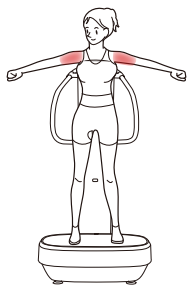


NAMI ADVANCED TRAINING PROGRAMS

The combination of the Nami Sonic Wave Vibration's specific frequency and exercise techniques are calibrated to provide the highest intensity workout, to yield maximum results for each specific part of the body.



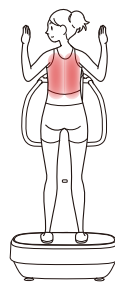
Shoulder | Back | Trapezius

Pg. 28



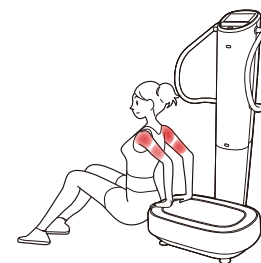
Shoulder | Chest | Arms

Pg. 29



Upper | Lower Back | Lateral

Pg. 30



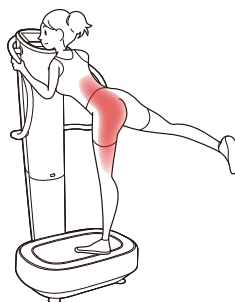
Arms | Forearms | Tricep

Pg. 31



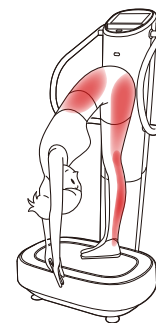
Abdominal | Obliques | Lower Back

Pg. 32-33



Legs | Quads | Buttocks | Lower Back

Pg. 34



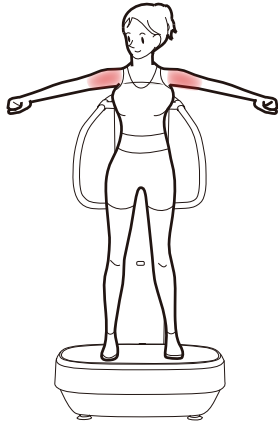
Legs | Calf | Buttock

Pg. 35

NAMI ADVANCE TRAINING PROGRAMS

SHOULDER | BACK | TRAPEZIUS

Follow these techniques to provide a targeted intense workout that will develop shoulder, back, and trapezius muscles. (Note: Set frequency level and desired intensity level accordingly)



LATERAL RAISE | E1

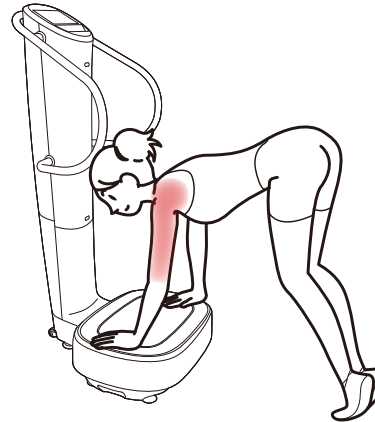
5 ~ 6 Frequency

Exercise:

Take a square stance on the plate, open and extend arms to shoulder level. Raise arms up and down for 3 seconds repeatedly while maintaining elbows and hands in parallel with the floor, as if you move entire arms.

Tip:

Don't raise arms above your shoulders. Don't touch legs with your hands. Always maintain tension in your shoulders.



SHOULDER PRESS | E2

5 ~ 6 Frequency

Exercise:

Stand on the floor facing the plate, bend the upper body and put hands on the plate with fingertips facing each other toward center of the plate.

Tip:

Raise heels to position shoulders and hands in a vertical line.

NAMI ADVANCE TRAINING PROGRAMS

SHOULDER | CHEST | ARMS

Follow these techniques to provide a targeted intense workout that will develop shoulder, chest, and arm muscles.
(Note: Set frequency level and desired intensity level accordingly)



CHEST STRETCHING | E3

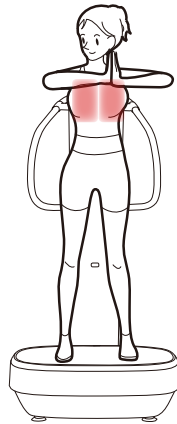
10 ~ 14 Frequency

Exercise:

Extend elbows toward outside of footrest, lie face down on the plate, and take a push-up pose. Place palms on the plate and exert force through your hands.

Tip:

Head must face sensor, arms must be perpendicular to platform. Put your weight into your arms. Make sure your waist is straight.



PUSH EACH HAND | E4

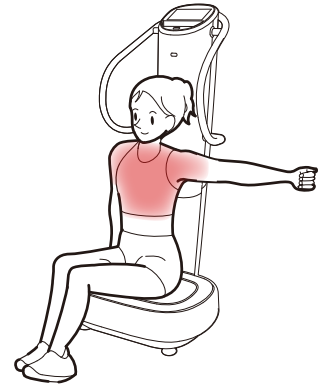
9 ~ 13 Frequency

Exercise:

Raise elbows to shoulder level, place hands in front of the face with the palms touching each other. (similar to praying pose). Push each palm into each other and move them left and right alternately, without twisting body.

Tip:

Do not move hands beyond the shoulders.



PECTORALIS STRETCHING | E5

8-12 Frequency

Exercise:

Sit on the plate edge with waist and back in line. Stretch one arm backward, with the arm parallel to the floor. Push your chest forward to extend chest muscles and arm muscles.

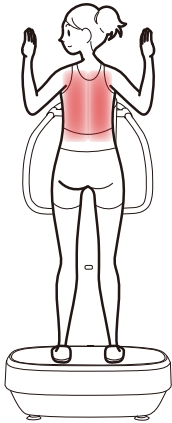
Tip:

Keep facing forward while maintaining a straight back, not tilting or twisting.

NAMI ADVANCE TRAINING PROGRAMS

UPPER BACK | LOWER BACK | TRAPEZIUS

Follow these techniques to provide a targeted intense workout that will develop upper back, lower back, and lateral muscles.
(Note: Set frequency level and desired intensity level accordingly)



PULL DOWN | E6

13~18 Frequency

Exercise:

Raise hands to the sky with arms open. Open your chest, push the shoulder blades toward the center of the back and maintain their tension, and then push elbows down. Again, point hands toward the sky, bring arms down to elbow level and repeat.

Tip:

Open your chest wide whilst pinching your shoulder blades.



BACK ROWING | E7

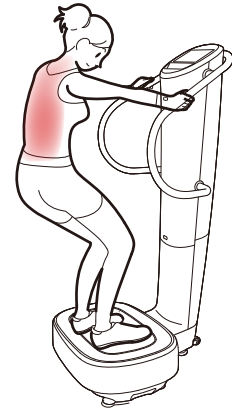
13~18 Frequency

Exercise:

Stretch arms forward, parallel to shoulder level with hands facing down. Push the shoulder blades toward center of the back while maintaining forearms in parallel with the floor, and then bring elbows back.

Tip:

Open your chest wide whilst pinching shoulder blade. Keep arms horizontal.



PECTORALIS STRETCHING | E8

8-12 Frequency

Exercise:

Take a square stance and hold the handles. Push your back backward as much as possible while trying to make your back convex outward, bending knees. Extend arms holding the handle and tuck chin towards chest.

Tip:

Place feet towards the front of the platform. Move your upper body backward as you pull the handle.

NAMI ADVANCE TRAINING PROGRAMS

ARMS | FOREARMS | TRICEP

Follow these techniques to provide a targeted intense workout that will develop arms, forearms, and tricep muscles.
(Note: Set frequency level and desired intensity level accordingly)



TRICEPS DIP | E9

11 ~15 Frequency

Exercise:

Sit on the edge of the plate facing forward, holding edges with your hands. Pull hips forward off of the plate edge, bend elbows. Support your weight with your arms.

Tip:

When bending elbows, move your body down, do not raise shoulders.



PRAY EXERCISE | E10

6 ~9 Frequency

Exercise:

Sit down on the plate with legs crossed, keep waist and back straight, and hold hands in front of your chest with forearms parallel with the floor. Push hands right and left alternately without moving their location in front of chest, while tilting fingertips.

Tip:

Keep back straight and elbows up.



WRIST STRETCHING | E11

13 ~16 Frequency

Exercise:

Kneel down on the floor facing the plate, and put hands on the plate. Turn wrists around for your fingertips to direct to you, push hips backward to extend the muscles in and around your wrists.

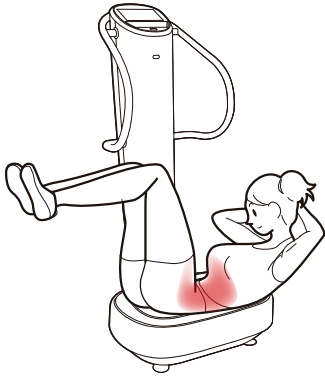
Tip:

Keep hands firmly on the plate. Keep back straight.

NAMI ADVANCE TRAINING PROGRAMS

ABDOMINAL | OBLIQUES

Follow these techniques to provide a targeted intense workout that will develop abdominal and oblique muscles.
(Note: Set frequency level and desired intensity level accordingly)



CRUNCH | E12

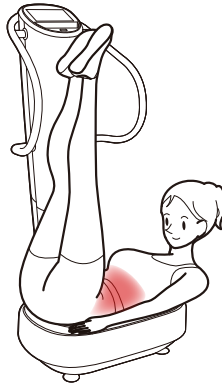
10 ~ 14 Frequency

Exercise:

Lie down on the plate, hold your head with your hands, bend your knees about 90 degrees, and pull your legs up toward your upper body. Raise shoulder blades from the plate, pulling chin inward while looking at belly button.

Tip:

Put buttock towards edge of platform. Keep thighs 90 degree. Keep hands to side of knees.



LEG CIRCLE | E13

11 ~ 14 Frequency

Exercise:

Lie down on the plate, put together and raise legs to a vertical position while keeping knees straight. Keeping knees and feet close to each other, rotate legs together.

Tip:

Put buttock towards edge of platform. Keep legs 90 degree. Keep hands to side of knees. Make sure arms are in position of the sensor.



OBLIQUE STRETCHING | E14

18 ~ 22 Frequency

Exercise:

Take a square stance on the plate center, raise arms up above your head, hold hands and keep elbows straight. Push pelvis left and right.

Tip:

During exercise, keep your whole body straight without pulling hips back.

NAMI ADVANCE TRAINING PROGRAMS

ABDOMINAL | LOWER BACK

Follow these techniques to provide a targeted intense workout that will develop abdominal and lower back muscles. (Note: Set frequency level and desired intensity level accordingly)



HORIZONTAL ROTATION | E15

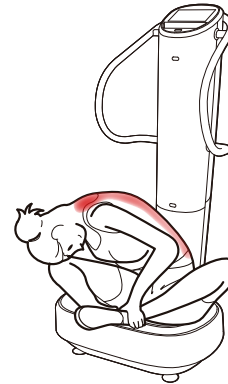
18 ~ 22 Frequency

Exercise:

Take a square stance on the plate center, bend elbows to 90 degrees, and raise arms up to shoulder level, parallel to the plate. Rotate upper body, while maintaining horizontal balance of your pelvis.

Tip:

Maintain stance balance when rotating upper body, without having knees twisted or upper body tilted.



VERTEBRA STRETCHING | E16

11 ~ 15 Frequency

Exercise:

Sit down on the plate center, bend knees to have feet touching. Pull chin down toward your chest, bow head down to the plate to make your back convex outward.

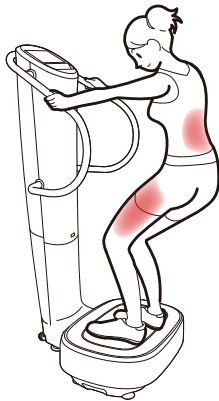
Tip:

Make sure hips are not lifted from the plate when bowing head down.

NAMI ADVANCE TRAINING PROGRAMS

LEGS | QUADS | BUTTOCKS | LOWER BACK

Follow these techniques to provide a targeted intense workout that will develop legs, quads, buttock, and lower back muscles. (Note: Set frequency level and desired intensity level accordingly)



SQUAT | E17

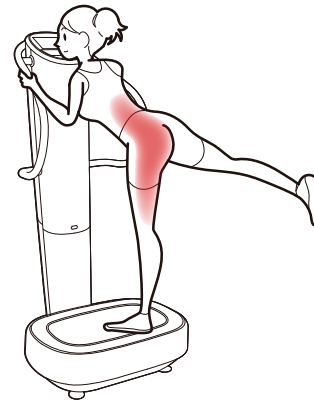
12 ~ 16 Frequency

Exercise:

Take a square stance in the center of the plate, hold handle, straighten your back, and bend knees as if you are sitting down. Push hips backward, keeping knees in range of your toes, and squat without bending your back.

Tip:

Make sure feet are firmly planted on platform. Hold top portion of handle. Push buttock out and straighten back.



T-BALANCE | E18

13 ~ 17 Frequency

Exercise:

Stand on the plate center, hold handle with hands, raise one leg backward, and push upper body forward, until T-shape is made. Keep the knee of the supporting leg extended, put your body weight into the heel, and hold the handle to maintain balance.

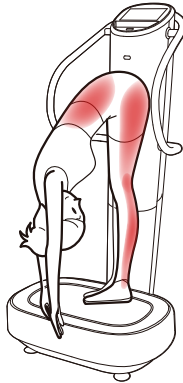
Tip:

Keep raised leg straight.

NAMI ADVANCE TRAINING PROGRAMS

LEGS | CALF | BUTTOCK

Follow these techniques to provide a targeted intense workout that will develop legs, calf, and buttock muscles.
(Note: Set frequency level and desired intensity level accordingly)



BODY STRETCH | E19

15 ~ 20 Frequency

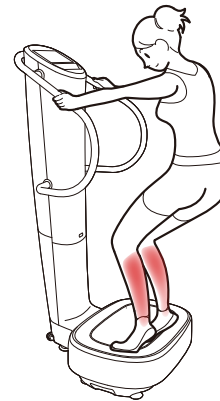
Exercise:

Stand on the plate center with feet together, and lower upper body downward.

Pull your chin to the chest and make your back convex outward in order to stretch your body from head to waist as much as possible.

Tip:

Don't bend knees. Shift body weight to your heels.



CALF RAISE | E20

12 ~ 18 Frequency

Exercise:

Take a square stance on the plate center, hold the handle and bend the knees as if you are sitting down. Raise feet up about 50 degrees from the plate, maintaining body balance by holding the handle.

Tip:

Bend knees. Lift up heels. Keep back straight. Hold top portion of bar.