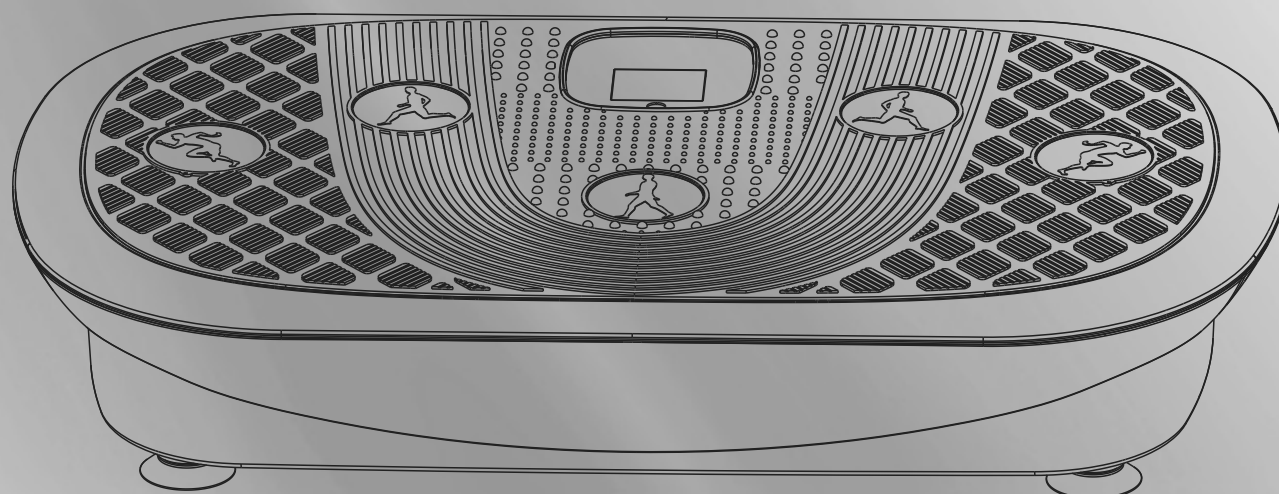


# LIFEPLATE® 4.0

## Training Manual



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## General Information and Warnings

Training with a vibration plate is a very comprehensive training method, which in addition to influencing the muscles it also influences the rest of the body. For example, blood circulation is stimulated, and body metabolism is improved. For some years, professional and top athletes have used vibration equipment in training for its intensive and effective athletic effects, and for therapeutic purposes.

In fitness gyms vibration plates are now often found and they are becoming increasingly popular and enjoyed by more and more users. Due to the gentle but also highly effective training with vibration plates, many physiotherapy practices use these devices to build muscles up again after injuries or for rehabilitation purposes. With the appropriate professional advice from your therapist, you can now use a vibration plate at home for both therapeutic and sport training purposes.

Please keep in mind when planning your workouts that training with a vibration plate, while being very gentle on the body, is still very intense. Therefore, give your body enough time to rest between each individual training. In addition to the intensive and effective muscle training provided by a vibration plate, it also has other, very positive effects on the body.

For example, this type of training has a major impact on bone density. The metabolism is optimally stimulated by the vibrations, and this can have a positive effect on the fat loss.

If the following points apply to you, you should always clarify in advance with your doctor, if and how training with a vibration plate could be good for you:

- Pacemaker
- Tumors
- Epilepsy
- Acute wounds
- Freshly used spiral
- Acute inflammation
- Metal or plastic based implants
- Kidney, gallbladder and / or bladder stones
- Diabetes
- Disc degeneration
- Cardiovascular diseases
- Thrombosis
- Metastases
- Recent operations
- Pregnancy
- Acute fractures
- Acute infections, eg. flu-or similar
- Dental implants
- Muscle and joint diseases
- Deformation of bones and / or joints
- Heart and Cardiovascular Diseases

If you have any medical conditions, restrictions or complaints that are not mentioned here, please discuss with your consulting doctor or therapist if and how you should train on this device before you start training.

**Please read and follow the instructions below before you start training on the vibration plate:**

1. **Assembly and Operating Manual**  
Before you start with training please read and familiarise yourself with the General Information and Warnings and the Safety Instructions contained in the Assembly and Operating Manual.
2. **Always have your knees slightly bent!**  
Do not stand on the vibration plate with your legs straight. Always bend your knees. With your knees bent the vibrations become more absorbed in your body and therefore reduced in strength before reaching your head.
3. **Do not take any risks!**  
If you have any health issues (e.g. back pain) please consult your doctor before you start with vibration training. If you are pregnant you must avoid vibration training completely.
4. **Drink enough!**  
Your body requires enough liquids. You should therefore drink at least 0.3 litres of water or fruit juice mixed with water before training.
5. **Start slowly!**  
Your training program should start at 2 x per week for 10 minutes. Start with a low frequency/speed and increase it very slowly.
6. **Don't forget to take care of your cardiovascular system!**  
As vibration training hardly involves any cardiovascular activity, we recommend that you also take some cardiovascular exercise in addition to your vibration training.

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### **A1 Squats, easy**

Entire leg muscles

#### **Start Position:**

Stand on device with feet hip-width apart, arms stretched straight out in front, knees slightly bent, core engaged with bottom pointing out backwards with slight pressure on the heels.

#### **Variations:**

1. Hold this position
2. Move bottom slightly up and down



### **A2 Squats, difficult**

Entire leg muscles

#### **Start Position:**

Stand on device with feet hip-width apart, arms stretched out diagonally upwards, knees slightly bent, core engaged with bottom pointing out backwards with slight pressure on the heels

#### **Variations:**

1. Hold this position
2. Move bottom slightly up and down



### **A3 Calf raises, easy**

Calf muscles

#### **Start Position:**

Stand on device with feet hip-width apart, knees bent, arms stretched out diagonally upwards, core engaged, heels slightly lifted upwards.

#### **Variations:**

1. Hold this position
2. Move heels slightly up and down

**A4 Calf raises, difficult**

Calf muscles

**Start Position:**

Stand on device with feet hip-width apart, knees bent, arms stretched straight out above, lift heels upwards.

**Variations:**

1. Hold this position
2. Move heels slightly up and down

**A5 Lunge, one-legged**

Thighs, buttocks

**Start Position:**

Place one foot in the centre of the device and stretch the other leg out behind. The knee on the front leg should never be pushed forwards over your foot. Upper body straight, arms stretched diagonally forwards and upwards.

**Variations:**

1. Hold this position

**A6 Sit-Up, leicht**

Stomach muscles

**Start Position:**

Sit on the device, lean slightly back with knees raised to chest. Hands crossed in front of your chest.

**Variations:**

1. Hold this position

**A7 Sit-Up, medium**

Stomach muscles

**Startposition:**

Sit on the device, lean back at an angle with legs raised out in front at an angle, hands held on the side of the head, elbows pointing out, core engaged.

**Variations:**

1. Hold this position

**A8 Sit-Up, difficult**

Stomach muscles

**Start Position:**

Sit on the device, lean back at an angle with legs slightly raised straight out in front, hands held on each side of the head, elbows pointing out. Core engaged.

**Variations:**

1. Hold this position
2. Raise and lower the feet slowly up and down away from the body.

**A9 Sit-Up, dynamic**

Stomach muscles

**Start Position:**

Sit on the device, lean back with legs, crossed slightly raised out in front. Hands crossed in front of your chest, upper body raised. Core engaged.

**Variations:**

1. Cross your legs alternately left over right and right over left. Vary the speed.



### A10 Forearm Stand

Stomach and lower back muscles

**Start Position:**

Rest your lower arms on the device with legs stretched out apart in line with your hips behind you with your toes resting on the floor. Core engaged and tensioned body.

**Variations:**

1. Hold this position



### A11 Down Dog Stand

Shoulder, back, stomach, triceps muscles

**Start Position:**

Facing down, place hands shoulder width apart on device. Stretch legs out straight behind you with feet together. Arms straight with back straight and core engaged.

**Variations:**

1. Hold this position
2. Pull heels down to touch the floor



### A12 Back Stretch

Lower back and leg muscles

**Start Position:**

Stand on device with feet hip-width apart, knees bent, upper body leaning forwards and bottom raised and slightly arched back. Hands held on each side of your head.

**Variations:**

1. Hold this position
2. Slightly raise and lower your upper body

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### A13 Back Stretch, dynamic

Lower back and leg muscles

**Start Position:**

Stand on device with feet hip-width apart, knees bent, upper body leaning forwards and with slightly arched back. Arms raised at shoulder height out to the front with hands clasped together.

**Variations:**

1. Turn upper body slowly from right to left.



### A14 Rowing

Back muscles

**Start Position:**

Hold onto the handles and stand in front of the device with knees bent, back straight and bottom pushed slightly out backwards. Engage core and keep shoulders back. Pull backwards on the handles with your elbows held closely to your sides.

**Variations:**

1. Hold this position
2. Move hands forwards and backwards from the device



### A15 Lateral Shoulder Raise

Lateral shoulder muscles

**Start Position:**

Stand on device with feet hip-width apart. Knees slightly bent. Hold on to the handles with arms raised out to the sides. Open chest keeping shoulders low and tensioned.

**Variations:**

1. Hold this position
2. Keep arms outstretched and lower and raise them slowly towards the device.



**A16 Front shoulder raise, straight**

Front shoulders muscles

**Start Position:**

Stand on device with feet hip-width apart, knees slightly bent, core engaged. Hold handles and raise both arms straight out in front of you to shoulder height. Press shoulders down.

**Variations:**

1. Hold this position
2. Lower and raise arms slowly to and from the floor.



**A17 Front Shoulder Raise, crossed-over**

Lateral shoulder muscles

**Start Position:**

Stand on device with feet hip-width apart, knees slightly bent, core engaged. Hold handles crossed-over and lift open arms to sides with open chest and shoulders tensioned.

**Variations:**

1. Hold this position
2. Lower and raise arms slowly towards and away from centre of the device



**A18 Push-Ups, easy**

Chest, shoulder and triceps muscles

**Start Position:**

Place hands slightly turned in at shoulder width on the device. Elbows bent, knees on the floor, core engaged.

**Variations:**

1. Hold this position
2. Small upwards and downwards movements (straighten and bend your arms)



**A19 Push-Ups, difficult**

Chest, shoulder and triceps muscles

**Start Position:**

Place hands slightly turned in at shoulder width on the device. Elbows bent, legs stretched out behind with feet together on the floor and core engaged.

**Variations:**

1. Hold this position
2. Small upwards and downwards movements (straighten and bend your arms)



**A20 Hammer Curl**

Biceps muscles

**Start Position:**

Stand on device with feet hip-width apart and knees slightly bent. Hold handles with elbows bent at right angles and fists vertical out to the front. Core engaged.

**Variations:**

1. Hold this position
2. Raise and lower your lower arms



**A21 Triceps Pulls**

Triceps muscles

**Start Position:**

Stand on device with feet hip-width apart and knees slightly bent. Hold handles with upper arms slightly bent forwards. Pull upper arms at an angle upwards behind you and push forearms upwards and backwards.

**Variations:**

1. Hold this position
2. Lower and raise your forearms



### A22 Dips

Triceps muscles

#### Start Position:

Place hands with fingers to the front on edge of device. Elbows facing to the rear, arms bent at an angle. Heels on the floor. Raise your bottom from the floor.

#### Variations:

1. Hold this position
2. Small upward and downwards movements (bend and straighten your arms)



### A23 Combination Exercise I

Entire body

#### Start Position:

Facing down with hands on device shoulder-width apart. Arms straight, feet behind together on the floor. Bottom raised above head height. Alternately raise and lower left and right legs straight up behind you.



### A24 Combination Exercise II

Entire body

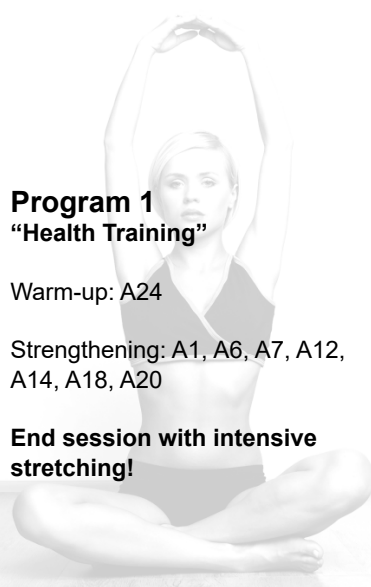
#### Start Position:

Lunge with front foot placed in centre of device and leg bent. Hold handles with under hand-grip and elbows slightly at an angle. Raise upper arm bringing hands up to forehead level and lower them again. Change leg positions halfway through the exercise.

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## Training Suggestions

Please note that the following training programs are suggestions for your individual vibration training. These training programs have no connection to the programs installed in the vibration plates.

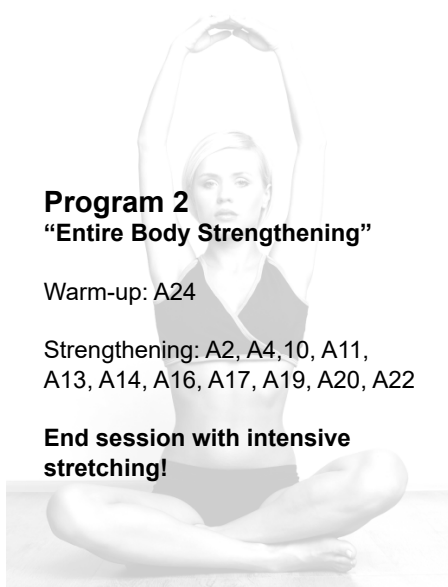


### Program 1 "Health Training"

Warm-up: A24

Strengthening: A1, A6, A7, A12, A14, A18, A20

End session with intensive stretching!

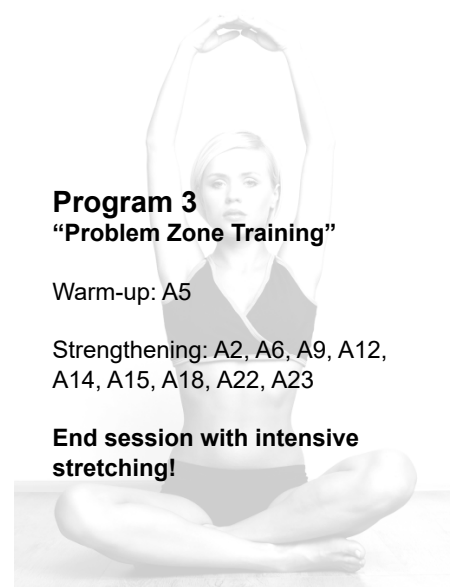


### Program 2 "Entire Body Strengthening"

Warm-up: A24

Strengthening: A2, A4, 10, A11, A13, A14, A16, A17, A19, A20, A22

End session with intensive stretching!



### Program 3 "Problem Zone Training"

Warm-up: A5

Strengthening: A2, A6, A9, A12, A14, A15, A18, A22, A23

End session with intensive stretching!

## Stretching

Complete each training session with these stretching exercises. The vibration plate is switched off for these. The stretching exercises can also be carried out without using the vibration plate.



**D1**  
**Hip Flexor Stretch**

Lie down with lower legs on the vibration plate and upper body on the floor. Turning your body in the opposite direction to your knees.



**D2**  
**Calf Stretch**

Step lightly on the device with one foot and other foot on the floor. Both legs slightly bent, and feet pointing forwards, push down on backs of your heels and lean gently forwards with your weight.



**D3**  
**Adductor Stretch**

Stand sideways to the device with one foot stretched to the side onto the device and the other foot with leg slightly bent on the floor. Both feet pointing forwards. Lean over the knee of your floor leg bringing your weight slightly forwards in a gentle stretch.



**D4**  
**Back and Shoulder Stretch**

Kneel in front of the vibration plate. Place hands with stretched out arms in front onto the plate. Stretch your bottom backwards whilst pressing your shoulders down in a gentle stretch along the length of your back.



**D5**  
**Lower Back Stretch**

Sit on the device, legs relaxed and bent with heels on the floor. Take hold around your ankles and gently pull your upper body forwards in a gentle stretch.



**D6**  
**Thigh Stretch**

With a light lunge put one foot in the centre of the device and the other on the floor. Hold body upright, place hands together on thigh and tension gently to stretch.





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