

Whole Body Vibration Therapy

Courtesy of:



EXERCISE POSITIONS



POSITION 1

Feet on the plate, hands hold the handlebar and bend the knees.

Targets the back, hips, butt, thighs and legs.



POSITION 2

Lay on the floor, place one foot on the plate, keep other leg straight with hands on the floor.

Targets the legs, thigh and hip muscles.



POSITION 3

Feet on the sides, balance on your toes. Knees only slightly bent. Stomach muscles flexed.

Targets the muscles of the back and arms.



POSITION 4

Sit on the plate, hands hold the handlebar and keep legs straight.

Targets the leg muscles and waist.



POSITION 5

Stand with one foot on the plate and the other foot on the ground. Put hands on waist.

Targets the waist, stomach muscles and thighs.



POSITION 6

Stand with one foot on the plate and the other foot on the ground. Hands hold the handlebar.

Targets the waist, stomach muscles and legs.

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EXERCISE POSITIONS



POSITION 7

Kneel in front of machine and put hands on the plate.

Targets the shoulders, arms, chest and stomach.



POSITION 8

Lay on the platform with stomach and feet up.

Targets the waist, stomach muscles and legs.



POSITION 9

Get into the push up position with your feet on the plate.

Targets the shoulders, arms, chest and upper body.



POSITION 10

Lay on your back with both feet on the plate and hands on the ground.

Targets the hips, stomach muscles and thighs.



POSITION 11

Lay on your back with one foot on the plate and hands on the ground. Keep other foot up in the air.

Targets the hips, stomach muscles and thighs.