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SOLOFLEX®

getting started

Congratulations. Your Soloflex WBV Platform comes fully assembled.

Simply connect the unit to a power source using the provided rheostat control unit and power cord and start reaping the benefits of whole body vibration.



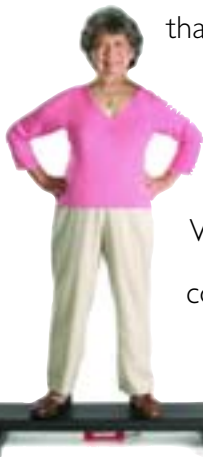
To exercise or not to exercise; that is the question.

How do you want to employ Whole Body Vibration? WBV therapy, along with static exercise, triggers physical improvements much like a moderate weight-training workout. Just standing on a WBV platform will make you sweat. For those who do not want to lift heavy weights, this is great news. You can help increase circulation, balance, strength and flexibility by starting to vibrate ten minutes a day.



Short history of vibration and conditioning

Jackhammer operators carving Mt. Rushmore had to press the hammers into the rock with their stomachs; it was the only way to get the leverage they needed. One operator reported after a few weeks of this pounding that “his wife could dance on his stomach – with high heels!”



Clearly, the tensing of muscles and the right vibrations have a powerful conditioning effect.

We recommend choosing the vibration level that feels most comfortable to you.

Question & answer

Q: Is it safe?

The ANSI (American National Standards Institute) has established time limits for allowable workplace exposure to whole body vibration (WBV). The Soloflex WBV Platform safe exposure time is approximately 30 minutes a day at all acceleration levels (.3g's to 1.1g's).

Q: So what happens if I vibrate for 31 minutes a day?

Overdosing on WBV at these acceleration levels will make you over-tired and inattentive, just like too much exercise. We recommend starting with ten minutes a day and no longer than 30 minutes a day.

Q: What vibration frequency should I use?

The Soloflex frequency/amplitude (g-load) controller is adjustable between .3g's and 1.1g's (28Hz-60Hz). All settings in this range have produced similar results in controlled studies.

Q: What are the specs?

The Soloflex WBV Platform is 10" X 40." It weighs 35 pounds. The platform is a standard Soloflex weightlifting bench (15-ply wood laminate molded with urethane foam). There is no weight restriction for users. The vibration motor draws about .5 amps, the same as a 60 watt light bulb. Everything is American made except the frequency controller (Hong Kong).



Precautions

The Soloflex WBV Platform has not been evaluated for all health conditions. Please talk to your doctor before beginning this, or any, exercise program.

strengthening



& stretching

Here's a simple 9-exercise routine to increase strength and flexibility faster than just standing on the platform. Hold each of these positions for about 60 seconds, tensing the muscles being loaded. Breathe slowly and deeply.



12 quick stretches



1. Back Extension and Shoulder Blade Pinch

This exercise provides great fatigue relief for the lower, mid, and upper back.

Stand with feet apart and gently lean backward to the point of mild tension with the arms also reaching back and squeezed toward each other. Tighten shoulder blades and low back muscles and hold for five seconds.

Repeat 3 times; hold for 5 seconds.



2. Neck Forward Stretch

This stretches the back of the neck and the area where the neck joins the upper back.

Tilt your head forward and lower the chin toward the chest, placing a hand on the back of your head for added stretch.

Do once; hold for 15 seconds.



3. Neck Left and Right

This stretches the sides of the neck and the area where the neck joins the shoulders.

Tilt head sideways toward shoulder without twisting neck. Move the ear directly toward shoulder.

Repeat 3 times for each side; hold for 5 seconds each time.



4. Elbow Pullover (lateral torso stretch)

This stretches the sides of the neck and the area where the neck joins the shoulders.

Raise one arm overhead, grasp it at the elbow with other hand and lean sideways from the waist, stretching the side of the trunk.

Repeat 3 times each side; 5 seconds each.



5. Shoulder Over (lateral shoulder stretch)

Raise one arm overhead, grasp it at the elbow with other hand, and pull the elbow gently across behind the head, stretching the muscles and soft tissue on the side of the shoulder joint and surrounding area.

Do once for each side; hold for 15 seconds.



6. Shoulder Across (posterior shoulder stretch)

Hold one arm straight across the chest and gently pull its elbow in closer and farther across. Gently stretch the back area of that shoulder.

Do once for each side; hold for 15 seconds.



**7. Shoulder Back
(anterior shoulder/chest stretch)**

Stand with a stable shoulder-high object or wall directly to your side. Extend the arm on that side to touch the object with arm straight. Gently rotate entire body forward and away from object. While keeping fingertips in place on the object, stretch the front side of that shoulder: Face the opposite direction to stretch other shoulder.

Do once for each side; hold for 15 seconds.



**8. Bridge Stretch for Arms
and Upper Torso**

Interlace fingers with palms pointing toward the sky, straightening the elbows and reaching as far upward as possible with both hands.

Do once; hold for 15 seconds.



**9. Forearm and Wrist
Stretches**

Extend one arm forward without bending the elbow. Bend the wrist upward and use the other hand to gently pull fingers back toward you, stretching the muscles and soft tissue on the bottom of the forearm and wrist.

Hold for 15 seconds.

Release and bend same wrist downward, gently pulling it downward and toward you with other hand.

Hold for 15 seconds.

Repeat both moves for other arm.



10. Hamstring Stretch

Tight hamstrings can be a source of soreness and often cause back soreness as well.

Place one foot up on a low object with knee straight and gently lean forward to stretch back of leg.

Do once for each side; hold for 15 seconds.



11. Quad and Flexor Stretch

Place one hand on a stable object for support. Bend one knee, lifting foot up behind you. Bend forward and grasp that ankle then slowly stand back upright, gently pulling the leg up behind you to stretch the front of the thigh and upper thigh area.

Do once for each side; hold for 15 seconds.

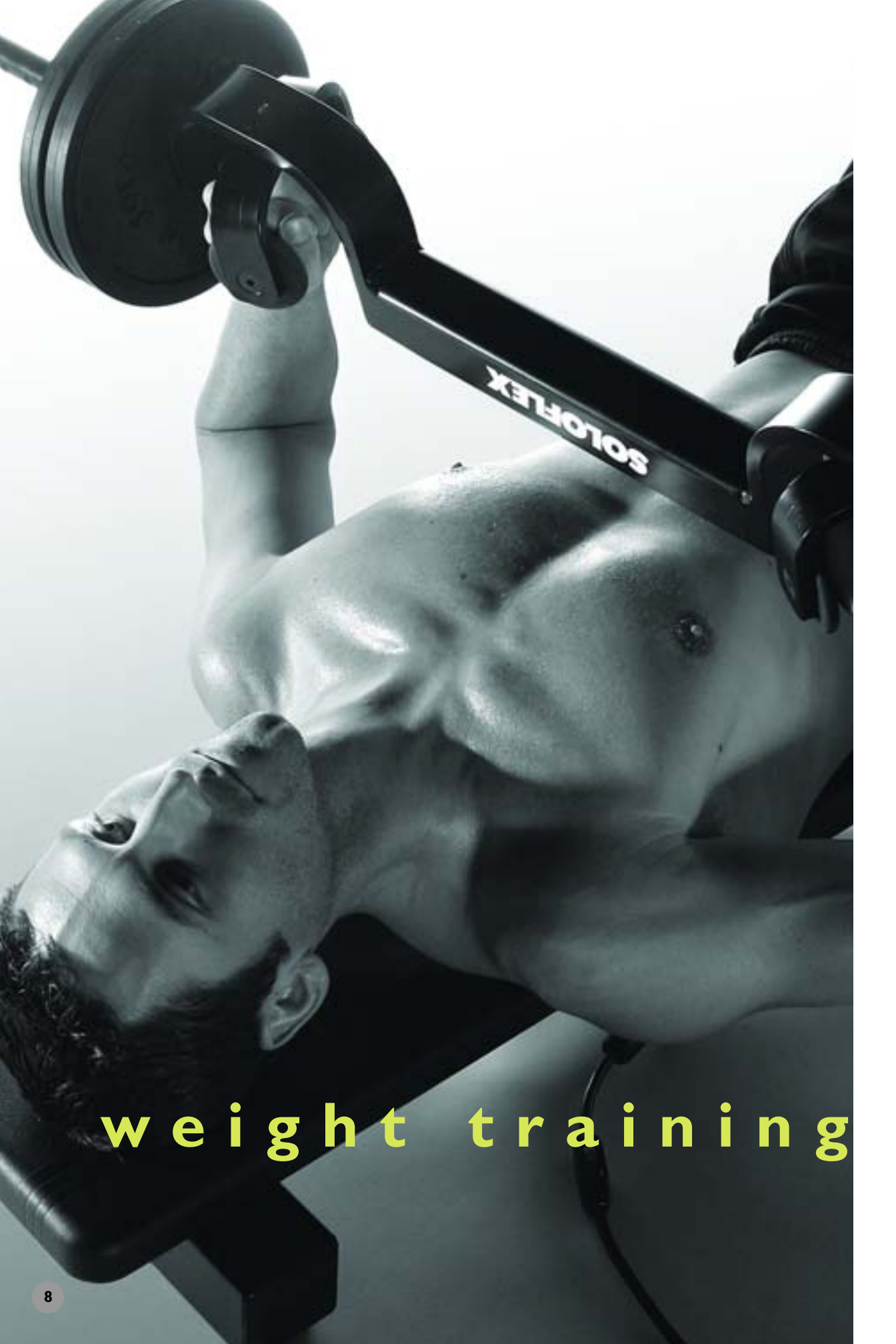


12. Calf Stretch

This stretch can also help relieve heel discomfort.

Stand with one leg well ahead of the other and push rear heel all the way onto the platform. Lean forward to stretch the calf muscles and tendons on rear leg.

Do once for each side; hold for 15 seconds.



weight training

The *Journal of Sports Sciences* reports that vibrating while training with weights produces better gains than simply lifting weights alone. The Soloflex WBV platform is the perfect size, shape and height to perform most free-weight dumbbell and barbell exercises. It's high enough off the floor to allow a full range of motion on bench presses, yet low enough to step off safely if balance is lost during standing exercises.



Use a spotter for this exercise



yoga &



pilates



Cow pose



Cat pose



Triangle pose



Reverse Triangle



extension of Table pose



Locust pose



Abdominal exercises

Earth Dynamics analyzed vibrations produced by the Soloflex WBV Platform. A real time frequency analysis system was used to measure vibrations. The system consists of a PCB Piezotronics Model 333B50 accelerometer, a Sound Technology Model ST219 dynamic signal acquisition interface and a computer running SpectraPro Ver. 3.32.17.

Table 1 Summary of measured data

Frequency (Hz)	RMS Acceleration (g) $1g = 9.8 \text{ m/s}^2$
29	0.3
30	0.5
35	0.7
40	0.7
45	0.8
50	0.9
55	1.1
60	1.1

Frequency versus amplitude was measured perpendicular to the WBV vibration platform for eight dial settings. The maximum measured RMS acceleration for each setting is summarized in Table 1.

The American National Standards Institute (ANSI) provides guidance on acceptable levels of human exposure to vibration in ANSI S3.18 *Guide for the Evaluation of Human Exposure to Whole Body Vibration*. The ANSI standard expands upon the information presented by the International Standards Organization in ISO 2631 to include specific vibration exposure time limits for: a) reduced comfort, b) fatigue-

decreased proficiency and c) exposure limit. The fatigue-decreased proficiency boundary specifies a limit beyond which exposure to vibration can be regarded as carrying a significant risk of impaired working efficiency. ANSI fatigue-decreased proficiency boundaries for various exposure times are plotted in Figure 1 below. The data from Table 1 are narrow-band frequency values and the data in the ANSI standard are one-third octave band values. Conversion of the narrowband values to one-third octave band values was not possible with the data collected in this study. Therefore, the plotted data from the WBV Platform can be regarded as upper limit values.

The data in Figure 1 indicate that the Soloflex WBV Platform can be used for at least 30 minutes without any decrease in human proficiency.

The data in Figure 1 indicate that the Soloflex WBV Platform can be used for at least 30 minutes without any decrease in human proficiency. This study was limited to vibration measurements of the Soloflex WBV Platform and comparison of the measurements to established criteria. No evaluation or claim is included in this study regarding the efficacy or safety of the WBV Platform.

