




BEGINNER PROGRAM




CALF RAISE (Warm-Up)	NOTES
<ul style="list-style-type: none"> Calves Legs straight Raise Heels (Strength) 	Stand on toes; don't pulse
TIME SEC 30 SPEED 10 MOVEMENT Static	



STANDING ROW (Strength)	NOTES
<ul style="list-style-type: none"> Upper & Middle Back Straight back, shoulders down Pull elbows back, squeezing shoulder blade together 	Keep slow and controlled movement
TIME SEC 30 SPEED 10 MOVEMENT Slow Dynamic	



WIDE SQUAT (Strength)	NOTES
<ul style="list-style-type: none"> Quadriceps Feet wide, turned lightly out Push buttocks out Keep shoulders back 	No deeper than 90 deg at knee; if pain in knee occurs, raise gluteal higher
TIME SEC 30 SPEED 10 MOVEMENT Static	




AB PLANK (Strength)	NOTES
<ul style="list-style-type: none"> Upper Abdominals Elbows on plate, lift buttocks in air Keep stomach in & back straight 	Drop knees to floor if back pain is felt
TIME SEC 30 SPEED 10 MOVEMENT Static	




DEEP SQUAT (Strength)	NOTES
<ul style="list-style-type: none"> Quadriceps Feet close, bend knees Push buttocks out 	No deeper than 90 deg at knee; if pain in knee occurs, raise gluteal higher
TIME SEC 30 SPEED 10 MOVEMENT Static	




PECTORIAL STRETCH (Stretch)	NOTES
<ul style="list-style-type: none"> Chest/Shoulders Sit up against plate Elbows on plate, chest pushed out 	Lean back onto plate; relax body
TIME SEC 30-60 SPEED 20-40 MOVEMENT Static	



RING ADDUCTOR (Strength)	NOTES
<ul style="list-style-type: none"> Quadriceps Feet close, bent knees Squeezing adductor ring in and out, holding tension 	No deeper than 90 deg at knee; if pain in knee occurs, raise gluteal higher
TIME SEC 30 SPEED 10 MOVEMENT Static	




GLUTEAL (Stretch)	NOTES
<ul style="list-style-type: none"> Gluteals Sit back, straighten one leg Bend other/twist/pull knee to body 	Feel stretch in buttocks; to increase pull knee further backward
TIME SEC 30-60 SPEED 20-40 MOVEMENT Static	



LUNGE (Strength)	NOTES
<ul style="list-style-type: none"> Gluteals/Hamstrings/Quadriceps One foot on plate, lightly bent Body straight, drop buttocks Knee down 	No deeper than 90 deg at knee; if pain in knee occurs, raise gluteal higher
TIME SEC 30 SPEED 10 MOVEMENT Static	




CALVES (Massage)	NOTES
<ul style="list-style-type: none"> Calves Lay off the plate Place calves on plate 	Relax legs on plate
TIME SEC 30-60 SPEED 40-99 MOVEMENT Static	




TRICEP KICK-BACK (Strength)	NOTES
<ul style="list-style-type: none"> Triceps Straighten back, shoulders back Pull band back Keep elbows straight 	Extend arms behind body; use elbows as a hinge
TIME SEC 30 SPEED 10 MOVEMENT Static	

STATIC = No Movement
DYNAMIC = Movement, through the range of motion




BICEP CURL (Strength)	NOTES
<ul style="list-style-type: none"> Biceps Shoulders back, stomach in Squeeze band to the biceps Keep knees lightly bent 	Slow controlled movement through whole motion; maintain tension on band
TIME SEC 30 SPEED 10 MOVEMENT Static	




SIDE RAISE (Strength)	NOTES
<ul style="list-style-type: none"> Shoulders Shoulders back, stomach in Elbows raising up 	Slow and controlled movement; keep elbows in line with body
TIME SEC 30 SPEED 10 MOVEMENT Static	




INTERMEDIATE PROGRAM




CALF RAISE (Warm-Up)	NOTES
<ul style="list-style-type: none"> Calves Legs straight Raise Heels (Strength) 	Stand on toes; don't pulse
TIME SEC 30 SPEED 40-84 MOVEMENT Slow Dynamic	




STANDING ROW (Strength)	NOTES
<ul style="list-style-type: none"> Upper & Middle Back Straight back, shoulders down Pull elbows back, squeezing shoulder blade together 	Keep slow and controlled movement
TIME SEC 45 SPEED 20-40 MOVEMENT Slow Dynamic	




WIDE SQUAT (Strength)	NOTES
<ul style="list-style-type: none"> Quadriceps Feet wide, turned lightly out Push buttocks out Keep shoulders back 	No deeper than 90 deg at knee; if pain in knee occurs, raise gluteal higher
TIME SEC 45 SPEED 40-84 MOVEMENT Slow Dynamic	




AB PLANK (Strength)	NOTES
<ul style="list-style-type: none"> Upper Abdominals Elbows on plate, lift buttocks in air Keep stomach in & back straight 	Drop knees to floor if back pain is felt
TIME SEC 45 SPEED 20-40 MOVEMENT Static	




DEEP SQUAT (Strength)	NOTES
<ul style="list-style-type: none"> Quadriceps Feet close, bend knees Push buttocks out 	No deeper than 90 deg at knee; if pain in knee occurs, raise gluteal higher
TIME SEC 45 SPEED 40-84 MOVEMENT Slow Dynamic	




PELVIC BRIDGE (Strength)	NOTES
<ul style="list-style-type: none"> Gluteals/Hamstrings Bend knee, keep feet flat Squeeze buttocks, lifting pelvis VAR: Dynamic 	Dig heels into plate; raise buttocks off ground without resting back on floor
TIME SEC 45 SPEED 20-40 MOVEMENT Static	



RING ADDUCTOR (Strength)	NOTES
<ul style="list-style-type: none"> Quadriceps Feet close, bent knees Squeezing adductor ring in and out, holding tension 	No deeper than 90 deg at knee; if pain in knee occurs, raise gluteal higher
TIME SEC 45 SPEED 40-84 MOVEMENT Slow Dynamic	




SEATED ABS (Strength)	NOTES
<ul style="list-style-type: none"> Abdominals Sit toward the back of the plate Holding bands, push chest forward 	Keep slow and controlled movements; maintain tension & cease if back pain occurs
TIME SEC 45-60 SPEED 20-40 MOVEMENT Pulse/Static	




LUNGE (Strength)	NOTES
<ul style="list-style-type: none"> Gluteals/Hamstrings/Quadriceps One foot on plate, lightly bent Body straight, drop buttocks Knee down 	No deeper than 90 deg at knee; if pain in pelvic area occurs, raise gluteal higher
TIME SEC 30 SPEED 40-84 MOVEMENT Slow Dynamic	




HAMSTRING (Strength)	NOTES
<ul style="list-style-type: none"> Hamstrings Stand at front of plate, legs straight Roll body down to touch toes 	Flex to feel stretch in back of legs
TIME SEC 40-49 SPEED 40-49 MOVEMENT Static	




TRICEP DIP (Strength)	NOTES
<ul style="list-style-type: none"> Triceps Hands on the edge of plate Buttocks off/dipping up/down Slow controlled movement 	Not advised for those who experience shoulder or wrist problems (use Tricep Kick-Back)
TIME SEC 30 SPEED 40-84 MOVEMENT Slow Dynamic	




GLUTEAL (Strength)	NOTES
<ul style="list-style-type: none"> Gluteals Sit back, straighten one leg Bend other/twist/pull knee to body 	Feel stretch in buttocks; to increase pull knee further forward
TIME SEC 45-60 SPEED 1-10 MOVEMENT Static	




PUSH-UP (Strength)	NOTES
<ul style="list-style-type: none"> Chest/Triceps Hands wide on plate Pushing chest down/up VAR: On knees or toes 	Practice on knees for 1-3 weeks; keep elbows in line with body
TIME SEC 30 SPEED 40-84 MOVEMENT Static	




CALVES (Massage)	NOTES
<ul style="list-style-type: none"> Calves Lay off the plate Place calves on plate 	Relax legs on plate
TIME SEC 45-60 SPEED 40-84 MOVEMENT Static	



BICEP CURL (Strength)	NOTES
<ul style="list-style-type: none"> Biceps Shoulders back, stomach in Squeeze band to the biceps Keep knees lightly bent 	Slow controlled movement through whole motion; maintain tension on band
TIME SEC 45 SPEED 40-84 MOVEMENT Slow Dynamic	



QUAD (Massage)	NOTES
<ul style="list-style-type: none"> Quadriceps/Lower Abdominals Lay on the plate Elbows on floor 	Relax legs on plate
TIME SEC 45-60 SPEED 50-99 MOVEMENT Static	




SIDE RAISE (Strength)	NOTES
<ul style="list-style-type: none"> Shoulders Shoulders back, stomach in Elbows raising up 	Slow and controlled movement; keep elbows in line with body
TIME SEC 30 SPEED 40-84 MOVEMENT Slow Dynamic	

VAR = Variation in positions to increase intensity
STATIC = No Movement
DYNAMIC = Movement, through the range of motion
PULSE = Short controlled movement

ADVANCED PROGRAM



CALF RAISE (Warm-Up)	NOTES
<ul style="list-style-type: none"> Calves Legs straight Raise Heels (Strength) 	Stand on toes; move slowly up & down while maintaining straight legs
TIME SEC 30 SPEED 40-84 MOVEMENT Slow Dynamic	




SEATED ABS (Strength)	NOTES
<ul style="list-style-type: none"> Abdominals Sit toward the back of the plate Holding bands, push chest forward 	Keep slow and controlled movements; maintain tension & cease if back pain occurs
TIME SEC 60 SPEED 40-84 MOVEMENT Slow Dynamic	




WIDE SQUAT (Strength)	NOTES
<ul style="list-style-type: none"> Quadriceps Feet wide, turned lightly out Push buttocks out Keep shoulders back 	No deeper than 90 deg at knee; if pain in knee occurs, raise gluteal higher; use with or without ring
TIME SEC 45-60 SPEED 40-84 MOVEMENT Slow Dynamic	




V-SIT (Strength)	NOTES
<ul style="list-style-type: none"> Abdominals Sit, facing outwards Lean backwards and raise knees up to raise feet 	Maintain tension on stomach; lift feet and hold; cease if back pain occurs
TIME SEC 30-45 SPEED 40-84 MOVEMENT Static	



ONE-LEG SQUAT (Strength)	NOTES
<ul style="list-style-type: none"> Quadriceps Place one leg backward Knee sits lightly behind heel VAR: Static or Dynamic 	No deeper than 90 deg at knee; if pain in knee occurs, raise gluteal higher; repeat both sides
TIME SEC 30-45 SPEED 40-84 MOVEMENT Slow Dynamic	



BOXING (Cardio/Strength)	NOTES
<ul style="list-style-type: none"> Shoulders/Abs/Biceps/Forearms Push shoulders back, elbows tucked into the body Place feet parallel, facing outward 	Maintain short movements; don't fully extend arms & use lighter weights or none at all
TIME SEC 45-60 SPEED 40-84 MOVEMENT Fast Dynamic	



ONE-LEG GLUT (Strength)	NOTES
<ul style="list-style-type: none"> Gluteals/Hamstrings Bend knees, dig heels in Squeeze buttocks & hamstrings VAR: Heels or flat feet 	Dig heels into plate; raise buttocks off ground without resting back to floor; repeat both sides
TIME SEC 45-60 SPEED 40-84 MOVEMENT Slow Dynamic	




LEG CURL (Cardio/Strength)	NOTES
<ul style="list-style-type: none"> Quadriceps/Glutes/Hamstrings One foot on plate, keeping most of weight on that leg Kick heel of other foot to buttocks 	Top leg remains static; kick heel to buttocks; touching ground each rep; cease if pain occurs
TIME SEC 45-60 SPEED 40-84 MOVEMENT Pulse/Static	




PUSH-UP (Strength)	NOTES
<ul style="list-style-type: none"> Chest/Triceps Hands wide on plate Push chest down/up VAR: Knees or on toes 	Practice on knees for 1-3 weeks; keep elbows in line with body
TIME SEC 45-60 SPEED 40-84 MOVEMENT Slow Dynamic	




HAMSTRING (Stretch)	NOTES
<ul style="list-style-type: none"> Hamstrings Stand at front of plate, legs straight Roll body down to touch toes 	Flex to feel stretch in back of legs
TIME SEC 45 SPEED 40-84 MOVEMENT Static	




TRICEP PUSH-UP (Strength)	NOTES
<ul style="list-style-type: none"> Tricep/Chest Hands close to body Push chest down/up VAR: Static/ Dynamic or Pulse 	Not advised for those who experience shoulder or wrist problems (use Tricep Kick-Back)
TIME SEC 30-45 SPEED 40-84 MOVEMENT Slow Dynamic	




PIRIFORMIS (Stretch)	NOTES
<ul style="list-style-type: none"> Buttocks Sit on edge of plate Place ankle above knee, lean towards floor 	Flex to feel stretch in gluteal area and outside thigh
TIME SEC 45 SPEED 40-84 MOVEMENT Static	




RING CHEST PRESS (Strength)	NOTES
<ul style="list-style-type: none"> Chest Point elbows out, hold ring Squeeze ring together VAR: Dynamic fast or slow 	Slow controlled movement through whole motion; maintain tension on ring
TIME SEC 30-45 SPEED 40-84 MOVEMENT Static	




CALVES (Massage)	NOTES
<ul style="list-style-type: none"> Calves Lay off the plate Place calves on plate 	Relax legs on plate
TIME SEC 60 SPEED 40-84 MOVEMENT Static	



BICEP CURL (Strength)	NOTES
<ul style="list-style-type: none"> Biceps Shoulders back, stomach in Squeeze band to the biceps Keep knees lightly bent 	Slow controlled movement through whole motion; maintain tension on band
TIME SEC 45-60 SPEED 40-84 MOVEMENT Slow Dynamic	



QUAD (Massage)	NOTES
<ul style="list-style-type: none"> Quadriceps/Lower Abdominals Lay on the plate Elbows on floor 	Relax legs on plate
TIME SEC 60 SPEED 50-99 MOVEMENT Static	



AB PLANK (Strength)	NOTES
<ul style="list-style-type: none"> Upper Abdominals Elbows on plate, lift buttocks in air Keep stomach in & back straight 	Drop knees to floor if back pain is felt
TIME SEC 45-60 SPEED 40-84 MOVEMENT Slow Dynamic	

VAR = Variation in positions to increase intensity
STATIC = No Movement
DYNAMIC = Movement, through the range of motion
PULSE = Short controlled movement

FREQUENTLY ASKED QUESTIONS

NW MAGAZINE (5 NOVEMBER 2007) REPORTED ELLE MACPHERSON WHEN COMMENTING ON VIBRATION TECHNOLOGY AS SAYING:

"I can already see a difference in my legs and stomach after just 2 weeks – everything is much firmer."¹**

IS WHOLE BODY VIBRATION TRAINING CREDIBLE?

WBV has been widely researched by credible scientific groups who have reported a number of health and fitness benefits, such as strength gain and muscle growth⁴, an increase in bone density⁵, improved circulation⁶ and flexibility⁹, relief to tight sore muscles. In Australia, Europe, US, Canada, UK and the Middle East Vibration Training is widely used by sports teams and Personal Trainers. Russians have been using WBV to strengthen their athletes for decades.

THERE ARE SO MANY WIDE AND VARIED BENEFITS CLAIMED ABOUT VIBRATION - CAN YOU REALLY GET ALL THOSE BENEFITS?

Yes. The claimed benefits have resulted from research conducted by over 30 universities worldwide. Some of the studies are listed in this booklet.

IS IT SAFE?

The CV12 is safe for the vast majority of people, although, like all new exercise programs it's important to consult your doctor first and discuss the contraindications should they apply to you. You can be overweight*, have aches and pains, stiffness, be recovering from injury and still get benefits from the CV12.

DOES THE CV12 EXERCISE ALL MY MUSCLES?

It can. Even the very deep-tissue structural support muscles that are hard to reach doing other exercise options may be stimulated using the CV12. Vibration Training doesn't discriminate between muscle groups – they work simultaneously.

The vibration is highest in the body part that is closest to the platform.

CAN I LOSE WEIGHT ON THE CV12?

Yes. Research shows that increasing lean muscle mass also increases your metabolism² – which means you can burn more calories even when you are resting. Of course, you may also need to attend to your diet – a poor, high fat diet makes weight loss difficult no matter how much you train!³

HOW LONG DO I NEED TO USE THE CV12 IN ANY ONE SESSION TO GET BENEFIT?

You may notice benefit within just 1 minute! Our standard Safe Strength Program takes just 10 minutes incorporating a range of positions. This workout can be used as a stand alone program or in conjunction with other strength or cardio training.

IS THERE AN IDEAL TRAINING SCHEDULE?

Ideally, begin gradually (3 to 10 minute sessions, 3 times a week). We offer a 10 Minute Safe Strength Program which has been designed to achieve training results.

HOW CAN I REDUCE CELLULITE WITH VIBRATION TRAINING?