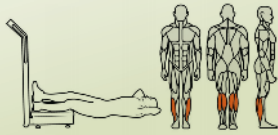


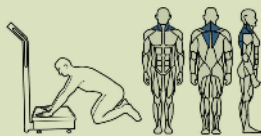


MASSAGES

1 Calf Massage



2 Shoulder & Neck Relaxation

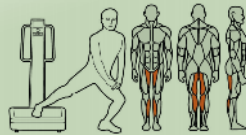


3 Upper Arm Massage

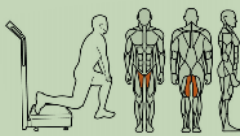


STRETCHES

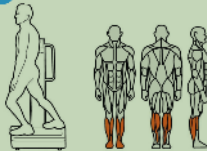
1 Adductor Stretch



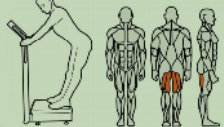
2 Quadriceps Stretch



3 Calf Stretch

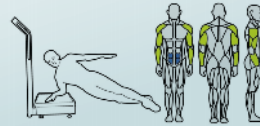


4 Back Thigh Leg Stretch



POWER EXERCISES

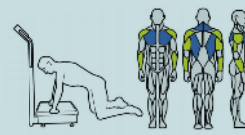
1 Side Abdominal



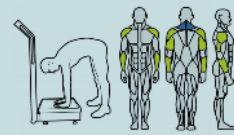
7 Triceps



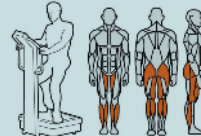
2 Push Ups



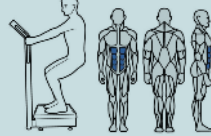
8 Shoulder Press



3 Wide Squat



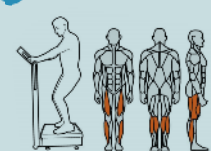
9 Standing Abdominal



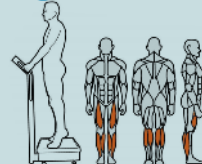
4 Lunge



10 Squat



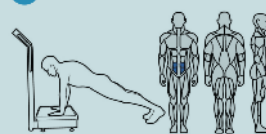
5 Calves



11 Deep Squat



6 Lower Abdominal



IMPORTANT INFORMATION:

- Never rest your head, abdomen, chest or spine on the vibration platform.
- Begin training in the manual mode, and increase speed gradually in order to increase the body's tolerance for stretch-reflex stimulation.
- To increase the vibration effects experienced by the body, set feet further apart. To decrease, set feet closer together.
- Not suitable for users under 18 years of age.
- Speed settings above 50 is suitable for intense workout and professional training.
- Do not use the machine longer than 20 minutes per session to prevent excessive muscle stimulation.
- Please consult the user manual for usage notes and other warnings.
- Consult a physician before beginning any new exercise routines.

Oscillation Spiral



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Disclaimer: Before beginning any exercise program, consult with your healthcare professional to design an appropriate exercise prescription and to avoid the potential harm of doing any inappropriate exercises for a particular problem. If you have any injury, disease, disability or other concern about starting an exercise program, consult your healthcare provider first. If you experience any pain or difficulty with any exercises, stop immediately.