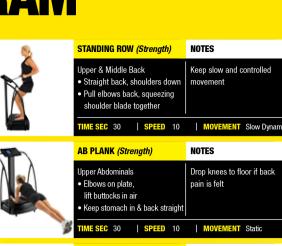
## RAM

BEGI	NNER	<b>PRO</b>	GR
	CALF RAISE (Warm-Up)  Calves  • Legs straight  • Raise Heels (Strength)	NOTES  Stand on toes; don't pulse	
	TIME SEC 30   SPEED 10  WIDE SQUAT (Strength)  Quadriceps • Feet wide, turned lightly out • Push buttocks out • Keep shoulders back  TIME SEC 30   SPEED 10	NOTES  No deeper than 90 deg at knee; if pain in knee occurs, raise gluteal higher    MOVEMENT Static	ć
	DEEP SQUAT (Strength)  Quadriceps • Feet close, bend knees • Push buttocks out  TIME SEC 30   SPEED 10	NOTES  No deeper than 90 deg at knee; if pain in knee occurs, raise gluteal higher    MOVEMENT Static	j
	RING ADDUCTOR (Strength)  Quadriceps • Feet close, bent knees • Squeezing adductor ring in and out, holding tension  TIME SEC 30   SPEED 10	NOTES  No deeper than 90 deg at knee; if pain in knee occurs, raise gluteal higher    MOVEMENT Static	,
M	LUNGE (Strength)  Gluteals/Hamstrings/Quadriceps  • One foot on plate, lightly bent  • Body straight, drop buttocks  • Knee down  TIME SEC 30   SPEED 10	NOTES  No deeper than 90 deg at knee; if pain in knee occurs, raise gluteal higher    MOVEMENT Static	
	TRICEP KICK-BACK (Strength)  Triceps  • Straighten back, shoulders back  • Pull band back,  • Keep elbows straight  TIME SEC 30   SPEED 10	Extend arms behind body;	
	BICEP CURL (Strength)  Biceps • Shoulders back, stomach in • Squeeze band to the biceps • Keep knees lightly bent  TIME SEC 30   SPEED 10	Slow controlled movement through whole motion; maintain tension on band	
	SIDE RAISE (Strength)  Shoulders  Shoulders back, stomach in Elbows raising up	NOTES  Slow and controlled movement; keep elbows in line with body	
	TIME SEC 30   SPEED 10	MOVEMENT Static	







Lay off the plate

Place claves on plate

STATIC = No Movement

ME SEC 30-60 | SPEED 40-99 | MOVEMENT Static



## INTERMEDIATE PROGRAM



No deeper than 90 deg at Feet wide, turned lightly out knee; if pain in knee occurs. Push buttocks out raise gluteal higher Keep shoulders back

ME SEC 45 | SPEED 40-84 | MOVEMENT Slow Dynamic



DEEP SOUAT (Strenath) NOTES No deeper than 90 deg at Feet close, bend knees knee; if pain in knee occurs Push buttocks out

ME SEC 45 | SPEED 40-84 | MOVEMENT Slow Dynamic

NOTES

NOTES

NOTES



No deeper than 90 deg at Quadriceps knee; if pain in knee occurs. Feet close, bent knees raise gluteal higher Squeezing adductor ring in and out, holding tension

RING ADDUCTOR (Strength)

LUNGE (Strenath)

TRICEP DIP (Strength)

ME SEC 45 | SPEED 40-84 | MOVEMENT Slow Dynamic



No deeper than 90 deg at One foot on plate, lightly bent knee; if pain in pelvic area occurs, raise gluteal highe Body straight, drop buttocks

ME SEC 30 | SPEED 40-84 | MOVEMENT Slow Dynami



riceps Not advised for those who Hands on the edge of plate experience shoulder or Buttocks off/dipping up/down wrist problems (use Tricep Slow controlled movement Kick-Back) SPEED 40-84 | MOVEMENT Slow Dynamic ME SEC 30

DIISH-IID (Strongth) NOTES



Hands wide on plate eeks; keep elbows in line Pushing chest down/up VAR: On knees or toes

ME SEC 30 | SPEED 40-84 | MOVEMENT Static



**BICEP CURL (Strength)** NOTES Slow controlled movement Shoulders back, stomach in through whole motion: Squeeze band to the biceps maintain tension on band Keep knees lightly bent

ME SEC 45 | SPEED 40-84 | MOVEMENT Slow Dynamic



SIDE RAISE (Strength) NOTES Slow and controlled Shoulders back, stomach in movement; keep elbows in

Elbows raising up

IE SEC 30 | SPEED 40-84 | MOVEMENT Slow Dynamic

line with body



STANDING ROW (Strength) NOTES Keep slow and controlled pper & Middle Back Straight back, shoulders down Pull elbows back, squeezing

AB PLANK (Strength)

Jpper Abdominals

Elbows on plate,

lift buttocks in air

shoulder blade together



ME SEC 45 | SPEED 20-40 | MOVEMENT Slow Dynamic Drop knees to floor if back pain is felt

Keep stomach in & back straight ME SEC 45 | SPEED 20-40 | MOVEMENT Static



PELVIC RRIDGE (Strength) NOTES Bend knee, keep feet flat outtocks off ground without Squeeze buttocks, lifting pelvis VAR: Dynamic

ME SEC 45 | SPEED 20-40 | MOVEMENT Static



SEATED ABS (Strength) NOTES Keep slow and controlled Sit toward the back of the plate movements: maintain tensior Holding bands, push chest & cease if back pain occurs forward ME SEC 45-60 | SPEED 20-40 | MOVEMENT Pulse/Static

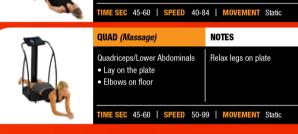
HAMSTRING (Strength) NOTES Flex to feel stretch in back of legs legs straight Roll body down to touch toes

ME SEC 40-49 | SPEED 40-49 | MOVEMENT Static GLUTEAL (Strength) NOTES



Feel stretch in buttocks: to luteals Sit back, straighten one leg increase pull knee further bend other/twist/pull knee to body ME SEC 45-60 | SPEED 1-10 | MOVEMENT Static





**VAR** = Variation in positions to increase intensity STATIC = No Movement **DYNAMIC** = Movement, through the range of motion **PULSE** = Short controlled movement

## **ADVANCED PROGRAM**

Shoulders back, stomach in

SEC 45-60 | SPEED 40-84 | I

Squeeze band to the biceps

Keep knees lightly bent

AB PLANK (Strength)

Elbows on plate,

lift buttocks in air

Keep stomach in & back straigh

45-60 | SPEED 40-84 |

through whole motion;

NOTES

naintain tension on band

Drop knees to floor if back

Slow Dynamic



adriceps/Lower Abdominals

= No Movement

PILSE = Short controlled movement

| SPEED 50-99 | I

**DYNAMIC** = Movement, through the range of motion

= Variation in positions to increase intensit

Lay on the plate

STATIC

**NW MAGAZINE (5 NOVEMBER** 2007) REPORTED ELLE MACPHERSON WHEN COMMENTING ON VIBRATION TECHNOLOGY AS SAYING:

"I can already see a difference in my legs and stomach after just 2 weeks – everything is much firmer."\*\*

# FREQUENTLY ASKED QUESTIONS

### IS WHOLE BODY VIBRATION TRAINING CREDIBLE?

WBV has been widely researched by credible scientific groups who have reported a number of health and fitness benefits, such as strength gain and muscle growth<sup>4</sup>, an increase in bone density<sup>5</sup>. improved circulation<sup>8</sup> and flexibility<sup>9</sup>, relief to tight sore muscles. In Australia, Europe, US, Canada, UK and the Middle East Vibration Training is widely used by sports teams and Personal Trainers. Russians have been using WBV to strengthen their athletes for decades.

THERE ARE SO MANY WIDE AND VARIED BENEFITS CLAIMED ABOUT VIBRATION - CAN YOU **REALLY GET ALL THOSE BENEFITS?** 

Yes. The claimed benefits have resulted from research conducted by over 30 universities worldwide. Some of the studies are listed in this booklet.

### IS IT SAFE?

The CV12 is safe for the vast majority of people, although, like all new exercise programs it's important to consult your doctor first and discuss the contraindications should they apply to you. You can be overweight\*, have aches and pains, stiffness, be recovering from injury and still get benefits

### DOES THE CV12 EXERCISE ALL MY MUSCLES?

It can. Even the very deep-tissue structural support muscles that are hard to reach doing other exercise options may be stimulated using the CV12. Vibration Training doesn't discriminate between muscle groups - they work simultaneously.

The vibration is highest in the body part that is closest to the platform.

### **CAN I LOSE WEIGHT ON THE CV12?**

Yes. Research shows that increasing lean muscle mass also increases your metabolism<sup>2</sup> – which means you can burn more calories even when you are resting. Of course, you may also need to attend to your diet - a poor, high fat diet makes weight loss difficult no matter how much you train!\*

### HOW LONG DO I NEED TO USE THE CV12 IN ANY ONE SESSION TO GET BENEFIT?

You may notice benefit within just 1 minute! Our standard Safe Strength Program takes just 10 minutes incorporating a range of positions. This workout can be used as a stand alone program or in conjunction with other strength or cardio training.

### IS THERE AN IDEAL TRAINING SCHEDULE?

Ideally, begin gradually (3 to 10 minute sessions, 3 times a week). We offer a 10 Minute Safe Strength Program which has been designed to achieve training results.

### W CAN I REDUCE CELLULITE WITH VIBRATION TRAINING?

Studies have shown Vibration Training can significantly reduce cellulite<sup>1</sup>. We recommend following CardioTech's 10 Minute Safe Strength Program, enclosed in this manual.

### DO I NEED TO EXERCISE HARD TO BENEFIT?

Simply standing or sitting on the CV12 at low speed will contribute to better circulation. To obtain an exercise benefit you must be using the machine at higher speeds and using a program that is proven to give results. We recommend our 10 Minute Safe Strength Program. All you need is a little determination - any person of any fitness level can do it!

#### **CAN I USE IT EVERYDAY?** It is advisable to take at least a day or two off a week to let your muscles recover from the workouts.

Again, this would depend on the intensity and duration of your workouts and your individual health.

\*Any weight loss program relies on maintaining an energy controlled diet and regular exercise. \*\*Mr Macpherson did not give her endorsement, sponsorship or approval to the CardioTech product but has spoken generally about

her views on the worth of vibration machines. There is no association between CardioTech and Ms Macpherso