# **Owner's Manual**

guideline to using your





### www.pulsetrainer.com

Please note: This manual was current at time of printing. However, we are continually striving to know more about Whole Body Vibration and we are always doing research and development in order to advance our knowledge. For the most up-to-date information on how to make the most of your *PULSE TRAINER* please see our website www.pulsetrainer.com

## **Table of Contents**

SECTION 1 – INTRODUCTION	
Copyright Notice	3
Disclaimer	3
Safety and Precautionary Information	3
Contraindications to Vibration Training	
General Safety Notice	
Exercise Safety	5
Preface	6
SECTION 2 – ABOUT VIBRATION	
The PULSE TRAINER	7
Tilt/flat, Why Have Two Modes	7
What is Vibration Training and How Does it Work?	8
G Force Chart	9
How Can the PULSE TRAINER Help You?	10
What are the Benefits of Using Your PULSE TRAINER?	
SECTION 3 – GETTING STARTED	•••••
Console Functions	11
Console Functions Continued	
BEFORE EXERCISING	
Step 1: Pre-program Assessment	
Step 2: Goal Setting	
Choosing Your PULSE TRAINER Program Category	
The Pre-program Warm Up	
The Fregram Warm Op	17

SECTION 4 - TRAINING PROGRAMS	
Training Plan – Beginners Series	15
Beginner – Program 1	16
Beginner – Program 2	
Training Plan – Intermediate Series	18
ntermediate – Program 1	
ntermediate – Program 2	
-	
SECTION 5 - THE <i>PULSE TRAINER</i> EXERCISE LIBRARY	7
How to Read The Exercise Template	21
Exercise Library	21
Lower Body	22-23
Upper Body	
Core	
Lower Body – Stretches	27-29
Upper Body – Stretches	
Relaxation Exercises	
FINAL NOTE TO OWNER	
WARRANTY	

### **Section 1 – Introduction**

#### **COPY RIGHT NOTICE**

Copyright © 2007 Vibration Technologies International Limited

#### **DISCLAIMER**

Vibration Technologies International (VTI) accepts no liability for any damage or injury resulting from use of the product if you have any of the stated contraindications.

#### SAFETY AND PRECAUTIONARY INFORMATION

Please consult your physician prior to using your *PULSE TRAINER* Please note that if you have a temporary illness such as the flu, please wait until you recover before exercising.

The minimum age for use is 18 years old. This machine is not a toy and children should not be allowed to come into contact with the platform when vibrating.

This machine is designed and manufactured for home use only and tested up to a maximum body weight of 150 kg.

Always use as prescribed.

By purchasing your controlled whole body vibration machine through the *PULSE TRAINER* sales system you are guaranteed to receive the best advice at that time.

### **Contraindications to Vibration Training**

Before using this product please read this list of known contraindications. If you have one or more of these listed conditions, you should not use the product.

- Acute inflammations or infections or fever
- Acute migraines
- Acute arthropathy and arthrosis
- Postoperative wounds trauma, visceral surgery, orthopaedics, neural surgery
- Endoprostheses of the lower extremities and spine plates and screws
- Implants of the spine
- Cardiovascular disease Heart and vascular
- Epilepsy
- Recent surgery and fresh (surgical) wounds
- Gallstones
- Kidney stones
- · Heart rhythm disorders and Heart valve disorders
- Hernia
- Pregnancy or recent pregnancies (6 weeks)
- Recent thrombosis or possible thrombotic complaints
- Spasticity after stroke/apolex with spasticity, spinal cord lesion
- Tumours
- Acute back problems after fracture, disc related problems, spondylosis and gliding spondylolisthesis
- Previous spinal surgery or disc pathology proven by radiological investigations (i.e. Herniated disc)
- Severe osteoporosis with BMD < 70mg/ml

- High blood pressure sufferers (situational)
- Pain with the exercises
- Position dizziness (PBPD)

If you suffer from or experience any of the following please consult your physician first:

- Acute lower back pain sufferers -recent injuries (6 months or less) with unresolved pain
- Chronic low back pain sufferers who: Have not had clearance from a physiotherapist, or have referred pain into their legs/ hips/buttock/iliac crest.
- Joint implants; foot, knee and hip implant
- Metal or synthetic implants like pacemaker, recent intra-uterine device (IUD), artificial cardiac valves or stents
- Acute joint disorders

Note this list is not exhaustive. If you are unsure whether any of these conditions apply to you or if your condition changes, talk to a medical professional before commencing controlled whole body vibration. Use of this product should be strictly restricted to those individuals who are not communication impaired (i.e. no children or handicapped persons) unless under instruction.

4 For more information visit www.pulsetrainer.com

# FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS BELOW MAY RESULT IN SERIOUS INJURY OR EVEN DEATH.

- 1. Read the Owner's Manual and all safety instructions thoroughly to familiarize yourself with the *PULSE TRAINER* before use.
- 2. Before beginning any exercise program consult your physician. He or she can help evaluate your present fitness level and determine the exercise program that is most appropriate for your age and physical condition.
- If you experience and pain or tightness in your chest, irregular heart palpitations, shortness of breath, faintness or other unusual discomfort while exercising, stop and consult a physician before continuing.
- 4. Adult supervision is required at all times when a child is near your PULSE TRAINER
- 5. Your *PULSE TRAINER* should be checked for safety before each use.
- 6. Care should be taken when getting on and off your *PULSE TRAINER*.
- 7. Use only the accessory attachments recommended by the manufacturer.
- 8. Keep your PULSE TRAINER in a dry area.
- 9. Wear appropriate comfortable exercise clothing and thin-soled shoes when using your *PULSE TRAINER*.
- 10. Never START your *PULSE TRAINER* unless someone is standing on the foot plate, and never step off while the machine is running.

### **General Safety Notice**

#### **EXERCISE SAFETY**

- 1. Exercise within your capabilities. Do not overdo it.
- 2. Choose a program suitable to your present fitness level
- 3. Ensure you maintain correct exercise form and posture throughout the exercise, if you cannot, stop the exercise, rest, and try again.
- 4. Ensure you maintain spinal neutral during the exercise where applicable spinal neutral is the natural anatomical curve of the spine. Do not ARCH or FLATTEN your back excessively. Spinal neutral can be found halfway between an arched and flattened back.
- 5. Avoid hyperextension or locking of joints.
- 6. Breathe regularly throughout the exercises. Do not hold your breath when strength training.
- 7. Begin each session with a warm-up and stretch to prepare your body. Follow each session with a cool-down and stretch.
- 8. Drink adequate fluids before, during and after exercise.
- 9. Caution should be used at all times whilst using your *PULSE TRAINER*.

### **Preface**

Welcome to the most innovative Vibration Training product on the market today – the *PULSE TRAINER*.

Congratulations for purchasing your very own *PULSETRAINER* – home vibration training machine. You have taken the first step to improving your heath, fitness and well-being.

Strength and conditioning is an integral part of any health and fitness program. By using our state-of-the-art vibration technology and unique training system you will reach your personal health, fitness and well-being goals safely and efficiently.

Utilising the latest in scientific training principles the *PULSE TRAINER* programs are designed to achieve maximum results in the shortest possible time. Workouts range from 10mins, 3 times per week, to more advanced and comprehensive workouts.

Please read your manual carefully to ensure you get the most out of your *PULSE TRAINER*.

Happy exercising Yours in Health and Wellness

Jay Harrison International Fitness Expert

#### WORLDS ONLY DUAL ACTION VIBRATION TRAINING MACHINE

**Are all vibration machines the same? NO...** not all vibration machines are created equal. There are different types of vibration produced by different types of vibration machines. For a full summary please visit www.pulsetrainer.com

### WHAT IS THE DIFFERENCE BETWEEN FLAT (LINEAR) AND TILT (PIVOTAL) VIBRATION?

PULSE TRAINER produces two modes of pure vertical vibration (flat and tilt). This gives users the ability to tailor the best motion for the exercise being performed. There are positive advantages for using the different types of vibrations. It depends on the goals, exercises, and person using the machine. With PULSE TRAINER the answer is provided in one machine for the first time.

#### Option 1)



#### **FLAT MODE (LINEAR)**

Produces a pure flat vertical movement. Giving the user a single line of linear motion.

Option 2)



#### **TILT MODE (PIVOTAL)**

Produces a pure vertical pivoting movement. Giving an up and down motion, like a seesaw.

### **Section 2 – About Vibration**

#### TILT/FLAT. WHY HAVE TWO MODES?

The field of whole body vibration (WBV) is relatively new and the studies have been conducted on machines that produce either Flat (Linear) or Tilt (Pivotal) movement. Both showed positive benefits across a broad range of conditions. However there has been very few studies done on which mode is most effective for each purpose i.e. to increase strength or to increase power, or for targeting specific muscle groups. We feel both flat and tilt modes have a positive effect when applied to the body and we are currently doing research into which mode should be used for what purpose.

Until there is more definite proven data we have applied the planes of movement, physiology and biomechanics of the body to each exercise in the training programs, and applied the mode we feel best applies. As more information becomes available we will update our training programs.

### **What is Vibration Training and How Does It Work?**

#### WHAT IS VIBRATION TRAINING AND HOW DOES IT WORK?

Vibration Training is a method of 'strength and conditioning' or strength training utilizing a machine that has a vibrating platform. The user performs exercises on the platform using a combination of the following parameters:

- Frequency (measured in Hz), the repetition rate per second.
   The higher the frequency the greater the g force being generated and thereby the loading of the musculoskeletal system.
- Amplitude (measured in mm, peak to peak displacement of the platform)
   Higher amplitude increases the extent of the movement and thereby increases training intensity.
- Duration (measured in minutes and seconds): How long each segment of vibration training lasts.
- Position The body position can be either static or dynamic, working through a variety of ranges of movement.
- External loading Using bands, dumbbells, barbells or other methods of resistance.

The transfer of vibration energy or force, from the *PULSE TRAINER* to the user, stimulates the stretch-reflex mechanism in the muscles of the user. This **stretch-reflex** enables the user's muscles to absorb the vibration and maintain balance and posture.

#### Force applied to the body (G Force)

G Force is technically described as the "nominal acceleration due to gravity on Earth at sea level" and is technically defined as 9.80665m/s² (for our purposes we have rounded this to 10m/s²) (approximately 10m/s² equals 1g). If you refer to the G Force chart on the next page you will see that the G Forces increase with Amplitude but also increase with Frequency. For a vibration machine G Force is the amount of "vibration intensity" applied to the human body and the PULSE TRAINER controls this intensity. You should be aware of the amount of G Force you are experiencing and control this intensity according to your personal tolerance to vibration.

Note: Refer G Force chart next page.

The field of whole body vibration (WBV) is relatively new and the studies that have been conducted to date show positive benefits across a broad range of conditions. More studies are currently being conducted throughout the world. As results are published more detailed information will be available to us that will better define (or refute) the positive benefits.

Too many in the industry overstate the positive benefits of WBV. Some even make claims and refer to a supportive study that their vibration machine cannot match the protocols and parameters used, making their claims invalid.

## **G Force Chart**

AMPLITUDE mm								P	PULSE 1	RAINEI	R G FOR	CE CHAF	RT							
4.0	1.80	2.05	2.31	2.59	2.89	3.20	3.53	3.87												
3.8	1.71	1.95	2.20	2.46	2.74	3.04	3.35	3.68	4.02											
3.6	1.62	1.84	2.08	2.33	2.60	2.88	3.18	3.48	3.81											
3.4	1.53	1.74	1.97	2.20	2.45	2.72	3.00	3.29	3.60	3.92										
3.2	1.44	1.64	1.85	2.07	2.31	2.56	2.82	3.10	3.39	3.69	4.00									
3.0	1.35	1.54	1.73	1.94	2.17	2.40	2.65	2.90	3.17	3.46	3.75	4.06								
2.8	1.26	1.43	1.62	1.81	2.02	2.24	2.47	2.71	2.96	3.23	3.50	3.79	4.08							
2.6	1.17	1.33	1.50	1.68	1.88	2.08	2.29	2.52	2.75	3.00	3.25	3.52	3.79	4.08						
2.4	1.08	1.23	1.39	1.56	1.73	1.92	2.12	2.32	2.54	2.76	3.00	3.24	3.50	3.76	4.04					
2.2	0.99	1.13	1.27	1.43	1.59	1.76	1.94	2.13	2.33	2.53	2.75	2.97	3.21	3.45	3.70	3.96				
2.0	0.90	1.02	1.16	1.30	1.44	1.60	1.76	1.94	2.12	2.30	2.50	2.70	2.92	3.14	3.36	3.60				
1.8	0.81	0.92	1.04	1.17	1.30	1.44	1.59	1.74	1.90	2.07	2.25	2.43	2.62	2.82	3.03	3.24				
1.6	0.72	0.82	0.92	1.04	1.16	1.28	1.41	1.55	1.69	1.84	2.00	2.16	2.33	2.51	2.69	2.88	3.92			
1.4	0.63	0.72	0.81	0.91	1.01	1.12	1.23	1.36	1.48	1.61	1.75	1.89	2.04	2.20	2.35	2.52	3.43			
1.2	0.54	0.61	0.69	0.78	0.87	0.96	1.06	1.16	1.27	1.38	1.50	1.62	1.75	1.88	2.02	2.16	2.94	3.84		
1.0	0.45	0.51	0.58	0.65	0.72	0.80	0.88	0.97	1.06	1.15	1.25	1.35	1.46	1.57	1.68	1.80	2.45	3.20	4.05	
0.8	0.36	0.41	0.46	0.52	0.58	0.64	0.71	0.77	0.85	0.92	1.00	1.08	1.17	1.25	1.35	1.44	1.96	2.56	3.24	4.00
0.6	0.27	0.31	0.35	0.39	0.43	0.48	0.53	0.58	0.63	0.69	0.75	0.81	0.87	0.94	1.01	1.08	1.47	1.92	2.43	3.00
0.4	0.18	0.20	0.23	0.26	0.29	0.32	0.35	0.39	0.42	0.46	0.50	0.54	0.58	0.63	0.67	0.72	0.98	1.28	1.62	2.00
0.2	0.09	0.10	0.12	0.13	0.14	0.16	0.18	0.19	0.21	0.23	0.25	0.27	0.29	0.31	0.34	0.36	0.49	0.64	0.81	1.00
FREQUENCY Hz	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	35	40	45	50

### What are the benefits of using your PULSE TRAINER?

The PULSE TRAINER can be used for the following:

- Exercise/Fitness
- Wellness
- Stretching
- Relaxation

The *PULSE TRAINER'S* state-of-the-art vibration technology and training systems target a multitude of health and fitness goals; with many potential benefits, from improved athletic performance, to better general health and quality of life:

#### **Exercise/Fitness**

- Increases muscle strength
- Increase muscle power
- Improves muscle tone
- Improves co-ordination
- Improves balance
- Improves flexibility
- Strengthens joints & ligaments
- Improves circulation
- Improved athletic performance

#### Wellness

- Enhances quality of life vitality, well-being, appearance
- Lowers stress -lowers cortisol, boosts serotonin
- Boosts function of hormonal system
- Improves posture

- Increases bone density
- Improves metabolism
- Improves bladder control
- Reduces pain
- Improves circulation
- Improves muscle tone
- · Improves balance and flexibility
- Increases muscle strength and power

#### **Flexibility**

- Increases range of movement
- Improves posture
- Strengthens joints and ligaments
- Movement with less pain (pain-free, in some cases)

#### Relaxation

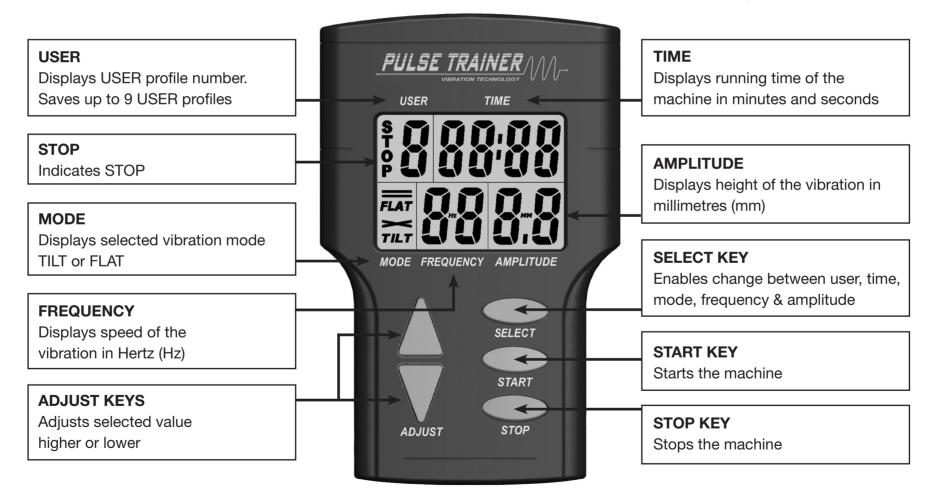
- Enhances quality of life vitality
- Reduces muscle soreness
- Aids in toxin removal
- Enhances resilience and lowers stress
- Reduces pain
- Improves circulation

### **Section 3 – Getting Started**

Please first refer to ASSEMBLY AND SETUP INSTRUCTION to ensure you have followed the instructions and your *PULSE TRAINER* is now fully assembled and ready for use.

#### **CONSOLE INSTRUCTIONS**

The console will turn on automatically when the main power switch is turned on. The console will then display all LCD segments and a beeper will sound for 2 seconds. The LCD will then display the default values as listed on the next page.



#### **CONSOLE KEYS**

**SELECT:** Press the SELECT key and the display will cycle through USER > TIME > MODE > FREQUENCY > AMPLITUDE. When the value selected is flashing then this value can be changed by pressing the ADJUST keys (higher or lower).

**START:** When the START key is pushed the machine will start close to the final AMPLITUDE setting. During the first 5 seconds the power will be adjusted to the setting you have selected on the console. This is because the accelerometer installed in the foot plate is measuring the vibration level and adjusting the power supplied to the motors to compensate for your weight until the AMPLITUDE setting on the console is achieved. During this 5 second adjustment period please keep still until you here a single beep.

**DELAY START:** When performing some exercises you will not be able to reach the console to push START. For exercises like this use DELAY START. You have a choice to delay START for 5 or 10 seconds. SELECT TIME and press the ADJUST key down past :00 and then select either -:05 or -:10. Press the SELECT key and the normal TIME mode will be displayed. Set countdown TIME in the normal way. The dots between the TIME digits will flash to indicate that you have set DELAY START. When you press START 'beeps' will countdown every second then the last beep will be long and the machine will start.

**STOP:** The machine will stop when the STOP key is pushed or when the countdown TIME reaches 00:00.

**USER:** Default is USER profile 1.

There are 9 available USER profiles. Each USER profile will display the default settings. These values can be changed and saved; all 9 USER profiles can hold different settings. To store first select a USER profile (1-9) key in the desired variables (time, mode, frequency and amplitude). The new values will be saved automatically when the START key is pushed. When that USER profile number is selected again the saved values will be displayed.

Note: If you wish to change a value after START (while the machine is running) then select the new value and press START again. This will save the new value. You cannot change the value of TIME while machine is running. This can only be done in STOP mode.

TIME: Default is 1:00 (1 minute).

Minimum TIME is 0.30 (30 seconds) and the maximum TIME is 10:00 (10 minutes) in 0.15 (15 second) steps. TIME can only countdown from a

selected value. If the STOP key is pushed before 00:00 is reached then TIME will be "paused". TIME will continue to countdown when the START key is pushed again.

**MODE:** Default is TILT.

#### **FREQUENCY:**

TILT MODE: Default is 20Hz.

Minimum is 15Hz and maximum is 30Hz set in 1Hz steps.

FLAT MODE: Default is 30Hz.

Minimum is 20Hz and maximum is 50Hz set in 5Hz steps.

AMPLITUDE: Default is 0.4mm.

Minimum is 0.2mm and maximum is 4.0mm set in 0.2mm steps. The maximum AMPLITUDE will not exceed 4mm or 4g whichever occurs first. Note: Refer to the separate G Force Chart.

#### **SOUND ALERTS:**

- 1. POWER ON. 1 long beep ———. When the power is first turned on.
- 2. ERROR. 3 short fast beeps — —. Whenever you try and make a value change that is not possible you will receive this error alert.
- 3. SELECT. 1 short beep —. This indicated that your selection has been successful.
- 4. SAVE USER PROFILE. 2 long beeps ————. This alert will only be heard when the START key is pushed to indicate that whatever is displayed at the time will be saved under the indicate USER profile number.
- 5. DELAY START countdown. 1 short beep every second for 5 or 10 seconds followed by 1 long beep before START. — — ——.
- 6. AMPLITUDE set, at the end of the first 5 seconds after START. 1 short beep —.
- 8. IRESET and MASTER RESET. 1 long beep ———. This will indicate that reset has occurred.

**USER RESET:** If you want to reset the values of a selected USER profile to the default values then press and hold the SELECT key for 3 seconds. This will only reset the USER profile number displayed.

**MASTER RESET:** If you want to reset all USER profiles back to the default values then press and hold all 3 keys together for 3 seconds, the SELECT key and BOTH up and down ADJUST keys.

#### STEP 1: PRE-PROGRAM ASSESSMENT

It is is highly recommended that you seek medical advice prior to commencing any new health and fitness regime

The first step in undertaking any fitness program is to determine your current fitness level and health status. A check-up with your GP or a local health professional is recommended.

Below are some simple assessments to help track your results:

- B.M.I (Not completely accurate but ball park type accuracy)
   B.M.I = WEIGHT(kg) ÷ HEIGHT(ms)<sup>2</sup>
- Body composition (Calliper test or Bioelectrical Impedance)
- Girth measurement
- Weight

These assessments can be good to get baseline statistics, which you can compare as you progress through your program.

### **Before Exercise**

#### **STEP 2: GOAL SETTING**

The next step is to set some goals and direction. Using the **S.M.A.R.T.E.R** goal setting system you will be able to map out a clear and simple strategy to achieve your personal health and fitness goals.

- **S** Specific Indicate precisely what is to be done. Avoid vague alternatives
- M Measurable You should be able to quantify or measure your goal
- A Achievable Goals must be accepted as worthwhile, realistic and attainable
- R Recorded Write your goals down.
- T Time-constrained Set specific dates and time limits
- **E** Evaluate Evaluate your progress regularly
- R Reward Reward yourself for your success

This approach to goal setting breaks your goals down into tangible milestones. Use this process for each goal. Start with a couple of simple goals initially – success creates success.

### **Choosing your PULSE TRAINER Program Category**

For ease of use there are two program category formats for the *PULSE TRAINER* System. The programs are designed to cater for people new to exercise and for those a little more experienced.

#### The program categories are:

- 1. BEGINNER
- 2. INTERMEDIATE

The **BEGINNER** series of programs are designed for those new to exercise or those who have not exercised for some time –with no current injuries.

The **INTERMEDIATE** series of programs are designed for those who have been exercising regularly and are of average to good fitness level with no current injuries.

Each program category has 2 x 4-week plans for a total of 8-weeks; each plan is a progressive format, increasing in volume and intensity over 8-weeks.

It is recommended that you follow the format for your safety and for best results.

#### THE PRE-PROGRAMME WARM UP

Before starting your program its best to make sure your body is warm. Increasing the bodies temperature and the circulation will assist your muscles and help them prepare for the exercises. Think of the muscles like chewing gum – un-chewed it is brittle, but once you have chewed if for a bit it becomes supple and stretchy.

#### WARM UP SUGGESTIONS

- Brisk walking for 5-10min preferably on flat terrain
- Cycling 5-10min this can be on a stationary bike or a bicycle.
- Marching on the spot you may feel silly but it definitely works.
   (You could try step-ups on a low step also)

### **Section 4 – Training Programs**

### **The Beginners Program Series**

The Beginners Program is a series of progressive programs and consists of the following components

- 1. Example Training Plan
- 2. Program
  - a) Warm-up and Stretch
  - b) Beginners Programs (1, 2)
  - c) Cool-down and Stretch

#### **Example Training Plan - Beginners Series**

DAY	WEEK 1-2	WEEK 3-4	WEEK 5-6	WEEK 7-8
MONDAY	BEGINNER 1	BEGINNER 1	BEGINNER 2	BEGINNER 2
TUESDAY	REST DAY	REST DAY	REST DAY	REST DAY
WEDNESDAY	CARDIO – WALK	BEGINNER 1	CARDIO – WALK	BEGINNER 2
THURSDAY	REST DAY	REST DAY	REST DAY	REST DAY
FRIDAY	BEGINNER 1	BEGINNER 1	BEGINNER 2	BEGINNER 2
SATURDAY	REST DAY	REST DAY	REST DAY	REST DAY
SUNDAY	CARDIO – WALK	CARDIO – WALK	CARDIO – WALK	CARDIO – WALK

### **The Beginners Program Series – Program 1**

WARM UP	EXERCISE	SETS	DURATION	MODE	FREQUENCY	AMPLITUDE	REST	REPEAT
1	1/2 SQUAT	1	30sec	TILT	18Hz	0.6mm	60sec	
2	(STRETCH) HIP FLEXOR — SHORT	1	30sec	FLAT	26Hz	0.2mm	60sec	•
PROGRAMME								
1	FULL SQUAT	1	30sec	TILT	18Hz	1.0mm	60sec	
2	1/2 LUNGE	1	30sec	FLAT	26Hz	0.4mm	60sec	•
3	GLUT HOLD – DOUBLE	1	30sec	TILT	18Hz	1.0mm	60sec	
4	CALVES – DOUBLE	1	30sec	TILT	18Hz	1.0mm	60sec	
5	CHEST HOLD - KNEES	1	30sec	FLAT	26Hz	0.4mm	60sec	
6	TRICEPS HOLD - KNEES	1	30sec	FLAT	26Hz	0.4mm	60sec	
7	BICEP CURL	1	30sec	TILT	18Hz	1.0mm	60sec	
8	AB BRIDGE – KNEES	1	30sec	FLAT	26Hz	0.4mm	60sec	
WARM DOWN								
1	(RELAXATION) QUADS	1	60sec	FLAT	50Hz	0.2mm	60sec	
2	(RELAXATION) GLUTS/HAMSTRINGS	1	60sec	FLAT	50Hz	0.2mm	60sec	

## **The Beginners Program Series – Program 2**

WARM UP	EXERCISE	SETS	DURATION	MODE	FREQUENCY	AMPLITUDE	REST	REPEAT
1	1/2 SQUAT	1	30sec	TILT	20Hz	0.6mm	60sec	
2	(STRETCH) HIP FLEXOR – SHORT	1	30sec	FLAT	27Hz	0.8mm	60sec	•
PROGRAMME								
1	FULL SQUAT	1	30sec	TILT	20Hz	1.4mm	60sec	
2	1/2 LUNGE	1	30sec	FLAT	27Hz	0.8mm	60sec	•
3	GLUT HOLD – DOUBLE	1	30sec	TILT	20Hz	1.4mm	60sec	
4	CALVES – DOUBLE	1	30sec	TILT	20Hz	1.4mm	60sec	
5	CHEST HOLD – KNEES	1	30sec	FLAT	27Hz	0.8mm	60sec	
6	TRICEPS HOLD - KNEES	1	30sec	FLAT	27Hz	0.8mm	60sec	
7	BICEP CURL	1	30sec	TILT	20Hz	1.4mm	60sec	
8	AB BRIDGE – KNEES	1	30sec	FLAT	27Hz	0.8mm	60sec	
WARM DOWN								
1	(RELAXATION) QUADS	1	60sec	FLAT	50Hz	0.2mm	60sec	
2	(RELAXATION) GLUTS/HAMSTRINGS	1	60sec	FLAT	50Hz	0.2mm	60sec	

### **The Intermediate Program Series**

### **The Intermediate Program Series**

The Intermediate Program is series of progressive programs and consists of the following components:

- 1. Example Training Plan
- 2. Program
  - a. Warm-up and Stretch
  - b. Intermediate Programs (1, 2)
  - c. Cool-down and Stretch

#### **Example Training Plan - Intermediate**

DAY	WEEK 1-2	WEEK 3-4	WEEK 5-6	WEEK 7-8
MONDAY	INTERMEDIATE 1	INTERMEDIATE 1	INTERMEDIATE 2	INTERMEDIATE 2
TUESDAY	REST DAY	REST DAY	REST DAY	REST DAY
WEDNESDAY	INTERMEDIATE 1	INTERMEDIATE 1	INTERMEDIATE 2	INTERMEDIATE 2
THURSDAY	REST DAY	REST DAY	REST DAY	REST DAY
FRIDAY	INTERMEDIATE 1	INTERMEDIATE 1	INTERMEDIATE 2	INTERMEDIATE 2
SATURDAY	REST DAY	REST DAY	REST DAY	REST DAY
SUNDAY	CARDIO – WALK	CARDIO – WALK	CARDIO – WALK	CARDIO – WALK

## **Intermediate - Program 1**

WARM UP	EXERCISE	SETS	DURATION	MODE	FREQUENCY	AMPLITUDE	REST	REPEAT
1	1/2 SQUAT	1	45sec	TILT	22Hz	0.6mm	60sec	
2	HAMSTRING HOLD	1	45sec	TILT	22Hz	0.6mm	60sec	
PROGRAMME								
1	FULL SQUAT	1	45sec	TILT	22Hz	1.4mm	60sec	
2	1/2 LUNGE	1	45sec	FLAT	30Hz	0.8mm	60sec	•
3	GLUT HOLD – DOUBLE	1	45sec	TILT	22Hz	1.4mm	60sec	
4	CALVES – DOUBLE	1	45sec	TILT	22Hz	1.4mm	60sec	
5	CHEST HOLD – FEET	1	45sec	FLAT	30Hz	0.8mm	60sec	
6	TRICEP HOLD - HALF DIP	1	45sec	FLAT	30Hz	0.8mm	60sec	
7	BICEP CURL	1	45sec	TILT	22Hz	1.4mm	60sec	
8	AB BRIDGE – FEET	1	45sec	FLAT	30Hz	0.8mm	60sec	
WARM DOWN								
1	(RELAXATION) QUADS	1	60sec	FLAT	50Hz	0.2mm	60sec	
2	(RELAXATION) GLUTS/HAMSTRINGS	1	60sec	FLAT	50Hz	0.2mm	60sec	

### **Intermediate - Program 2**

WARM UP	EXERCISE	SETS	DURATION	MODE	FREQUENCY	AMPLITUDE	REST	REPEAT
1	1/2 SQUAT	1	45sec	TILT	24Hz	0.6mm	60sec	
2	HAMSTRING HOLD	1	45sec	TILT	24Hz	0.6mm	60sec	
PROGRAMME								
1	FULL SQUAT	1	45sec	TILT	24Hz	1.6mm	60sec	
2	1/2 LUNGE	1	45sec	FLAT	30Hz	1.0mm	60sec	•
3	GLUT HOLD – DOUBLE	1	45sec	TILT	24Hz	1.6mm	60sec	
4	CALVES – DOUBLE	1	45sec	TILT	24Hz	1.6mm	60sec	
5	CHEST HOLD – FEET	1	45sec	FLAT	30Hz	1.0mm	60sec	
6	TRICEP HOLD - HALF DIP	1	45sec	FLAT	30Hz	1.0mm	60sec	
7	BICEP CURL	1	45sec	TILT	24Hz	1.6mm	60sec	
8	AB BRIDGE – FEET	1	45sec	FLAT	30Hz	1.0mm	60sec	
WARM DOWN								
1	(RELAXATION) QUADS	1	60sec	FLAT	50Hz	0.2mm	60sec	
2	(RELAXATION) GLUTS/HAMSTRINGS	1	60sec	FLAT	50Hz	0.2mm	60sec	

### **Section 5 - The** *PULSE TRAINER* **Exercise Library**

#### HOW TO READ THE EXERCISE TEMPLATE

#### Name of Exercise:

PULSE TRAINER exercise name

#### Level:

User level. i.e. Beginner, Intermediate etc...

#### **Objective:**

The specific goal achieved by each exercise

#### **Exercise Description:**

Full description of how to perform each exercise. Specific guidance on body position, posture, and contact with the vibration plate.

• Repeat symbol, lets you know you need to repeat exercise on opposite side. i.e. Do exercise on both the left and right sides.

#### **Key Points:**

Specific points to concentrate on for each exercise.

#### **Safety Points:**

Important safety points for each exercise.

#### **Accessories:**

Name of additional accessory utilised during exercise. i.e. Soft platform mat, Floor mat, Power cords etc...

#### Mode:

Recommended mode (flat/tilt).

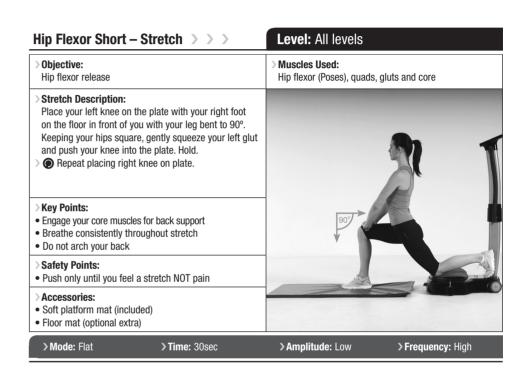
#### **Settings:**

Recommended setting for each exercise (amplitude/frequency/time).

#### Image:

Picture of exercise.

#### **Example Exercise Template:**



# **Lower Body**

### **Lower Body**

\*Note: Use the soft platform mat and the floor mat for additional comfort during exercises. (The floor mat is an optional extra, and is not included with your PULSE TRAINER)

#### 1/2 Squat > > >

#### Objective:

Lower Limb strength and toning

#### **Exercise Description:**

Position your feet a hip width apart with your toes turned out slightly. Bend your legs slightly. Hold.

#### Key Points:

- Engage your core muscles for back support
- Weight bear evenly through your feet
- · Breathe consistently throughout exercise

#### Safety Points:

- Pull out stabiliser leg of PULSE TRAINER for machine support
- · Keep your body upright and your back straight
- · Keep eyes looking straight ahead
- · Use hand grips for support

#### > Accessories:

> Mode: Flat

#### > Settings: For time/amplitude/frequency refer to your program

Level: Beginner

Quads, core, gluts and calves

Muscles Used:

### Objective:

Full Squat >>>

Lower Limb strength and toning

#### **Exercise Description:**

Position your feet a hip width apart with your toes turned out slightly. Bend your legs until; they are at 90°. Hold.

#### Key Points:

- Engage your core muscles for back support
- Keep your knees in line with your toes
- Breathe consistently throughout exercise

#### Safety Points:

- Pull out stabiliser leg of PULSE TRAINER for machine
- Keep your body upright and your back straight
- · Keep eyes looking straight ahead

#### Accessories:

> Mode: Tilt

#### 1/2 Lunge > > >

#### Objective:

Lower Limb strength and toning

#### **Exercise Description:**

Place your left foot on the centre point of the plate and keep your right leg on the floor. Bend your left leg to 45°. Hold.

Repeat placing right foot on plate.

#### > Kev Points:

- Engage your core muscles for back support
- Keep your knee in line with your middle toe
- Breathe consistently throughout exercise

#### Safety Points:

- · Keep your body upright and your back straight
- Keep eyes looking straight ahead
- Stop if you experience back or knee pain

#### Accessories:

#### Level: Intermediate

#### Muscles Used:

Quads, core, gluts and calves



#### Level: Beginner

#### Muscles Used:

> Settings: For time/amplitude/frequency refer to your program

Quads, core, gluts and calves



> Mode: Tilt

> Settings: For time/amplitude/frequency refer to your program

#### Lunge > > >

#### Level: Intermediate

Quads, core, gluts and calves

Muscles Used:

#### > Objective:

Lower Limb strength and toning

#### > Exercise Description:

Place your left foot on the centre point of the plate and keep your right leg on the floor. Bend your left leg to 90°. Hold.

Repeat placing right foot on plate.

#### > Key Points:

- Engage your core muscles for back support
- Keep your knee in line with your middle toe
- Breathe consistently throughout exercise

#### > Safety Points:

- · Keep your body upright and your back straight
- · Keep eyes looking straight ahead

#### Accessories:

> Settings: For time/amplitude/frequency refer to your program

>Mode: Flat

#### Hamstring Hold >>>

#### > Objective:

Lower Limb strength and toning

#### Exercise Description:

Lying on your back on the floor with your arms out by your side with your palms facing up and feet on the plate a hip width apart. Clench your butt and gently lift your hips up until your body is straight like a plank. Hold

#### > Key Points:

- Engage your core muscles for back support
- Your leg angle should be greater than 90°, press through your heels
- · Breathe consistently throughout exercise

#### > Safety Points:

- Do not arch or overextend your back
- · Relax your neck and shoulders

#### > Accessories:

> Mode: Tilt

• Floor mat (optional extra)

#### Level: Intermediate

#### Muscles Used:

Hamstrings, core, gluts and calves



> Settings: For time/amplitude/frequency refer to your program

#### Glut Hold - Double > > >

## Level: Beginner > Muscles Used:

Gluts, core, hamstrings and calves

No greater than 90

#### > Objective:

Lower Limb strength and toning

#### > Exercise Description:

Lying on your back on the floor with your arms out by your side with your palms facing up and feet on the plate a hip width apart. Clench your butt and gently lift your hips up until your body is straight like a plank. Hold

#### Key Points:

- Engage your core muscles for back support
- Your leg angle should be no more than 90°, press through your heels
- · Breathe consistently throughout exercise

#### > Safety Points:

- Do not arch or overextend your back
- · Relax your neck and shoulders

#### > Accessories:

• Floor mat (optional extra)

> Mode: Tilt

> Settings: For time/amplitude/frequency refer to your program

#### Calves - Double >>>

#### > Objective:

Lower Limb strength and toning

#### Exercise Description:

Stand on the plate with your feet a hip width apart. With soft knees, rise up onto the balls of your feet. Hold

#### > Kev Points:

- Engage your core muscles for back support
- Breathe consistently throughout exercise

#### Safety Points:

- Do not arch or extend your back
- Grip the handles for support
- Relax your neck and shoulders

#### > Accessories:

> Mode: Tilt

> Settings: For time/amplitude/frequency refer to your program



### **Upper Body**

\*Note: Use the soft platform mat and the floor mat for additional comfort during exercises.

(The floor mat and the power cords are optional extras, and is not included with your *PULSE TRAINER*)

#### Level: Beginner Chest Hold – Knees > > > Objective: Muscles Used: Upper body – strength and toning Chest, shoulders, triceps and core Exercise Description: On your knees with both of your hands on the plate a shoulder width apart. Slowly lower your chest toward the plate until your arms are at 90°. Hold. Key Points: · Engage your core muscles for back support · Keep your body straight like a plank with eyes looking at the plate · Breathe consistently throughout exercise Safety Points: • Do not arch or extend your back • Do not let your head drop toward plate • Stop if you experience shoulder pain > Accessories: • Soft platform mat (included) · Floor mat (optional extra)

> Settings: For time/amplitude/frequency refer to your program

#### Level: Intermediate/Advanced Chest Hold – Feet > > > Objective: Muscles Used: Upper body – strength and toning Chest, shoulders, triceps and core Exercise Description: On your feet with both of your hands on the plate a shoulder width apart. Slowly lower your chest toward the plate until your arms are at 90°. Hold Key Points: • Engage your core muscles for back support · Keep your body straight like a plank with eyes looking at the plate Breathe consistently throughout exercise Safety Points: Do not arch or overextend your back • Do not let your head drop toward plate • Stop if you experience shoulder pain Accessories: • Soft platform mat (included)

> Settings: For time/amplitude/frequency refer to your program

> Mode: Flat

> Mode: Flat

> Mode: Tilt

#### Triceps Hold – Half Dip **Level:** Intermediate Objective: Muscles Used: Upper body – strength and toning Triceps, shoulders and core Exercise Description: With your hands on the plate and your feet on the floor. Slowly lift your butt off the plate and slowly bend your arms to 45°. Hold Key Points: • Engage your core muscles for back support · Keep your body upright • Breathe consistently throughout exercise Safety Points: • Stop if you experience shoulder pain Accessories: Soft platform mat (included)

#### > Mode: Flat > Settings: For time/amplitude/frequency refer to your program Level: Beginner Bicep Curl >>> Objective: Muscles Used: Upper body - strength and toning Biceps, forearms, lower back and core **Exercise Description:** Stand on the plate. Hold the power cords in both hands, position your feet on the plate a hip width apart. Soften your legs and slowly pull the power cords tight until vour arms are at 90°. Hold Key Points: • Engage your core muscles for back support · Breathe consistently throughout exercise • Relax your shoulders Safety Points: Keep your back straight > Accessories: • Power cords (optional extra)

> Settings: For time/amplitude/frequency refer to your program

Triceps Hold – Press Position Knees >>> Level: Beginner Objective: Muscles Used: Upper body - strength and toning Triceps, shoulders and core **Exercise Description:** Kneel on the floor with both of your hands on the plate with hands placed close together. Slowly lower your chest toward the plate until your arms are at 45°. Hold **Key Points:** • Engage your core muscles for back support Keep your body upright Breathe consistently throughout exercise Safety Points: Stop if you experience shoulder pain Accessories: Soft platform mat (included) Floor mat (optional extra)

> Mode: Flat

> Settings: For time/amplitude/frequency refer to your program

## Core

### Core

\*Note: Use the soft platform mat and the floor mat for additional comfort during exercises. (The floor mat is an optional extra, and is not included with your *PULSE TRAINER*)

#### Abdominal Bridge – Knees > > > Level: Beginner Objective: Muscles Used: Core: Rectus abdominals, internal/ Core – strength and toning external obliques and transversus Exercise Description: Kneel with your knees on the floor about hip width apart. Place your elbows on the platform. Lift hips up until body is flat like a plank. Hold Kev Points: • Engage your core muscles for back support · Keep eyes looking at the ground · Breathe consistently throughout exercise Safety Points: • Stop if you experience lower back pain . Stop if you feel head or neck pain Keep your back straight > Accessories: • Soft platform mat (included) • Floor mat (optional extra)

> Settings: For time/amplitude/frequency refer to your program

#### Abdominal Bridge – Feet >>> Level: Advanced Objective: Muscles Used: Core: Rectus abdominals, internal/ Core - strength and toning external obliques and transversus Exercise Description: Stand on the floor. Position your feet a hip width apart. Place your elbows on the platform. Lift hips up until body is flat like a plank. Hold Key Points: . Engage your core muscles for back support Keep eyes looking at the ground • Breathe consistently throughout exercise Safety Points: • Stop if you experience lower back pain • Stop if you feel head or neck pain · Keep your back straight Accessories: • Soft platform mat (included) • Floor mat (optional extra) >Settings: For time/amplitude/frequency refer to your program > Mode: Flat

> Mode: Flat

### **Lower Body - Stretches**

\*Note: Use the soft platform mat and the floor mat for additional comfort during exercises. (The floor mat is an optional extra, and is not included with your *PULSE TRAINER*)

#### Level: All levels **Hip Flexor Short – Stretch** > > Objective: Muscles Used: Hip flexor release Hip flexor (Poses), guads, gluts and core Stretch Description: Place your left knee on the plate with your right foot on the floor in front of you with your leg bent to 90°. Keeping your hips square, gently squeeze your left glut and push your knee into the plate. Hold. Repeat placing right knee on plate. > Kev Points: • Engage your core muscles for back support • Breathe consistently throughout stretch • Do not arch your back Safety Points: • Push only until you feel a stretch NOT pain > Accessories: Soft platform mat (included) Floor mat (optional extra) > Frequency: High > Mode: Flat >Time: 30sec > Amplitude: Low

#### **Hip Flexor Long – Stretch** > > Level: All levels Objective: Muscles Used: Hip flexor release Hip flexor (Psoas), guads, gluts and core Stretch Description: Same as hip flexor short, but this time place your left knee on the plate with your right foot placed further away from the plate than before with your leg bent to 90°. Keeping your hips square, gently squeeze your left glut, push your knee into the plate and shift your weight forward. Hold. Repeat placing right knee on plate. **Key Points:** Engage your core muscles for back support Breathe consistently throughout stretch • Do not arch your back Safety Points: • Push only until you feel a stretch NOT pain > Accessories: Soft platform mat (included) • Floor mat (optional extra) > Mode: Flat >Time: 30sec > Amplitude: Low > Frequency: High

### Quads (Thighs) - Stretch >>>

#### Level: Advanced

Quads and tibialis anterior (Shin)

Muscles Used:

#### Objective:

#### Level: All levels

#### Objective:

Quad (Thighs) release

Adductor release

Muscles Used: Adductor

#### Stretch Description:

Kneel on the plate facing the console. Gently lean back so that your hands are placed on the floor behind you. Squeeze your gluts. Hold.

#### Stretch Description:

Place your left foot on the plate with your right knee on the floor and both hands on the floor in front of you. Keep your head up, your back straight and left leg straight gently sit back. Hold.

• Keep your left foot flat on the plate and hips parallel

Abductor (Standing) – Stretch >>>

Place your left foot on the plate with your right foot on

>Time: 30sec

Adductor (Kneeling) – Stretch >>>

Repeat placing right foot on plate.

Engage your core muscles for back support

• Breathe consistently throughout stretch

#### **Kev Points:**

- Engage your core muscles for back support
- Breathe consistently throughout stretch
- Do not arch your back

• Push only until you feel a stretch NOT pain

• Push only until you feel a stretch NOT pain

#### Accessories:

with the floor

Safety Points:

**Key Points:** 

- Soft platform mat (included)
- Floor mat (optional extra)

> Mode: Flat

Objective:

Adductor release

Stretch Description:

> Amplitude: Low

> Frequency: High

#### Safety Points:

#### Accessories:

> Mode: Flat

Objective:

Hamstring release

Soft platform mat (included)

>Time: 30sec

> Amplitude: Low

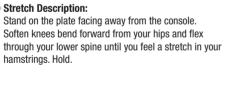
> Frequency: High

#### **Hamstrings (Standing) – Stretch**

### Level: Intermediate

**Muscles Used:** 

Hamstrings, lower back and calves





#### **Key Points:**

- · Engage your core muscles for back support
- · Breathe consistently throughout stretch

#### Safety Points:

- Push only until you feel a stretch NOT pain
- · Ensure your knees are not locked
- Accessories:

> Mode: Flat

> Amplitude: Low

> Frequency: High

**Key Points:** 

• Engage your core muscles for back support · Breathe consistently throughout stretch

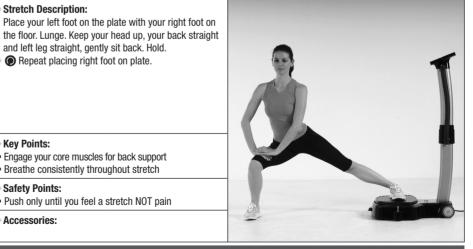
and left leg straight, gently sit back. Hold. Repeat placing right foot on plate.

#### Safety Points:

- · Push only until you feel a stretch NOT pain
- Accessories:

Level: All levels

**Muscles Used:** Adductor



>Time: 30sec

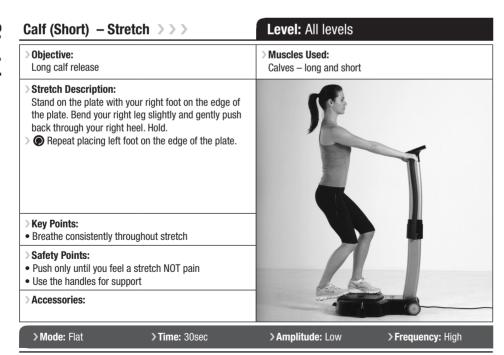
> Mode: Flat

> Amplitude: Low

> Frequency: High

>Time: 30sec

#### Level: All levels Glut - Stretch >>> Objective: Muscles Used: Glut release Gluts, abductors and adductors Stretch Description: Sit on the plate with your left leg out in front of you. Place your right ankle above your left knee and slowly pull your left foot towards you, until you feel a stretch. Gently push your right knee away from you. Hold. Repeat placing right leg out in front of you. > Key Points: Engage your core muscles for back support Breathe consistently throughout stretch • Pull your toes up to your shins on both legs Safety Points: • Push only until you feel a stretch NOT pain • Hold handles for support if needed Accessories: Soft platform mat (included) > Mode: Flat >Time: 30sec > Amplitude: Low > Frequency: High



#### Calf (Long) - Stretch >>> Level: All levels Objective: Muscles Used: Long calf release Calves - long and short Stretch Description: Stand on the plate with your right foot on the edge of the plate. Keep your right leg straight gently push back through your right heel. Hold. Repeat placing left foot on the edge of the plate. Kev Points: Breathe consistently throughout stretch Safety Points: Push only until you feel a stretch NOT pain Use the handles for support Accessories: > Mode: Flat >Time: 30sec > Amplitude: Low > Frequency: High

# **Stretches Upper Body**

### **Upper Body – Stretches**

\*Note: Use the soft platform mat and the floor mat for additional comfort during exercises. (The floor mat is an optional extra, and is not included with your PULSE TRAINER)

#### Chest – Stretch (Standing) Level: All levels Objective: **Muscles Used:**

Chest release

Stretch Description: Stand beside the machine; place your left hand on the handles. Gently push through your left shoulder and

Repeat placing right hand on handles.

Key Points:

Hold.

- · Breathe consistently throughout stretch
- Safety Points:
- Push only until you feel a stretch NOT pain
- . Do this stretch without turning the machine on
- Accessories:

> Mode: N/A

> Settings: Do this without turning machine on.

Chest, shoulder and forearms

#### Lat - Stretch >>>

#### Level: All levels

Lat, shoulder and lower back

Muscles Used:

Objective: Lat release

Stretch Description:

Stand on the floor, with hips square to the machine and with both hands placed on the handles. Bend forward at the hips and drop your head between your arms. Keep arms straight. Hold.

- Kev Points:
- Breathe consistently throughout stretch
- Safety Points:
- Push only until you feel a stretch NOT pain
- Do this stretch without turning the machine on
- Accessories:

> Mode: N/A

> Settings: Do this without turning machine on.

Objective:

Bicep and forearm release

Stretch Description:

Kneel on the floor with palms facing toward the machine, place your fingers on the edge of the plate and then slowly lower your palms onto the plate. Keep arms gently locked and slowly sit back. Hold.

- **Key Points:**
- · Breathe consistently throughout stretch
- Safety Points:
- · Push only until you feel a stretch NOT pain
- Accessories:
- Soft platform mat (included)
- Floor mat (optional extra)

> Mode: Flat

>Time: 30sec

> Amplitude: Low

> Frequency: High

#### Biceps and forearm - Stretch >>>

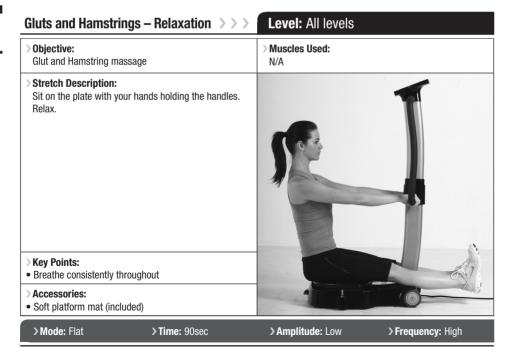
### Level: All levels

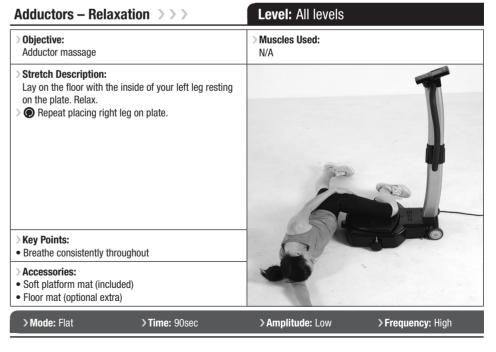
**Muscles Used:** Biceps and forearms

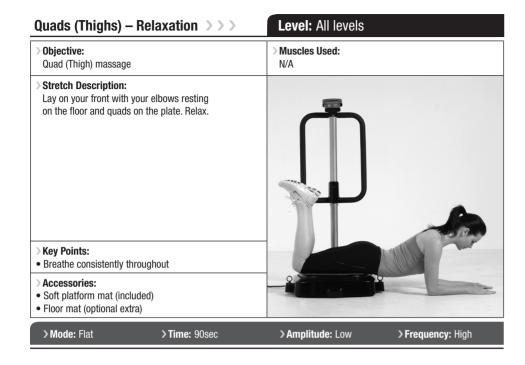


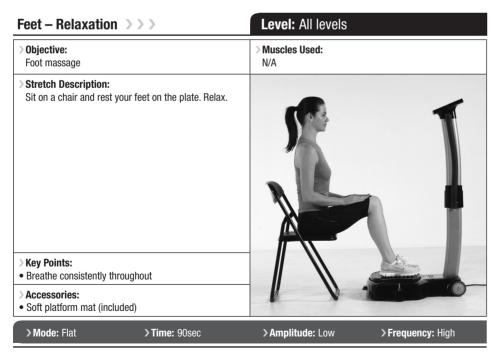
### **Relaxation Exercises**

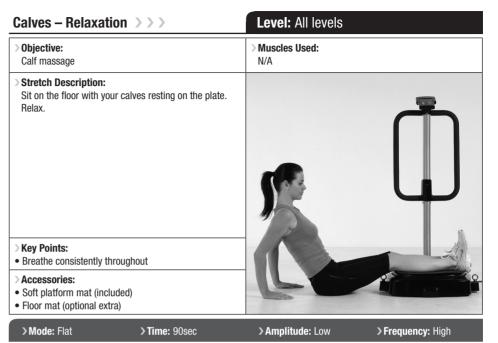
\*Note: Use the soft platform mat and the floor mat for additional comfort during exercises. (The floor mat is an optional extra, and is not included with your *PULSE TRAINER*)













#### **FINAL NOTE TO OWNER**

Dear user,

Now that you have read this manual you are well on your way to reaching your full potential with *PULSE TRAINER*.

With your *PULSE TRAINER*, we know you will enjoy your workouts and have lots of fun while doing it. In addition, do not forget if you wish to progress further with your *PULSE TRAINER* or want to target a specific area of your body, please visit us on our website www.pulsetrainer.com

