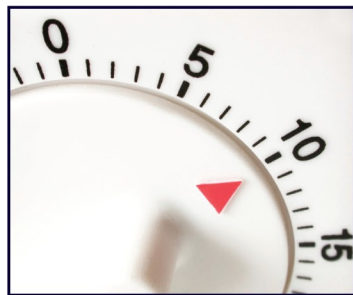


FULL BODY VIBRATION

FBV POSITIONS

Here are some various positions you can perform on the Full Body Machine, which will target specific muscle groups.



Get FIT and stay HEALTHY in just 10 minutes per day!

*Vibrant Health & Wellness, Inc. /Full Body Vibration (FBV) is not intended to diagnose, treat, or cure any disease. Even though Full Body Vibration may be safe for everyone, it may not be safe for some people with certain medical conditions.

Who Should Use Caution with Full Body Vibration (FBV)? Most adults from the physically fit to the sedentary can use FBV. While the following list of medical conditions is not complete, we strongly advise that you consult with your physician before using FBV if any of the following conditions apply to you. This does not mean that if you are suffering from any of the conditions on the list, you could never use FBV. In a number of cases, it is highly recommended to integrate vibration training in a treatment plan under the medical advice of a doctor, specialist, or physiotherapist. These cases include, but are not necessarily limited to: pregnancy, pulmonary embolism, acute hernia, discopathy, spondylolysis, acute thrombosis, severe diabetes, known neurological conditions, migraines, epilepsy, pre-existing deep vein thrombosis, cardiovascular disease, recent infections, pacemaker and implantable cardioverter defibrillators, those undergoing cancer treatments (chemotherapy/radiation) or who have tumors, known retinal conditions, recently placed IUD's, metal pins or plates, recently recovering from an operation or surgery such as a hip or knee replacement, or poor somatosensory receptor sensitivity on the plantar surfaces of the feet. If you are experiencing other symptoms, brief or long-term conditions, or are on medication, consult your physician before beginning a vibration therapy regimen.

VIBRANT HEALTH & WELLNESS INC

SQUAT



This position builds strength to the quadriceps, knees, and lower extremities.

Bend your knees and keep them in line with second and third toes.

FORWARD DEEP BEND



This advanced posture lengthens hamstrings, lower back, and gluteal muscles.

Place your feet hip-width apart, lengthen through spine, relax head and neck toward floor, tuck chin under. To reduce strain on lower back, bend your knees.

ONE-LEGGED STANCE



This great leg strengthener promotes focus and balance, and opens up hips.

Place your foot above or below your knee, keep hips level, and turn knee out to the side.

FREE WEIGHT



Using free weights can help increase additional muscle tone.

GENTLE PUSH-UP



This position strengthens the upper body, triceps, chest, and pectoral muscles while helping to create more flexibility in the wrists.

Keep your elbows tucked in toward the body. You can either raise your feet or keep them on the floor.

ADVANCED PUSH-UP



This advanced push-up position strengthens your upper body and stimulates a wider range of movement in the shoulders.

Keep body straight and core muscles tightened for extra intensity.

REVERSE PUSH-UP



This position strengthens the core of the body, contracts abdominal and oblique muscles, tones arms, develops power and mobility in wrists, and promotes flexibility.

Spread fingers wide apart, keep hands directly under shoulders, keep elbows straight, and look toward the floor.

ADVANCED TRICEP CURL



This position strengthens the entire body, while opening up the chest and working deep into the shoulder region.

Lengthen through inner thighs and buttocks. Lean head back, but if this makes your neck uncomfortable, tuck your chin under slightly while looking straight ahead.

NECK RELEASE



Place your feet hip-width apart, place hands at least shoulder-width apart, relax your neck, and tilt head toward the floor.

SIDE ANGLE LATERAL EXTENSION



This external hip rotation strengthens quadriceps while massaging thighs and buttocks.

Keep bent knee directly over ankle, back foot should be parallel to the front of platform, keep top shoulder back and lengthen through both sides of your torso.

DEEP LUNGE



This position strengthens the quadriceps in both legs while working into the psoas muscles and increasing hamstring flexibility.

Keep your front knee on top or behind ankle. You can hold the handles for balance, if needed.

SIDE LUNGE



This position strengthens arms, stretches legs and ankles, and opens the shoulders, chest and lungs.

Relax your shoulders and extend through fingers. Place bent knee on top of ankle with toes pointing in same direction as knee, and lengthen through your torso.

HIP LIFT



This position strengthens the back and opens chest and sternum.

Keep your neck straight, relax shoulders, draw up through inner thighs and buttocks.

TRICEP CURL



This position strengthens the triceps, biceps, pectoral, and deltoid muscles opening up the front of the body.

Feet should be placed hip-width apart with toes turned in slightly. Keep your chin parallel to the floor and look straight ahead. It can also be done as an active posture by raising and lowering your hips.

CALF MASSAGE



This position soothes tired feet and legs. Great after standing for long periods or after a run.

Relax your upper body and lengthen back of the neck along the floor. Allow yourself to feel the grounding of this posture.

ABDOMINAL STRENGTHENER



This position strengthens and tones the abdominal area and lower back muscles, and improves balance.

Start with your feet on the floor, then slowly raise your legs with thighs on either side of central tube. Keep your shoulders back, chest forward, and lower back straight. You can hold the handles if you need extra support.