



SAFE STRENGTH PROGRAM

THE ULTIMATE STRENGTH AND TONING WORKOUT... PERFORMED IN JUST 10 MINUTES!

The right form is everything! Set your machine to the '10 Minute Safety Program'... follow these instructions precisely... hold your pose... and run through your program in this order. It's your key to success!

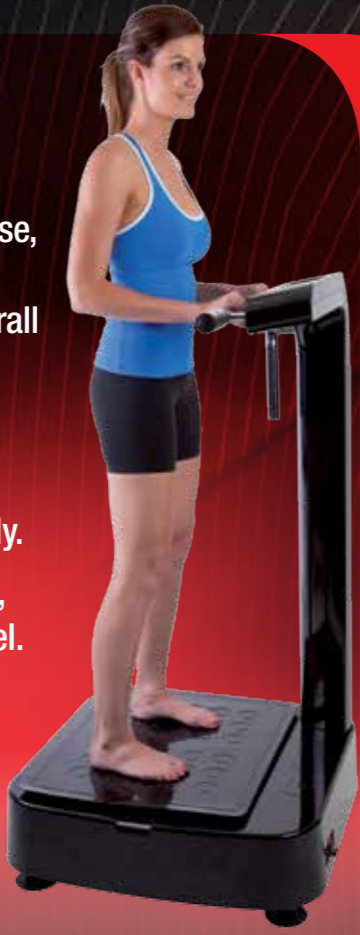
This program has been developed by *Lloyd Shaw* from *Vibra-Train*, one of the world's leading commercial Whole Body Vibration specialists.

WARM-UP

This is a Vibration Therapy pose, a very good warm-up for this exercise program and an overall wellness position.

- 1 Feet hip width apart, perfectly straight.
- 2 Hold onto handle bar lightly.
- 3 Lock legs or slightly bend, depending on comfort level.

Hold for 60 seconds.



BASIC SQUAT

FOR: QUADS, CALVES, HAMSTRINGS, LOWER BACK, HIP & GLUTES (BUTTOCKS)

- 1 Feet hip width apart and perfectly straight.
- 2 Heels at the back edge of plate.
- 3 Hold onto handle bars lightly (no pulling or swinging).
- 4 Drop down into a deep squat, forehead almost touching the handle bar.

Hold for 60 seconds.

Safety Note: Keep balanced at all times, no swinging back on the handle bars. Keep your feet flat on the plate, with equal pressure through your heels and toes. Make sure your knees do not come together as you fatigue. Push stop if you feel you are losing form and move onto the next pose.



PUSH-UP

FOR: CHEST, TRICEPS (BACK OF ARMS) & CORE

- 1 Kneel in front of machine.
- 2 Place hands near outside edge of platform.
- 3 Tip head forward so you are directly looking at your knees.
- 4 Keeping your back straight, slowly lower your body halfway towards the plate, by bending your elbows in an exaggerated direction out to the sides.

Hold for 60 seconds.

Safety Note: Never look up during the pose. If you feel like you are losing form, sit up and move back from the machine.



WIDE STANCE SQUAT

FOR: QUADS, CALVES, HAMSTRINGS, LOWER BACK, HIP & GLUTES - WORKS GLUTES MORE THAN BASIC SQUAT

- 1 Put toes over the top of the steel pins (where the arm straps attach) so your feet are pointing at a slight angle outwards.
- 2 Hold onto handle bar lightly.
- 3 Drop down into a deep squat by keeping your knees in line with your toes... forehead almost touching the handle bar.
- 4 Keep most of your weight through your heels.

Hold for 60 seconds.

Safety Note: Make sure your knees do not start coming together as you fatigue. Push stop if you feel you are losing form and move onto the next pose.



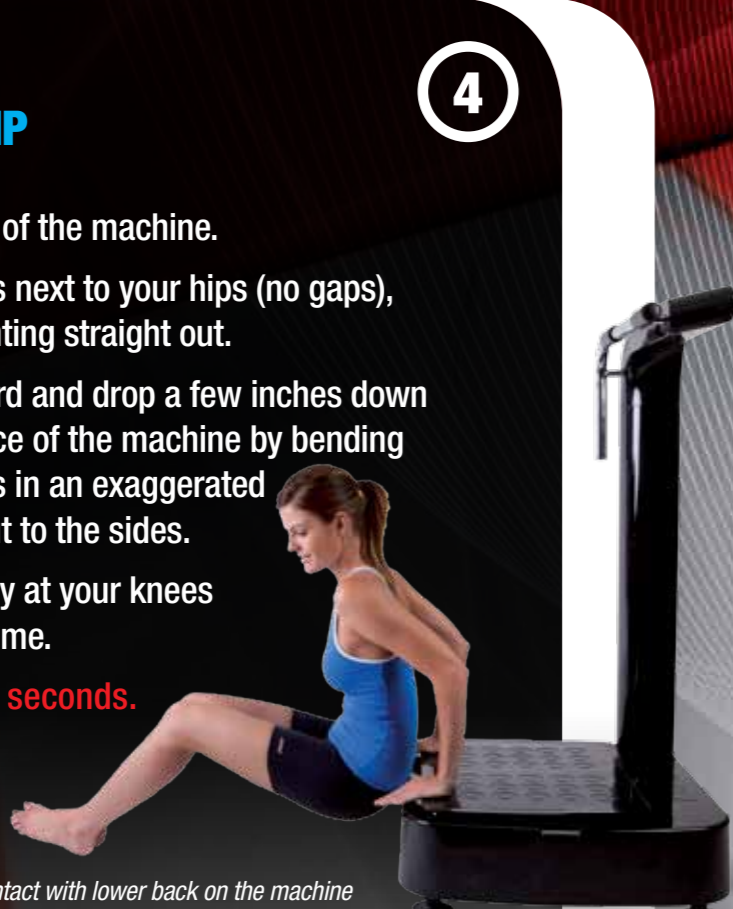
TRICEPS DIP

FOR: TRICEPS

- 1 Sit on edge of the machine.
- 2 Place hands next to your hips (no gaps), fingers pointing straight out.
- 3 Slide forward and drop a few inches down the front face of the machine by bending your elbows in an exaggerated direction out to the sides.
- 4 Look directly at your knees the whole time.

Hold for 60 seconds.

Safety Note: Keep contact with lower back on the machine at all times, never pull away from the machine or look up during the pose. Keep fingers pointing straight at all times.



SEATED ABDOMINAL THERAPY

FOR: ABDOMINALS & CORE

- 1 Sit upright in the centre of the machine.
- 2 Place feet flat on the ground, knees bent.
- 3 Cross arms over your chest and relax.

Hold for 60 seconds.



SEATED ABDOMINAL WORKOUT

FOR: ABDOMINALS & CORE

- 1 Sit upright in the centre of the machine.
- 2 Place feet flat on the ground, knees bent.
- 3 Cross arms over your chest and relax.
- 4 Lean back until tension can be felt in the abdominal area.

Hold for 60 seconds.

Safety Note: Always keep feet flat on the ground and do not lean back so far you lose balance.



PELVIC STABILITY

FOR: CORE

- 1 Place foam mat on the ground, a body length away from the machine.
- 2 Kneel on the ground facing away from the machine, placing your elbows and forearms on the foam mat clasping hands together.
- 3 Place toes on outside edge of machine.
- 4 Lift your knees off the ground and lock your body into a classic 'plank' position (straight back).

Hold for 60 seconds.



RELAXING STRETCH

- 1 Stand in the middle of the platform, feet hip width apart and straight.
- 2 Keeping your legs locked or slightly unlocked (depending on knee comfort levels), bend forward gently and relax.

Hold for 60 seconds.

Safety Note: This is NOT a forced stretch, it works on completely different principles than a normal stretch. No effort is put into touching your toes. If it happens naturally then let it, but never apply force to this pose.



CELLULITE MASSAGE

- 1 Sit in the centre of the platform - legs outstretched in front of you with the back of your knees in line with the front edge of the machine.
- 2 Lean forward and relax.

Hold for 60 seconds.



SUPER SQUAT

FOR: QUADS, CALVES, HAMSTRINGS, LOWER BACK, HIP & GLUTES

- 1 Stand on the plate facing away from the control console.
- 2 Place feet hip width apart and perfectly straight.
- 3 Position toes near the front edge of the plate.
- 4 Keeping feet flat on the plate, place equal pressure into heels and toes. Drop down into a deep squat position (almost like sitting in a chair).

For best results hold for one minute then repeat again.

Safety Note: Use your arms and upper body as a counter balance and make sure your knees do not come together. When the machine stops do not jump off straight away as your muscles may be fatigued. Just stand up and rest.

This pose should only be attempted by more experienced users. Repeat the Basic Squat if unsure of your balance.



For best results, hold poses for a minimum of one minute. More advanced Vibration users can hold poses up to one and a half minutes. If any immediate pain is felt, STOP, get off and consult your physician.

The CV9 can also be used for warm up and recovery, in conjunction with other fitness regimes.

CardioTech cannot be held responsible for injuries caused by incorrect and incompetent use of Vibration equipment. For information contact CardioTech's Customer Service Centre on 1300 13 55 96.

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