

**Exercise Programs Using the Vibraway  
A.L.I.V.E.  
Whole Body Vibration Unit**



## Basic Instructions

Please start slowly! The vibrations can be deceptively powerful, especially if you do not exercise on a regular basis.

- Start with your feet close to each other in the center of the plate and work your way towards the outside edge after you are comfortable with the vibrations.
- Make sure your feet are straight and equally placed on the plate.
- Knees need to be slightly bent, the unit is best used barefoot or with flat sole shoes. Tennis shoes will absorb part of the vibrational benefit.
- The automatic settings are a great way to start. P1 is gentle, P2 and P3 are more powerful. The manual setting (88) goes from 0-30 and is recommended after initial use.
- We recommend using the manual setting at 12 to start for one minute and 20-30 for the remaining 9 minutes.
- The higher the frequency, the better the results. Please start slowly and please do not overdo it!

## Recommended Routines

### **Lower back pain:**

Basic stance (5 min.), Hamstring stretch (1 min), Basic stance (4 min)

### **Leg strength training advanced:**

Basic stance (2 min.), Squat (4 min) Forward one leg stance position 1 and 2 (4 min.)

### **Balance training:**

Basic stance (3 min.), Plank (2 min.) Pushup (2 min.) Hamstring stretch (1 min.)  
Basic stance (2 min.)

### **Rehab:**

Chair position (3 min.) Chair position 2 (3 min.) Chair position 3 (3 min.) Leg massage (2 min.)

### **Core strength training:**

Plank (2 min.), Pushup (2 min.), Chair Plank (2 Min) Core and Balance 1 and 2 (4 min.)

Feel free to experiment and change with all the above ideas for a fun training routine!

## Basic Stance

Target Areas:

Thighs, Abdomen, Hips, Gluts

Correct position:

- Knees slightly bent
- Hands on or off bars
- Head erect, looking forward
- Shoulders back
- Hold tummy tucked in and up
- Place feet straight on machine

Options:

Feet in center for more gentle workout

Feet on outside for stronger workout

Manual setting: 12-30 HZ

Warm-up at 12 HZ for 1 minute

Remainder at 20—30 HZ



## Chair Position (Alternate To Basic Stance)

Target Areas:

Legs, Leg Circulation, Restless legs

Correct position:

- Head erect
- Feet straight on plate
- Outer portion of plate for stronger vibrations
- Deep breathing

For individuals who have a hard time standing

Manual setting: 20-30 HZ

Time: 3-5 minutes



## **Chair Position #2 (Alternate To Basic Stance)**

Target Areas:

Legs, Leg Circulation, Restless legs

Correct position:

- Lean over knees, hands on legs
- Feet straight on plate
- Outer portion of plate for stronger vibrations
- Deep breathing
- After 1 minute go to position #3

For individuals who have a hard time standing

Manual setting: 20-30 HZ

Time: 3-5 minutes



## **Chair Position #3 (Alternate To Basic Stance)**

Target Areas:

Legs, Leg Circulation, Restless legs

Correct position:

- Hands in the Air
- Feet straight on plate
- Outer portion of plate for stronger vibrations
- Deep breathing
- After 1 minute go to position #2

For individuals who have a hard time standing

Manual setting: 20-30 HZ

Time: 3-5 minutes



## Shoulder stretch

Target Areas:  
Shoulders, Upper Back

Correct position:

- Lean over control panel
- Hang on to bars
- Feet straight on plate
- Outer portion of plate for stronger vibrations
- Deep breathing

For individuals who shoulder and upper back pain.

Manual setting: 20-30 HZ  
Time: 3-5 minutes



## Back and Hamstring Stretch

Target Areas:  
Tight Hamstrings (back of legs) And Lower Back Pain

Correct position:

- Rear of body against machine
- Legs straight
- Let arms hang down
- Watch balance!
- Take deep breaths
- Hold position for 30 seconds
- Stand straight and repeat

Options:

Hold on to the lower portion of the handles for better stability

Manual setting: 12-20 HZ  
Time: 3-5 minutes

**Warning: Be careful of falling forward!**



## Back Stretch Position 2

Target Areas:

Lower Back and Hamstrings

Correct position:

- Gently bend over with arms holding on to lower bar
- Watch balance!
- Take deep breaths
- Hold position for 1 minute
- Stand straight and repeat

Manual Setting: 12-18 HZ

Time: 5 minutes

**Be careful of machine tipping!**



## Squat

Target Areas:

Thighs

Correct position:

- Knees over ankles
- Form an L with your legs
- Arms holding on to upper bar
- Watch balance!
- Take deep breaths
- Hold position for 30 seconds to 1 minute
- Stand straight and repeat

Manual setting: 12-15 HZ

Time: 5 minutes

**Be careful of machine tipping!**



## Yoga Downward Dog Position 1 (Advanced)

Target Areas:  
Stretching of Shoulders, Legs and Back

Correct position:

- Head tucked between arms
- Feet as close to machine as possible
- Hands on outside of plate
- Rear legs straight
- Hold for 1 minute
- Go to Position 2

Manual setting: 18-25 HZ

Time: 5 minutes



## Yoga Downward Dog Position 2 (Advanced)

Target Areas:  
Stretching of Shoulders, Legs and Back

Correct position:

- Head over plate
- Feet out as far as possible
- Hands on outside of plate
- Rear legs straight
- Hold for 1 minute
- Go to Position 1

Manual setting: 18-25 HZ

Time: 3-5 minutes



## Plank

Target Areas:  
Abdomen, Lower Arms, Core Strength

Correct position:

- Wrists facing slightly outward
- Head erect, looking down
- On toes
- Elbows bent
- Form a straight line from head to toes

Options:

On knees for easier workout  
Hands in center of plate for easier work-out

Manual setting: 12-20 HZ  
Time: 3-5 minutes



## Side Plank (Advanced)

Target Areas:  
Abdomen, Core Strength

Correct position:

- Upper arm centered on plate
- Body completely straight
- One arm straight in the air
- 30 seconds on each side for 5-10 reps

Manual setting: 12-20 HZ  
Time: 3-5 minutes



## Chair Plank (Advanced)

Target Areas:  
Abdomen, Core Strength

Correct position:

- Body straight, feet on Chair  
(Caution! Have someone hold the chair to prevent slipping and injury!)
- Body completely straight.
- Elbows bent
- Form a straight line from head to toes.

Options:  
On knees for easier workout  
Hands in center of plate for easier work-out

Manual setting: 12-20 HZ  
Time: 3-5 minutes



## Side Plank Cross (Advanced)

Target Areas:  
Abdomen, Core Strength

Correct position:

- Upper arm centered on plate
- Lower leg completely straight
- One leg cross over other, both feet on floor
- One arm straight in the air
- 30 seconds on each side for 5-10 reps

Manual setting: 12-20 HZ  
Time: 3-5 minutes



**Forward One Leg Stance  
(Advanced)  
Position 1**

Target Areas:

Gluts, Abdomen, Upper Legs, Balance

Correct position:

- Foot slightly to one side on plate, same side as leg
- Remove one hand from bars, be careful of tipping
- Center body over plate
- Rear leg bent to side, ready to kick back
- Hold for 30 seconds

Manual setting: 12-20 HZ

Time: 3-5 minutes



**Forward One Leg Stance  
(Advanced)  
Position 2**

Target Areas:

Gluts, Abdomen, Upper Legs, Balance

Correct position:

- Foot slightly to one side on plate, same side as leg
- Kick back with leg and push arm forward
- Center body over plate, be careful of tipping!
- Hold for 30 seconds
- Repeat positions on other foot.

Manual setting: 12-20 HZ

Time: 3-5 minutes



## Pushup

### Target Areas:

Abdomen, Upper and Lower Arms, Core Strength

### Correct position:

- Wrists facing slightly outward
- Head erect, looking down
- On toes or knees
- Bend arms slowly until head is almost touching plate and slowly straighten arms

### Options:

On knees for easier workout

Hands in center of plate for easier workout



Manual setting: 12-20 HZ

Time: 3-5 minutes

## Leg Massage

### Target Areas:

Calves, Leg Circulation, Restless legs

### Correct position:

- Use yoga mat under body
- Calves on plate
- Deep breathing

### Options:

Place feet on machine for upper stimulation.



Manual setting: 20-30 HZ

Time: 3-5 minutes

### **Sitting Core Position 1 (Advanced)**

Target Areas:

Core, Abdomen, Legs

Correct position:

- Sit in middle of plate
- Arms held tight to body
- Legs pulled up to chest
- Deep breathing
- Hold for 30 seconds
- Go to Position 2

Manual setting: 10-20 HZ

Time: 3-5 minutes



### **Sitting Core Position 2 (Advanced)**

Target Areas:

Core, Abdomen, Legs

Correct position:

- Sit in middle of plate
- Arms held straight out and level
- Legs straight out
- Deep breathing
- Hold for 30 seconds
- Go to Position 1

Manual setting: 10-20 HZ

Time: 3-5 minutes



### **Core and Balance Position 1 (Advanced)**

Target Areas:

Core, Abdomen, Balance

Correct position:

- Feet straight on machine
- Lean over to the left
- Crunch abdomen on left (Ribcage to hips)
- Engage Abs
- Go to position 2 repeat 20-30 times

Options:

Stand in middle of plate for less movement

Manual setting: 10-20 HZ

Time: 3-5 minutes



### **Core and Balance Position 2 (Advanced)**

Target Areas:

Core, Abdomen, Balance

Correct position:

- Feet straight on machine
- Lean over to the right
- Crunch abdomen on right (Ribcage to hips)
- Engage Abs
- Go to position 1 repeat 20-30 times

Options:

Stand in middle of plate for less movement

Manual setting: 10-20 HZ

Time: 3-5 minutes

