



Neutral Stance

Stand with feet shoulder-width apart, arms at your sides. Breathe in and out. Repeat 10 times.



One-Legged Stance

Stand with one leg on the plate, arms at your sides. Breathe in and out. Repeat 10 times.



Deep Squat

Squat down with feet shoulder-width apart, arms at your sides. Breathe in and out. Repeat 10 times.



Quadriceps Stretch

Stand with one leg on the plate, arms at your sides. Breathe in and out. Repeat 10 times.

Advanced Push Up

Start in a push-up position with feet on the plate. Push up and down. Repeat 10 times.

Back Strengtheners

Start in a plank position with feet on the plate. Lift one leg and hold. Repeat 10 times.

Lower Back Extension

Start in a plank position with feet on the plate. Lift one leg and hold. Repeat 10 times.

Core Strengtheners

Start in a plank position with feet on the plate. Lift one leg and hold. Repeat 10 times.



Reverse Push Up

Start in a reverse push-up position with feet on the plate. Push up and down. Repeat 10 times.



Calf Massage

Start in a calf massage position with feet on the plate. Massage your calves. Repeat 10 times.



Hip Raise

Start in a hip raise position with feet on the plate. Lift your hips. Repeat 10 times.



Advanced Triceps Curl

Start in an advanced triceps curl position with feet on the plate. Curl your triceps. Repeat 10 times.



COMPLEMENTARY WORKOUT



Strengthen and tone all major muscle groups. Repeat 10 times.



Strengthen and tone all major muscle groups. Repeat 10 times.



Strengthen and tone all major muscle groups. Repeat 10 times.

Clear
Reduces
muscle

Water
Increases
intensity

Don't back stress



Vibration Plate Exercises Manual

Judd E. Hollander



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