- **Variation #1-** The same exercise as above but the arms are positioned slightly different. Raise your hands higher so that they are even with the top of your head
- **Variation #2-** Place the band behind and looped over your shoulder so that your hands are now close to the shoulder and the elbows are flexed and placed close to the chest.
- 30 seconds at a low frequency (Oscillating 1-5, Spiral 1-5), then 30 seconds at a higher frequency (Oscillating 25-40, Spiral 25-40), then again 30 seconds at a low frequency (Oscillating 1-5, Spiral 1-5). *Excellent time to define a program on the flash drive for your upper body.*
- Repeat 2-3 times per week

Desired result

- Increase the strength of your calf muscles
- Improve the strength, mobility and flexibility of your ankles.
- Increase the firmness of your arms and upper body. (Reducing the flab in the upper arm)

Strengthen calf with exercise band 2



Exercise description, length & frequency

- The same exercise as in “Strengthen calf with exercise band 1” but the arms are positioned slightly different. The elbows are a bit more bent, so that your hands are close to the chin.

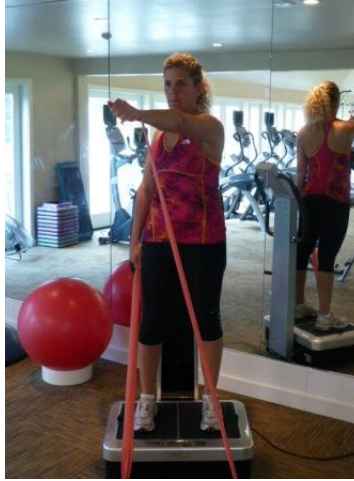
Strengthen calf with exercise band 3



Exercise description, length & frequency

- The same exercise as in Strengthen calf with exercise band 1, but the exercise band is held differently.
- Place the band behind and over your shoulder so that your hands are now close to the shoulder and the elbows are flexed and placed close to the chest.

Job



Position of the body

- Assume the “Basic” starting position.
- Facing either way.
- Arms are relaxed to the side holding a band in each hand with the bands not crossing.
- Start with your feet in the “Low Intensity Position”.

Exercise description, length & frequency

- Slowly lift one arm up as if you were going to hit someone with a jab.
- Slowly lower the arm back to the starting position.
- Progressively increase the resistance to the bands with a stronger band. Also increase the speed and intensity to improve performance.
- Repeat as many times as you are comfortable with.
- 30 seconds at a low frequency (Oscillating 1-5, Spiral 1-5), then 30 seconds at a higher frequency (Oscillating 25-40, Spiral 25-40), then again 30 seconds at a low frequency (Oscillating 1-5, Spiral 1-5). *Excellent time to define a program on the flash drive for your upper body.*
- Repeat 2-3 times per week

Desired result

- Improve the strength, mobility and flexibility of your arms and shoulders.
- Increase your arm, chest, shoulder triceps and core body strength.
- Increase the firmness of your arms and upper body. (Reducing the flab in the upper arm)
- Increase the bone density in your upper body.

Squats with Stretch Bands



Position of the body

- Assume the “Basic” starting position facing either way.
- Arms relaxed to the side holding a band in each hand with the bands not crossing.
- Start with your feet in the “Low Intensity Position”

Exercise description, length & frequency

- Slowly raise your hands to chin level making the bands taut.
- Slowly bend your knees as you would in a regular squat.
- Slowly return to the starting position.
- Progressively increase the resistance to the bands with a stronger band. To improve performance.
- Repeat as many times as you can comfortably.
- **Variation #1** - The same exercise as above but the arms are placed differently. Your forearm is Vertical and your upper arm is horizontal with your hands even with the top of your head.
- **Variation #2** - The same exercise as above but the bands are looped over your shoulders.
- 30 seconds at a low frequency (Oscillating 1-5, Spiral 1-5), then 30 seconds at a higher frequency (Oscillating 25-40, Spiral 25-40), then again 30 seconds at a low frequency (Oscillating 1-5, Spiral 1-5). *Excellent time to define a program on the flash drive for your upper body.*
- Repeat 2-3 times per week

Desired result

- Improve the strength, mobility and flexibility of your arms and shoulders.
- Increase your arm, chest, shoulder triceps and core body strength.
- Increase the firmness of your arms and upper body. (Reducing the flab in the upper arm)
- Increase the bone density in your upper body.

Squat with exercise band, strengthen thighs 2

The same exercise as above but the arms are placed differently. Your forearm is Vertical and your upper arm is horizontal with your hands even with the top of your head.

One Leg squat with exercise band



Position of the body

- Assume the “Basic” starting position. Facing the display panel.
- Arms are held comfortably to the sides holding on to the stretch bands that are wrapped around the support column.
- Move your arms slightly to the side and backwards, while your trunk goes forwards a little, and lift one leg behind you like a ballerina.
- Keep your back straight and slightly arched.

Exercise description, length & frequency

- Arms are held to the side and holding on to a band in each hand with the bands crossing behind the support column.
- Keep the tension on the stretch bands.
- Your arms move slightly to the side and backwards, while your trunk goes forwards a little, and the place the lifted leg behind you like a ballerina.
- Slowly lower and raise your body. Repeat as many as you can comfortably.
- Switch legs and repeat the exercise.
- Progressively increase the resistance to the bands with a stronger band. Also increase the intensity and speed to improve your performance.
- 30 seconds at a low frequency (Oscillating 1-5, Spiral 1-5), then 30 seconds at a higher frequency (Oscillating 25-40, Spiral 25-40), then again 30 seconds at a low frequency (Oscillating 1-5, Spiral 1-5). *Excellent time to define a program on the flash drive for your upper body.*
- Repeat 2-3 times per week

Desired result

- Improve the strength, mobility and flexibility thighs and knees
- Improve the strength, mobility and flexibility of your arms and shoulders.
- Increase your arm, chest, shoulder triceps and core body strength.
- Increase the firmness of your arms and upper body. (Reducing the flab in the upper arm)
- Increase the bone density in your upper body and legs.

Exercise with the solid bands attached to the platform

Pectorals



Basic positioning

- Start by standing in the basic upright position with the solid bands held in your hands after adjusting for the proper length.

Description

- Increase the strength of your arms and shoulder focusing on the pectoral muscle groups.

Position of the feet

- Begin with your feet even on the plate and about 6" apart with your toes pointed slightly to the outside - "Low Intensity Position"
- Standing with your feet flat on the plate and your weight distributed evenly.

Position of the body

- Standing upright in the basic position on the platform
- Facing the display panel
- Arms are held comfortably to the sides holding on to the handles of the solid fabric bands.

Exercise description, length & frequency

- Pull the bands straight up until the bands are taut. You should feel the tension in your pectorals and back.
- Lifting as hard as you can hold this position for 5-10 seconds.
- Relax your arms for 10 seconds.
- Repeat 5 times and start increasing the number of repetitions weekly
- Increase the intensity by spreading your feet further apart.
- Squeezing the handles will also produce more muscle activity in the upper arms.
- Do not use your upper shoulders to perform this exercise as you will end up doing more harm than good by straining your neck. Use only your arm muscles.
- Keep your back straight and arch your back slightly.
- The best results are from a low frequency and higher intensity showing a substantial increase in upper body muscle activation.

Desired result

- Increase the strength of your arms and upper back.
- Build bone density in your arms.
- Relieve joint pain.

You can also do this exercise while standing in front of the machine rather than on the platform itself.

Studies have shown that this is an excellent exercise for seniors to increase their hand, arm & shoulder strength while increasing the bone density in this part of the body.

Pectorals & External Obliques



Position of the body

- Assume the “Basic” starting position while facing either to or away from the display panel.
- Arms are held comfortably to the sides holding on to the handles of the solid fabric bands after adjusting for the proper length.
- The bands are to be crossed. The band attached to the left side of the platform will be in your right hand and vice versa.
- Keep your back straight and arch your back slightly.

Exercise description, length & frequency

- Pull the bands to your shoulders until the bands are taut. Left hand to the left shoulder and vice versa. You should feel the tension in your pectorals and back.
- Lifting as hard as you can hold this position for 5-10 seconds.
- Slowly return to the starting position.
- Repeat as many times as you can.
- Also squeezing the handles hard will produce more muscle activity in the upper arms.
- Do not use your upper shoulders to perform this exercise as you will end up doing more harm than good by straining your neck. Use only your arm muscles.
- The best results are from a low frequency & a higher intensity showing a substantial increase in upper body muscle strength.

Desired result

- Increase the strength of your arms and upper back.
- Build bone density in your arms.
- Relieve joint pain.

You can also do this exercise while standing in front of the machine rather than on the platform itself.

Studies have shown that this is an excellent exercise for seniors to increase their hand, arm & shoulder strength while increasing the bone density in this part of the body.

Shoulder



Description

- Increase the strength of your arms and shoulders, focusing on the shoulder muscle groups.

Position of the body

- Assume the “Basic” starting position while facing away from the display panel.
- Arms are held comfortably to the sides holding on to the handles of the solid fabric bands after adjusting for the proper length.
- Keep your back straight and arch your back slightly.

Exercise description, length & frequency

- Hold the bands lightly pulling them upwards and away from your body. You should feel tension in your entire shoulder. Adjust the lengths of the bands according to your height.
- Lifting as hard as you can hold this position for 10 seconds
- Relax your arms for 10 seconds.
- Repeat 5 times and start increasing the number of repetitions weekly
- Increase the intensity by spreading your feet further apart.
- Squeezing the handles will also produce more muscle activity in the upper arms.
- Do not use your upper shoulders to perform this exercise as you will end up doing more harm than good by straining your neck. Use only your arm muscles.
- Keep your back straight and arch your back slightly.
- The best results are from a low frequency and higher intensity showing a substantial increase in upper body muscle activation.

Desired result

- Increase the strength of your arms and upper back.
- Build bone density in your arms.
- Relieve joint pain.

You can also do this exercise while standing in front of the machine rather than on the platform itself.

Studies have shown that this is an excellent exercise for seniors to increase their hand, arm & shoulder strength while increasing the bone density in this part of the body.

Extension / Radials



Description

- Increase the strength of your arms and shoulders focusing on the Extension & radial muscle groups.

Position of the body

- Assume the “Basic” starting position while facing the display panel.
- Hold your arms comfortably by your sides. One hand is holding on to a handle of the solid fabric band after being adjusting to the proper length for you.
- Keep your back straight with a slight arch and your knees slightly bent.

Exercise description, length & frequency

- Place one hand on the VibraTrim handles while the other holds one of the bands lightly. Pull the band straight upwards close to your waist until the band is taut. You should feel the tension in your pectorals and back.
- Lifting as hard as you can hold this position for 5-10 seconds.
- Slowly return to the starting position.
- Repeat as many times as you can.
- Switch hands and repeat.
- Also squeezing the handles hard will produce better results in the upper arms.
- Do not use your upper shoulders to perform this exercise as you will end up doing more harm than good by straining your neck. Use only your arm muscles.
- The best results are from a low frequency & a higher intensity showing a substantial increase in upper body muscle strength.

Desired result

- Increase the strength of your arms and upper back.
- Build bone density in your arms.
- Relieve joint pain.

You can also do this exercise while standing in front of the machine rather than on the platform itself.

Studies have shown that this is an excellent exercise for seniors to increase their hand, arm & shoulder strength while increasing the bone density in this part of the body.

Biceps Curl with Bands



Description

- Increase the strength of your arms and shoulders focusing on the bicep muscle groups.

Position of the body

- Assume the “Basic” starting position while facing the display panel.
- Arms are held comfortably to the sides holding on to the handles of the solid fabric bands after adjusting for the proper length.
- Keep your back straight and arched slightly.

Exercise description, length & frequency

- Slowly raise your hands up to your shoulder keeping your hand in the upright position. (Palms are facing upwards) Keep your elbows in and move only your forearms as the upper arm is to remain stationary.
- Lifting as hard as you can hold this position for 5-10 seconds.
- Slowly return to the starting position.
- Repeat as many times as you can.
- Also squeezing the handles hard will produce more muscle activity in the upper arms.
- Do not use your upper shoulders to perform this exercise as you will end up doing more harm than good by straining your neck. Use only your arm muscles.
- The best results are from a low frequency & a higher intensity showing a substantial increase in upper body muscle strength.

Advanced Exercise

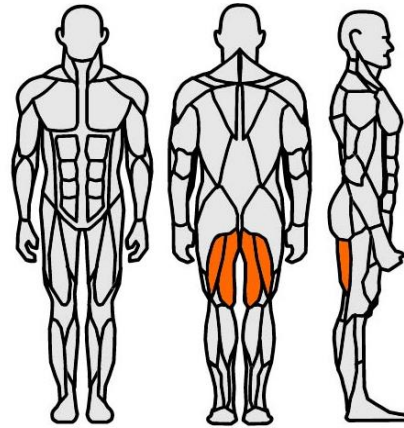
- **Rotate your hand 90°** so your palms are facing upward
- Repeat two or three times
- **Rotate your hand 180°** so your palms are facing downwards
- Repeat two or three times

Desired result

- Increase the strength of your arms and upper back.
- Build bone density in your arms.
- Relieve joint pain.

Stretches

Back Thigh Stretch



Position of the body

- Assume the “Basic” starting position while facing the display panel.
- Hold on to the VibraTrim’s handles.
- Keep your back straight and slightly arched with your knees slightly bent.

Stretch description, length & frequency

- Slowly move your waist backwards until you feel the stretch in your thighs.
- Hold this position for 30 seconds or longer.
- Slowly return to the starting position.
- You will need to experiment to find the best vibration speed for you. Many people prefer to use just the spiral vibration for stretches.
- Remember that this is a stretch and not an exercise. A long stretch is better than multiple repetitions.

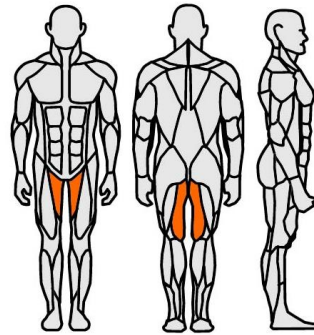
Desired result

- To stretch the back thigh, hamstring and lower back muscles.

Comments

- An excellent stretch when you have been sitting too long.

Quadriceps Stretch



Description

- Stretching the quadriceps muscles

Position of the body

- Stand in front of the machine facing away from it.
- Place one foot about 18" in front of the machine and the other foot is placed on the middle part of the vibration plate.
- Place your hands on the knee that is in front of the machine.

Stretch description, length & frequency

- Lower your body so that the leg in front of the machine forms a 90° angle at the knee.
- Hold this position for 30-45 seconds or longer.
- Switch your feet and repeat the exercise
- Slowly return to the starting position.
- You will need to experiment to find the best vibration type and speed for your body. Many people prefer to use just the spiral vibration while others prefer the oscillation and others yet prefer both vibrations for stretches.
- Remember that this is a stretch and not an exercise. A long stretch is better than multiple repetitions.
- Start with your foot in the center of the plate and move it to one side to increase the intensity of the vibration and the stretch.

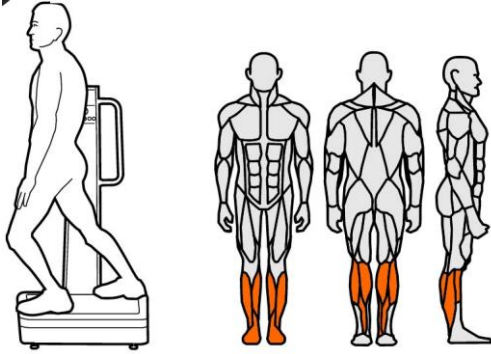
Desired result

- Stretching out the quadriceps

Comments

This is a good stretch if you are bothered with leg cramps from time to time.

Calf Stretch



Position of the body

- Stand sideways on the vibration platform.
- Place one foot in one corner of the platform the other foot is placed on the opposite corner.
- Stand comfortably.

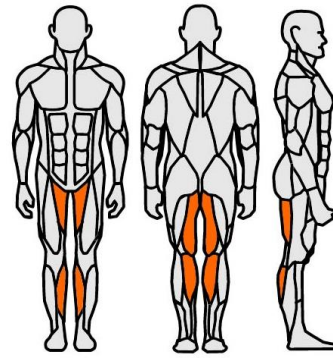
Stretch description, length & frequency

- Slowly lower your body on to the foot that is in front until you feel it in your calf and hold that position for 30-45 seconds.
- Slowly return to the starting position.
- Switch feet position or simply turn around facing the other direction and repeat the first step in this position for 30-45 seconds
- You will need to experiment to find the best vibration type and speed for your body. You will feel the calf muscle responding. Many people prefer to use just the spiral vibration while others prefer the oscillation and others yet prefer both vibrations for stretches.
- Remember that this is a stretch and not an exercise. A long stretch is better than multiple repetitions.
- This is a good stretch if you are bothered with leg cramps from time to time.

Desired result

- Stretching the calf muscle

Adductor Stretch



Description

- Stretching the muscles of the inner leg

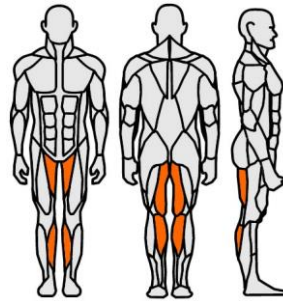
Position of the body

- Begin by standing alongside of your machine.
- Place one foot about 12-15 inches away from the machine and place the other foot in the middle of the middle of the platform.

Stretch description, length & frequency

- Slowly lower your body on to the foot that is on the floor. Place your hands on your thigh for support. Hold for 30-45 seconds.
- Slowly return to the starting position.
- Switch feet positions and repeat the first step in this position for 30-45 seconds
- You will need to experiment to find the best vibration type and speed for your body and you can feel the calf muscle responding. Many people prefer to use just the spiral vibration while others prefer the oscillation and others yet prefer both vibrations for stretches.
- Remember that this is a stretch and not an exercise. A long stretch is better than multiple repetitions.

Tri-muscle Stretch



Description

- Stretching three muscles at the same time

Position of the Body

- Place one foot about 12-15 inches away from the machine and place the other foot in the middle of the middle of the platform with your toes pointing towards the machine.

Stretch description, length & frequency

- **Exercise 1** - After placing one foot in the middle of the plate **lean forward** & put your hands on your knees – this is going to stretch the hamstring.
- As you become accustomed to this exercise move your foot on the platform forward towards the edge of the plate to make the vibration and the stretch more intense.
- If you have balance issues, hold on to the handle and place the other hand on you knee.
- **Exercise 2** -twist your body 90° so you are now facing away from the machine keep your feet in the same position as shown in the picture above #2
- Lean into the foot on the plate. This is going to work the inner thigh muscle.
- **Exercise 3** - Twist your body another 90° keeping your feet in the same place
- This will now be working the hip flexor muscle.
- If you want, you can twist a little further and hold on to the handle.
- The oscillation vibration is the best for stretches
- Start with your foot in the center of the plate and move it to one side to increase the intensity of the vibration and the stretch.

Desired result

- Exercise and stretch the hamstring, inner thigh & hip flexor in one exercise.

Lower Back Stretch 1



Position of the feet

- Assume the “Basic” starting position

Stretch description, length & frequency

- Take one hand off the handles and drop it to your side and lean towards that side.
- Raise the heel of your foot that you have leaned into. This is going to cause more activation on the opposite side of the body. If you leave the heel down you will feel the contractions on the side you are leaning into, but for this stretch we want the opposite side to contract.
- For variation drop both hands to the side and repeat as before.
- Switch to the other side and repeat.
- Start with your foot in the center of the plate and move it to one side to increase the intensity of the vibration and the stretch.
- You will need to experiment to find the best vibration type and speed for your body. Many people prefer to use just the spiral vibration while others prefer the oscillation and others yet prefer both vibrations for stretches.
- Remember that this is a stretch and not an exercise. A long stretch is better than multiple repetitions.

Desired result

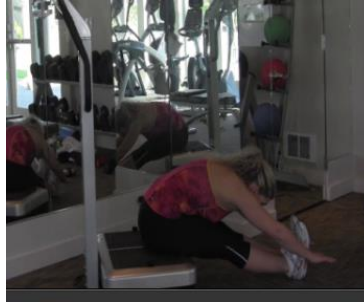
- Stretching the muscles in the low back that attach from the spine to the hip.

Comments

This is very good for those times you have been sitting too long and your lower back is aching.

The stretches are best performed using the program you have designed on the flash drive.

Lower Back Stretch 2.



Part 1

Position of the body

- Sit on the machine facing away from the display panel.
- Your legs are extended forward so there is no bend in the knees and your feet are on the floor.

Stretch description, length & frequency

- Lean backwards keeping your back straight. Arch your back as much as you can.
- Hold that position for 30-45 seconds.



Part 2

Position of the body

- Assume the “Basic” Position.
- Your arms are going to hang freely in front of you.

Stretch description, length & frequency

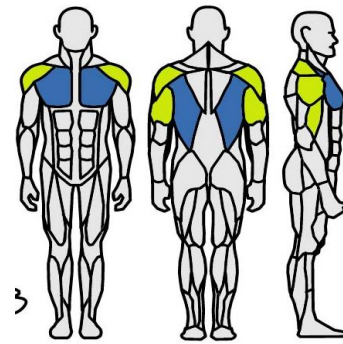
- Lean forward keeping your back straight. At the same time, move your buttocks further and further back and keep that arch in your back. Do not curve your back downwards so it is forming the letter C. That causes too much strain on the lower back.
- Hold that position for 30-45 seconds.

Desired result

- Stretching the muscles in the low back that attaches from the spine to the hip and also stretches the hamstring.

This stretch is easier to perform using the program you have designed on the flash drive, as it will provide you time to get into position before the vibration starts.

Pectoral Stretch



Position of the body

- Sit in front of the machine facing away.
- Put your feet flat on the floor in front of your body with the knees bent.
- Lean back against the machine while reaching back with both arms and placing them on the sides of the platform.
- You may want to use a pad or pillow between your back and the machine.
- Be careful not to put your fingers under the platform while it is moving.

Stretch description, length & frequency

- With your hands overlapping the edges of the platform, hold this position for 30-45 seconds.
- Remember that this is a stretch and not an exercise. A long stretch is better than multiple repetitions.

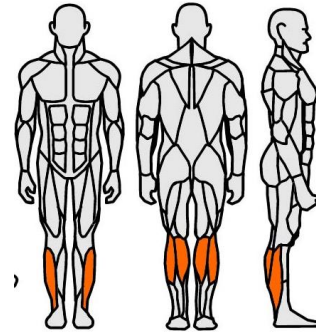
Desired result

- Stretching out the upper arms and chest muscles.

This stretch is easier to perform using the program you have designed on the flash drive, as it will provide you time to get into position before the vibration starts.

Massages

Calf Massage



Position of the body

- Lying flat on the floor with your head away from the front of the machine.
- Put your calves of both legs on the platform.
- Your feet are on the platform near the support column resting on your heels.
- Relax. You may want to rest your head on a pillow.

Massage description, length & frequency

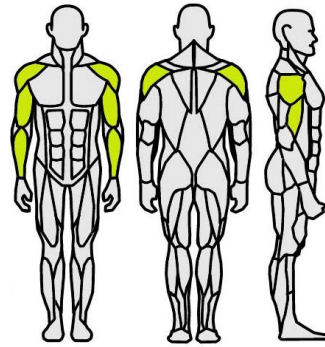
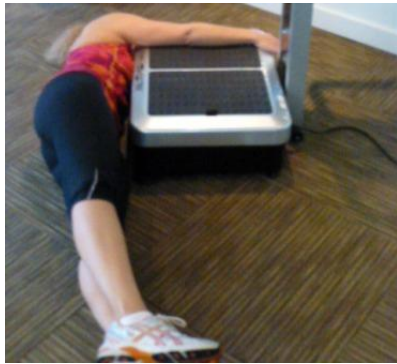
- Hold this position for one minute.
- Set just the Spiral vibration speed for what is comfortable for you.
- Switch sides and repeat.

Comments - Modify one of your programs for the Massage on the flash drive to turn the Oscillation vibration mode on, in addition to the Spiral vibration.

This massage is easier to perform using the program you have designed on the flash drive, as it will provide you time to get into position with placing your legs in the middle of the plate before the vibration starts.

See the section in this manual that deals with programming the flash drive for massages.

Upper Arm Massage



Basic positioning

- Relaxing the arm muscles.

Position of the body

- Lying flat on the floor in front of the platform facing the display panel.
- Place one arm on the platform with the rest of your body off the platform.
- Relax as much as possible. You may want to rest your head on a pillow. to

Massage description, length & frequency

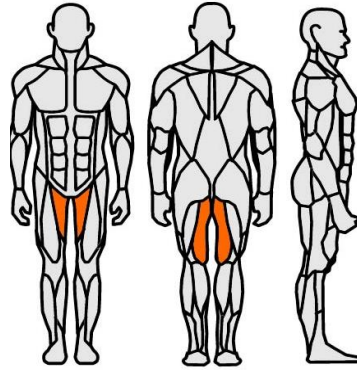
- Hold this position for one minute.
- Set just the Spiral vibration speed for what is comfortable for you.
- Switch sides and repeat

Comments - Modify one of your programs for the Massage on the flash drive to turn the Oscillation vibration mode on, in addition to the Spiral vibration.

- This massage is easier to perform using the program you have designed on the flash drive, as it will provide you time to get into position with placing your arm on the plate before the vibration starts.

See the section in this manual that deals with programming the flash drive for massages.

Adductor Massage



Description

- Relaxing the inner thigh muscles.

Position of the body

- Lying flat on the floor in front of the platform facing the display panel.
- Place one leg on the platform with your knee bent with your arms off the platform.
- Relax as much as possible.

Massage description, length & frequency

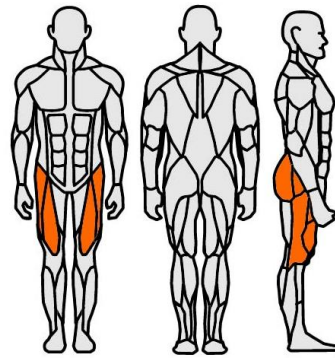
- Hold this position for one minute.
- Set just the Spiral vibration speed for what is comfortable for you.
- Switch sides and repeat.

Comments - Modify one of your programs for the Massage on the flash drive to turn the Oscillation vibration mode on, in addition to the Spiral vibration.

This massage is easier to perform using the program you have designed on the flash drive, as it will provide you time to get into position with placing your legs in the middle of the plate before the vibration starts.

See the section in this manual that deals with programming the flash drive for massages.

Abductor Massage



Description

- Relaxing the outer thigh muscles.

Position of the body

- Sit on the platform facing away from the display panel.
- Lean sideways to the right placing your right hip in the middle of the platform. Support your upper body by placing your right forearm on the floor. Lift your legs up off the floor and hold them out straight. Only your hips and your right thigh will be on the platform.
- Relax as much as possible.

Massage description, length & frequency

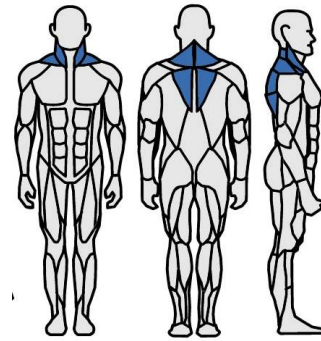
- Hold this position for one minute.
- Set just the Spiral vibration speed for what is comfortable for you.
- Switch sides.

Comments - Modify one of your programs for the Massage on the flash drive to turn the Oscillation vibration mode on, in addition to the Spiral vibration.

This massage is easier to perform using the program you have designed on the flash drive, as it will provide you time to get into position with placing your body in the middle of the plate before the vibration starts.

See the section in this manual that deals with programming the flash drive for massages.

Shoulder & Neck Massage



Position of the body

- Kneel about 12" front of the platform facing the display panel.
- Place your hands on the platform.
- Keeping your back straight adjust the position of your hands for the most comfortable position for you.

Massage description, length & frequency

- Hold this position for one minute.
- Set just the Spiral vibration speed for what is comfortable for you.

Desired result

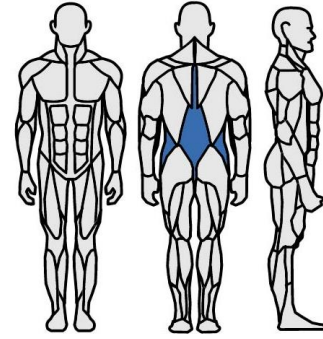
- Relieving the stress & tension from your workout of your back.
-

Comment - This massage is easier to perform using a program you have designed on the flash drive, as it will provide you time to get into position before the vibration starts.

Modify one of your programs for the Massage on the flash drive to turn the Oscillation vibration mode on, in addition to the Spiral vibration.

See the section in this manual that deals with programming the flash drive for massages.

Lower Back Massage



Position of the body

- Sit in front of the platform facing away from the display panel.
- Lean back against the machine so that just your lower back is touching the platform.
- You may want to use a pad or pillow between your back and the machine.

Massage description, length & frequency

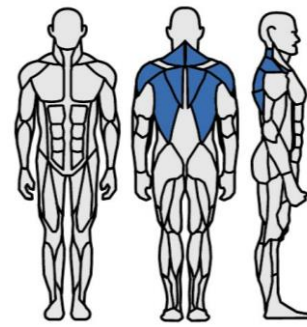
- Hold this position for one minute.
- Set just the Spiral vibration speed for what is comfortable for you.

Comments - Modify one of your programs for the Massage on the flash drive to turn the Oscillation vibration mode on, in addition to the Spiral vibration.

This massage is easier to perform using the program you have designed on the flash drive, as it will provide you time to get into position before the vibration starts.

See the section in this manual that deals with programming the flash drive for massages.

Upper Torso Massage



Description

- Massaging the upper torso

Position of the body

- Sit in front of the platform facing away from the display panel.
- Lean back against the machine while reaching back with both arms and placing your forearms on the platform.
- You may want to use a pad or pillow between your back and the machine.

Massage description, length & frequency

- Hold this position for one minute.
- Set just the Spiral vibration speed for what is comfortable for you.

Comments - Modify one of your programs for the Massage on the flash drive to turn the Oscillation vibration mode on, in addition to the Spiral vibration.

- This massage is easier to perform using the program you have designed on the flash drive, as it will provide you time to get into position with placing your legs in the middle of the plate before the vibration starts.

Desired result

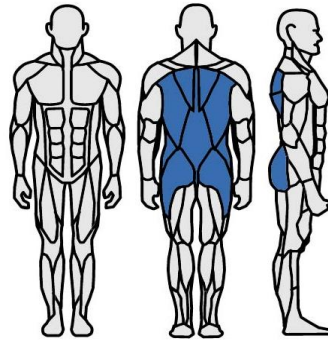
- Relieving the stress & tension from your workout or a tough day at the office.

Comment - This massage is easier to perform using a program you have designed on the flash drive, as it will provide you time to get into position before the vibration starts.

Modify one of your programs for the Massage on the flash drive to turn the Oscillation vibration mode on, in addition to the Spiral vibration.

See the section in this manual that deals with programming the flash drive for massages.

Back Relaxation Massage



Description

- Massaging the back. Relieving the stress & tension from your workout or even just work.

Position of the body

- Sit sideways In the middle of the platform with one hip towards the support column.
- Reach forwards with both arms and place your hands on the floor.

Massage description, length & frequency

- Hold this position for one minute.
- Set just the Spiral vibration speed for what is comfortable for you.

Comment - This massage is easier to perform using a program you have designed on the flash drive, as it will provide you time to get into position before the vibration starts.

Modify one of your programs for the Massage on the flash drive to turn the Oscillation vibration mode on, in addition to the Spiral vibration.

See the section in this manual that deals with programming the flash drive for massages.

Hamstring Massage



Description

- Massaging the hamstring portion of the leg.

Position of the body

- Sit sideways with one of your hips pointing towards the support column In the middle of the platform or face and straddle the support column.
- Reach back with both arms and place your hands on the floor.

Massage description, length & frequency

- Hold this position for one minute.
- Set just the Spiral vibration speed for what is comfortable for you.

Comments - Modify one of your programs for the Massage on the flash drive to turn the Oscillation vibration mode on, in addition to the Spiral vibration.

This massage is easier to perform using the program you have designed on the flash drive, as it will provide you time to get into position with placing your legs in the middle of the plate before the vibration starts.

Desired result

- Relieving the stress & tension from your workout of your legs.

Comment - This massage is easier to perform using a program you have designed on the flash drive, as it will provide you time to get into position before the vibration starts.

Modify one of your programs for the Massage on the flash drive to turn the Oscillation vibration mode on, in addition to the Spiral vibration.

See the section in this manual that deals with programming the flash drive for massages.

Quadriceps Massage



Description

- Massaging the quadriceps.

Position of the body

- Place the front of your thighs on the platform.
- Support your upper torso by leaning on your forearms which are on the floor.
- Your knees are at a 90 degree angle with your feet in the air.

Massage description, length & frequency

- Hold this position for one minute.
- Set just the Spiral vibration speed for what is comfortable for you.

Comments - Modify one of your programs for the Massage on the flash drive to turn the Oscillation vibration mode on, in addition to the Spiral vibration.

- This massage is easier to perform using the program you have designed on the flash drive, as it will provide you time to get into position with placing your legs in the middle of the plate before the vibration starts.

Desired result

- Relieving the stress & tension from your workout of your legs.

Comment - This massage is easier to perform using a program you have designed on the flash drive, as it will provide you time to get into position before the vibration starts.

Modify one of your programs for the Massage on the flash drive to turn the Oscillation vibration mode on, in addition to the Spiral vibration.

See the section in this manual that deals with programming the flash drive for massages.

Targeting Specific Areas of the Body

Lower back

Twisting
Front Bend
Side Bends
Torso bending & stretching

Core

With each exercise tighten your stomach muscles as much as possible.

Twisting
Torso bending & stretching
Bridging Exercise

Mid back

Reach for the Stars, buster.
Front Bend
Push Up (Modified)

Shoulders

Reach for the Stars, buster.
Reach for the stars (Arm lift to the ceiling)
Push Up (Modified)
Front Bend

Arms

Biceps
Triceps Extension
Whole Arm Extension
Push Up (Military)
Push Up (Modified variation 1)

Legs

Hamstring
Leg Curl
Hamstring Stretch

Exercises to avoid

Vibration exercises for back pain

We are not your doctors and we do highly recommend that a proper screening by a health professional prior to starting any exercise program. That being said, use a common sense approach to your program. Avoid any twisting motion in the beginning. Do you get pain when you bend over or when you straighten up? If you do, then avoid any turning movement when you bend over or when you straighten up. You should be trying to strengthen your core and low back, in addition to the upper and lower body.

Avoid rotational movements and either flexion or extension, depending on the direction of aggravation. The goal is to strengthen the core and low back, in addition to the upper and lower body. Low back pain usually is not a cause of strength or flexibility, but of endurance. Your daily use of the VibraTrim will help increase endurance.

Vibration training exercises for osteoporosis

For osteoporosis sufferers, any forward bending of the spine is not recommended. This position is okay if you keep your low back in a natural curve. With osteoporosis, avoid it at all cost.

Vibration training that involves abs exercises

We get calls from people that want to do sit ups on their machine. If you are one of those, make sure you that you maintain the correct form, too many people perform these exercises the wrong way. Even when you are just sitting on your machine, Make sure you keep your back in the correct position. When you bend your spine forward, you put undue stresses on your back, which can lead to injury.

Vibration training with locked joints

We are made to absorb most of the force through the muscles and not the bone when we are walking, jogging or even jumping. Don't think that using a machine to produce vibrations is any different. Keeping your joints slightly bent, most of the vibration will be directed to your muscles and not hurting your joints.

Your VibraTrim may provide therapy benefits

Arthritis and Rheumatism: People with from Rheumatoid Arthritis often struggle day in and day out with pain in their tendons, muscles with nowhere to turn. In most cases WBV reduces the pain and discomfort of these conditions. It has been proven to increase blood circulation and the delivery of oxygen to the muscles, joints and other connective tissue, dramatically improving flexibility and range of motion. What makes vibration therapy stand out is its ability to generate muscle contractions and exercise ‘effects’ in less time and with less stress on the joints. What does this all mean for you if you have arthritis? It means if you find regular training painful or unable to move into a wide range of motions, vibration therapy exercises may be something you can start with. It means if you don’t have time to exercise or are unable to exercise for a longer period of time, whole body vibration therapy exercises may be right for you. Vibration therapy truly does help those with arthritis

Emphysema and Chronic Obstructive Pulmonary Disease Under normal circumstances, it is nearly impossible for patients with Emphysema or COPD to undertake any kind of even mildly strenuous physical exercise. Ten minutes on your VibraTrim can enable these patients to achieve nearly all of the benefits of other forms of exercise.

Multiple Sclerosis (MS), Amyotrophic Lateral Sclerosis (ALS) and spinal cord injury: Patients with MS and ALS are not able to train using traditional methods because their nerves are no longer capable of properly controlling their muscles. Whole Body Vibration exercise activates over 97% of their muscles directly, without relying on signals from the nervous system. This enables those afflicted to feel better and have more energy, boosting their ability to cope with everyday activities. After a ten minute session they experience reduced levels of pain and as a result are much less dependent on others.

Circulation Issues Previous research has shown that vibration therapy can increase circulation. There have been studies showing a doubling of the circulation and others showing a positive effect for healing of burns. Vibration therapy for circulation is just one form of positive effects that you can achieve to increase health and wellbeing.

Knee Replacement - Study shows vibration therapy to be safe for knee replacement. Once you have been cleared of any risks of thrombosis. Your exercise program can begin at an earlier stage than with traditional exercise. Using a passive exercise is easier with your machine will start the involuntary muscle contractions. The cross over effect is well known that have begun their exercise program earlier on.

Through the descriptions above, there is one consistent benefit that can be seen; and that’s the ability of whole body vibration therapy to produce muscle contractions in those that may be unable to produce significant muscle contractions themselves. We do know that therapeutic exercise, when applied with the right frequency and intensity, can produce significant increases in strength, flexibility and reduced pain.

VibraTrim for our Senior Citizens

When we look at different groups of people using their VibraTrim and who gets the greatest benefits, it just may be our Senior Citizens. From the thousands of VibraTrim users we hear back from the seniors most often. We hear all kinds of stories from people with severe mobility problems or flexibility issues, who now have greater mobility. Other users have also told us that their bone density has increased dramatically.

Vibration exercise equipment is used in physical therapy and rehabilitation centers around the world. VibraTrim has participated in studies with Oklahoma State University, University of Dayton, University of Pennsylvania and Louisiana College among others for studies with the seniors. One group that really finds benefit is the elderly.

Using straps for the elderly can produce better results

Every VT400 came with Vibration straps. The use of these vibration straps is great for certain groups. However, they are not for everyone, and some people may require additional accessories and tools. The following are some of our key points when dealing with strap:

1. Simply standing on a vibration machine may be enough for some people. However, it doesn't produce the best results, and certainly doesn't address the upper body. Vibration straps do not work if you are in the wrong position. They work quite effectively when you are in the right position.
2. The frequency and intensity levels of the vibration platform are also important. The best results are from a low frequency and higher intensity showing a substantial increase in upper body muscle activation.
3. You need to maintain certain amount of tension on the straps to produce results. If you are standing in front of the platform with the straps in your hands and attempting a biceps curl, the easiest way to maintain the tension lean back slightly and let the vibration platform do the work for you. Do not use your upper shoulders to perform this exercise as you will end up doing more harm than good by straining your neck
4. Squeezing the handles will also produce more muscle activity in the upper arms. If you hold the straps lightly, it decreases muscle contractions. Hold them tightly.

VibraTrim for low back pain: Cause or cure?

This is interesting. VibraTrim was started because the owner had such tremendous relief from lower back pain using whole body vibration that he wanted to share the technology with a lot of other people.

We hear about truck drivers that suffer from low back pain. There are also stories about jack hammer operators that have suffered so much they had to have vertebrae fused. This was caused by vibration. What's the difference? When you are using your VibraTrim, you are going to be using it in short periods hopefully using the correct body positions and exercises. It is also going to increase you circulation and not decrease it like those occupations do.

Does the research back this up? It sure does in just that last 5 years there has been over 250 studies or articles written on this specific subject. Vibration therapy research is gaining acceptance and credibility. Your doctor may not be aware of the research is because it may not be in their specialize field.

Using your VibraTrim with fibromyalgia

If you have fibromyalgia, you probably have tried everything from drugs to therapy to who know what to get relief.

Some of our competitor's websites promote Whole Body Vibration as a cure all for everything and anything. Let's be real it isn't. It is an exercise program that when used correctly can help. Your VibraTrim will produce muscle contractions while you are in a passive position. This minimizes the soreness that you would get from weight lifting program. As with any new exercise program you may be a little sore a first, but your machine will provide you the ability to get a very high level of exercise.

Two areas that the VibraTrim VT400 excels is the ability to improve your flexibility and increase your circulation. The best progression path for fibromyalgia is to start with the massages. Concentrating first on the deep massages, then move to the flexibility type of exercises and finally to the strength exercises.

How do you start? Many fibromyalgia suffers can do nothing more than stand on the machine and that is an excellent place to start. As time goes by your body will become accustom to it and you will need to do more exercises. Increase the time and the intensity. Take less time between exercises. Sometimes you will think that this is crazy or it is too much. The longer you do it the better you will feel as you are getting the exercise that you may not get any other way.

You will need to challenge your body just as much as you can. Continue to increase the intensity of your exercise program, Use the straps, the bands and hand weights. Change the exercise positions and add new exercises.

Just make sure that what you are doing makes sense to you for your current condition. Build up your confidence and find the exercises that benefit you the most.

Vibration therapy for knee replacement

There's a lot of interest in vibration therapy for those with hip and knee replacements. Initially, the consensus was that knee replacements were contraindications for **vibration therapy**. Over time, this changed, mostly due to the experience of physical therapists and other health professionals. In addition to some new research coming out for vibration therapy, there is starting to be a shift towards implementing vibration within a knee replacement rehabilitation program. This page looks at the research behind vibration therapy for knee replacements.

Vibration therapy increases knee strength after replacement

A study was done at Brigham Young University on vibration strengthening compared to traditional strengthening during physical therapy for those with total knee replacement. The study found that knee extensor strength improved 84.3% with vibration while the traditional resistance program increased by 77.3%. Timed Up and Go scores also improved 31 and 32 % with vibration and traditional exercise, respectively. No adverse effects were noted.

Study shows vibration therapy to be safe for knee replacement

The study used 8 subjects for each group. One of the most important findings apart from the strength gains and TUG results is the fact that there were no adverse effects noted. This is important because most physical therapists and health professionals may initially be weary to place their more compromised patients on a vibration platform. Originally it was thought that people with knee replacements should wait at least a year after surgery. However rarely taken into consideration is the stage of healing and the ability of the patient to begin a strengthening program. We are now seeing therapists use vibration much earlier than the 1 year.

Vibration therapy is based on treatment goals

Therapists often wonder when vibration therapy should be initiated. The real questions are 'what are the treatment goals?' 'Is the patient ready for strength training?' 'Can we initiate other treatment techniques such as massage, strengthening of opposite extremities to initiate cross over effect?' Once a clinician understands what they are looking to achieve, the use of **vibration therapy** becomes much more effective. Calf massage and circulation can assist in keeping blood flow going once the patient has been cleared of any risks of thrombosis. Strengthening of the other leg can be easily begun at an earlier stage than traditional exercise.

Vibration does increase muscle activation

The study was unclear that vibration therapy initiated muscle activity. Other recent studies do indeed show greater muscle activation. Using WBV can be very helpful in generating muscle activity, particularly the buttocks and quadriceps.

USB Flash Drive - User's Programs

Users can define six different programs with the provided USB flash drive. This is a Windows program only. If you are using a Mac you will need to borrow a friend's computer or take the flash drive to your local library to make the modifications to meet your requirements.

Setting the flash drive programs.

1. Insert the Flash Drive in a USP port and open the program by double clicking JT06B-1-USB.exe. If it doesn't come up for you automatically, use the Windows Explorer to find the Removable Disk. This will be listed under your Computer and after the C Drive. It will show a File Folder named BIN and the program JT06B-1-USB.exe.

The screenshot displays the JT06B-1-USB V1.0 software interface. At the top, there are six tabs labeled USER PRO 1 through USER PRO 6. Below the tabs, there are two main sections for configuring programs. Each section includes a table of parameters for 12 steps (STEP1 to STEP12) and a corresponding graph.

Program 1 Configuration (USER PRO 1):

STEP	1	2	3	4	5	6	7	8	9	10	11	12
SPEED:(Level)	20	40	25	55	5	60	0	40	25	60	50	0
TIME:(Second)	5	5	5	10	5	15	45	10	5	15	15	45

Program 2 Configuration (USER PRO 2):

STEP	1	2	3	4	5	6	7	8	9	10	11	12
SPEED:(Level)	20	40	25	55	5	60	0	40	25	60	50	0
TIME:(Second)	5	5	5	10	5	15	45	10	5	15	15	45

The graphs show the speed of spiral vibration and oscillation vibration over 12 steps. The 'Speed of Spiral Vibration/Step' graph shows a sawtooth pattern with peaks at steps 4, 6, 10, and 11. The 'Speed of Oscillation Vibration/Step' graph shows a similar pattern with peaks at steps 4, 6, 10, and 11. The 'Length of Step' graph shows the time duration for each step, with a peak at step 7.

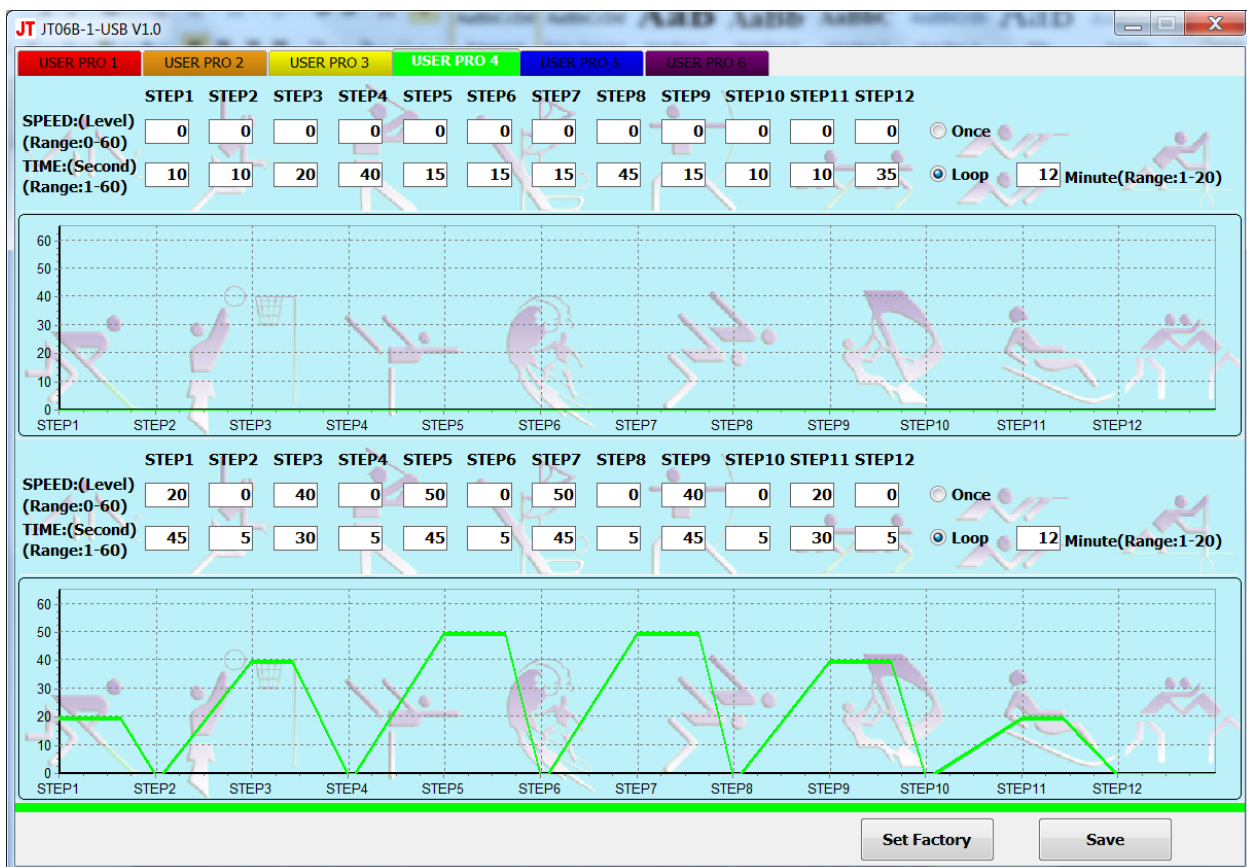
At the bottom of the interface, there are buttons for 'Set Factory' and 'Save'.

2. Select tab USER PROG 1 through USER PROG 6. You have 6 programs you can modify. If you want more than 6 you can obtain another flash drive from your local office supply or computer store. It does not need to have a large capacity. The one that came with your machine was only 15Mb. You can then copy from the original flash drive to the new one. You need to copy both the File Folder BIN and the program JT06B-1-USB.exe to the new drive.

- Fill in the values you want for spiral vibration in the top section and oscillation vibration in the bottom section. There are 12 speed settings in upper line Speed Range:0-60speed, The next line is the time corresponding to the speed on the first line (1 – 60 seconds).Note that when the value of the speed is 0 the vibration will be stopped'
- When the "ONCE" button is active, the corresponding vibration mode will be run only one time. When the "LOOP" button is selected the program will run through each of the 12 settings until the time value, placed in the minute field to the right, is reached. As you change the values in these fields you will see the changes in RUNNING SECTION. The height of the Graph indicate the speed, the width of the column indicate the time.
- Function Buttons access the data files. "Set Factory" button will restore the original values from the factory. With the USB flash drive in the computer the "Save" button will record the values changed and the machine will work according to the data which you set.
- Click on the tabs USER PRO 1 thru USER PRO 6 and you will notice how the programs change.

When you insert the flash drive into the slot above the left handle on the display panel, the flash drive takes over and you can now only select USER PRO 1 thru USER PRO 6 by pressing the P button on the display panel. If you want to use the manual program or the predefined programs you must remove the flash drive from the unit.

In the exercise portion of this manual there are references to setting specific programs. One of those was in the massage section. Below you will see how the USER PRO 4 is modified for a massage program using only the spiral vibration. This is using a different speed and time for different massages. For example, Step one might be for the Calves Massage and it will run for 45 seconds at speed twenty. The machine is now going to stop for 5 seconds while you change position. Now you want to do the Adductor Massage and it is going to increase speed up to 40 and decrease the time down to 30 seconds.



Other User Defined Programs

You might decide that on Monday you will want to focus your exercise on your Upper Torso. Here you might be doing Push Ups, Modified Push Ups, Dorsal, and Triceps Dip. All of these exercises require that you are on the floor in front of or sitting on the platform. It is going to be difficult to have the machine either stop for you to change position or to change the speed. Now you know how to do it.

Tuesday you might have a different set of exercises targeting a different area. Wednesday you might be doing still another set.

After you have run one of those programs you might want to do a set that you configured just for stretches and to end your session you will want to do some massages that you created like program 4 above.

As your progress in your routine, you will want to change the speed or the time in your programs and it will be very easy for you to make those modifications.

If another person in your family wants to have their own programs, why not just copy this program to a new USB flash drive and write their name on the flash drive for their use.