


P1 PUSH UP 10Hz~14Hz  <p>Pectoralis Major , Deltoid, Triceps</p> <ul style="list-style-type: none"> Put the knees on the floor, sit down, extend the two hands to the plate edge and lie flat. Make the body straight not to enable the hip to protrude and extend - bend - get down the elbows to the side direction. 	P2 PUSH EACH HAND 9Hz ~ 13Hz  <p>Pectoralis Major, Deltoid, Biceps</p> <ul style="list-style-type: none"> Stand at the plate center, keep the elbows as much as a shoulder height, get the two hands together in front of the jaw and push the palms each other. Maintains a pushing strength of the palms and get pushed while keeping the elbows height from the chin to the two chests slowly. 	P3 PECTORALIS STRETCHING 8Hz~12Hz  <p>Pectoralis Major, Biceps, Forearm muscle</p> <ul style="list-style-type: none"> Sit down at the edge on the plate center, stretch the arms to the backside and grab the guard by the hands. After erect the waist not to make the upper body twist, push to the front the chest from which direction grabbed the guard.
B1 PULL DOWN 13Hz ~ 18Hz  <p>Latissimus, Rhomboid, Trapezius</p> <ul style="list-style-type: none"> Stand, extend the two feet on the plate center as much as a shoulder width and raise the two hands to the above of the head. Bring the two scapulas together to the center of the back, get it down to a below line of the chest as if feel like pushing downward. 	B2 ROWING BACK 13Hz ~ 18Hz  <p>Latissimus, Rhomboid, Deltoid</p> <ul style="list-style-type: none"> Stand, extend the two legs on the plate center as much as a shoulder width and maintain the two hands at a shoulder height, stretch to a front of the body. Bring the two scapulas together to the center of the back, push it to the backward of the back while the elbows maintains a below height of the chest. 	B3 ROLLING UP SPINE 13Hz~18Hz  <p>Latissimus, Erector Spinae, Trapezius</p> <ul style="list-style-type: none"> Stand, extend the legs on the plate center as much as a shoulder width and grab the guard, get down the knees a little bit and stand up, lowering a posture. Straighten the arms that grabbed the guard, roll and raise the back like a circle, lift up the pelvis to a front.
S1 LATERAL RAISE 5Hz ~6Hz  <p>Deltoid, Trapezius, Latissimus</p> <ul style="list-style-type: none"> Stand, extend the two legs on the plate center as much as a shoulder width, stretch the two arms spontaneously and hold it up, using a shoulder. Get overall arms moved, reiterate raising and lowering at a shoulder height. 	S2 SHOULDER PRESS 10Hz ~ 14Hz  <p>Deltoid, Triceps, Forearm muscle</p> <ul style="list-style-type: none"> Straighten the knees, bring down the upper body and lie flat on the plate. Bend and move down the elbows slightly. 	S3 NECK&SHOULDER STRETCHING 10Hz~14Hz  <p>Deltoid, Latissimus, Triceps</p> <ul style="list-style-type: none"> Put the knees on the floor, put the two hands on the plate, sit face to face, slowly push the head to the backward and lie flat. Don't make the palms come out of the plate. Drop the head between the arm and the arm, get down the chest to the floor.
A1 TRICEPS DIP 11Hz ~ 15Hz  <p>Triceps, Deltoid, Forearm muscle</p> <ul style="list-style-type: none"> Clasp the two edges of the plate by the hands, push the hip to a front, bend and move down the elbows. Don't make the two elbows become open. Push it downward not to enable the shoulder to raise. 	A2 PRAY EXERCISE 6Hz ~ 9Hz  <p>Biceps, Triceps, Forearm muscle</p> <ul style="list-style-type: none"> Bend and bring the two legs together onto the plate and sit down, straighten the waist, lift the elbows and get the two palms together in front of the chest. Maintain the hands' height, get the fingers side pushed to each other at a fixed status of the palms. 	A3 WRIST STRETCHING 13Hz ~16Hz  <p>Forearm muscle, Biceps</p> <ul style="list-style-type: none"> Put the knees on the floor, make the fingertip twist toward the body and hold it on the plate, erect the knees. Push the hip to the backward, extend the inner side of the wrist while being careful not to make the inner side of the palms come out of the plate.
L1 SQUAT 12Hz ~ 16Hz  <p>Quadriceps, Gluteus, Erector Spinae</p> <ul style="list-style-type: none"> Stand, extend the legs on the plate center as much as a shoulder width, grab the guard while making the tiptoes and knees to face to a same direction. Straighten the waist, sit down, lowering a posture so as not to enable the knees to protrude out of the tiptoes. 	L2 T-BALANCE 13Hz ~ 17Hz  <p>Hamstring, Gluteus, Erector Spinae</p> <ul style="list-style-type: none"> Stand on the plate center, grab the guard, raise the upper body to a front and lift up the one leg backward in order for the body to be a T-shape. Raise the heel to a backside of the hip and unfold the supporting leg not to twist the pelvis of the leg lifted. 	L3 QUADRICEPS STRETCHING 14Hz~18Hz  <p>Quadriceps, Sartorius</p> <ul style="list-style-type: none"> Get down the one knee on the plate, get down the leg of the opposite side, take a weight center and sit down. Push, get down the leg thigh on the plate to a front so as not to twist the pelvis.
L4 TRUNK FLEXION 15Hz ~ 20Hz  <p>Hamstring, Erector Spinae , Gastrocnemius</p> <ul style="list-style-type: none"> Bring the two legs together on the plate center and stand. Maintain not to make the knees bend, get down the upper body as if drop it downward and pull the jaw to a chest direction. 	L5 CALF RAISE 12Hz ~ 18Hz  <p>Gastrocnemius, Soleus</p> <ul style="list-style-type: none"> Extend the legs on the plate center as much as a shoulder width, sit down, lowering a posture not to enable the knees to protrude out of the tiptoes. Hold up the heel to a 50° extent so as not to enable the ankle joint to bend completely. 	L6 CALF STRETCHING 12Hz~18Hz  <p>Gastrocnemius, Soleus</p> <ul style="list-style-type: none"> Stand, extend the legs on the plate center edge. Stick the heel on the floor, straighten the knees, make the body straight, push and get down the upper body to the guard direction.
C1 CRUNCH 10Hz ~ 14Hz  <p>Abdominal, Transversus Abdominal</p> <ul style="list-style-type: none"> Lie on the plate, fold the knees to 90°, hold up the legs to enable it to be perpendicular with the floor. Clasp the two hands and support it on the back of the head, pull the jaw, roll and raise the scapula like a circle that is enough to hoist from the floor. 	C2 LEG CIRCLE 11Hz ~ 14Hz  <p>Abdominal, Transversus Abdominal, Oblique</p> <ul style="list-style-type: none"> Lie on the plate, straighten the knees, bring the two feet together and lift it up to the sky in order for the legs to be 90° with the upper body. Make a circle by the tiptoes while maintaining a tension of the abdomen not to make the hip and waist separate from the plate. 	C3 OBLIQUE STRETCHING 18Hz~22Hz  <p>Oblique, Transversus Abdominal, Latissimus</p> <ul style="list-style-type: none"> Extend the legs on the plate center as much as a shoulder width, hold up the two hands above the head. Push the pelvis not to incline the upper body, push and get down both the two hands and the upper body to a side direction.
C4 HORIZONTAL ROTATION 18Hz ~ 22Hz  <p>Erector Spinae, Oblique, Abdominal</p> <ul style="list-style-type: none"> Stand, extend the two legs on the plate center, fold the two arms and raise it to a shoulder height. Fix the legs, twist the upper body to let the eyes see first upon the turning direction. 	C5 COBRA 9Hz ~ 13Hz  <p>Erector Spinae, Abdominal</p> <ul style="list-style-type: none"> Lie on the plate so as to touch the lower abdomen and the thigh on it, get down the hands to the floor to enable the two arms to support the floor. Bring the two tiptoes and lift it up, stretch the two arms straightly, raise the upper body and tense the hip and waist. 	C6 VERTEBRA STRETCHING 11Hz~15Hz  <p>Erector Spinae, Adductor, Gluteus</p> <ul style="list-style-type: none"> Bring the feet together to enable the two soles of the feet to face each other, grab it by the two hands and sit down. Roll the back like a circle not to make to the hip separate from the floor, pull the jaw to a chest direction and get down the upper body.

Note: TurboSonic® Exercise Unit is featured in above illustrations. All exercises will work with Sonic Life™ Exercise products also. Always use care when operating and exercising with any whole body vibration exercise machine and refer to the unit's operation manual.

STANDING POSITION																																																			
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