

# Strengthen & Tone!

## Shape & Tone Yours Legs & Butt



**Quadriceps Stretch**  
Place one shin on the vibration plate to ensure your foot remains on the plate. Keep your upper body and back straight. Tense your stomach. By pushing your pelvis forward, you will be stretching your quadriceps. Vary this exercise by pulling the rear leg forward.



**Calf Stretch**  
Stand sideways on the vibration plate with one leg in front of the other and toes facing forward. Slightly bend the front leg, while keeping the rear leg straight. Push the heel of the rear leg down and feel the tension in your calves. For variation, keep your back straight and push your pelvis forward.



**Calves**  
Stand centered on the vibration plate. Rise up on the balls of your feet. Keep your back straight and your abdomen tight. You will begin to feel tension in your calf muscles. For a variation, bend your knees to a 90 degree angle.



**Squat**  
Stand on the vibration plate with your feet spread apart at shoulder width. Keep your back straight and knees slightly bent. Gently squeeze your leg muscles. You will feel the tension in your quadriceps, buttocks & back.



**Deep Squat**  
Stand on the vibration plate with your feet shoulder width apart. Keep knees directly above your feet at a 100 degree angle. Gently bend the legs and squeeze leg muscles. Keep your back straight and chest up. This exercise helps strengthen the back, buttocks and legs.



**Wide Stance Squat**  
Stand on the vibration plate with your legs spread apart wide and your toes turned slightly outward. Keep the knees directly above your feet at a 100 degree angle. Gently bend your legs. You will feel tension in the back, buttocks, quadriceps and inner thighs.

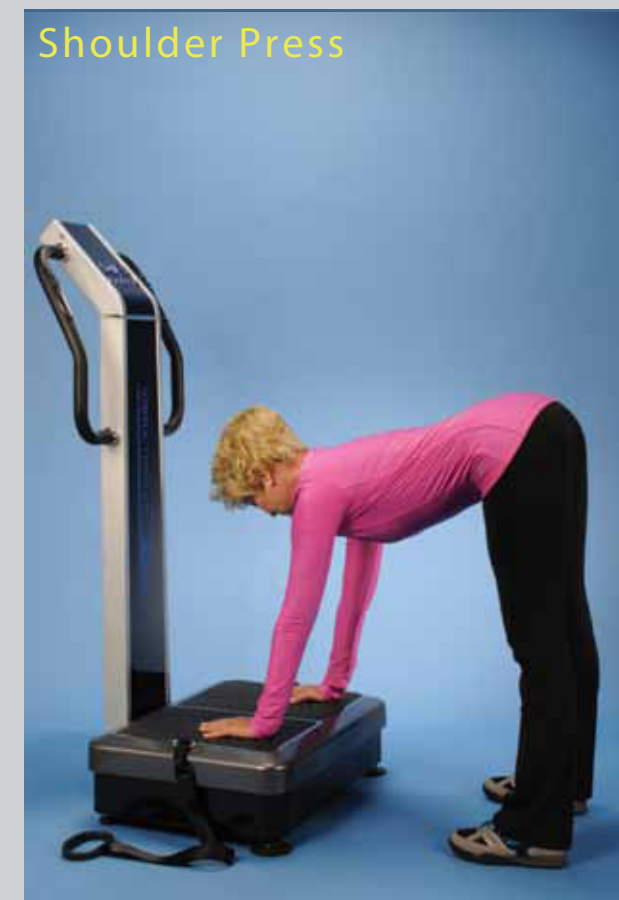
## Sculpt Your Arms



**Lunge**  
Place one foot in the middle of the vibration plate. Step back with your other foot, planting it firmly on the floor. Keep your back straight and keep your front knee behind your toes. Squeeze leg muscles. You will feel tension in your hamstrings, quadriceps and buttocks.



**Triceps Dip**  
Facing away from the vibration plate, firmly grip the edge. Push your body upwards. Bend your arms slightly and lower the hips, squeezing the shoulder blades together. You will feel the tension in your upper arms and shoulders. For variation, keep your legs straight.



**Shoulder Press**  
Position your body parallel to the vibration plate with your hands shoulder width apart. Keep legs and back straight with your head raised. With slow and controlled movements, push your slightly bent arms toward the vibration plate. Return to the starting position and repeat.



**Push Ups**  
Kneel in front of the vibration plate, placing your hands on the plate shoulder width apart. With a straight back and a strong abdomen, push off the vibration plate platform. This exercise will strengthen your chest, shoulder muscles and triceps. For variation, straighten your legs and lift your knees.



**Push Ups Advanced**  
Kneel in front of the vibration plate, placing your hands on the plate shoulder width apart. With a straight back and a strong abdomen, push off the vibration plate platform. This exercise will strengthen your chest, shoulder muscles and triceps. For variation, straighten your legs and lift your knees.



**Arm Toner**  
Stand facing the vibration plate with knees slightly bent. Adjust the straps so elbows are bent when straps pulled taut, do not pull on the straps. Instead, tighten the muscles of the upper arm using the straps for resistance. This exercise strengthens and tones the arms and upper back. For variation, straighten your legs and adjust the straps, so your arms are straight.

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**V-Crunch Variation**  
Sit on vibration plate. Hold the handles and slowly raise your legs off the floor. Start with one leg. Build strength to higher lifts. Then, add two legs. Do not lean against tower. Use abdominal muscles to lift legs and sit tall. For variation, do 'scissor' movements back and forth or 'bicycle' while pedaling with bent knees. To intensify, sit off to one side of plate and increase speed. Repeat on other side.



**Advanced V-Crunch**  
Sit on vibration plate. Lift legs and arms up into air. Hold for just a few seconds and release. Do not lean against the tower. Sit tall. This advanced pose tones core muscles in abdomen and exercises good balance.



**Abdominal Crunch**  
Place a pillow under your back and raise your knees above your hips. Place your hands under your head for support, making sure to keep your elbows parallel with the floor. Crunch your upper body towards your legs. Ensure your buttocks and lower back do not lose contact with the plate.



**Lower Abdominals**  
Brace yourself on your elbows. Hold onto the front edge of the vibration plate. With a straight back, pull up your buttocks slowly as if you wanted to pull the plate towards your feet. Feel the abdominal area tension. To vary this routine, perform the same exercise from a kneeling position.



**Lateral Abdominals**  
With one foot directly behind the other, place one elbow on the vibration plate and turn sideways. Keep your head, torso and legs in a straight line and tighten your torso. This exercise works the lateral abdomen. To vary this exercise, push your hips upward at the same time.



**Arm Release & Strengthen**  
Stand on the floor facing the vibration plate. Hold the straps taut. Do not pull the machine towards you. Tighten your arm muscles equally. This helps release tension and strengthens the arms, wrists and hands.

## The Ultimate Relaxation & Massage!



**Lower Back Relaxation**  
Sit on the floor facing away from the vibration plate with your legs spread apart. Place a cushion between your body and the vibration plate. Hold the edges for support. Relax during the vibration. This is targeted primarily for the lower back.



**Shoulder & Neck Relaxation**  
Kneel down in front of the vibration plate with your arms outstretched. Keep your back and neck straight. Pull your upper body back while resting your arms on the plate. This exercise will relax your neck and shoulder areas.



**Back Relaxation**  
Sit in the center of the vibration plate placing a cushion under your buttocks with your legs spread apart. Allow your upper body to lean forward. You will feel a relaxing vibration in the back, hip and thigh areas.



**Feet & Leg Relaxation**  
Place a chair close to the vibration plate. Sit down on the chair and put your legs in the center of the base plate. This exercise improves circulation in your legs and feet.



**Upper Back Release**  
Standing upright on the floor facing away from the plate with your arms straight and behind the body, lift chest and sternum toward ceiling. Tighten the muscles of your arms. Rotate arms slowly to feel relief of tension in upper back and between shoulder blades. For variation, stand further away from plate until arms are straight back. Pull arms out towards sides behind you and tighten arm muscles. Do not pull the machine towards you.



**Lower Back Release**  
Stand leaning over the vibration plate tower with feet wide and heels extended 1/3 off the plate. Send the hips to the wall behind, while lengthening the lower back. Adjust speed higher according to your tolerance level and needs. This is an excellent lower back release/relaxation pose and it tones the hips and thighs. Lift the chin if the head is vibrating too much.



**Abductor Massage**  
Lie on your side facing the vibration plate. Slightly bend one leg and rest it on the vibration plate. Make sure your body does not touch the plate. Repeat the massage with your other leg.



**Upper Arm Massage**  
Lie sideways facing the vibration plate with your legs slightly bent. Rest one arm on the vibration plate and relax.



**Calf Massage**  
Lie in front of the vibration plate with both calves on the plate. Keep your toes pointing towards the ceiling. The rest is easy. Simply relax and enjoy an invigorating calf massage.



**Thigh & Buttocks Massage**  
Position your legs and half of your buttocks on the vibration plate. Put your calf close to the stand post. This exercise will provide a pleasant loosening on your legs and bottom buttocks. To vary, move your buttocks onto the vibration plate.



**Front Thigh Massage**  
Position yourself with the front of your thighs on the vibration plate. Lean your feet slightly against the console. This is a pleasant massage for the front thighs and hip flexors.

**10 Minutes**  
= 1 hour gym workout

### Exercise Suggestions

- Beginners should start on a low speed until your body adjusts to the vibrations.
- Select 10 positions. Hold each position for one minute.
- Do not exercise on a full stomach.
- Drink plenty of water

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