

Owner's Manual

guideline to using your

PULSE TRAINER PRO 
VIBRATION TECHNOLOGY



www.pulsetrainer.com

Please note: This manual was current at time of printing. However we are continually striving to know more about vibration training and 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 PRO* please see our web site www.pulsetrainer.com

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Section 1 – Introduction

COPY RIGHT NOTICE

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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 PRO*.

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 200 kg.

Always use as prescribed.

By purchasing your controlled whole body vibration machine through the *PULSE TRAINER PRO* 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, orthoptics, 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/apoplex with spasticity, spinal cord lesion
- Tumours
- Acute back problems after fracture, disc related problems, spondylosis, gliding spondylolisthesis
- Previous spinal surgery or disc pathology proven by radiological investigations (i.e. Herniated disc)
- Retinal detachment or eye disorders

- 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
- Severe osteoporosis with BMD < 70mg/ml

Note this list is not exhaustive. If you are unsure whether any of these conditions apply to you or 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.

General Safety Notice

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 PRO* before using.
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.
3. 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 PRO*.
5. Your *PULSE TRAINER PRO* should be checked for safety before each use.
6. Care should be taken when getting on and off your *PULSE TRAINER PRO*.
7. Use only the accessory attachments recommended by the manufacturer.
8. Your *PULSE TRAINER PRO* should be set up on a level concrete surface.
9. Keep your *PULSE TRAINER PRO* in a dry area.
10. Wear appropriate comfortable exercise clothing and small-soled shoe when using your *PULSE TRAINER PRO*.

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 PRO*.

Preface

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

Congratulations for purchasing the *PULSE TRAINER PRO* – Full commercial vibration training machine. You have taken the first step to improving health, 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 wellbeing goals safely and efficiently. Utilizing the latest in scientific training principles, the *PULSE TRAINER PRO* 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 the *PULSE TRAINER PRO*.

Happy exercising

Yours in Health and Wellness

Jay Harrison
International Fitness Expert

Section 2 – About Vibration

A BRIEF HISTORY OF VIBRATION TRAINING

Whole Body Vibration (WBV) Training is a form of exercise that has grown in the sports and fitness sector hugely over the last few years. But where did it originate from?

The ancient Greeks first used vibration to treat varying health ailments, with its more modern use being traced back to pioneers such as Dr J. H Kellogg (1860's -1940's) and Dr Jan Biermann of Germany (1960's) whom used vibration training as an exercise modality. Subsequently the Russians utilized vibration training with their cosmonauts to combat the effects of no gravity when up in space. The earth's gravitational pull exerts a force upon all us while on earth (known as g force), which requires our muscles to constantly work to support us in all our movements or even just standing up. Due to the effects of little or no gravity, experienced in space, cosmonauts would experience rapid muscle loss; lose of strength and lose of bone density. Scientists needed to implement a solution that was effective at maintaining muscle mass, strength and bone-density, so the cosmonauts could stay fit and healthy while in space. They conducted a scientific investigation using a vibrating plate that cosmonauts where fixed to and performed exercises on. The results showed an increase in muscle strength, muscle mass and subsequently bone density. These findings later influenced a flood of research into the effects of Vibration Training on athlete performance and a variety of other areas..... And so the 'Whole Body Vibration Training' industry was born!

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 a static contraction to target specific areas of the body, and /or using bands, dumbbells, barbells or other methods of resistance.

All of the above parameters contribute to the amount of force placed on the body while performing each exercise. The transfer of this force, from the *PULSE TRAINER PRO* to the user, stimulates the stretch-reflex mechanism (see definition below) in the muscles of the user.

The Main Principle of Vibration Training - The Stretch Reflex

To ensure that you get the most out of the *PULSE TRAINER PRO* it is important that you understand a few basic principles of Vibration Training. These principles are the foundation of exercise and key to safe and effective use of your Pulse Trainer.

THE STRETCH REFLEX

The main principle at work while using a vibration Trainer is the Stretch-Reflex – this stretch-reflex mechanism is a natural and automatic response that occurs in the body, in response to an external or passive stretching of the muscle. The reflex is important for the automatic maintenance of posture and muscle tone. The muscles detect the stretch and it responds by contracting itself.

Unlike traditional strength training which uses mainly pushing mechanisms, the stretch reflex is a catch mechanism, which has the ability to work very effectively, at a very fast rate (the platform moves at a rate of 15Hz-50Hz, meaning the catch mechanism is automatically contracting the muscles 15-50 times per second). Because of the rate of contractions each exercise or position only needs to be held for a small amount of time (see programs for specific times). This catch mechanism is very strong and can withstand quite high forces.

A good example of this mechanism is one, which you may have seen demonstrated at one time, or another, the knee-jerk reflex.

The knee-jerk reflex occurs when the quadriceps tendon is stretched (Tapped) causing the quadriceps (Thigh) to contract. The reflex is very rapid.

OTHER KEY PRINCIPLES OF VIBRATION TRAINING

ISOMETRIC RESISTANCE TRAINING

An Isometric muscle contraction is one where no change in muscle length occurs. This type of training is useful for maintaining the position of a joint for a period of time such as holding a static exercise posture. Isometric or static exercise is the predominant method of resistance training used in vibration training.

THE CORE

The Core can be defined as the muscles and structures of the pelvis and lumbar spine. It is where our centre of gravity lies and it is where all movement originates. It is therefore important that we have control of our core in both static posture and general movement.

Other Key Principles of Vibration Training

CORE STABILITY

Core stability is a term, which refers to our ability to maintain pelvic stability during static posture and movement.

We are designed to be dynamic; the human body should move easily three dimensionally. We must have control of our centre of gravity as our limbs move on the trunk, therefore we need integration between our trunk muscles and our limb muscles – core strength forms the basis of this integration.

“A stable core equals efficient movement”

CORRECT EXERCISE POSTURE

Having control of the core will give you an improved awareness of your body and posture. This awareness enables you to control your postural alignment more effectively during your exercises. Each of the joints in our body are designed to have an optimal range of motion for efficient movement, strength and stability. Poor exercise technique generally exceeds our natural range of motion placing extreme stress on the joints and muscles of the body which if continued will likely result in injury.

“Correct exercise posture utilises safe and optimal joint range of motion and strength.”

NEUTRAL SPINE

Neutral spine is the anatomically correct position of the spine. Our spines have natural curves in them, which need to be maintained for efficient movement, strength and support. These curves are exaggerated in poor posture and this places stress on the joints and tissues of the spine resulting in pain, discomfort and disability.

Neutral spine is maintained by the correct muscle balance, strength and tone of the muscles that support the spine. Awareness of neutral spine during movement and exercise is the key good spinal health.

CORRECT BREATHING

A basic principle of exercise often overlooked or underestimated in its importance is breathing. Breathing not only serves the purpose of nourishing our body with oxygen and removing carbon dioxide, but it also assists our bodies in posture and movement.

The muscles and structures of the respiratory system and core utilise the mechanism of breathing to control abdominal pressure, which assists our bodies in static posture and dynamic movement. As we breathe in our belly should naturally swell to accommodate the filling of the lungs and as we breathe out the belly should draw in to assist the body in emptying the lungs. This filling and emptying of the belly is used to assist in stabilising the core area.

Learning to breathe properly during exercise is very important. Following a slow and controlled breathing rhythm can help keep your blood pressure under control and can assist in your posture and movement. An example of a simple breathing protocol is breathing in through the nose for the count of 3 seconds and out through your mouth for the count of 3 seconds. As you breathe in try to let your belly expand (Like Santa's belly) and draw in as you breathe out, thinning your waist.

Forces Applied to the Body (G Force)

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/s^2 (for our purposes we have rounded this to 10m/s^2) (approximately 10m/s^2 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.

AU G Force Chart - Pivotal Mode

Amplitude																															
8.0	0.4	0.5	0.7	1.0	1.2	1.6	1.9	2.3	2.7	3.1	3.6	4.0	4.6	5.1	5.7	6.4															
7.8	0.3	0.5	0.7	0.9	1.2	1.5	1.8	2.2	2.6	3.0	3.5	3.9	4.5	5.0	5.6	6.2															
7.6	0.3	0.5	0.7	0.9	1.2	1.5	1.8	2.1	2.5	2.9	3.4	3.8	4.3	4.9	5.4	6.0															
7.4	0.3	0.5	0.7	0.9	1.1	1.4	1.7	2.1	2.5	2.9	3.3	3.7	4.2	4.7	5.3	5.9	6.5														
7.2	0.3	0.5	0.7	0.9	1.1	1.4	1.7	2.0	2.4	2.8	3.2	3.6	4.1	4.6	5.1	5.7	6.3														
7.0	0.3	0.5	0.6	0.8	1.1	1.4	1.6	2.0	2.3	2.7	3.1	3.5	4.0	4.5	5.0	5.6	6.1														
6.8	0.3	0.4	0.6	0.8	1.1	1.3	1.6	1.9	2.2	2.6	3.0	3.4	3.9	4.4	4.9	5.4	5.9	6.5													
6.6	0.3	0.4	0.6	0.8	1.0	1.3	1.5	1.9	2.2	2.5	2.9	3.3	3.8	4.2	4.7	5.2	5.8	6.3													
6.4	0.3	0.4	0.6	0.8	1.0	1.2	1.5	1.8	2.1	2.5	2.8	3.2	3.6	4.1	4.6	5.1	5.6	6.1													
6.2	0.3	0.4	0.6	0.7	1.0	1.2	1.5	1.7	2.0	2.4	2.7	3.1	3.5	4.0	4.4	4.9	5.4	6.0	6.5												
6.0	0.3	0.4	0.5	0.7	0.9	1.2	1.4	1.7	2.0	2.3	2.7	3.0	3.4	3.8	4.3	4.8	5.2	5.8	6.3												
5.8	0.2	0.4	0.5	0.7	0.9	1.1	1.4	1.6	1.9	2.2	2.6	2.9	3.3	3.7	4.1	4.6	5.1	5.6	6.1												
5.6	0.2	0.4	0.5	0.7	0.9	1.1	1.3	1.6	1.8	2.1	2.5	2.8	3.2	3.6	4.0	4.4	4.9	5.4	5.9	6.4											
5.4	0.2	0.3	0.5	0.6	0.8	1.0	1.3	1.5	1.8	2.1	2.4	2.7	3.1	3.4	3.8	4.3	4.7	5.2	5.7	6.2											
5.2	0.2	0.3	0.5	0.6	0.8	1.0	1.2	1.4	1.7	2.0	2.3	2.6	3.0	3.3	3.7	4.1	4.5	5.0	5.5	5.9	6.5										
5.0	0.2	0.3	0.4	0.6	0.8	1.0	1.2	1.4	1.6	1.9	2.2	2.5	2.8	3.2	3.6	4.0	4.4	4.8	5.2	5.7	6.2										
4.8	0.2	0.3	0.4	0.6	0.7	0.9	1.1	1.3	1.6	1.8	2.1	2.4	2.7	3.1	3.4	3.8	4.2	4.6	5.0	5.5	6.0	6.4									
4.6	0.2	0.3	0.4	0.5	0.7	0.9	1.1	1.3	1.5	1.8	2.0	2.3	2.6	2.9	3.3	3.6	4.0	4.4	4.8	5.2	5.7	6.2									
4.4	0.2	0.3	0.4	0.5	0.7	0.8	1.0	1.2	1.4	1.7	1.9	2.2	2.5	2.8	3.1	3.5	3.8	4.2	4.6	5.0	5.5	5.9	6.4								
4.2	0.2	0.3	0.4	0.5	0.6	0.8	1.0	1.2	1.4	1.6	1.8	2.1	2.4	2.7	3.0	3.3	3.7	4.0	4.4	4.8	5.2	5.6	6.1	6.5							
4.0	0.2	0.2	0.3	0.5	0.6	0.8	0.9	1.1	1.3	1.5	1.8	2.0	2.3	2.5	2.8	3.2	3.5	3.8	4.2	4.6	5.0	5.4	5.8	6.2							
3.8	0.1	0.2	0.3	0.4	0.6	0.7	0.9	1.0	1.2	1.4	1.7	1.9	2.1	2.4	2.7	3.0	3.3	3.6	4.0	4.3	4.7	5.1	5.5	5.9	6.3						
3.6	0.1	0.2	0.3	0.4	0.5	0.7	0.8	1.0	1.2	1.4	1.6	1.8	2.0	2.3	2.5	2.8	3.1	3.4	3.8	4.1	4.5	4.8	5.2	5.6	6.0	6.4					
3.4	0.1	0.2	0.3	0.4	0.5	0.6	0.8	0.9	1.1	1.3	1.5	1.7	1.9	2.2	2.4	2.7	2.9	3.2	3.5	3.9	4.2	4.5	4.9	5.3	5.7	6.1					
3.2	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.9	1.0	1.2	1.4	1.6	1.8	2.0	2.3	2.5	2.8	3.0	3.3	3.6	4.0	4.3	4.6	5.0	5.3	5.7					
3.0	0.1	0.2	0.2	0.3	0.4	0.6	0.7	0.8	1.0	1.1	1.3	1.5	1.7	1.9	2.1	2.4	2.6	2.9	3.1	3.4	3.7	4.0	4.3	4.7	5.0	5.4					
2.8	0.1	0.2	0.2	0.3	0.4	0.5	0.6	0.8	0.9	1.0	1.2	1.4	1.6	1.8	2.0	2.2	2.4	2.7	2.9	3.2	3.5	3.7	4.0	4.3	4.7	5.0					
2.6	0.1	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	1.0	1.1	1.3	1.5	1.6	1.8	2.0	2.2	2.5	2.7	2.9	3.2	3.5	3.7	4.0	4.3	4.6					
2.4	0.1	0.1	0.2	0.3	0.3	0.4	0.5	0.6	0.8	0.9	1.0	1.2	1.3	1.5	1.7	1.9	2.1	2.3	2.5	2.7	3.0	3.2	3.4	3.7	4.0	4.3					
2.2	0.1	0.1	0.2	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.1	1.2	1.4	1.5	1.7	1.9	2.1	2.3	2.5	2.7	2.9	3.2	3.4	3.7	3.9					
2.0	0.1	0.1	0.1	0.2	0.3	0.4	0.4	0.5	0.6	0.7	0.9	1.0	1.1	1.2	1.4	1.6	1.7	1.9	2.1	2.3	2.5	2.7	2.9	3.1	3.3	3.6					
1.8	0.1	0.1	0.1	0.2	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.4	1.5	1.7	1.9	2.0	2.2	2.4	2.6	2.8	3.0	3.2					
1.6	0.1	0.1	0.1	0.2	0.2	0.3	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.4	1.5	1.6	1.8	2.0	2.1	2.3	2.5	2.6	2.8					
1.4	0.1	0.1	0.1	0.1	0.2	0.2	0.3	0.4	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.6	1.7	1.8	2.0	2.1	2.3	2.5					
1.2	0.1	0.1	0.1	0.1	0.1	0.2	0.2	0.3	0.4	0.4	0.5	0.6	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.5	1.6	1.7	1.8	2.0	2.1					
1.0	0.1	0.1	0.1	0.1	0.1	0.2	0.2	0.2	0.3	0.3	0.4	0.5	0.5	0.6	0.7	0.8	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.8					
0.8	0.0	0.1	0.1	0.1	0.1	0.1	0.1	0.2	0.2	0.3	0.3	0.4	0.4	0.5	0.5	0.6	0.7	0.7	0.8	0.9	1.0	1.0	1.1	1.2	1.3	1.4					
0.6	0.0	0.0	0.1	0.1	0.1	0.1	0.1	0.1	0.2	0.2	0.2	0.3	0.3	0.3	0.4	0.4	0.5	0.5	0.6	0.6	0.7	0.8	0.8	0.9	1.0	1.0					
0.4	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.2	0.2	0.2	0.3	0.3	0.3	0.4	0.4	0.5	0.5	0.5	0.6	0.6	0.7	0.7					
0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.2	0.2	0.2	0.2	0.3	0.3	0.3				
Frquency	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30					

AU G Force Chart - Linear Mode

Amplitude																																																										
8.0	6.4																																																									
7.8	6.2																																																									
7.6	6.0																																																									
7.4	5.9	6.5																																																								
7.2	5.7	6.3																																																								
7.0	5.6	6.1																																																								
6.8	5.4	5.9	6.5																																																							
6.6	5.2	5.8	6.3																																																							
6.4	5.1	5.6	6.1																																																							
6.2	4.9	5.4	6.0	6.5																																																						
6.0	4.8	5.2	5.8	6.3																																																						
5.8	4.6	5.1	5.6	6.1																																																						
5.6	4.4	4.9	5.4	5.9	6.4																																																					
5.4	4.3	4.7	5.2	5.7	6.2																																																					
5.2	4.1	4.5	5.0	5.5	5.9	6.5																																																				
5.0	4.0	4.4	4.8	5.2	5.7	6.2																																																				
4.8	3.8	4.2	4.6	5.0	5.5	6.0	6.4																																																			
4.6	3.6	4.0	4.4	4.8	5.2	5.7	6.2																																																			
4.4	3.5	3.8	4.2	4.6	5.0	5.5	5.9	6.4																																																		
4.2	3.3	3.7	4.0	4.4	4.8	5.2	5.6	6.1	6.5																																																	
4.0	3.2	3.5	3.8	4.2	4.6	5.0	5.4	5.8	6.2																																																	
3.8	3.0	3.3	3.6	4.0	4.3	4.7	5.1	5.5	5.9	6.3																																																
3.6	2.8	3.1	3.4	3.8	4.1	4.5	4.8	5.2	5.6	6.0	6.4																																															
3.4	2.7	2.9	3.2	3.5	3.9	4.2	4.5	4.9	5.3	5.7	6.1	6.5																																														
3.2	2.5	2.8	3.0	3.3	3.6	4.0	4.3	4.6	5.0	5.3	5.7	6.1	6.5																																													
3.0	2.4	2.6	2.9	3.1	3.4	3.7	4.0	4.3	4.7	5.0	5.4	5.7	6.1	6.5																																												
2.8	2.2	2.4	2.7	2.9	3.2	3.5	3.7	4.0	4.3	4.7	5.0	5.3	5.7	6.0	6.4																																											
2.6	2.0	2.2	2.5	2.7	2.9	3.2	3.5	3.7	4.0	4.3	4.6	4.9	5.3	5.6	6.0	6.3																																										
2.4	1.9	2.1	2.3	2.5	2.7	3.0	3.2	3.4	3.7	4.0	4.3	4.6	4.9	5.2	5.5	5.8	6.2	6.5																																								
2.2	1.7	1.9	2.1	2.3	2.5	2.7	2.9	3.2	3.4	3.7	3.9	4.2	4.5	4.7	5.0	5.3	5.7	6.0	6.3																																							
2.0	1.6	1.7	1.9	2.1	2.3	2.5	2.7	2.9	3.1	3.3	3.6	3.8	4.0	4.3	4.6	4.9	5.1	5.4	5.7	6.0	6.4																																					
1.8	1.4	1.5	1.7	1.9	2.0	2.2	2.4	2.6	2.8	3.0	3.2	3.4	3.6	3.9	4.1	4.4	4.6	4.9	5.1	5.4	5.7	6.0	6.3																																			
1.6	1.2	1.4	1.5	1.6	1.8	2.0	2.1	2.3	2.5	2.6	2.8	3.0	3.2	3.4	3.6	3.9	4.1	4.3	4.6	4.8	5.1	5.3	5.6	5.9	6.1	6.4																																
1.4	1.1	1.2	1.3	1.4	1.6	1.7	1.8	2.0	2.1	2.3	2.5	2.6	2.8	3.0	3.2	3.4	3.6	3.8	4.0	4.2	4.4	4.7	4.9	5.1	5.4	5.6	5.9	6.1	6.4																													
1.2	0.9	1.0	1.1	1.2	1.3	1.5	1.6	1.7	1.8	2.0	2.1	2.3	2.4	2.6	2.7	2.9	3.1	3.2	3.4	3.6	3.8	4.0	4.2	4.4	4.6	4.8	5.0	5.3	5.5	5.7	6.0																											
1.0	0.8	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.8	1.9	2.0	2.1	2.3	2.4	2.5	2.7	2.8	3.0	3.2	3.3	3.5	3.6	3.8	4.0	4.2	4.4	4.6	4.8	5.0																											
0.8	0.6	0.7	0.7	0.8	0.9	1.0	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.3	2.4	2.5	2.6	2.8	2.9	3.0	3.2	3.3	3.5	3.6	3.8	4.0																											
0.6	0.4	0.5	0.5	0.6	0.6	0.7	0.8	0.8	0.9	1.0	1.0	1.1	1.2	1.3	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.5	2.6	2.7	2.8	3.0																											
0.4	0.3	0.3	0.3	0.4	0.4	0.5	0.5	0.5	0.6	0.6	0.7	0.7	0.8	0.8	0.9	0.9	1.0	1.0	1.1	1.2	1.2	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8	1.9	2.0																											
0.2	0.1	0.1	0.1	0.2	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.4	0.4	0.4	0.5	0.5	0.5	0.6	0.6	0.6	0.7	0.7	0.7	0.8	0.8	0.8	0.9	0.9	1.0																												
Frequncy	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50																											

EU G Force Chart - Pivotal Mode

Amplitude	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
4.0	0.4	0.5	0.7	1.0	1.2	1.6	1.9	2.3	2.7	3.1	3.6	4.0	4.6	5.1	5.7	6.4										
3.9	0.3	0.5	0.7	0.9	1.2	1.5	1.8	2.2	2.6	3.0	3.5	3.9	4.5	5.0	5.6	6.2										
3.8	0.3	0.5	0.7	0.9	1.2	1.5	1.8	2.1	2.5	2.9	3.4	3.8	4.3	4.9	5.4	6.0										
3.7	0.3	0.5	0.7	0.9	1.1	1.4	1.7	2.1	2.5	2.9	3.3	3.7	4.2	4.7	5.3	5.9	6.5									
3.6	0.3	0.5	0.7	0.9	1.1	1.4	1.7	2.0	2.4	2.8	3.2	3.6	4.1	4.6	5.1	5.7	6.3									
3.5	0.3	0.5	0.6	0.8	1.1	1.4	1.6	2.0	2.3	2.7	3.1	3.5	4.0	4.5	5.0	5.6	6.1									
3.4	0.3	0.4	0.6	0.8	1.1	1.3	1.6	1.9	2.2	2.6	3.0	3.4	3.9	4.4	4.9	5.4	5.9	6.5								
3.3	0.3	0.4	0.6	0.8	1.0	1.3	1.5	1.9	2.2	2.5	2.9	3.3	3.8	4.2	4.7	5.2	5.8	6.3								
3.2	0.3	0.4	0.6	0.8	1.0	1.2	1.5	1.8	2.1	2.5	2.8	3.2	3.6	4.1	4.6	5.1	5.6	6.1								
3.1	0.3	0.4	0.6	0.7	1.0	1.2	1.5	1.7	2.0	2.4	2.7	3.1	3.5	4.0	4.4	4.9	5.4	6.0	6.5							
3.0	0.3	0.4	0.5	0.7	0.9	1.2	1.4	1.7	2.0	2.3	2.7	3.0	3.4	3.8	4.3	4.8	5.2	5.8	6.3							
2.9	0.2	0.4	0.5	0.7	0.9	1.1	1.4	1.6	1.9	2.2	2.6	2.9	3.3	3.7	4.1	4.6	5.1	5.6	6.1							
2.8	0.2	0.4	0.5	0.7	0.9	1.1	1.3	1.6	1.8	2.1	2.5	2.8	3.2	3.6	4.0	4.4	4.9	5.4	5.9	6.4						
2.7	0.2	0.3	0.5	0.6	0.8	1.0	1.3	1.5	1.8	2.1	2.4	2.7	3.1	3.4	3.8	4.3	4.7	5.2	5.7	6.2						
2.6	0.2	0.3	0.5	0.6	0.8	1.0	1.2	1.4	1.7	2.0	2.3	2.6	3.0	3.3	3.7	4.1	4.5	5.0	5.5	5.9	6.5					
2.5	0.2	0.3	0.4	0.6	0.8	1.0	1.2	1.4	1.6	1.9	2.2	2.5	2.8	3.2	3.6	4.0	4.4	4.8	5.2	5.7	6.2					
2.4	0.2	0.3	0.4	0.6	0.7	0.9	1.1	1.3	1.6	1.8	2.1	2.4	2.7	3.1	3.4	3.8	4.2	4.6	5.0	5.5	6.0	6.4				
2.3	0.2	0.3	0.4	0.5	0.7	0.9	1.1	1.3	1.5	1.8	2.0	2.3	2.6	2.9	3.3	3.6	4.0	4.4	4.8	5.2	5.7	6.2				
2.2	0.2	0.3	0.4	0.5	0.7	0.8	1.0	1.2	1.4	1.7	1.9	2.2	2.5	2.8	3.1	3.5	3.8	4.2	4.6	5.0	5.5	5.9	6.4			
2.1	0.2	0.3	0.4	0.5	0.6	0.8	1.0	1.2	1.4	1.6	1.8	2.1	2.4	2.7	3.0	3.3	3.7	4.0	4.4	4.8	5.2	5.6	6.1	6.5		
2.0	0.2	0.2	0.3	0.5	0.6	0.8	0.9	1.1	1.3	1.5	1.8	2.0	2.3	2.5	2.8	3.2	3.5	3.8	4.2	4.6	5.0	5.4	5.8	6.2		
1.9	0.1	0.2	0.3	0.4	0.6	0.7	0.9	1.0	1.2	1.4	1.7	1.9	2.1	2.4	2.7	3.0	3.3	3.6	4.0	4.3	4.7	5.1	5.5	5.9	6.3	
1.8	0.1	0.2	0.3	0.4	0.5	0.7	0.8	1.0	1.2	1.4	1.6	1.8	2.0	2.3	2.5	2.8	3.1	3.4	3.8	4.1	4.5	4.8	5.2	5.6	6.0	6.4
1.7	0.1	0.2	0.3	0.4	0.5	0.6	0.8	0.9	1.1	1.3	1.5	1.7	1.9	2.2	2.4	2.7	2.9	3.2	3.5	3.9	4.2	4.5	4.9	5.3	5.7	6.1
1.6	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.9	1.0	1.2	1.4	1.6	1.8	2.0	2.3	2.5	2.8	3.0	3.3	3.6	4.0	4.3	4.6	5.0	5.3	5.7
1.5	0.1	0.2	0.2	0.3	0.4	0.6	0.7	0.8	1.0	1.1	1.3	1.5	1.7	1.9	2.1	2.4	2.6	2.9	3.1	3.4	3.7	4.0	4.3	4.7	5.0	5.4
1.4	0.1	0.2	0.2	0.3	0.4	0.5	0.6	0.8	0.9	1.0	1.2	1.4	1.6	1.8	2.0	2.2	2.4	2.7	2.9	3.2	3.5	3.7	4.0	4.3	4.7	5.0
1.3	0.1	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	1.0	1.1	1.3	1.5	1.6	1.8	2.0	2.2	2.5	2.7	2.9	3.2	3.5	3.7	4.0	4.3	4.6
1.2	0.1	0.1	0.2	0.3	0.3	0.4	0.5	0.6	0.8	0.9	1.0	1.2	1.3	1.5	1.7	1.9	2.1	2.3	2.5	2.7	3.0	3.2	3.4	3.7	4.0	4.3
1.1	0.1	0.1	0.2	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.1	1.2	1.4	1.5	1.7	1.9	2.1	2.3	2.5	2.7	2.9	3.2	3.4	3.7	3.9
1.0	0.1	0.1	0.1	0.2	0.3	0.4	0.4	0.5	0.6	0.7	0.9	1.0	1.1	1.2	1.4	1.6	1.7	1.9	2.1	2.3	2.5	2.7	2.9	3.1	3.3	3.6
0.9	0.1	0.1	0.1	0.2	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.4	1.5	1.7	1.9	2.0	2.2	2.4	2.6	2.8	3.0	3.2
0.8	0.1	0.1	0.1	0.2	0.2	0.3	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.4	1.5	1.6	1.8	2.0	2.1	2.3	2.5	2.6	2.8
0.7	0.1	0.1	0.1	0.1	0.2	0.2	0.3	0.4	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.6	1.7	1.8	2.0	2.1	2.3	2.5
0.6	0.1	0.1	0.1	0.1	0.1	0.2	0.2	0.3	0.4	0.4	0.5	0.6	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.5	1.6	1.7	1.8	2.0	2.1
0.5	0.1	0.1	0.1	0.1	0.1	0.2	0.2	0.2	0.3	0.3	0.4	0.5	0.5	0.6	0.7	0.8	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.8
0.4	0.0	0.1	0.1	0.1	0.1	0.1	0.1	0.2	0.2	0.3	0.3	0.4	0.4	0.5	0.5	0.6	0.7	0.7	0.8	0.9	1.0	1.0	1.1	1.2	1.3	1.4
0.3	0.0	0.0	0.1	0.1	0.1	0.1	0.1	0.1	0.2	0.2	0.2	0.3	0.3	0.3	0.4	0.4	0.5	0.5	0.6	0.6	0.7	0.8	0.8	0.9	1.0	1.0
0.2	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.4	0.4	0.5	0.5	0.5	0.6	0.6	0.7
0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.2	0.2	0.2	0.2	0.2	0.3	0.3	0.3
Frquency	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

EU G Force Chart - Pivotal Mode

Amplitude																																																		
8.0	6.4																																																	
7.8	6.2																																																	
7.6	6.0																																																	
7.4	5.9	6.5																																																
7.2	5.7	6.3																																																
7.0	5.6	6.1																																																
6.8	5.4	5.9	6.5																																															
6.6	5.2	5.8	6.3																																															
6.4	5.1	5.6	6.1																																															
6.2	4.9	5.4	6.0	6.5																																														
6.0	4.8	5.2	5.8	6.3																																														
5.8	4.6	5.1	5.6	6.1																																														
5.6	4.4	4.9	5.4	5.9	6.4																																													
5.4	4.3	4.7	5.2	5.7	6.2																																													
5.2	4.1	4.5	5.0	5.5	5.9	6.5																																												
5.0	4.0	4.4	4.8	5.2	5.7	6.2																																												
4.8	3.8	4.2	4.6	5.0	5.5	6.0	6.4																																											
4.6	3.6	4.0	4.4	4.8	5.2	5.7	6.2																																											
4.4	3.5	3.8	4.2	4.6	5.0	5.5	5.9	6.4																																										
4.2	3.3	3.7	4.0	4.4	4.8	5.2	5.6	6.1	6.5																																									
4.0	3.2	3.5	3.8	4.2	4.6	5.0	5.4	5.8	6.2																																									
3.8	3.0	3.3	3.6	4.0	4.3	4.7	5.1	5.5	5.9	6.3																																								
3.6	2.8	3.1	3.4	3.8	4.1	4.5	4.8	5.2	5.6	6.0	6.4																																							
3.4	2.7	2.9	3.2	3.5	3.9	4.2	4.5	4.9	5.3	5.7	6.1	6.5																																						
3.2	2.5	2.8	3.0	3.3	3.6	4.0	4.3	4.6	5.0	5.3	5.7	6.1	6.5																																					
3.0	2.4	2.6	2.9	3.1	3.4	3.7	4.0	4.3	4.7	5.0	5.4	5.7	6.1	6.5																																				
2.8	2.2	2.4	2.7	2.9	3.2	3.5	3.7	4.0	4.3	4.7	5.0	5.3	5.7	6.0	6.4																																			
2.6	2.0	2.2	2.5	2.7	2.9	3.2	3.5	3.7	4.0	4.3	4.6	4.9	5.3	5.6	6.0	6.3																																		
2.4	1.9	2.1	2.3	2.5	2.7	3.0	3.2	3.4	3.7	4.0	4.3	4.6	4.9	5.2	5.5	5.8	6.2	6.5																																
2.2	1.7	1.9	2.1	2.3	2.5	2.7	2.9	3.2	3.4	3.7	3.9	4.2	4.5	4.7	5.0	5.3	5.7	6.0	6.3																															
2.0	1.6	1.7	1.9	2.1	2.3	2.5	2.7	2.9	3.1	3.3	3.6	3.8	4.0	4.3	4.6	4.9	5.1	5.4	5.7	6.0	6.4																													
1.8	1.4	1.5	1.7	1.9	2.0	2.2	2.4	2.6	2.8	3.0	3.2	3.4	3.6	3.9	4.1	4.4	4.6	4.9	5.1	5.4	5.7	6.0	6.3																											
1.6	1.2	1.4	1.5	1.6	1.8	2.0	2.1	2.3	2.5	2.6	2.8	3.0	3.2	3.4	3.6	3.9	4.1	4.3	4.6	4.8	5.1	5.3	5.6	5.9	6.1	6.4																								
1.4	1.1	1.2	1.3	1.4	1.6	1.7	1.8	2.0	2.1	2.3	2.5	2.6	2.8	3.0	3.2	3.4	3.6	3.8	4.0	4.2	4.4	4.7	4.9	5.1	5.4	5.6	5.9	6.1	6.4																					
1.2	0.9	1.0	1.1	1.2	1.3	1.5	1.6	1.7	1.8	2.0	2.1	2.3	2.4	2.6	2.7	2.9	3.1	3.2	3.4	3.6	3.8	4.0	4.2	4.4	4.6	4.8	5.0	5.3	5.5	5.7	6.0																			
1.0	0.8	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.8	1.9	2.0	2.1	2.3	2.4	2.5	2.7	2.8	3.0	3.2	3.3	3.5	3.6	3.8	4.0	4.2	4.4	4.6	4.8	5.0																			
0.8	0.6	0.7	0.7	0.8	0.9	1.0	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.3	2.4	2.5	2.6	2.8	2.9	3.0	3.2	3.3	3.5	3.6	3.8	4.0																			
0.6	0.4	0.5	0.5	0.6	0.6	0.7	0.8	0.8	0.9	1.0	1.0	1.1	1.2	1.3	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.5	2.6	2.7	2.8	3.0																			
0.4	0.3	0.3	0.3	0.4	0.4	0.5	0.5	0.5	0.6	0.6	0.7	0.7	0.8	0.8	0.9	0.9	1.0	1.0	1.1	1.2	1.2	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8	1.9	2.0																			
0.2	0.1	0.1	0.1	0.2	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.4	0.4	0.4	0.4	0.5	0.5	0.5	0.6	0.6	0.6	0.7	0.7	0.7	0.8	0.8	0.8	0.9	0.9	1.0																			
Frquency	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50																			

What are the benefits of using your PULSE TRAINER PRO

The *PULSE TRAINER PRO* can be used for the following:

- Exercise/Fitness
- Wellness
- Stretching
- Relaxation

The *PULSE TRAINER PRO'S* 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
- Strengthen 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 - About Your PULSE TRAINER PRO

THE WORLDS ONLY DUAL MODE VIBRATION 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 Linear and Pivotal Vibration? The PULSE TRAINER PRO 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 PRO the answer is provided in one machine for the first time.

OPTION 1)



LINEAR MODE (FLAT)

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

OPTION 2)



PIVOTAL MODE (TILT)

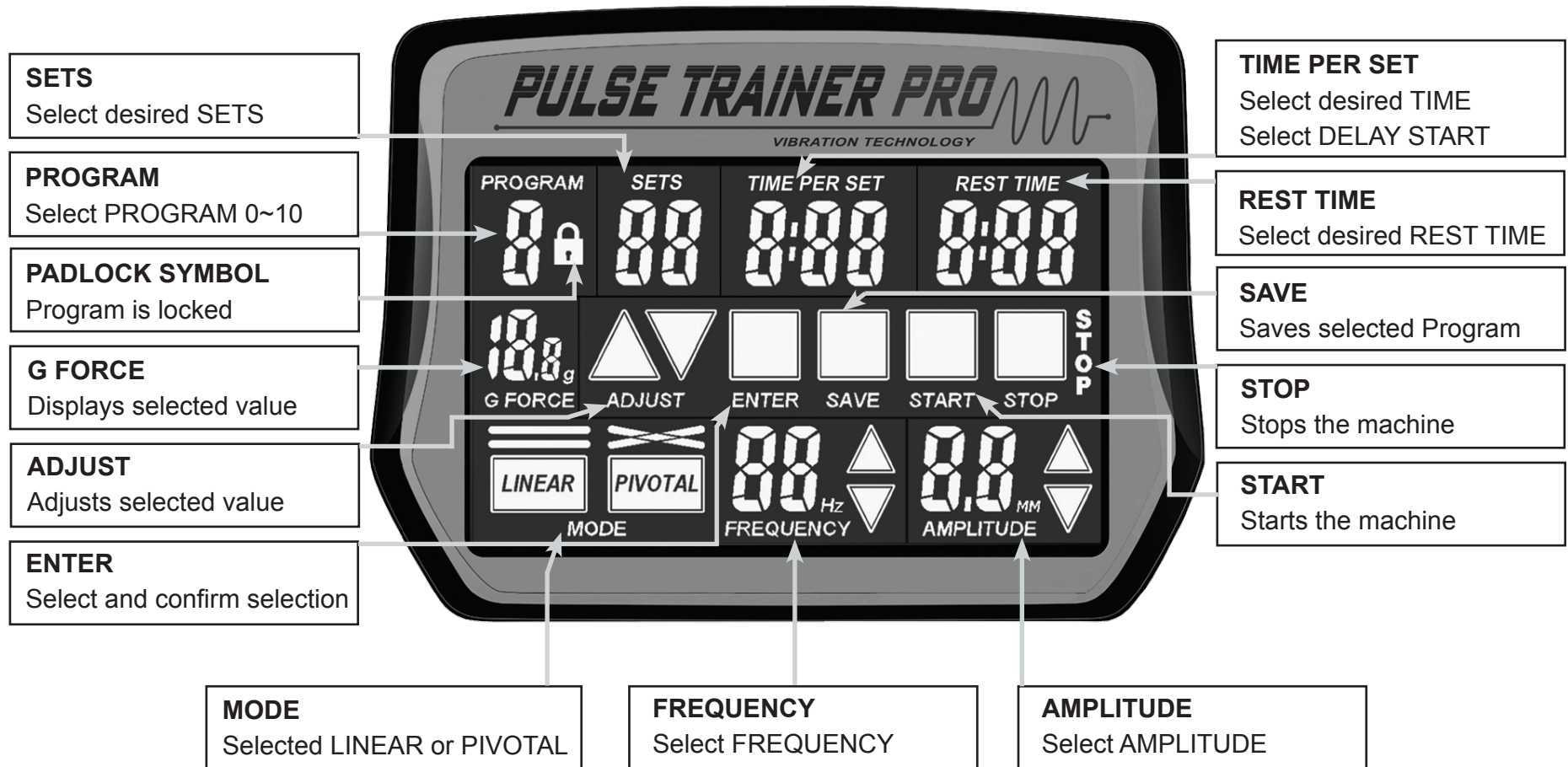
Produces a pure vertical pivoting movement.
Giving an up and down motion, like a seesaw.

LINEAR AND PIVOTAL, 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 Linear (flat) or Pivotal (tilt) 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 and 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.

The PULSE TRAINER PRO Console



Console Instructions

SET UP

Your PULSE TRAINER PRO Console is equipped with a 10" Backlit, Touch Panel LCD. The Console will turn on automatically when the main power switch is turned on. The console will then display all LCD segments and a beep will sound for 2 seconds. The LCD will then display the default values as listed below or the Program values you have selected.

IMPORTANT NOTE: Your PULSE TRAINER PRO is fitted with an accelerometer to measure the g Force at the Foot Platform (for more detail refer to the ACCELEROMETER section of this manual). When the power is turned on please do not stand on the Foot Platform for 5 seconds. During these 5 seconds the accelerometer needs to calibrate its 0g point. If the Foot Platform is moved during these 5 seconds the accelerometer calibration will not be correct and as a result the AMPLITUDE performance of the Pulse Trainer PRO will not be correct

TOUCH PANEL: Touch the keys positively with your finger in the designated area. If you overlap the touch area the key may not operate or you will get an error code. By holding your finger on the key the displayed value will cycle and increase or decrease the displayed value rapidly. Only one key at the time can be operated. NOTE: Keep the surface of the LCD clean. Sweat or moisture on the keys can cause input errors.


KEY FUNCTIONS

ENTER: This key allows you to select the value you want to change only for the top row of the LCD.

PROGRAM > SETS-2 > DELAY START (if required) > TIME PER > SET > REST TIME.

Then the number is flashing it can be adjusted (refer ADJUST). Then you have entered the desired value pressing the ENTER key again will save that value and move to the next value to be adjusted.

ADJUST: Simply push the up or down ADJUST keys to change the selected value.

SAVE: When the padlock symbol  is displayed the SAVE mode is locked and no programmed values can be changed. NOTE: When the machine is running you will be able to change MODE, FREQUENCY and AMPLITUDE but the new values will not be saved. When you want to setup a new PROGRAM or change an existing PROGRAM first select the PROGRAM number you want to change from 1 to 9. The new settings will be saved to this selected PROGRAM number. To unlock the SAVE mode press and hold the SAVE key for 5 seconds and the padlock symbol will turn off and the word "SAVE" below the key will flash. Enter the new protocols for SETS > DELAY START (if required) > TIME PER SET > REST TIME > MODE > FREQUENCY > AMPLITUDE and when you are satisfied press and hold the SAVE key again for 5 seconds and SAVE will be locked and the padlock symbol will turn on.

SETS: Default is 1 SET.

Minimum is 1 SET and maximum is 10 sets. To change the number of SETS press the ENTER key until the SETS display is flashing and use the ADJUST keys to select the desired number of sets. Press ENTER again and move to the next value to be adjusted. NOTE: When the selected PROGRAM is running the SETS display will countdown the remaining number of SETS.

TIME PER SET: This sets the running time for the machine for each SET. Default is 01:00.

Minimum time is 00:15 and the maximum is 05:00 set in 00:15 steps. This display has 2 separate settings. DELAYED START and TIME PER SET. For some upper body exercises you need time to get into position before the machine starts. The Delay Start feature will allow you to do this.

DELAYED START is the first adjustable option.

You can delay the start by selecting -:00 (no delayed start), 5 or 10 seconds displayed as -:05 and -:10. Press the ADJUST key to select desired DELAYED START time then press ENTER. You can now set the TIME PER SET. To change the TIME PER SET press the ADJUST keys to select the desired time. Press ENTER again and move to the next value. NOTE: TIME PER SET will always countdown from the value you have selected to 00:00.

REST TIME: Default time is 00:30 (30 seconds).

Minimum time is 00:15 and the maximum is 02:00 set in 00:15 steps. NOTE: If you select **1 SET** then REST TIME cannot be selected. To change REST TIME press the ENTER key until the REST TIME display is flashing and use the ADJUST keys to select the desired REST TIME value. Press ENTER again to move to the next value. NOTE: REST TIME will always countdown from the value you have

selected to 00:00. When running the selected PROGRAM and REST TIME is counting down the words REST TIME below the key will flash to indicate you have entered the REST TIME period. Warning beeps will sound for the last 5 seconds of REST TIME before the machine starts.

PROGRAM: The default Program is Program 0 which is the “manual” program. The protocols entered cannot be saved in the manual mode. For Programs 1 to 9 you can save the protocols entered for SETS, DELAY START (if required), TIME PER SET, REST TIME, MODE, FREQUENCY and AMPLITUDE (refer SAVE).

G FORCE: G FORCE (g) is the acceleration due to gravity and is an important component in vibration training.

(Refer to G FORCE section of this manual for more detail).

This value is generated by the protocols you select for AMPLITUDE and FREQUENCY. The g value will increase with both FREQUENCY and AMPLITUDE. Pay attention to the g value while you are training, as this is the vibration intensity transmitted to your body. NOTE: The minimum g value that can be displayed is 0.1g. The g values for a combination of low FREQUENCY and low AMPLITUDE are too small to be displayed (below 0.1g) so we have used the default of 0.1g. (Refer to G FORCE CHART in the G FORCE section of this manual).

START: Will start the machine.

NOTE: Do not push START until you are standing on the Foot Platform in the correct position for training.

STOP: Will stop the machine and the word S T O P will be displayed. STOP will occur when you push the STOP key or when the last SET time has counted down to 00:00. The machine can also automatically STOP if Shock Stop Mode is activated (refer ERROR CODE E2).

MODE: Displays the selected vibration mode PIVOTAL or LINEAR.

Console Instructions

The Default setting is PIVOTAL.

To change to LINEAR press the key. The animation above each key will tell you which MODE is in operation.

FREQUENCY : Displays the speed of the vibration in Hertz (Hz).

PIVOTAL MODE: Default is 20Hz.

Minimum is 5Hz and maximum is 30Hz set in 1Hz steps.

LINEAR MODE: Default is 30Hz.

Minimum is 20Hz and maximum is 50Hz set in 1Hz steps.

AMPLITUDE: Displays the height of the vibration in millimetres (mm).

Default is 1.0M. Minimum is 0.2MM and maximum is 8.0MM set in 0.2MM steps. The maximum AMPLITUDE cannot exceed 8MM or 6.5g whichever occurs first. (Refer to the G Force Chart in the G FORCE section of this manual).

AMPLITUDE DISPLAY OPTION: The default setting for AMPLITUDE is peak to peak which means if you select 2mm AMPLITUDE the Foot Platform will move a total of 2mm.

However, some manufacturers in Europe display the AMPLITUDE from 0 to peak which represents half of the peak to peak value. If you want the AMPLITUDE display to show the 0 to peak value press and hold the Padlock Symbol for 5 seconds and the letters EU will be appear in the AMPLITUDE display for 3 seconds. To reset to peak-to-peak values press and hold the Padlock Symbol for 5 seconds and the letters AU will appear in the AMPLITUDE display followed by 4 short beeps and the display will show the default AMPLITUDE value.

NOTE: This display option only changes the displayed value for the PIVOTAL MODE; the LINEAR MODE will always display the AU

(peak-to-peak) value.

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 PER SET and press the ADJUST key down past -:00 and then select either -:05 or -:10. Press the ENTER key and the normal TIME mode will be displayed. Set countdown TIME in the normal way. The double 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.

Console - Error Codes

ways Shock Stop Mode could be activated:

- 1.The machine is started with no one standing on it.
- 2.The user stepped off the machine while it was running.
- 3.The user moved their feet (body weight) during training an excessive amount.

Shock Stop Mode can only occur at higher amplitudes but not at all frequencies. If Shock Stop Mode is activated and E2 appears in the AMPLITUDE display simply press START again if you want to continue training.

E3: This Error Code means the Motor Controller has lost communication with the accelerometer. The accelerometer control system automatically adjusts the motor power for the correct AMPLITUDE setting. Without feedback from the accelerometer, the default AMPLITUDE start-up values will be used but final AMPLITUDE adjustment will not occur. If the problem persists, contact your local supplier or go to our web site www.pulsetrainer.com and select the “Contact” tab for your local distributor’s direct phone number or email address. NOTE: Please select your country first.

E5: If you see this Error Code, it means the motor temperature has increased beyond acceptable operating limits and the machine will STOP and the Console will be disabled. Under normal operation, this should not happen even when the machine is running for extended periods. Turn the power off and on again, this will reset the CPU and run the machine again. If the problem persists, contact your local supplier or go to our web site www.pulsetrainer.com and select the “Contact” tab for your local distributor’s direct phone number or email address. NOTE: Please select your country first.

E8: This code means there is a fault with the EEPROM, the processor that stores all the data to run your PROGRAM protocols. If this Error Code appears the machine will still operate but the PROGRAM save and data entry operations are disabled. If any PROGRAM displays the E8 code, the program protocols will use the default values. If the problem persists, contact your local supplier or go to our web site www.pulsetrainer.com and select the “Contact” tab for your local distributor’s direct phone number or email address. NOTE: Please select your country first.

Before Exercise

Before starting any exercise regime, we recommend you follow the following simple 3 steps

STEP 1: PRE-PROGRAM ASSESSMENT

It 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 always recommended. Here are some simple ideas of assessments to help track your results. These assessments can be good to get baseline statistics, which you can compare as you progress through your program.

- B.M.I (Not completely accurate – but ball park type accuracy)
B.M.I = $\text{WEIGHT (kg)} \div \text{HEIGHT (ms)}^2$
- Body composition (Calliper test or Bioelectrical Impedance)
- Girth measurement
- Weight

STEP 2: GOAL SETTING

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 goals.

S Specific - Indicate precisely what is to be done.

M Measurable - You should be able to quantify or measure your goal

A Achievable - Goals must be accepted as 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.

STEP 3: PRE-PROGRAM WARM UP

Before starting your program it's best to make sure your body is warm. Increasing the body's 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 it for a bit it becomes supple and stretchy. Also ensure you have had adequate water, and appropriate footwear (flat soled shoes is highly recommended)

WARM UP SUGGESTIONS

- Brisk walking for 5-10min – preferably on flat terrain
- Cycling 5-10min – this can be on a stationary bike (exercycle) or a standard bicycle.
- Marching on the spot – you may feel silly but it definitely works.
- Step-ups on a low step also
- Standing on the *PULSE TRAINER PRO* in the #1 exercise position

Section 3 - Full Exercise Library

This section is composed of the full *PULSE TRAINER PRO* exercise library. These are ALL the possible exercise that can be preformed on the *PULSE TRAINER PRO*. For specific programs please see www.pulsetrainer.com

HOW TO READ THE EXERCISE LIBRARY

Name of Exercise: *PULSE TRAINER PRO* exercise name

Exercise Number: Quick reference number for each exercise

Objective: The specific goal achieved by each exercise

Muscles Used: Names of specific muscles targeted

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 the exercise on opposite side i.e.

Do exercise on both the left and right sides.

Key Points: Specific points to concentrate on

Safety Points: Important safety points for each exercise.

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

Example Exercise Template:

Stretch - Hip Flexor Short ▶ ▶ ▶

Exercise Number: 61

▶ **Objective:**

Hip flexor release

▶ **Muscles Used:**

Hip flexor (Poses), quads, 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 degrees. Keeping your hips square, gently squeeze your left glut and push your knee into the plate. Hold

▶ 🕒 Repeat on the other side

▶ **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)



IMPORTANT NOTE:

For setting for each exercise (amplitude/frequency/time/mode) please refer to our online programs at www.pulsetrainer.com


Lower Body 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 PRO*)

Standing Position ▶▶▶

▶ 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: <ul style="list-style-type: none"> • Engage your core muscles for back support • Bear weight through your feet • Breathe consistently throughout exercise
▶ Safety Points: <ul style="list-style-type: none"> • Keep Your spine in neutral - Do not arch or your back • Grip the handles for support • Keep eyes looking straight ahead
▶ Accessories:

Exercise 1


▶ Muscles Used: Quads, core, gluts and calves


For time/amplitude/frequency refer to your program

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 to 45 degrees. Hold
▶ Key Points: <ul style="list-style-type: none"> • Engage your core muscles for back support • Bear weight through your feet • Breathe consistently throughout exercise
▶ Safety Points: <ul style="list-style-type: none"> • Keep you spine in neutral - Do not arch or your back • Grip the handles for support • Keep eyes looking straight ahead
▶ Accessories:

Exercise 2

▶ Muscles Used: Quads, core, gluts and calves


For time/amplitude/frequency refer to your program

Full Squat ▶▶▶

▶ Objective: Lower Limb strength and toning
▶ Exercise Description: Position your feet a hip width apart with your toes turned out slightly. Squat down to 90 degrees. Hold
▶ Key Points: <ul style="list-style-type: none"> • Engage your core muscles for back support • Bear weight through your feet • Breathe consistently throughout exercise
▶ Safety Points: <ul style="list-style-type: none"> • Keep you spine in neutral - Do not arch or your back • Grip the handles for support • Keep eyes looking straight ahead
▶ Accessories:

Exercise 3


▶ Muscles Used: Quads, core, gluts and calves


For time/amplitude/frequency refer to your program

Wide Stance Squat ▶▶▶


▶ Objective: Lower Limb strength and toning
▶ Exercise Description: Assuming a wide stance with your toes turned out slightly. Squat down to 90 degrees. Hold
▶ Key Points: <ul style="list-style-type: none"> • Engage your core muscles for back support • Bear weight through your feet • Breathe consistently throughout exercise
▶ Safety Points: <ul style="list-style-type: none"> • Keep you spine in neutral - Do not arch or your back • Grip the handles for support • Keep eyes looking straight ahead
▶ Accessories:

Exercise 4

▶ Muscles Used: Quads, core, gluts and calves	
▶ 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 degrees. Hold.	
▶ Key Points: <ul style="list-style-type: none"> • Engage your core muscles for back support • Breathe slowly and consistently throughout • Weight bear in leading heel 	
▶ Safety Points: <ul style="list-style-type: none"> • Keep you spine in neutral - Do not arch or your back • Grip the handles for support • Keep eyes looking straight ahead 	

For time/amplitude/frequency refer to your program

½ Lunge ▶▶▶


▶ Muscles Used: Gluts, core, hamstrings and calves	
▶ 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 degrees. Hold.	
▶ Key Points: <ul style="list-style-type: none"> • Engage your core muscles for back support • Breathe slowly and consistently throughout • Weight bear in leading heel 	
▶ Safety Points: <ul style="list-style-type: none"> • Keep you spine in neutral - Do not arch or your back • Grip the handles for support • Keep eyes looking straight ahead 	

For time/amplitude/frequency refer to your program

Ski Squat ▶▶▶


▶ Objective: Lower Limb strength and toning
▶ Exercise Description: With your feet placed close together and feet straight. Squat down to 90 degrees. Hold
▶ Key Points: <ul style="list-style-type: none"> • Engage your core muscles for back support • Bear weight through your feet • Breathe consistently throughout exercise
▶ Safety Points: <ul style="list-style-type: none"> • Keep you spine in neutral - Do not arch or your back • Grip the handles for support • Keep eyes looking straight ahead
▶ Accessories:

Exercise 5

▶ Muscles Used: Quads, core, gluts and calves	
▶ 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 degrees. Hold.	
▶ Key Points: <ul style="list-style-type: none"> • Engage your core muscles for back support • Breathe slowly and consistently throughout • Weight bear in leading heel 	
▶ Safety Points: <ul style="list-style-type: none"> • Keep you spine in neutral - Do not arch or your back • Grip the handles for support • Keep eyes looking straight ahead 	


For time/amplitude/frequency refer to your program

Full Lunge ▶▶▶

▶ Muscles Used: Calves, quads, gluts and core	
▶ 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 degrees. Hold.	
▶ Key Points: <ul style="list-style-type: none"> • Engage your core muscles for back support • Breathe slowly and consistently throughout • Weight bear in leading heel 	
▶ Safety Points: <ul style="list-style-type: none"> • Keep you spine in neutral - Do not arch or your back • Grip the handles for support • Keep eyes looking straight ahead 	


For time/amplitude/frequency refer to your program

Exercise 6

▶ Muscles Used: Gluts, core, hamstrings and calves	
▶ 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 degrees. Hold.	
▶ Key Points: <ul style="list-style-type: none"> • Engage your core muscles for back support • Breathe slowly and consistently throughout • Weight bear in leading heel 	
▶ Safety Points: <ul style="list-style-type: none"> • Keep you spine in neutral - Do not arch or your back • Grip the handles for support • Keep eyes looking straight ahead 	

For time/amplitude/frequency refer to your program

Exercise 7


▶ Muscles Used: Calves, quads, gluts and core	
▶ 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 degrees. Hold.	
▶ Key Points: <ul style="list-style-type: none"> • Engage your core muscles for back support • Breathe slowly and consistently throughout • Weight bear in leading heel 	
▶ Safety Points: <ul style="list-style-type: none"> • Keep you spine in neutral - Do not arch or your back • Grip the handles for support • Keep eyes looking straight ahead 	

For time/amplitude/frequency refer to your program

Reverse Lunge ▶ ▶ ▶

▶ Objective: Lower limb strength and toning
▶ Exercise Description: Facing away from the machine with your left foot on the centre point of the plate and your right leg on the floor. Bend your right leg to 90 degrees. Hold. ▶ 🔄 Repeat on other side.
▶ Key Points: <ul style="list-style-type: none"> Engage your core muscles for back support Breathe slowly and consistently throughout Bear weight in your leading heel
▶ Safety Points: <ul style="list-style-type: none"> Keep spine in neutral - do not arch Keep eyes looking straight ahead
▶ Accessories:

Exercise 8

▶ Muscles Used: Quad, core, gluts and calves


For time/amplitude/frequency refer to your program

Glut Hold - Double Leg ▶ ▶ ▶

▶ Objective: Lower limb strength and toning
▶ Exercise Description: Lying on your back with your arms out by your side with your palms facing up and feet on the plate, hip width apart and your legs at 90 degrees. Clench your butt and gently lift your hips up until your body is straight like a plank. Hold
▶ Key Points: <ul style="list-style-type: none"> Engage your core muscles for back support Breathe slowly and consistently throughout Bear weight in heels
▶ Safety Points: <ul style="list-style-type: none"> Keep spine in neutral - do not arch Keep eyes looking straight ahead
▶ Accessories: <ul style="list-style-type: none"> Floor mat to lie on (optional extra)

Exercise 10

▶ Muscles Used: Hamstrings, gluts, low back and core


For time/amplitude/frequency refer to your program

Hamstring Hold ▶ ▶ ▶

▶ Objective: Lower limb strength and toning
▶ Exercise Description: Lying on your back with your arms out by your side with your palms facing up and feet on the plate a hip width apart and your legs at 145 degrees. Clench your butt and gently lift your hips up until your body is straight like a plank. Hold
▶ Key Points: <ul style="list-style-type: none"> Engage your core muscles for back support Breathe slowly and consistently throughout Weight bear in your heels
▶ Safety Points: <ul style="list-style-type: none"> Keep spine in neutral - do not arch Relax your head and shoulders
▶ Accessories: <ul style="list-style-type: none"> Floor mat to lie on (optional extra)

Exercise 9


▶ Muscles Used: Hamstrings, gluts, low back and core


For time/amplitude/frequency refer to your program

Glut Hold - Single Leg ▶ ▶ ▶

▶ Objective: Lower limb strength and toning
▶ Exercise Description: Lying on your back with your arms out by your side with your palms facing up with one foot placed on the centre of the plate at 90 degrees. Clench your butt and gently lift your hips up until your body is straight like a plank. Hold.
▶ Key Points: <ul style="list-style-type: none"> Engage your core muscles for back support Breathe consistently throughout
▶ Safety Points: <ul style="list-style-type: none"> Keep spine in neutral - do not arch Relax your head and shoulders
▶ Accessories: <ul style="list-style-type: none"> Floor mat to lie on (optional extra)

Exercise 11


▶ Muscles Used: Hamstrings, Gluts, Lower back and Core


For time/amplitude/frequency refer to your program

Calf Raise - Double ▶▶▶

▶ Objective: Lower Limb strength and toning
▶ Exercise Description: Standing on the plate with your feet a hip width apart. Rise up onto the balls of your feet. Hold
▶ Key Points: <ul style="list-style-type: none"> • Engage your core muscles for back support • Weight bear through the balls of your feet • Breathe slowly and consistently throughout exercise
▶ Safety Points: <ul style="list-style-type: none"> • Keep your body upright and spine neutral • Keep eyes looking straight ahead • Never lock your knees
▶ Accessories:

Exercise 12


▶ Muscles Used: Calves


For time/amplitude/frequency refer to your program

Calf Raise - Single Leg ▶▶▶

▶ Objective: Lower Limb strength and toning
▶ Exercise Description: Standing on the plate with your right foot in the centre of the plate. Rise up onto the ball of your right foot. Hold. ▶ Ⓞ Repeat on other side
▶ Key Points: <ul style="list-style-type: none"> • Engage your core muscles for back support • Bear weight in the ball of your foot • Breathe slowly and consistently throughout exercise
▶ Safety Points: <ul style="list-style-type: none"> • Do not arch or overextend your back • Keep eyes looking straight ahead
▶ Accessories:

Exercise 14

▶ Muscles Used: Calves


For time/amplitude/frequency refer to your program

Calf Raise - Bent Knee ▶▶▶

▶ Objective: Lower Limb strength and toning
▶ Exercise Description: Standing on the plate with your feet a hip width apart. Rise up onto the balls of your feet and then slowly bend your legs – keeping a slight bend in legs throughout the exercise. Hold
▶ Key Points: <ul style="list-style-type: none"> • Engage your core muscles for back support • Bear Weight in the balls of your feet • Breathe slowly and consistently throughout exercise
▶ Safety Points: <ul style="list-style-type: none"> • Do not arch or overextend your back • Keep eyes looking straight ahead • Never completely lock your knees
▶ Accessories:

Exercise 13


▶ Muscles Used: Calves


For time/amplitude/frequency refer to your program

Squat - Single Leg ▶▶▶

▶ Objective: Lower Limb strength and toning
▶ Exercise Description: Place your left foot on the centre of the plate, lift your right leg up off the floor. Bend your leg to 45 angle. ▶ Ⓞ Repeat on other side
▶ Key Points: <ul style="list-style-type: none"> • Engage your core muscles for back support • Bear weight in your heel • Breathe slowly and consistently throughout exercise
▶ Safety Points: <ul style="list-style-type: none"> • Do not arch your back • Keep eyes looking straight ahead • Try to keep hips level
▶ Accessories:

Exercise 15

▶ Muscles Used: Calves, quads, gluts and core



For time/amplitude/frequency refer to your program

Upper Body Exercises

***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 PRO*)

Chest Hold – Knees ▶ ▶ ▶


Exercise 21

<p>▶ Objective: Upper body – strength and toning</p>	<p>▶ Muscles Used: Chest, shoulders, triceps and core</p>
<p>▶ 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.</p>	
<p>▶ Key Points:</p> <ul style="list-style-type: none"> • Engage your core muscles for back support • Keep your body straight like a plank with eyes looking at the plate • Breathe consistently throughout exercise 	
<p>▶ Safety Points:</p> <ul style="list-style-type: none"> • Do not arch or extend your back • Do not let your head drop toward plate • Stop if you experience shoulder pain 	
<p>▶ Accessories:</p> <ul style="list-style-type: none"> • Soft platform mat (included) • Floor mat (optional extra) 	

For time/amplitude/frequency refer to your program

Chest Hold – Feet ▶ ▶ ▶

Exercise 22

<p>▶ Objective: Upper body – strength and toning</p>	<p>▶ Muscles Used: Chest, shoulders, triceps and core</p>
<p>▶ 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</p>	
<p>▶ Key Points:</p> <ul style="list-style-type: none"> • Engage your core muscles for back support • Keep your body straight like a plank with eyes looking at the plate • Breathe consistently throughout exercise 	
<p>▶ Safety Points:</p> <ul style="list-style-type: none"> • Do not arch or overextend your back • Do not let your head drop toward plate • Stop if you experience shoulder pain 	
<p>▶ Accessories:</p> <ul style="list-style-type: none"> • Soft platform mat (included) 	

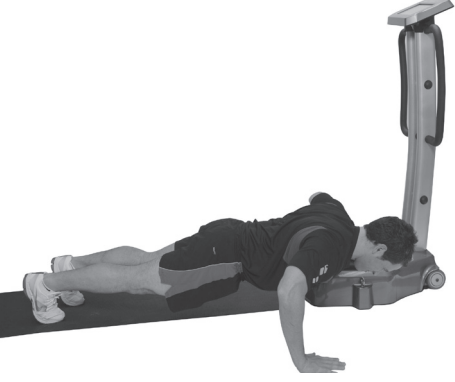
For time/amplitude/frequency refer to your program

Chest Hold - Unilateral ▶ ▶ ▶

▶ Objective: Upper body strength and tone
▶ Exercise Description: In a full push up position with your left hand on the plate and your right hand on the floor. Slowly lower your chest toward the plate until your arms are at 90 degrees. Hold
▶ Key Points: <ul style="list-style-type: none"> • Engage your core muscles for back support • Keep body straight with eyes looking at plate • Breathe consistently throughout exercise
▶ Safety Points: <ul style="list-style-type: none"> • Keep your spine neutral • Draw your chin in and keep your neck in a neutral position
▶ Accessories:

Exercise 23

▶ **Muscles Used:**
Chest, shoulders and triceps




Triceps Hold - Full ▶ ▶ ▶

▶ Objective: Upper body strength and tone
▶ Exercise Description: In full push up position with your hands on the plate close together. Slowly lower your chest toward the plate until your arms are at 90 degrees. Hold
▶ Key Points: <ul style="list-style-type: none"> • Engage your core muscles for back support • Keep body straight with eyes looking at plate • Breathe consistently throughout exercise
▶ Safety Points: <ul style="list-style-type: none"> • Keep your spine neutral • Draw your chin in and keep your neck in a neutral position
▶ Accessories: Soft plate cover for hand comfort

Exercise 25

▶ **Muscles Used:**
Triceps, shoulders and core



For time/amplitude/frequency refer to your program


For time/amplitude/frequency refer to your program

Triceps Hold ▶ ▶ ▶

▶ Objective: Upper body strength and tone
▶ Exercise Description: On your knees with both of your hands on the plate close together. Slowly lower your chest toward the plate until your arms are at 90 degrees. Hold
▶ Key Points: <ul style="list-style-type: none"> • Engage your core muscles for back support • Keep body straight with eyes looking at plate • Breathe consistently throughout exercise
▶ Safety Points: <ul style="list-style-type: none"> • Keep your spine neutral • Draw your chin in and keep your neck in a neutral position
▶ Accessories: Soft plate cover for hand comfort

Exercise 24

▶ **Muscles Used:**
Triceps, shoulders and core




For time/amplitude/frequency refer to your program

Triceps Dips - Half ▶ ▶ ▶

▶ Objective: Upper body strength and tone
▶ Exercise Description: Facing away from the console 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 degrees. Hold
▶ Key Points: <ul style="list-style-type: none"> • Engage your core muscles for back support • Breathe consistently throughout exercise
▶ Safety Points: <ul style="list-style-type: none"> • Keep your spine neutral • Draw your chin in and keep your neck in a neutral position
▶ Accessories: Soft plate cover for hand comfort

Exercise 26

▶ **Muscles Used:**
Triceps and shoulders



For time/amplitude/frequency refer to your program

Triceps Dip - Full ▶▶▶

▶ Objective: Upper body – strength and toning
▶ Exercise Description: Facing away from the console your hands on the plate and your feet on the floor. Slowly lift your butt off the plate and slowly bend your arms to 90 degrees. Hold
▶ Key Points: • Engage your core muscles for back support • Breathe consistently throughout exercise
▶ Safety Points: • Keep your spine neutral • Draw your chin in and keep your neck in a neutral position
▶ Accessories: Soft plate cover for hand comfort

Exercise 27

▶ **Muscles Used:**
Triceps



For time/amplitude/frequency refer to your program

Lateral Raise ▶▶▶

▶ Objective: Upper body – strength and toning
▶ Exercise Description: Position your feet on the plate a hip width apart with soft knees. With the power cords in hand lift your arms out to your sides until at shoulder height. Your wrist, elbow and shoulder should be in line. Hold
▶ Key Points: • Engage your core muscles for back support • Breathe consistently throughout exercise
▶ Safety Points: • Keep your spine neutral • Draw your chin in and keep your neck in a neutral position
▶ Accessories: • Use Power cords

Exercise 29

▶ **Muscles Used:**
Shoulders



For time/amplitude/frequency refer to your program

Shoulder Press ▶▶▶

▶ Objective: Upper body – strength and toning
▶ Exercise Description: Position your feet on the plate a hip width apart with soft knees. With the power cords in hand lift elbows to shoulder height. Press into a 'Shoulder Press' until your arms are at 90 degrees. Hold.
▶ Key Points: • Engage your core muscles for back support • Breathe slowly and consistently throughout stretch
▶ Safety Points: • Keep your spine neutral • Draw your chin in and keep your neck in a neutral position
▶ Accessories: Use Power cords

Exercise 28

▶ **Muscles Used:**
Shoulders



For time/amplitude/frequency refer to your program

Front Raise ▶▶▶

▶ Objective: Upper body – strength and toning
▶ Exercise Description: Position your feet on the plate a hip width apart with soft knees. With the power cords in hand lift your arms out to your front until at shoulder height. Your wrist, elbow and shoulder should be in line. Hold
▶ Key Points: • Engage your core muscles for back support • Breathe consistently throughout exercise
▶ Safety Points: • Keep your spine neutral • Draw your chin in and keep your neck in a neutral position
▶ Accessories: • Use Power cords

Exercise 30

▶ **Muscles Used:**
Shoulders (anterior/Front)




For time/amplitude/frequency refer to your program

Rear Deltoid Raise ▶▶▶

▶ Objective: Upper body – strength and toning
▶ Exercise Description: Position your feet on the plate a hip width apart with soft knees. Bend forward from the hips and ensure you keep your back straight. With the power cords in hand lift your arms out to your sides until at shoulder height. Your wrist, elbow and shoulder should be in line. Hold
▶ Key Points: • Engage your core muscles for back support • Breathe consistently throughout exercise
▶ Safety Points: • Keep your spine neutral • Draw your chin in
▶ Accessories: Use Power cords

Exercise 31


▶ Muscles Used: Shoulders (Posterior/back)


For time/amplitude/frequency refer to your program

Bent Over Row ▶▶▶

▶ Objective: Upper body – strength and toning
▶ Exercise Description: Position your feet on the plate a hip width apart with soft knees. Bend forward from the hips and ensure you keep your back straight. With the power cords in opposite hands, pull in a 'row' like posture and hold.
▶ Key Points: • Engage your core muscles for back support • Breathe consistently throughout exercise
▶ Safety Points: • Keep your spine neutral • Draw your chin in and keep your neck in a neutral position
▶ Accessories: Use Power cords

Exercise 33


▶ Muscles Used: Upper and Mid back


For time/amplitude/frequency refer to your program

Serratus Push Down ▶▶▶

▶ Objective: Upper body – strength and toning
▶ Exercise Description: Position your feet on the plate a hip width apart with soft knees. Bend forward from the hips and ensure you keep your back straight. With the power cords in hand lift your arms out to your sides until at shoulder height. Your wrist, elbow and shoulder should be in line. Hold
▶ Key Points: • Engage your core muscles for back support • Breathe consistently throughout exercise
▶ Safety Points: • Keep your spine neutral • Draw your chin in and keep your neck in a neutral position
▶ Accessories: Use Power Cords

Exercise 32


▶ Muscles Used: Serratus Anterior


For time/amplitude/frequency refer to your program

Biceps Curl ▶▶▶

▶ Objective: Upper body – strength and toning
▶ Exercise Description: Position your feet on the plate a hip width apart with soft knees. In an upright posture with the power cords in hand, pull until your arms are at 90 degrees. Hold.
▶ Key Points: • Engage your core muscles for back support • Breathe consistently throughout exercise
▶ Safety Points: • Keep your spine neutral • Draw your chin in and keep your neck in a neutral position
▶ Accessories: Use Power cords

Exercise 34

▶ Muscles Used: Biceps


For time/amplitude/frequency refer to your program

Core 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 PRO)

Abdominal Bridge - Knees ▶ ▶ ▶

Exercise 41

▶ Objective: Core strength and toning
▶ Exercise Description: Position your elbows on the plate a shoulder width apart with knees on the floor a hip width apart. Lower your body until it is straight like a plank (from your shoulder to your knee – viewed in side profile). Hold.
▶ Key Points: <ul style="list-style-type: none"> Engage your core muscles for back support Breathe consistently throughout exercise
▶ Safety Points: <ul style="list-style-type: none"> Keep your spine neutral Draw your chin in and keep your neck in a neutral position
▶ Accessories: <ul style="list-style-type: none"> Soft plate cover for elbow comfort Floor mat for knees comfort



For time/amplitude/frequency refer to your program

Abdominal Bridge - Feet ▶ ▶ ▶

Exercise 42

▶ Objective: Core strength and toning
▶ Exercise Description: Position your elbows on the plate a shoulder width apart with feet on the floor a hip width apart. Lower your body until it is straight like a plank (from your shoulder to your ankle – viewed in side profile). Hold
▶ Key Points: <ul style="list-style-type: none"> Engage your core muscles for back support Breathe consistently throughout exercise
▶ Safety Points: <ul style="list-style-type: none"> Keep your spine neutral Draw your chin in and keep your neck in a neutral position
▶ Accessories: <ul style="list-style-type: none"> Soft plate cover for elbow comfort Floor mat for knees comfort



For time/amplitude/frequency refer to your program

Reverse Plank ▶ ▶ ▶

Exercise 43


▶ Objective: Core strength and toning
▶ Exercise Description: Position your feet on the plate a hip width apart with elbows on the floor a shoulder width apart. Lower your body until it is straight like a plank (from your shoulder to your ankle – viewed in side profile). Hold
▶ Key Points: <ul style="list-style-type: none"> Engage your core muscles for back support Breathe consistently throughout exercise
▶ Safety Points: <ul style="list-style-type: none"> Keep your spine neutral Draw your chin in and keep your neck in a neutral position
▶ Accessories: <ul style="list-style-type: none"> Soft plate cover for elbow comfort Floor mat for knees comfort



For time/amplitude/frequency refer to your program

Side Plank - Knees ▶ ▶ ▶


Exercise 44

<p>▶ Objective: Core strength and toning</p>	<p>▶ Muscles Used: The Core</p>
<p>▶ Exercise Description: Lying on your side with your left elbow on the plate and your knees bent to 90 degrees on the floor. Lift your body up off the ground until it is straight like a plank. Hold.</p> <p>▶ 🔄 Repeat on other side</p>	
<p>▶ Key Points:</p> <ul style="list-style-type: none"> • Engage your core muscles for back support • Breathe consistently throughout exercise 	
<p>▶ Safety Points:</p> <ul style="list-style-type: none"> • Keep your spine neutral • Draw your chin in and keep your neck in a neutral position 	
<p>▶ Accessories:</p> <ul style="list-style-type: none"> • Soft plate cover for elbow comfort • Floor mat for knees comfort 	

For time/amplitude/frequency refer to your program

Side Plank With Leg Lift ▶ ▶ ▶


Exercise 46

<p>▶ Objective: Core strength and toning</p>	<p>▶ Muscles Used: The Core</p>
<p>▶ Exercise Description: Lying on your side with your left elbow on the plate and your feet on the floor. Lift your body up off the ground until it is straight like a plank now slowly lift your right leg as high as is comfortable. Hold.</p> <p>▶ 🔄 Repeat on other side.</p>	
<p>▶ Key Points:</p> <ul style="list-style-type: none"> • Engage your core muscles for back support • Breathe consistently throughout exercise 	
<p>▶ Safety Points:</p> <ul style="list-style-type: none"> • Keep your spine neutral • Draw your chin in and keep your neck in a neutral position 	
<p>▶ Accessories:</p> <ul style="list-style-type: none"> • Soft plate cover for elbow comfort • Floor mat for knees comfort 	

For time/amplitude/frequency refer to your program

Side Plank - Full ▶ ▶ ▶


Exercise 45

<p>▶ Objective: Core strength and toning</p>	<p>▶ Muscles Used: The Core</p>
<p>▶ Exercise Description: Lying on your side with your left elbow on the plate and your feet on the floor. Lift your body up off the ground until it is straight like a plank. Hold.</p> <p>▶ 🔄 Repeat on other side</p>	
<p>▶ Key Points:</p> <ul style="list-style-type: none"> • Engage your core muscles for back support • Breathe consistently throughout exercise 	
<p>▶ Safety Points:</p> <ul style="list-style-type: none"> • Keep your spine neutral • Draw your chin in and keep your neck in a neutral position 	
<p>▶ Accessories:</p> <ul style="list-style-type: none"> • Soft plate cover for elbow comfort • Floor mat for knees comfort 	

For time/amplitude/frequency refer to your program

Side Plank - Hand ▶ ▶ ▶

Exercise 47

<p>▶ Objective: Core strength and toning</p>	<p>▶ Muscles Used: The Core</p>
<p>▶ Exercise Description: Lying on your side with your left hand on the plate and your feet on the floor. Lift your body up off the ground until it is straight like a plank. Hold.</p> <p>▶ 🔄 Repeat on other side.</p>	
<p>▶ Key Points:</p> <ul style="list-style-type: none"> • Engage your core muscles for back support • Breathe consistently throughout exercise 	
<p>▶ Safety Points:</p> <ul style="list-style-type: none"> • Keep your spine in neutral - Do not arch or your back • Grip the handles for support • Keep eyes looking straight ahead 	
<p>▶ Accessories:</p> <ul style="list-style-type: none"> • Soft plate cover for elbow comfort • Floor mat for knees comfort 	

For time/amplitude/frequency refer to your program

Crunch ▶ ▶ ▶

▶ Objective: Core strength and toning
▶ Exercise Description: Sitting on the plate holding the support handles, leaning back slightly with a straight back and your legs bent slightly – let go of support handles. Hold
▶ Key Points: <ul style="list-style-type: none"> • Engage your core muscles for back support • Breathe consistently throughout
▶ Safety Points: <ul style="list-style-type: none"> • Keep your spine neutral • Draw your chin in and keep your neck in a neutral position
▶ Accessories: <ul style="list-style-type: none"> • Soft plate cover to sit on

Exercise 48

▶ Muscles Used: The Core


For time/amplitude/frequency refer to your program

Crunch - Oblique ▶ ▶ ▶

▶ Objective: Core strength and toning
▶ Exercise Description: Sitting on the plate holding the support handles, leaning back slightly with a straight back and your legs bent slightly – let go of support handles, place your fingers on your temples, slowly rotate to the left. Hold ⦿ Repeat on other side
▶ Key Points: <ul style="list-style-type: none"> • Keep your spine neutral • Draw your chin in and keep your neck in a neutral position
▶ Safety Points: <ul style="list-style-type: none"> • Keep your spine neutral • Draw your chin in and keep your neck in a neutral position
▶ Accessories: <ul style="list-style-type: none"> • Soft plate cover to sit on

Exercise 50

▶ Muscles Used: The Core


For time/amplitude/frequency refer to your program

Crunch - Overhead Reach ▶ ▶ ▶

▶ Objective: Core strength and toning
▶ Exercise Description: Sitting on the plate holding the support handles, leaning back slightly with a straight back and your legs bent slightly – let go of support handles, slowly extend your arms overhead. Hold
▶ Key Points: <ul style="list-style-type: none"> • Engage your core muscles for back support • Breathe consistently throughout
▶ Safety Points: <ul style="list-style-type: none"> • Keep your spine neutral • Draw your chin in and keep your neck in a neutral position
▶ Accessories: <ul style="list-style-type: none"> • Soft plate cover to sit on

Exercise 49


▶ Muscles Used: The Core


For time/amplitude/frequency refer to your program

Pike ▶ ▶ ▶

▶ Objective: Core strength and toning
▶ Exercise Description: Sitting on the plate holding the support handles, leaning back slightly with a straight back, your legs bent slightly. Slowly lift your feet off the ground until your legs are extended (If you are unable to fully extend a slight bend in the knees is OK). Once you have your legs suspended release support handles. Hold
▶ Key Points: <ul style="list-style-type: none"> • Engage your core muscles for back support • Breathe consistently throughout
▶ Safety Points: <ul style="list-style-type: none"> • Keep your spine neutral • Draw your chin in
▶ Accessories: <ul style="list-style-type: none"> • Soft plate cover to sit on

Exercise 51

▶ Muscles Used: The Core


For time/amplitude/frequency refer to your program

Stretch - Hip Flexor Short ▶ ▶ ▶

▶ **Objective:**
To Improve Flexibility

▶ **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 degrees. Keeping your hips square, gently squeeze your left glut and push your knee into the plate. Hold

▶ **Repeat** on the other side

▶ **Key Points:**

- Engage your core muscles for back support
- Breathe out as you sink into the stretch

▶ **Safety Points:**

- Keep spine in neutral - Do not arch your back
- With a good stretch you should feel some discomfort but no pain

▶ **Accessories:**

- Soft plate cover for kneeling on

Stretch 61

▶ **Muscles Used:**
Hip Flexors and quads



For time/amplitude/frequency refer to your program

Stretch - Hip Flexor Long ▶ ▶ ▶

▶ **Objective:**
To Improve Flexibility

▶ **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 degrees. Keeping your hips square, gently squeeze your left glut and shift your weight forward extending through the hip. Hold

▶ **Repeat** on the other side

▶ **Key Points:**

- Engage your core muscles for back support
- Breathe out as you sink into the stretch

▶ **Safety Points:**

- Keep spine in neutral - Do not arch your back
- With a good stretch you should feel some discomfort but no pain.

▶ **Accessories:**

- Soft plate cover for kneeling on

Stretch 62

▶ **Muscles Used:**
Hip Flexors and quads



For time/amplitude/frequency refer to your program

Stretches - 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 PRO*)

Stretch - Quads ▶ ▶ ▶

▶ **Objective:**
To Improve Flexibility

▶ **Stretch Description:**
Stand on the plate facing the console. Raise your left foot behind you, and hold onto it with your left hand. Gently squeeze your gluts. Hold.

▶ **Key Points:**

- Engage your core muscles for back support
- Breathe out as you sink into the stretch

▶ **Safety Points:**

- Keep spine in neutral - Do not arch your back
- With a good stretch you should feel some discomfort but no pain.

▶ **Accessories:**

- Soft plate cover for kneeling on

Stretch 63

▶ **Muscles Used:**
Quads




For time/amplitude/frequency refer to your program

Stretch - Hamstring ▶ ▶ ▶

▶ Objective: To Improve Flexibility
▶ Stretch Description: Standing on the plate facing away from the console. Slowly bend forward and reach for your toes. Hold.
▶ Key Points: • Engage your core muscles for back support • Breathe out as you sink into the stretch
▶ Safety Points: • With a good stretch you should feel some discomfort but no pain.
▶ Accessories: • Soft platform mat (included)

Stretch 64


▶ Muscles Used: Hamstrings


For time/amplitude/frequency refer to your program

Stretch-Adductor Standing ▶ ▶

▶ Objective: To Improve Flexibility
▶ Stretch Description: Standing with your left foot on the plate and your right foot on the ground. Keeping your left leg straight gently squat back and down into until you feel the stretch through your inner thigh Hold. ▶ ⌚ Repeat on other side.
▶ Key Points: • Engage your core muscles for back support • Breathe out as you sink into the stretch
▶ Safety Points: • With a good stretch you should feel some discomfort but no pain.
▶ Accessories:

Stretch 66

▶ Muscles Used: Adductor


For time/amplitude/frequency refer to your program

Stretch-Adductor Kneeling ▶ ▶ ▶

▶ Objective: To Improve Flexibility
▶ 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. Keeping your head up, your back straight and left leg straight gently sit back until you feel the stretch through your inner thigh. Hold. ▶ ⌚ Repeat on other side.
▶ Key Points: • Engage your core muscles for back support • Breathe out as you sink into the stretch
▶ Safety Points: • With a good stretch you should feel some discomfort but no pain.
▶ Accessories: • Floor mat to kneel on

Stretch 65


▶ Muscles Used: Adductors


For time/amplitude/frequency refer to your program

Stretch - Gluts ▶ ▶ ▶

▶ Objective: To Improve Flexibility
▶ Stretch Description: Sitting on the plate with your right leg out in front of you. Place your left ankle on above your right knee and slowly bend your right leg. Gently push your left knee away from you until you feel the stretch in your left glut Hold. ▶ ⌚ Repeat on other side..
▶ Key Points: • Engage your core muscles for back support • Breathe out as you sink into the stretch
▶ Safety Points: • With a good stretch you should feel some discomfort but no pain.
▶ Accessories: • Soft plate cover to sit on

Stretch 67

▶ Muscles Used: Gluts


For time/amplitude/frequency refer to your program

Stretch - Calf Short ▶ ▶ ▶

▶ Objective: To Improve Flexibility
▶ Exercise Description: Standing on the plate with your right foot on the edge of the plate. Keeping your right leg bent slightly gently push back through your right heel until you feel the stretch in the lower part of your right calf Hold ▶ 🕒 Repeat on other side.
▶ Key Points: <ul style="list-style-type: none"> • Engage your core muscles for back support • Breathe out as you sink into the stretch
▶ Safety Points: <ul style="list-style-type: none"> • With a good stretch you should feel some discomfort but no pain.
▶ Accessories:

Stretch 68


▶ Muscles Used: Calves


For time/amplitude/frequency refer to your program

Stretch - Calf Long ▶ ▶ ▶

▶ Objective: To Improve Flexibility
▶ Exercise Description: Standing on the plate with your right foot on the edge of the plate. Keeping your right leg straight gently push back through your right heel until you feel the stretch in your right calf. Hold ▶ 🕒 Repeat on other side
▶ Key Points: <ul style="list-style-type: none"> • Engage your core muscles for back support • Breathe out as you sink into the stretch
▶ Safety Points: <ul style="list-style-type: none"> • With a good stretch you should feel some discomfort but no pain.
▶ Accessories:

Stretch 69

▶ Muscles Used: Calves


For time/amplitude/frequency refer to your program


Stretches - Upper 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*)

Stretch - Chest Standing >>>

<p>▶ Objective: Improve flexibility</p>
<p>▶ Stretch Description: Stand beside the machine; place your left hand on the handles. Gently push through your left shoulder. Hold. ▶ Repeat on other side</p>
<p>▶ Key Points:</p> <ul style="list-style-type: none"> Engage your core muscles for back support Try to relax
<p>▶ Safety Points:</p> <ul style="list-style-type: none"> Push only until you feel a stretch NOT pain Do this stretch without turning the machine on
<p>▶ Accessories:</p>

Stretch 70

<p>▶ Muscles Used: Chest, shoulder and forearms</p>


Do this without turning machine on.

Stretch - Lats >>>

<p>▶ Objective: Improve flexibility</p>
<p>▶ 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.</p>
<p>▶ Key Points:</p> <ul style="list-style-type: none"> Breathe consistently throughout stretch
<p>▶ Safety Points:</p> <ul style="list-style-type: none"> Push only until you feel a stretch NOT pain Do this stretch without turning the machine on
<p>▶ Accessories:</p>

Stretch 71


<p>▶ Muscles Used: Lats, shoulder and lower back</p>


Do this without turning machine on.

Stretch Biceps & Forearm >>>

<p>▶ Objective: Improve flexibility</p>
<p>▶ 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.</p>
<p>▶ Key Points:</p> <ul style="list-style-type: none"> Try to relax
<p>▶ Safety Points:</p> <ul style="list-style-type: none"> Push only until you feel a stretch NOT pain
<p>▶ Accessories:</p> <ul style="list-style-type: none"> Soft platform mat for hand comfort Floor mat for kneeling on


Stretch 72

<p>▶ Muscles Used: Biceps and forearms</p>


For time/amplitude/frequency refer to your program

Relax - 1/2 Squat ▶▶▶


Relax 81

<p>▶ Objective: Relaxation and massage</p>	<p>▶ Muscles Used: Lower limb and lower back</p>
<p>▶ Relaxation Description: Position your feet a hip width apart with your toes turned out slightly. Bend your legs to 45 degrees or less. Relax and hold</p>	
<p>▶ Key Points:</p> <ul style="list-style-type: none"> • Engage your core muscles for back support • Try to relax 	
<p>▶ Safety Points:</p> <ul style="list-style-type: none"> • Keep spine in neutral - Do not arch your back • Use hand grips for support • Ensure you use a gentle setting 	
<p>▶ Accessories:</p>	

For time/amplitude/frequency refer to your program

Relax-Gluts and Hamstrings ▶▶

Relaxation 82

<p>▶ Objective: Relaxation and massage</p>	<p>▶ Muscles Used: Gluts and hamstrings</p>
<p>▶ Relaxation Description: Sitting on the plate facing the console with your arms stretched out behind you. Relax and hold</p>	
<p>▶ Key Points:</p> <ul style="list-style-type: none"> • Try to relax 	
<p>▶ Safety Points:</p> <ul style="list-style-type: none"> • Ensure you use a gentle setting 	
<p>▶ Accessories:</p> <ul style="list-style-type: none"> • Soft plate cover for kneeling on 	


For time/amplitude/frequency refer to your program

Relaxation

***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 PRO*)

Relax - Quads ▶▶▶

Relaxation 83

<p>▶ Objective: Relaxation and massage</p>	<p>▶ Muscles Used: Quads</p>
<p>▶ Relaxation Description: Lie on your front with your elbows resting on the floor and thighs on the plate. Relax and hold</p>	
<p>▶ Key Points:</p> <ul style="list-style-type: none"> • Try to relax 	
<p>▶ Safety Points:</p> <ul style="list-style-type: none"> • Ensure you use a gentle setting 	
<p>▶ Accessories:</p> <ul style="list-style-type: none"> • Soft plate cover for kneeling on 	


For time/amplitude/frequency refer to your program

Relax - Calves ▶ ▶ ▶

▶ Objective: Relaxation and massage
▶ Relaxation Description: Sit on the floor with your calves resting on the plate and your hands placed behind you for support. Relax and hold
▶ Key Points: • Engage your core muscles for back support • Try to relax
▶ Safety Points: • Ensure a gentle setting
▶ Accessories:

Relaxation 84

▶ **Muscles Used:**
Calves



For time/amplitude/frequency refer to your program

Relax - Feet ▶ ▶ ▶

▶ Objective: Relaxation and massage
▶ Relaxation Description: Sit in a chair with your feet resting on the plate. Relax and hold
▶ Key Points: • Try to relax
▶ Safety Points: • Ensure a gentle setting
▶ Accessories: • Floor mat to lie on (optional extra)

Relaxation 86

▶ **Muscles Used:**
Feet



For time/amplitude/frequency refer to your program

Relax - Adductor ▶ ▶ ▶

▶ Objective: Relaxation and massage
▶ Relaxation Description: Lie on your side with your inner thigh resting on the plate. Relax and Hold. ▶ ⌚ Repeat on other side
▶ Key Points: • Engage your core muscles for back support • Try to relax
▶ Safety Points: • Ensure a gentle setting
▶ Accessories: • Floor mat to lie on

Relaxation 85

▶ **Muscles Used:**
Adductor (inner thigh)




For time/amplitude/frequency refer to your program

Relax - Lower Back ▶ ▶ ▶

▶ Objective: Relaxation and massage
▶ Relaxation Description: Sitting on the plate with back toward the console and your feet on the floor. Keeping legs bent and feet flat on the floor gently bend forward from the hips. Relax and hold
▶ Key Points: • Try to relax
▶ Safety Points: • Ensure a gentle setting
▶ Accessories: • Soft plat cover to sit on

Relaxation 87

▶ **Muscles Used:**
Lower back



For time/amplitude/frequency refer to your program



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 the *PULSE TRAINER PRO*.

With your *PULSE TRAINER PRO*, 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 vibration training and your *PULSE TRAINER PRO*, or want to target a specific area of your body, please visit us on our web site www.pulsetrainer.com

