

# VIBRASLIM V2



Vibration Machine

## EXERCISE POSITIONS



### POSITION 1

Feet on the plate, hands hold the handlebar and bend the knees.

**Targets the back, hips, butt, thighs and legs.**



### POSITION 2

Stand with one foot on the plate and the other foot on the ground. Hands hold the handlebar.

**Targets the waist, stomach muscles and legs.**



### POSITION 3

Feet on the sides, balance on your toes. Knees only slightly bent. Stomach muscles flexed. Also try standing on your toes.

**Targets the muscles of the back and arms.**



### POSITION 4

Sit on the plate, hands hold the handlebar and have legs straight out or bent.

**Targets the leg muscles and waist.**



### POSITION 5

Stand with one foot on the plate and the other foot on the ground. Put hands on waist.

**Targets the waist, stomach muscles and thighs.**



### POSITION 6

Lay on the floor, place one foot on the plate, keep other leg straight with hands on the floor.

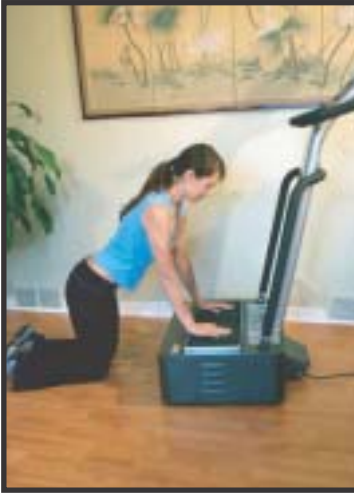
**Targets the legs, thigh and hip muscles.**

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## EXERCISE POSITIONS



### POSITION 7

Kneel or get into push up position, and put hands on plate.

**Targets the shoulders, arms, chest and stomach.**



### POSITION 8

Sit on the plate, fold your legs and hold on to the handrails

**Targets the butt, stomach waist muscles and thighs.**



### POSITION 9

Get into a low squat position with your feet on plate.

**Targets the back, hips, butt, thighs and legs.**



### POSITION 10

Lay on your back with both foot on the plate and hands on the ground.

**Targets the hips, stomach muscles and thighs.**



### POSITION 11

Get into the push-up position with your feet on plate.

**Targets the shoulders, arms, chest and upper body.**