Strengthen & Tone!

**Shape & Tone Yours Legs & Butt**

Please sit with the vibration plate to enhance your foot's movements on the plate.
- **Lower Abdominals**
  - Keep your upper body and back straight.
  - Your toes slightly against the vibration plate.
  - Lift your leg straight and alternate sides.
  - Repeat.
- **Deep Squat**
  - Stand in front of the vibration plate. Flex your legs slightly. Stand your arms slightly apart.
  - Keep your back and neck straight.
  - Pull the machine towards you. Tighten your arm muscles.
  - Do not pull the strap.
  - Stand your feet slightly apart. With your arms raised, pull the machine towards you, keeping your back straight and chest up.
  - This exercise helps to strengthen the back, buttocks, and legs.
- **Standing on the vibration plate with your feet straight apart and shoulder-width.
  - Keep your back straight and chest up.
  - Gently swing your legs and lower your knees to a 90-degree angle.
  - Keep your quadriceps, buttocks, and legs.
  - Start with one leg. Build strength to and forth or 'bicycle' while pedaling. This exercise improves circulation in the leg and abdominal.
  - Keep your upper body straight and your back towards the plate.
  - Keep your arms, wrists, and hands.

**The Ultimate Relaxation & Massage!**

Sculpt Your Arms

- **Upper Arm Massage**
  - Sit on the floor facing away from the vibration plate with your legs spread. Sit tall.
  - This advanced spontaneous massage in the shoulder and arms.
  - Form a kneading position.
  - Place your hands under your head for support, making sure your elbow is taut.
  - Do not pull on the strap. Instead, use the strap to push the vibrations.
  - Stand on the floor facing away from the vibration plate with your arms stretched. Sit tall.
  - This advanced spontaneous massage in the shoulder and arms.
  - Form a kneading position.
  - Place your hands under your head for support, making sure your elbow is taut.
  - Do not pull on the strap. Instead, use the strap to push the vibrations.

**Deep Relaxation**

- **Abdominal Crunch**
  - Sit on the floor facing away from the vibration plate with your arms stretched. Sit tall.
  - This advanced spontaneous massage in the shoulder and arms.
  - Form a kneading position.
  - Place your hands under your head for support, making sure your elbow is taut.
  - Do not pull on the strap. Instead, use the strap to push the vibrations.