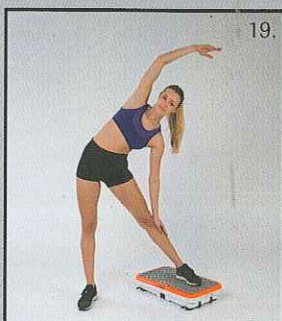
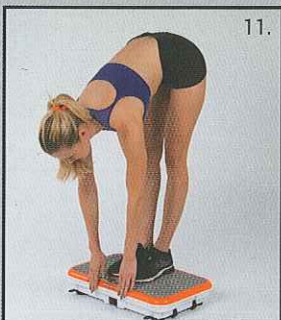
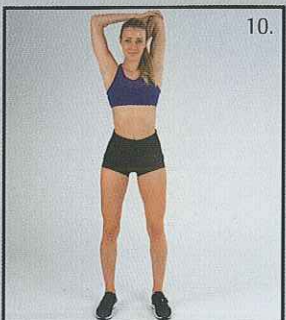
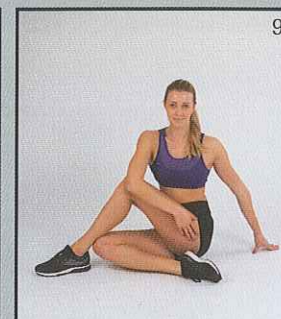
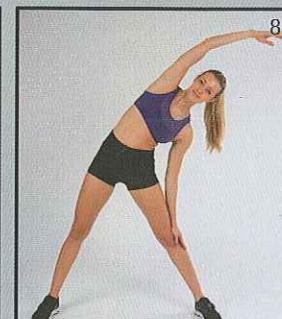
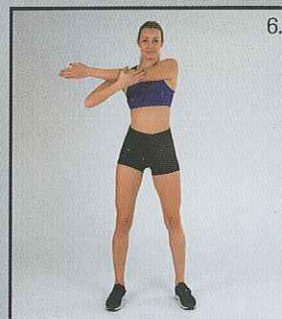
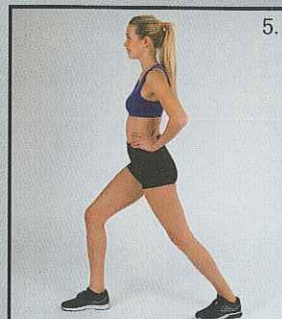
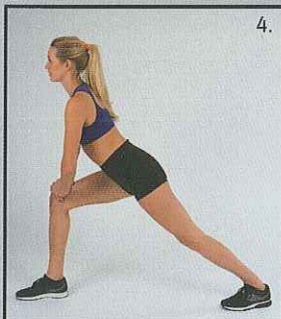
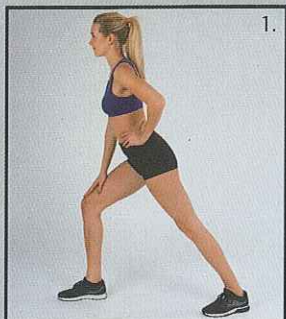




VIBROSHAPER

TRAINING PLAN



24.



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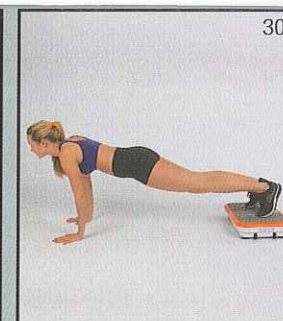
28.



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STRETCHING EXERCISES

1. QUADRICEPS STRETCHING EXERCISE With a straight back, take a step forward with your right foot and position your left foot behind your trunk. Keep your right hand on your right leg and then stretch your left side while maintaining an upright position. Hold the position for 20 to 30 seconds before repeating the stretch with the other leg.

2. BACK STRETCHING EXERCISE Stand with your feet shoulder-width apart. Bend forward and place your hands on your thighs for support. Arch your lower back and hold the position for 20 to 30 seconds before stretching your back and repeating the exercise.

3. TENDON STRETCHING EXERCISE Position your feet together and point them straight ahead. Stretch your right foot by raising your toes up in the air while keeping your heel on the floor. Bend your left leg a little while doing this. Bend your upper body forward, placing your hands on your right thigh for support. Maintain this position for 20 to 30 seconds before repeating the exercise with the other leg.

4. STRETCHING EXERCISE FOR YOUR CALF MUSCLES Point your toes straight ahead and position your right foot one to two step lengths in front. Lean forward and bend your right knee as you do so, making sure your knee does not jut out beyond your toes. Ensure your heel remains on the floor as your left leg is stretched. Hold the position for 20 to 30 seconds before repeating the exercise with the other leg.

5. STRETCHING EXERCISE FOR YOUR CALVES AND HIPS Point your toes straight ahead and position your right foot one to two step lengths in front. Lean forward and bend your right knee as you do so, making sure your knee does not jut out beyond your toes. Keep your left leg straight, ensuring your heel doesn't leave the floor. Rotate your trunk and bring your hip forward to stretch it. Maintain the position for 20 to 30 seconds before releasing it slowly. Repeat the exercise with the other leg.

6. SHOULDER STRETCHING EXERCISE Stand up straight with your legs together. Bring your right arm across the front of your body to the other side. Grip the arm with your left hand and pull it up. Hold the position for 20 to 30 seconds before repeating the exercise with the other arm.

7. STRETCHING EXERCISE FOR YOUR INNER THIGHS Stand with your legs apart. Bend forward and bend your right knee at the same time, making sure the knee does not jut out beyond your toes. Place your hands on your thighs for support and hold this position for 20 to 30 seconds. Repeat the exercise with the other leg.

8. STRETCHING EXERCISE FOR YOUR OBLIQUE ABDOMINAL MUSCLES Stand with your legs apart and point your feet straight ahead. Stretch your right arm diagonally above your head and over towards your left side as far as you can. Hold the position for 20 to 30 seconds and then repeat the exercise with your left arm.

9. STRETCHING EXERCISE FOR YOUR BUTTOCKS, HIPS AND OBLIQUE ABDOMINAL MUSCLES Sitting on the floor, place one leg over the other. Bring your upper body into an upright position and place your hand on the outside of the opposite thigh to pull it closer to your upper body. Hold this position for 20 to 30 seconds and then let go. Repeat the exercise with the other leg.

10. STRETCHING EXERCISE FOR YOUR TRICEPS Stretch both arms above your head. Bend your left arm and lower your left hand to touch your back. Touch your left elbow with your right hand and press it down. Hold this position for 20 to 30 seconds and then let go. Repeat the exercise with the other side.

11. STRETCHING EXERCISE FOR YOUR ARMS AND BUTTOCKS Step onto your VibroShaper and bend your knees slightly. Stretch your back and legs as far as possible. Wait a couple of seconds and then return to the starting position.

12. STRETCHING EXERCISE FOR YOUR BACK AND THIGHS Sit on the VibroShaper with your legs apart and the soles of your feet resting on the floor. Lean forward with a rounded back and touch your toes with your hands.

13. STRETCHING EXERCISE FOR YOUR ABDOMEN AND HIPS Lie on your side with your hip on the VibroShaper. Raise your legs up off the floor, so that your body is being supported with just one arm on the floor and your abdominal muscles are tensed. Switch sides and repeat the exercise.

14. STRETCHING EXERCISE FOR YOUR CALVES AND LEGS Stand in front of the VibroShaper and put your hands on your hips. Do a lunge over the device with your right leg and bend your left leg until it touches the platform. Hold this position for a couple of seconds before returning to the starting position and switching legs.

ADDITIONAL EXERCISES

It is advisable to start the following exercises (jogging feet position) at a low speed and to gradually increase the speed.

15. Stand on the VibroShaper with your feet slightly apart, so that they are in line with your shoulders. Grip the resistance bands with your hands. Now move your hands 90° from the outside of your thighs until they are level with your shoulders, keeping your elbows straight as you do so. Repeat the exercise until the device stops vibrating.

Will train your abdominal muscles, thighs, biceps and arms.

16. Adopt the same starting position as the one used in the previous exercise. Grasp the resistance bands with your arms at your sides and then raise your right hand to chest level, keeping your elbow straight. Next, lower your right hand and raise your left hand. Continue to alternate between hands until the vibrating stops.

Will train your abdominal muscles, thighs, arms, back and biceps.

17. Stand on the device with your feet shoulder-width apart. Place your hands on the back of your neck and then squat, moving very slowly as you do so that you don't lose your balance.

Will train your abdominal muscles, thighs, triceps, buttocks and back.

18. Place the heel of one foot on the VibroShaper, bend your legs without lifting the heel of the other foot off the floor and keep your back straight.

Will train your calves, thighs and buttocks.

19. Stand to one side of the VibroShaper and then place one foot on the device, keeping your leg straight. Next, stretch your hand down as far possible towards the heel of this leg while stretching the other arm up diagonally above your head.

Will train your hips, calves and adductor muscles.

20. Place both hands on the device and support your body with slightly bent arms. Keep your elbows straight and your abdominal muscles tense.

Will train your triceps, biceps, abdominal muscles, forearms, back muscles, back, shoulders and pectoral muscles.

21. Kneel on the floor and place both hands on the VibroShaper while straightening your arms and bending your back a little.

Will train your back, hips, shoulders, forearms, biceps and triceps.

22. Sit on the floor, resting your calves on the VibroShaper and your palms on the floor. At the same time, keep your back straight.

Will train your calves, thigh muscles and quadriceps.

23. Sit on the device in the lotus position with a straight back and keep your abdominal muscles tensed.

Will train your hips, abdominal muscles, buttocks and back.

24. Place your forearms on the device and raise your body so that only the tips of your toes are on the floor. Stretch your whole body and hold it in that position, tensing your abdominal muscles and buttocks at the same time.

Will train your arms, back, abdominal muscles, buttocks, thighs, calves and shoulders, and will also help to strengthen your neck.

25. Place your palms on the device and raise your body so that only the tips of your toes are on the floor. Stretch your whole body and hold it in that position, tensing your abdominal muscles and buttocks at the same time.

Will train your arms, back, abdominal muscles, buttocks, thighs, calves and shoulders, and will also help to strengthen your neck.

26. Lie on the floor on your back with the soles of your feet on the device. Raise your pelvis and arch your lower back up off the floor. Tense your abdominal muscles and buttocks. Hold the position for a couple of seconds and then return to the starting position and repeat the exercise.

Will train your calves, thighs buttocks, abdominal muscles and back.

27. Lie on the floor on your side and place your forearm on the VibroShaper so that that arm is supporting all your weight. Keep your legs together and hold your body in the stretched position.

Will train your forearm, biceps, triceps, shoulders, back, buttocks and abdominal muscles, and will also help to strengthen your neck.

28. Sit on the device with your hands on your neck or crossed over your chest. Lean back slightly, bending your back a little, and raise both legs up off the floor with your knees slightly bent.

Will train your abdominal muscles, buttocks and legs.

29. Place your left foot on the VibroShaper and the other foot on the floor, bending the knee of that leg slightly. At the same time, keep your back straight.

Will train your calves and thighs.

30. Adopt a press-up position and then place the tips of your toes on the device, keeping your palms on the floor. At the same time, keep your back straight.

Will train your back, chest, shoulders, buttocks and calves.