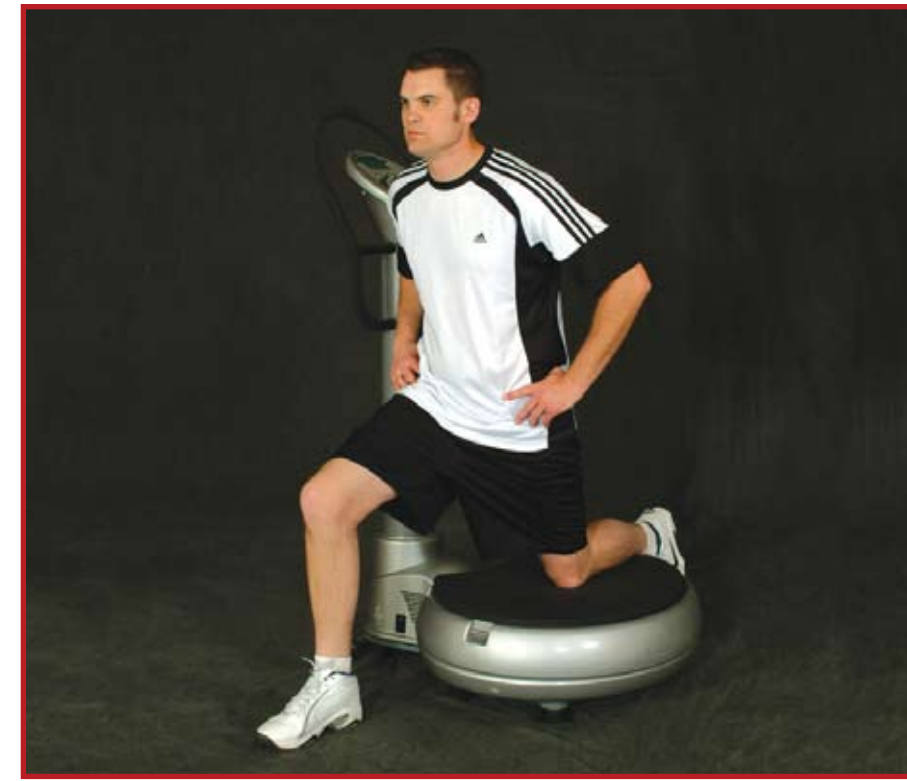


# WHOLE-BODY VIBRATION

## STRETCHING



**HAMSTRING STRETCH**  
Stand on center of platform facing away from machine, feet hip-width apart, knees slightly bent, push Start button and slowly bend forward at the waist extending hands to feet, relaxing head and chin into chest. Maintain controlled breathing while holding position.



**QUADRICEPS / HIP STRETCH**  
Place mat on platform. Facing one side to machine, kneel on platform with outside leg. Inside leg is forward in lunge position, both legs bent to 90-degrees. Engage abs, press Start and maintain controlled breathing while holding position and stretching forward. Repeat with other leg.



**ADDUCTOR STRETCH**  
Keep one straight leg on the platform. Press Start and lean weight to opposite leg until stretch is felt. Maintain controlled breathing and move slowly with control. Repeat with other leg.



**GROIN STRETCH**  
Place mat on platform. Facing away from machine, sit in center of platform, knees bent outward with soles of feet together. Sit tall, engage abs and maintain neutral head and spine. Press lower start button on frame and apply gentle downward pressure on knees with hands. Maintain controlled breathing while holding position.



**GLUTE STRETCH**  
Sit sideways on platform, dropping outside leg and bringing knee to the ground. Inside leg remains on platform, slightly bent. Bend forward at the waist, press lower Start button on frame and maintain controlled breathing while holding position. Repeat with other leg.



**SHOULDER STRETCH**  
Place mat on platform. Kneel in front of platform and press lower Start button on frame. Bend forward at waist, placing elbows on edge of platform with arms bent. Slowly lower torso and head toward floor keeping elbows on the platform. Maintain controlled breathing while holding position.

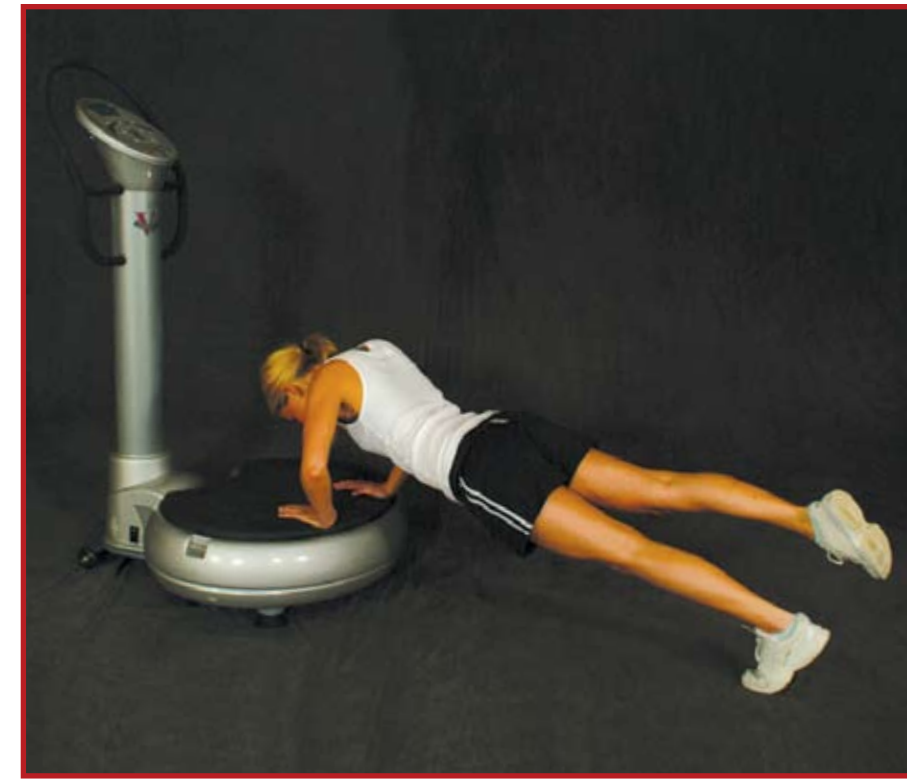


**PECTORALIS STRETCH**  
Place mat on platform. Kneel in front of platform with side facing device. Press lower Start button on frame. Place upper arm on machine and hold passively. Maintain controlled breathing while holding position. Repeat with other arm.

## CORE



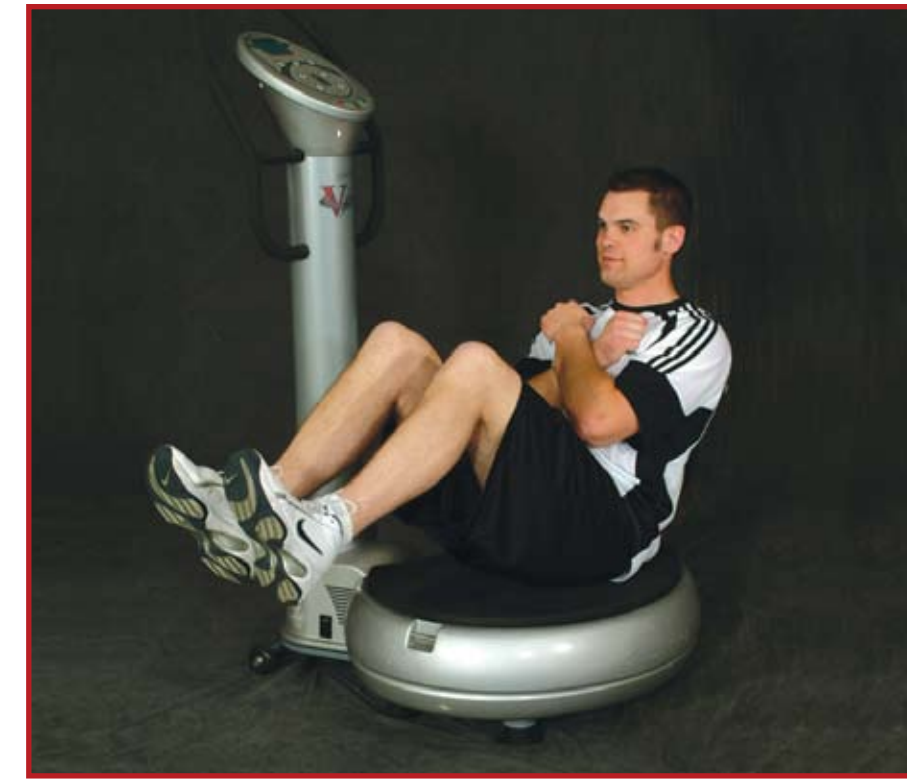
**LOWER ABDOMINALS**  
Place mat on platform. Facing machine, elbows on platform shoulder-width apart. Engage abs, glutes and hamstrings while moving into extension. Press lower Start button on frame, maintaining controlled breathing.



**SINGLE-LEG PLANK**  
Place mat on platform. Facing machine, hands on platform shoulder-width apart. Rise to plank position with one leg on floor, chest over hands. Arms are extended, maintaining a straight spine and engaging abs. Press lower Start button on frame, maintaining controlled breathing. Alternate legs.



**LEG LIFTS**  
Place mat on platform. Sit on platform facing away from machine, legs extended out in front. Holding frame for support, press lower Start button on frame and slowly raise and lower both legs together. Maintain controlled breathing.



**CRUNCHES**  
Place mat on platform. Sit on platform facing sideways, engage abs and lift feet off floor. Knees are bent and hands crossed over chest. Press the lower Start button on frame and maintain controlled breathing while holding position. For dynamic exercise, slowly extend and return to start position.



**DIAGONAL CRUNCH**  
Place mat on platform. Sit on platform facing sideways, engage abs and lift feet. Press lower Start button on frame. With hands behind head, abs engaged, bring right elbow toward left knee. Maintain controlled breathing while holding position. Repeat bringing other elbow to opposite knee. For dynamic exercise, slowly alternate bringing elbows to opposite knees.



**SIDE PLANK**  
Place mat on platform. Facing one side, place forearm in center of platform and rest other arm at side. Feet placed one in front of other. Hips, torso and upper body form straight line, engaging abs. Press lower Start button on frame and maintain controlled breathing while holding position. Alternate sides.

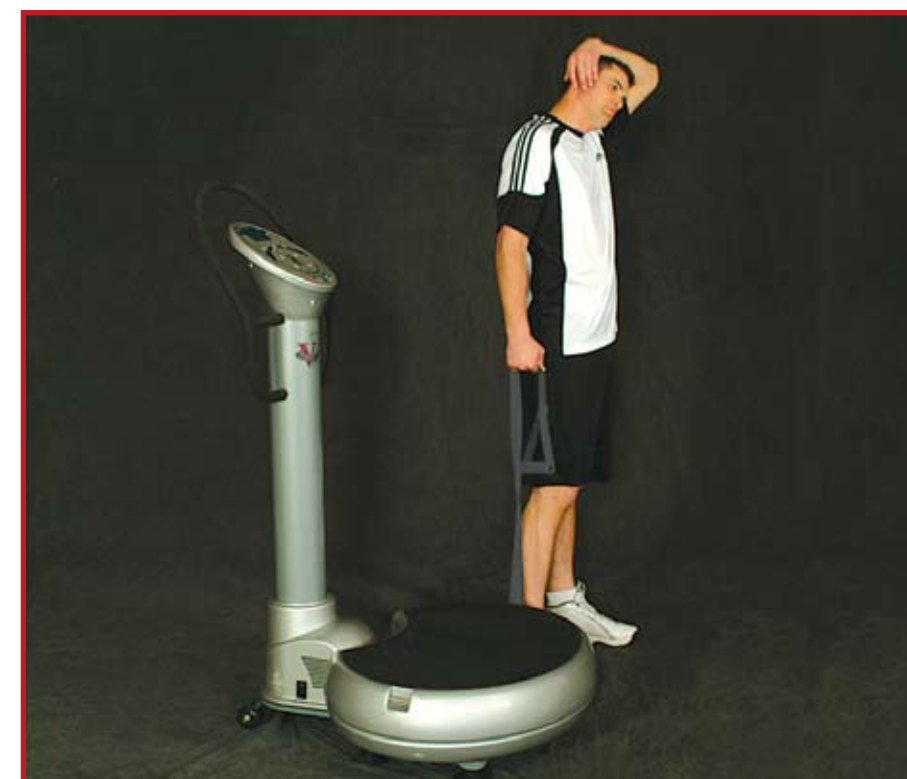


**KNEELING OPPOSITE LEG/ ARM EXTENSION**  
Place mat on platform. With both knees and palms on platform facing sideways, press lower Start button on frame, engage abs and extend one arm and the opposite leg, maintaining neutral head and spine. Ensure controlled breathing while holding position. Alternate arm and leg.

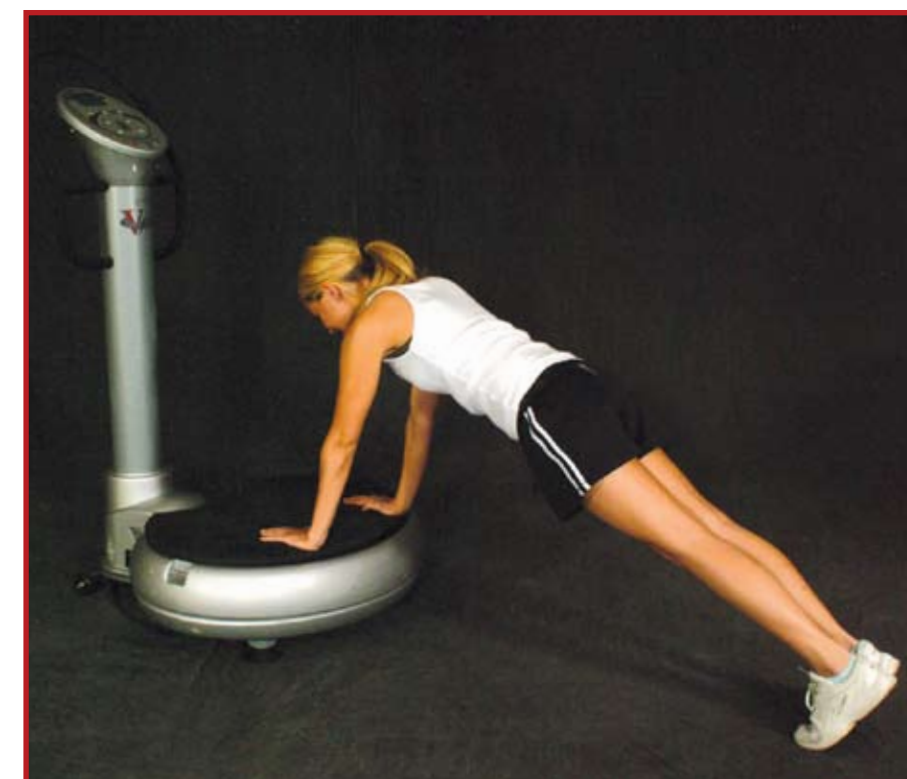
## UPPER BODY



**PUSH UP**  
Place hands on platform, shoulder width apart. Extend to plank position on toes, chest over hands. Arms are extended, maintaining a straight spine and engaging abs. Press lower Start button on frame and maintain controlled breathing while holding position. For dynamic exercise, slowly lower body and return to start position.



**UPPER TRAPEZIUS**  
Stand on floor with side toward machine. Adjust strap to waist height. Press Start. While holding strap in one hand, gently lean away from machine engaging the shoulder and neck muscles. Lateral neck stretch may also be used by stretching neck laterally with opposite hand. Do not over stretch. Maintain controlled breathing while holding position. Repeat other side.



**SHOULDER-GIRDLE STABILIZATION**  
Place mat on platform. Facing machine, hands on platform shoulder width apart. Extend to plank position on toes, chest over hands. Arms are extended, maintaining a straight spine and engaging abs. Press lower Start button on frame and maintain controlled breathing while holding position. For dynamic exercise, slowly protract and retract shoulder blade.



**MIDDLE ROW**  
Stand on floor facing machine. With feet hip-width apart, stand in 130 degree squat. Adjust upper body straps to waist height and slide bar through loops. Press Start, engage abs and pull backward, leading with elbows. Maintain controlled breathing while holding position.



**FRONT RAISE**  
Stand on floor facing machine, feet hip width apart, set upper body straps between hip height and shoulder height, press Start button. Arms extend straight out in front, engaging deltoids by maintaining tension on straps throughout exercise. Maintain controlled breathing while holding position.



**TRICEP DIP**  
Place mat on platform. Sit on platform edge facing away from machine with legs extended, heels on the floor. Press lower Start button on frame, shift body off platform and lower until elbows are bent 90 degrees. Maintain controlled breathing while holding position. For dynamic exercise, slowly lower body and return to start position.



**BICEP CURL**  
Stand off platform facing the machine. Adjust upper body straps to elbow height. With feet hip-width apart, stand in a 130 degree squat, engage abs and maintain neutral spine. With a strap in each hand, palms face up, arms bent to 90 degrees, elbows close to sides, pull straps toward shoulders. Press Start and maintain controlled breathing while holding position.

## LOWER BODY



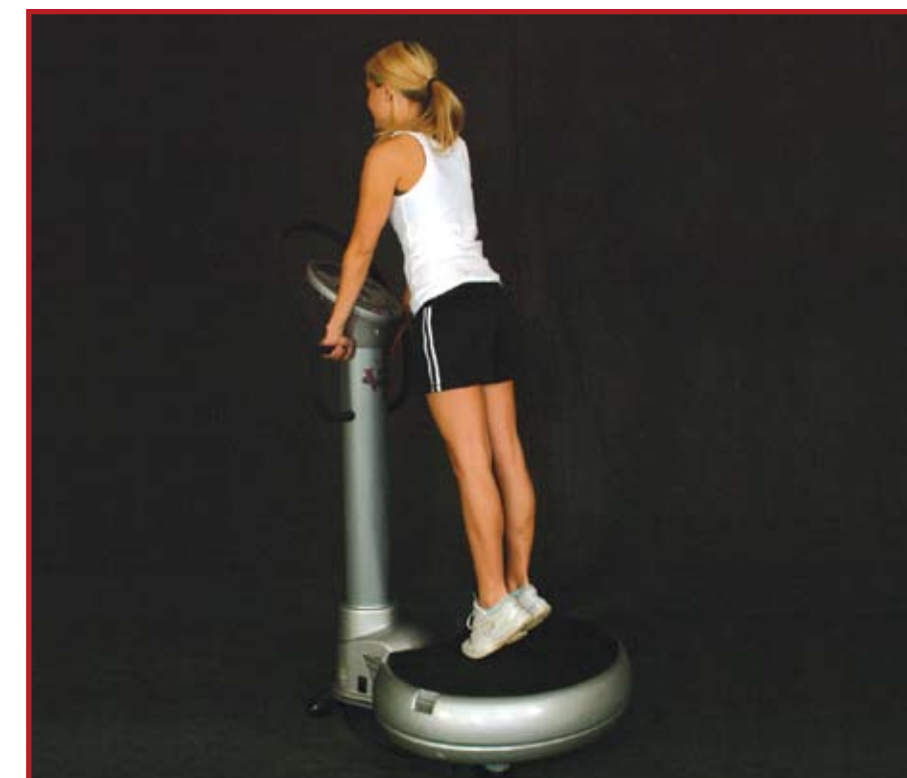
**STEP UP / STEP DOWN**  
Facing one side to machine, standing with feet hip-width apart. Engage abs, press Start and slowly step forward on to platform and follow with second foot. Step back down with lead foot and follow with second. Alternate step-off leg and maintain controlled breathing.



**SQUAT**  
Stand on platform, feet hip-width apart in 130-degree squat, engage abs and maintain neutral head and spine. Press Start and maintain controlled breathing while holding position. For dynamic exercise, extend upward, always keeping knees slightly bent, and lower to squat position slowly.



**SINGLE-LEG SQUAT**  
Stand on platform sideways with outside foot in center of platform. Bend knee to 130 degree squat with other foot off platform in front for balance. Engage abs and maintain controlled breathing while holding position. For dynamic exercise, lower to 90 degree squat and extend slowly.



**STRAIGHT-LEG CALF RAISE**  
Stand on platform, feet hip-width apart with straight legs. Rise up on toes, engage abs and maintain neutral head and spine. Press Start and maintain controlled breathing while holding position. For dynamic exercise, rise to toes and lower slowly, keeping heels off the platform.



**UNSUPPORTED CALF RAISE**  
Stand on platform, feet hip-width apart in 130 degree squat. Rise up on toes, engage abs, maintain neutral head and spine, and release handles. Press Start and maintain controlled breathing while holding position. For dynamic exercise, rise to toes and lower slowly.



**LUNGE**  
Standing with one foot on platform and one foot on the floor, press Start and slowly bend at the hips, knees and ankles until reaching desired level. Maintain controlled breathing and posture while holding position. This may also be done as a dynamic exercise.

**TREATMENT PARAMETERS**

Frequency: 30Hz  
Amplitude: Low  
Treatment / Rest Times (seconds)  
30s / 90s beginner  
30s / 60s intermediate  
30s / 30s advanced  
Total Treatment: 3-10 min.

Not all exercises are appropriate for all patients. For treating specific conditions and/or reviewing the list of contraindications, please refer to VIBRATION THERAPY APPLICATION'S MANUAL BY J. STEPHEN GUFFEY, PT, ED. D.

**GENERAL INSTRUCTIONS**

To avoid possible injury:

- Do not lean back on the heels during treatment.
- Do not straighten the legs when standing on the platform.
- Rubber-soled shoes are recommended during treatment.
- Use contoured mat when not wearing shoes.