

EXERCISE GUIDE

Advance Fit **WHOLE BODY VIBRATION System (WBV)**

FREQUENCY

The Advance Fit WBV can be utilized daily. Increase the duration of use in small increments to the intensity and speed with which you feel safe and comfortable - work your way up from a short time of 30 seconds per exercise to a total of twenty minutes per session for all exercises.

DURATION

The maximum recommendation for continuous and static standing on the machine is 10 minutes per day. In addition to the 10 minutes daily of static standing, massage and strength training positions may be enjoyed under the guideline of changing positions at least every two minutes.

SPEED

The speed will depend upon the user's present state of health and intended benefit. Static standing on the machine or strengthening exercises should be performed under 30 hertz. Massage positions are geared for between 30-50 hertz.

INTENSITY

When starting on the Advance Fit WBV Training Program, your feet should be placed equal distance from the centre of the platform.

A variety of techniques can increase the intensity of the program.

1. Increase the length of each session.
2. Increase the speed.
3. Place your feet at a wider stance to increase the amplitude.
4. Perform strength training position, then add movement to each position.
5. Incorporate tubing or free weights.

10 MINUTES A DAY

That's All It Takes

STRENGTH TRAINING

The Strength Training positions may be performed daily and may increase body toning, strength, bone density and metabolism. Attention should be given to varying the body positions daily to prevent the symptoms of overtraining.

EXPERIENCE GENERAL HEALTH IMPROVEMENT

MASSAGE

Daily utilization of the numerous massage positions can provide relaxation, rejuvenation, increase in circulation and bone density. Total time in each massage position can be progressively increased from 30 second to two minutes. For maximum benefit the speed can be set at 50 hertz. For massage positions that involve the body touching the platform, a towel can be placed on the platform.

MINIMIZE CELLULITIS

FLEXIBILITY

The Advance Fit WBV System flexibility positions may increase flexibility, decrease muscle soreness, increase range of motion and circulation while also building bone density.

GAIN LEAN MUSCLE FEEL BETTER

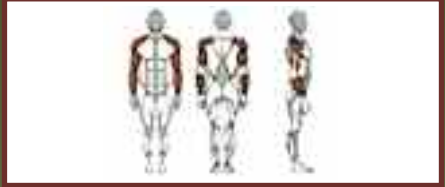
Consult your physician before initiating any exercise program. For a detailed list of contraindication & research on health benefits, check

www.advancefit.com

PLEASE CHECK ADVANCEFIT.COM FOR ALL DETAILS RELATING TO THE USE OF THIS MACHINE.



UPPER BODY



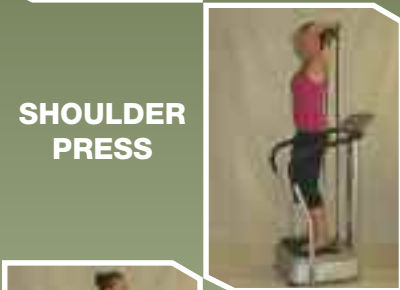
ARMS



**BACK
EXTENSION**



**TRICEP
DIP**



**SHOULDER
PRESS**



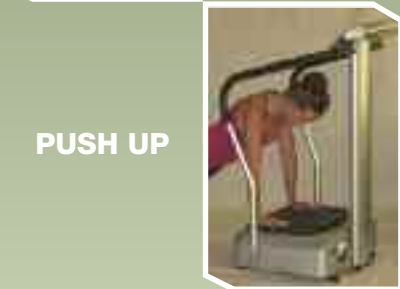
**BICEP
CURL**



**SHOULDER
EXTENSION**



**TRICEP
PULL**

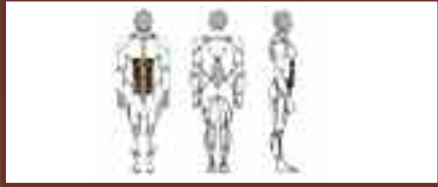


PUSH UP

Consult your physician before beginning any exercise program and use of this machine.

This is especially necessary if you have a pacemaker, heart problems, epilepsy or other illness.

Condition your body to become accustomed to the feeling of the vibration platform. It is important to start training slowly and exercise at a level where you are not over-exerting yourself. Gradually adjust the speed and length of the training period.



ABS



WHOLE BODY



**AB
CRUNCH**



**FORWARD
BRIDGE**



AB TWIST



**TOE
TOUCH**



**MODIFIED
SIT-UP**



PLANK



**ONE-LEG
RAISE**

Children under 12 years of age and pregnant women should not use this machine.



LEGS



**SINGLE
LEG
STANCE**



**PARTIAL
SQUAT**



CALF RAISE



**PELVIC
RAISE**



**DEEP
SQUAT**



**ONE-LEG
RAISE**



LUNGE



**The whole body
vibration
machine may be
helpful to all
adults wishing
to improve
and maintain
their general
well being.**

MASSAGE & RELAXATION



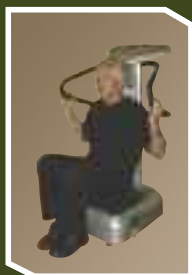
**BACK
MASSAGE**

**CALF
MASSAGE**



**QUAD
MASSAGE**

Increase the duration of use and intensity of speed to a level at which you feel safe and comfortable.



STRETCHING & FLEXIBILITY

**FORWARD
STRETCH**



**HIP
STRETCH**

**TOE
TOUCH**



**QUAD
STRETCH**