

# FULL BODY VIBRATION™

by VIBRANT HEALTH & WELLNESS, INC.

This chart suggests user guidelines and illustrates various positions that may help target specific muscle groups while using the Full Body Vibration machine.



**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. If you have any medical conditions, consult your physician prior to engaging in any full body vibration activity.

**Who should use safety precautions?** Please refer to the safety precautions on our website or in the user manual.

## User Guidelines:

**How often can I use the vibration machine?** Based on your physical condition and individual preference, you may use the machine every day and multiple times throughout the day. Do not use the vibration machine in any one position for more than 10 minutes during any one session.

**How do I know which speed setting is right for me?** We highly suggest that each user find gentle speeds and time frames that are safe and comfortable for his or her body.

**Low Oscillating Speeds:** (01–15) Low speeds within this range are suggested for beginning exercisers, new FBV users, or those who are frail, debilitated, overweight, or not in good physical condition.

**Medium Oscillating Speeds:** (16–30) Medium speeds are suggested for intermediate exercisers and those who are in good physical condition. These speeds may be for people who have become comfortably adapted to low speeds. Medium speeds are suggested for muscle tone, core strength, and those with poor circulation.

**High Oscillating Speeds:** (31–60) High speeds are suggested for advanced exercisers who are physically fit or want high-impact sports training. High speeds may have benefits equivalent to the medium speeds and may be used by those who have become comfortably adapted to low and medium speeds and want to increase the intensity of their sessions.

**Spiral Vibration Speeds:** (01–60) Spiral Vibration, also called "The Massage CirCulizer," is extremely smooth and gentle. This spiral feature is suggested for those with poor circulation, low energy, or those who suffer from pain and who may not want to use oscillation.

**Toll Free 855-All-Vibe (855) 255-8423**

### SQUAT



This position targets quadriceps, knees, and lower body.  
Bend your knees, and keep your feet evenly spaced from the center.

### DEEP LUNGE



This position targets quadriceps, increasing hamstring flexibility.  
Keep your front knee on top of, or behind, your ankle. You can hold the handles for balance, if needed.

### FREE WEIGHTS



Using free weights may help increase muscle tone.

### FORWARD DEEP BEND



This position targets hamstrings, lower back, and gluteal muscles.  
Place your feet hip-width apart, then bend forward with your arms outstretched, relax your head and neck toward the floor, and tuck your chin under. To reduce strain on the lower back, bend your knees.

### CALF MASSAGE



This position targets tired feet and legs. It's great after standing for long periods or after a run.  
Relax your upper body and lengthen the back of your neck along the floor. Allow yourself to feel the grounding of this posture.

### ADVANCED PUSH-UP



This position targets triceps, chest, shoulders, and abdomen.  
Keep body straight and core muscles tightened for extra intensity.

### GENTLE PUSH-UP



This position targets triceps, chest, shoulders, and abdomen.  
You can either raise your feet or keep them on the floor.

### NECK RELEASE



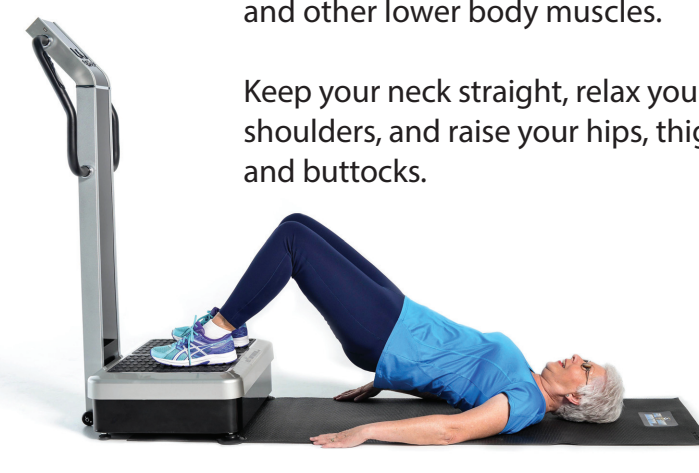
This position targets arms, shoulders, and neck.  
Place your feet hip-width apart, and place your hands at least shoulder-width apart.

### SIDE ANGLE LATERAL EXTENSION



This position targets quadriceps while massaging thighs and buttocks.  
Keep your knee bent directly over your ankle. Your back foot should be parallel to the front of the platform.

### HIPS LIFT



This position targets the back, hips, and other lower body muscles.  
Keep your neck straight, relax your shoulders, and raise your hips, thighs, and buttocks.

### TRICEPS CURL



This position targets triceps, biceps, pectoral, and deltoid muscles.  
Your feet should be placed hip-width apart. This can also be done as an active posture by raising and lowering your hips.

### UPPER BODY SITTING POSITION



This position targets arms, chest, shoulders, and neck.

### FULL BODY SITTING POSITION



This position targets arms, chest, shoulders, and neck.  
By positioning your legs over the outer corners, you may also target the thighs and other leg muscles. Lifting your feet off the floor may also target the abdominal muscles.

### UPPER BODY CHAIR POSITION



This position targets arms, shoulders, and neck.

### LOWER BODY CHAIR POSITION



This position targets legs and hips.

### LOWER & UPPER BODY CHAIR POSITION



This position targets legs and hips.  
Note: By placing your hands on your thigh and knee area and applying slight pressure, you may also target your arms and shoulders.

VISIT [WWW.FULLBODYVIBRATION.COM](http://WWW.FULLBODYVIBRATION.COM) FOR MORE INFORMATION AND PRODUCT DETAILS.