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.

1. BASIC SQUAT FOR ABDOMINALS & CORE
   - Stand upright in the centre of the machine.
   - Place feet flat on the ground, knees bent.
   - Cross arms over your chest and relax.
   - Hold for 60 seconds.

2. PULL-UP FOR CHEST, TRICEPS (BACK OF ARMS) & CORE
   - Stand on the plate facing away from the control console.
   - Place hands near outside edge of platform.
   - Keep most of your weight through the arms.
   - Hold for 60 seconds.

3. WIDE STANCE SQUAT FOR QUADS, CALVES, HAMSTRINGS, LOWER BACK, HIP & GLUTES – WORKS GLUTES MORE THAN BASIC SQUAT
   - Sit on edge of the machine.
   - Place hands on the platform, palms down, fingers pointing outwards.
   - Keep your knees in line with your hips.
   - Hold for 60 seconds.

4. SANDWICH SQUAT FOR QUADS, CALVES, HAMSTRINGS, LOWER BACK, HIP & GLUTES
   - Stand upright in the centre of the machines.
   - Place feet flat on the ground, knees bent.
   - Cross arms over your chest and relax.
   - Hold for 60 seconds.

5. SEATED ABDOMINAL WORKOUT FOR ABDOMINALS & CORE
   - Sit upright in the centre of the machines.
   - Place feet flat on the ground, knees bent.
   - Cross arms over your chest and relax.
   - Hold for 60 seconds.

6. TURNOVER FOR ABDOMINALS & CORE
   - Sit upright in the centre of the machines.
   - Place feet flat on the ground, knees bent.
   - Cross arms over your chest and relax.
   - Hold for 60 seconds.

7. Pelvic Stability for Core
   - Place from on the ground, a body length away from the machine.
   - Plank on the foam mat clasping hands together.
   - Keep most of your weight through the arms.
   - Hold for 60 seconds.

8. RELAXING STRETCH
   - Stand in the middle of the platform, feet hip width apart and straight.
   - Keep your legs locked or slightly bent and leaning on a support (if available).
   - Hold for 60 seconds.

9. CELLULITE MASSAGE
   - Sit upright in the centre of the platform – legs unfolded.
   - Place your body weight on the back of your knees in line with the front edge of the machine.
   - Lean forward and relax.
   - Hold for 60 seconds.

10. SUPER SQUAT FOR QUADS, CALVES, HAMSTRINGS, LOWER BACK, HIP & GLUTES
    - Stand on the plate facing away from the control console.
    - Place feet hip width apart and perfectly straight.
    - Maintain knee over the front edge of the plate.
    - Keep your feet flat on the plate, place equal pressure into heels and toes, then slide into a deep, equal position (almost like sitting in a chair).
    - Hold for 60 seconds.

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 95 96.

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