

**PROFESSIONAL  
VIBRATING  
PLATFORM  
EXERCISES  
VOLUME n°1**



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## INTRODUCTION

The operating principle of the DKN Vibrating Platform is based on vertical pulse vibrations. The body unconsciously makes a series of different muscles work to maintain balance when subjected to these vibrations. It is this continual muscle tension that makes exercise with the Whole Body Vibration platform so effective.

This type of muscular effort (vibratory training) was discovered in the former Soviet Union. Astronauts, who had to cope with serious problems of osteoporosis after returning from space benefited considerably from this type of exercise. The quality of their bone structure improved without being overloaded, while their muscles were built up and strengthened. After this scientists in the seventies began to study all the effects associated with vibratory exercise, noting an increase in muscle strength and elasticity, bone density, blood circulation and capacity for recovery just to quote a few. This new form of exercise was, however, only discovered and developed in Western Europe after the fall of the iron curtain. The DKN vibrating platforms are based on these important scientific studies. Nowadays it is possible to exercise intensively without having to add extra weight, meaning that the body is not overloaded. Vibratory exercise is suitable for everyone, whether competitive athletes and fit sports enthusiasts, the elderly, persons with problems of circulation or osteoporosis or simply those who wish to improve their appearance, health and physical fitness in general.

## INTRODUCTION TO VIBRATORY EXERCISE

The study of WBV\* technology applied to fitness, medicine and sport started with the soviet space programme. The Russians discovered that cosmonauts suffered a considerable loss of bone density and reduction in muscular tissue or sarcopenia during their space missions due to weightlessness. In an attempt to stop this loss and reduction Russian scholars experimented with muscle stimulation induced by vibrations and obtained considerable improvement in respect of muscle and bone density using vibrating platforms to artificially over-compensate the subsequent lack of gravity.

\* Whole body vibration

Thanks to whole body vibration, Valery Polyakov a Russian cosmonaut and physician, set the world record for human longevity in space, remaining uninterruptedly in the Russian space station Mir for 437 days between 1994 and 1995. American astronauts Carl Walz and Dan Bursch, who exercised with conventional fitness equipment, were instead obliged to shelve the mission after just 196 days due to muscle and bone degeneration. It was necessary to wait for the fall of the iron curtain in 1989 before WBV technology spread to other countries and became available to everyone directly in their own home. A new level of health, wellbeing and sporting performance can be achieved with a short exercise session of just 10-20 minutes a day from three to five times a week. Regular use is the most effective way to be truly healthy. Let's start at once!

## HOW IT WORKS

What actually is WBV? The DKN Technology vibrating platform is a fitness and wellbeing device that gives unequivocally better results than with conventional exercise methods, in a considerably shorter time and with relatively reduced effort. The vibration technology exploits the subconscious stretch reflexes produced by very fast mechanical stimulation, this speeds up blood flow and increases the amount of oxygen to all the body tissues as during conventional workouts.

More simply it is a question of applying variable vibration frequencies to the whole muscle, bone, endocrine and nervous systems, as well as to the organs. These vibrations vary from 20 Hz to 50 Hz. The different vibration frequencies produce different effects on body functions. In general the low frequencies are highly effective for exercises to increase endurance or stamina, for warming up and cooling down, while the high frequencies are used mostly for massage, increased blood circulation in the peripheral tissues of the body and to increase the development of explosive power.

The vibrations generated by a mechanically vibrating platform are transmitted to the body through the limbs (usually through the feet or hands that are in contact with the vibrating platform). The body automatically adapts to these mechanical stimuli, responding with a stretch reflex.

This reflex, which is produced in the muscles, is actually a reflexive adaptation of the brain. The brain prepares the body to receive the vibration stimulus. The brain is therefore stimulated by the vibrations of the whole body and most of the user's fatigue after WBV exercise. Another and important point with regard to the effect of WBV on the brain is that it reacts to any form of exercise by producing the "brain neurotrophic factor", BNF in short, an important hormone for maintaining a healthy brain. Without an adequate production of BNF the brain gradually atrophies and deteriorates.

## DKN TECHNOLOGY

The Belgian company DKN Technology is foremost in the WBV market and has more than 10 offices throughout the world. It is committed to continual research and scientific studies aimed at further development of this innovative method. Research is an extremely important factor in such a sphere, as the many university partnerships bear out. DKN vibrating platforms are used in sports centres, spas, fitness centres, rehabilitation facilities and beauty centres. Many showbiz and sports celebrities have chosen to exercise and train with DKN. For more news and updates visit our website [www.dknitalia.it](http://www.dknitalia.it).

## WHAT DOES THE DKN VIBRATING PLATFORM DO?

Using the DKN vibrating platform has many positive effects. The muscles are exercised properly and at the same time other important physical processes are stimulated through the vibrations generated by the appliance and also partly through the high level of muscular activity. The production of collagen increases making the skin far more elastic and smooth, and greatly benefits the blood circulation

## LIST OF EFFECTS

- Increased muscle power and tone.
- Accelerated fat-burning process, with consequent increase of the hormone profile tied to the basal metabolism.
- Reduced unsightly effects of cellulitis, the classic orange-peel skin.
- Smoother and lovelier skin.
- Fast muscle growth.
- Improved flexibility.
- Stimulation of blood circulation
- Stimulation of coordination.
- Increased bone density.

## WORKOUT INSTRUCTIONS

If you have not done any physical exercise for some time or have health problems, speak to your own doctor before starting any exercise programme. To obtain the most from your DKN vibrating platform in relation to your physical fitness and wellbeing, some recommendations must be observed before starting a true training programme.

The training programme with the DKN vibrating platform is identical to any other form of workout. You start off with short, low-impact sessions and gradually pass on to more intensive levels. DKN Technology machines are not limited to just building up strength or enhancing the metabolism, but also eliminate toxins from the cells and the internal organs.

Aching muscles are therefore not the only reason for a gradual approach when starting WBV. There may be certain symptoms of detoxification due to the release of cell waste into the blood: headache, fatigue and muscle pain are all potential symptoms connected with the detoxification of the body and over-exercising. It is important that sessions are kept short at the beginning. For most people a gradual approach to WBV can prevent this type of reaction. WBV exercise with DKN Technology stimulates hormone production, improves lymphatic flow and increases the capacity of cells to absorb nutrients.

Every person can react in a different way to the same stimulation. This guide cannot therefore cover every possibility for every person under all circumstances. You must listen to your own body and use common sense whenever you start a new therapy or a training programme.

Whole body vibration may be as tiring for the muscles as any other intense workout with weights, pilates or yoga. The typical time for recovery after a traditional workout is 2 days. With the DKN Technology training system the recovery time is, however, much less. In other words the brain is able to react and adapt quicker to the vibrations or to any stimulus because it is better organised and connected, just like a computer in perfect working order. It is therefore possible to train every day, without exaggerating, according to each individual's genetic constitution. If you are an athlete or already exercise regularly, the gradual period of adaptation could be really easy: it will be sufficient to adapt the duration or individual time of the exercises to find the right balance with your own workout capacity and your own personal requirements.

To use the vibrating platform standing, we recommend wearing shoes with a rubber sole approx. 1 cm thick. Make sure that your posture is correct when exercising. A rubber mat may be used when parts of the body other than the feet must come into contact with the platform. If necessary use gloves to protect your hands when these come into contact with the platform. The platform may be used barefoot later on when you are fully familiar with the machine and the training method.

## TRAINING PROGRAMME FOR BEGINNERS

Follow the beginners' profile exercises given in this guide, starting with 3 minutes and 30 seconds the first day and arriving at 6 minutes after one week of training, until you reach 30 minutes a day (CAUTION: THE TIME IS INCLUSIVE OF PAUSES, E.G.: 30 MINUTES = 1 MINUTE OF VIBRATION AT 30 Hz followed by one minute of pause, repeated 15 times, changing position and interacting with all the muscles of the body).

On the first day, start slowly and with the lowest frequencies, i.e. 20/30 Hertz. Gradually increase the frequency at intervals of 5 Hertz every six days until reaching the frequency of 50 Hertz. You may remain at 50 Hertz, which is an excellent frequency to obtain the most in terms of fitness and fat burning, or reduce the frequency according to your personal requirements.

The frequency setting is subjective in some cases: a given frequency is not necessarily satisfactory for everyone. The DKN Technology vibrating platform may be used every day provided it is for less than 10 minutes. With more than 10 minutes of training, 3-5 days a week are usually sufficient to maintain your level of fitness.

Upon reaching the 10 full minutes (always considering that we are not talking about 10 minutes in the same position and that there must be at least 40 seconds pause between one exercise and another) at a frequency of 50 Hertz, it is possible to start increasing the duration of the workout. If you feel you can tolerate a higher frequency or wish to prolong the session because you are already fit, you can do so but always with great caution. This training method is one of its kind and many fully trained athletes have felt the side effects, such as headache and fatigue, through having started at too fast a pace!

CAUTION: IT IS ADVISABLE TO CONTRACT THE MUSCLES DURING ACTIVE VIBRATION THROUGHOUT A WORKOUT ON THE VIBRATING PLATFORM.

## BURNING UP FAT

Caution: carry out fat-burning workouts only after at least two weeks of beginners' exercises.

The most efficient fat burning is achieved with workouts at between 30 and 50 Hertz for at least 10 minutes (alternating positions and recovery times) a day, from 2 to 4 days a week. The WBV training is extremely intense and a slow and gradual approach to reach this level of intensity is far more preferable than an abrupt leap in frequency. Whether carrying out exercises or simply resting on the machine, it is very important to follow the instructions given in the guide or on the interactive DVD.

The DKN Technology vibrating platform offers the utmost benefit in terms of health and fitness, comparable to that obtained from extenuating resistance, stamina or endurance exercises such as weight lifting or yoga, but with less effort, time and stress for the body.

A better state of bone health, more strength and coordination, greater mobility, less body fat and more lean muscle are convincing reasons for starting to use the DKN vibrating platform right away, today!

## GRADUAL TRAINING PROGRAMME

Workouts with DKN Technology follow the progression of exercises recommended by the American College of Sports Medicine (ACSM) for conventional resistance exercises.

1	Extend the duration of each exercise (from 30 sec. to 45/60 sec.)
2	Reduce the rest period between exercises (from 60 sec. to 45 sec. to 30 sec. to zero)
3	Increase the number of sets for each exercise
4	Do the exercise first in the static mode and then in the dynamic mode by contracting your muscles
5	Add extra exercises once you have fully learned the initial programme
6	Increase the frequency: 20Hz - 25Hz - 30Hz - 35Hz - 40Hz - 45Hz - 50Hz
7	Add unilateral (one-sided) movements (e.g. do exercises on just one leg, etc.)

Summary of programme

## WARM UP

When using a WBV device, always keep your knees bent slightly (100°) to reduce the stress on the chest and cervical area. The DKN Technology vibrating platform immediately stimulates the muscles and ligaments with sufficiently low stress through involuntary muscle stretch reflexes, which provide the necessary warming up to prevent muscle injuries. Light stretching exercises may, however, be done before starting the workout. Follow the positions given in the following guide or on the interactive DVD. Stretching and flexibility exercises are very important to have a healthy, fit body. Body flex exercises improve circulation and oxygenation of the peripheral tissues such as hair, skin, nails and muscles. Start with gentle stretching and gradually increase the duration as you become more supple.

## A FEW MORE TIPS

- In the case of any contradictions, do not use the vibrating platform without first having seen your doctor.
- The exercises must be stopped immediately in the event of weakness, dizziness or vertigo.
- Before starting any exercises, always check the vibrating platform for broken or worn parts.
- It is advisable to remove any jewellery before starting the workout.
- Beginners should always refer to the DVD and the beginners' training programme.
- Beginners are advised not to use additional weights for training with the vibrating platform.
- Do not overdo training.
- Preferably wear comfortable shoes and clothing.
- If necessary use a mat or wear gloves when doing exercises where parts of the body other than the feet come into contact with the platform.
- Correct hydration is recommended before, during and after a workout.
- Exercises involving one side of the body must be repeated with the same intensity/technique on the other side.
- Never rest your head or stomach on the platform.
- Do not sit on the DKN Technology platform with a straight back
- Always keep your weight centred on the vibrating platform to extend the life of the machine
- Do dynamic exercises when you have perfected your fitness and technique.
- Mind the step when getting off the DKN vibrating platform.
- The DKN Technology vibrating platforms work better and longer in conditions of low humidity or damp.

## TRAINING AND EXERCISES

Time, or rather lack of it, is the main cause of not following a programme of exercises with regularity. We live in a society that is always in a hurry and there are countless distractions that often stop us from exercising as we would like to. Statistics vary, but on the whole those who study this phenomenon called "adherence to exercise" agree that at least 50% of the persons who start an exercise programme, give it up within six months. Vibration exercises could help you not to be a victim of this situation.

Exercises with vibrations like those described in this section are far more effective than conventional exercises. In this case workout times may be reduced: exercises that require one hour with conventional methods may be reduced to 15 minutes with vibration training. Boredom is another reason why many exercise programmes fail, especially if the exercise is limited to just a few movements.

As you will see in the next few pages, the variety of exercises that are possible on the vibrating platform is limited solely by your imagination.

## INITIAL TRAINING

Start by selecting the Manual option on the machine and select the correct frequency. Then select the exercises from the following pages. Select from five to thirty exercises per session, which last from five to ten minutes overall on the machine. You choose whether to do fewer exercises for a longer time up to 60 seconds for each one or more exercises for less time, that is, 20 seconds for each one. Continue with this programme increasing the frequency by 5 Hertz each week until you reach 50 Hertz for 10 minutes. At this point you are ready for advanced training.

## VIBRATION FREQUENCIES

HERTZ: Number of vibrations per second.  
E.g. 30 Hertz = 30 vibrations per second.

Summarising table of what the frequencies can do.  
The frequencies may be applied to all muscle groups and to all the positions indicated in the guide and on the DVD.

## VIBRATION FREQUENCIES

Frequency	Muscular effect	Endocrinic effect	Physical effect
20	Increase in muscular endurance – Strengthening.	Enhancement of hormonal profile, basal metabolism.	Drainage Increased circulation. Increased proprioceptivity (Balance).
25	Increase in muscular endurance – strengthening, more intensive training than the previous level.	Enhancement of hormonal profile, basal metabolism.	Drainage Increased circulation. Increased proprioceptivity (Balance).
30	Increase in muscle strength, tone and elasticity.	Enhancement of hormonal profile, basal metabolism.	Drainage Increased circulation. Increased bone density. Proprioceptivity (Balance).
35	Increase in muscle strength, tone and elasticity; more intensive than the previous level.	Enhancement of hormonal profile, basal metabolism.	Drainage Increased circulation. Increased bone density. Proprioceptivity (Balance).
40	Increase in muscle strength and elasticity.	Enhancement of hormonal profile, basal metabolism.	Drainage Increased circulation. Increased bone density. Proprioceptivity (Balance).
45	Increase in explosive power, muscle definition and elasticity.	Enhancement of hormonal profile, basal metabolism.	Drainage Increased circulation. Increased bone density. Proprioceptivity (Balance).
50	Increase in explosive power, muscle definition and elasticity, maximum muscle working intensity.	Enhancement of hormonal profile, basal metabolism.	Drainage Increased circulation. Increased bone density. Proprioceptivity (Balance).

## SELECTION OF PROFILES

User profile	Programme
No physical activity	Beginner
Over 60	Beginner
Post-injury forced suspension	Beginner
Low level of physical activity, less than 2 hours a week	Beginner
Moderate physical activity between 2 and 3 hours a week	Intermediate
After 2/3 weeks of following the Beginners' programme	Intermediate
Over 60s who do some sport	Intermediate
Over 3 hours a week of physical activity	Advanced
Users who do sport regularly	Advanced
Pre-ski preparation	Strength
General muscle strengthening training	Strength
Over 60s and persons who do not do sport	Prevention of osteoporosis
Overweight users	Burning of fat
Users with cellulitis and orange-peel skin	Drainage
To increase muscle flexibility	Flexing - Stretching

## FLEXIBILITY - STRETCHING

POSITION TO BE ADOPTED	EXERCISE DATA			3 TIMES A WEEK ON	ALTERNATE DAYS	NUMBER OF WEEKS
WARM-UP	EXTEND DURATION	FREQUENCY	RECOVERY			
5	1X30"	30HZ	30' MAX	X		2
1	1X30"	30HZ	30' MAX	X		2
<b>EXERCISES</b>						
15	2X30"	30HZ	30' MAX	X		2
16	1X30"	30HZ	30' MAX	X		2
17	1X30"	30HZ	30' MAX	X		2
18	1X30"	30HZ	30' MAX	X		2
19	2X15"	30HZ	30' MAX	X		2
20	1X30"	30HZ	30' MAX	X		2
15	1X30"	30HZ	30' MAX	X		2
16	1X30"	30HZ	30' MAX	X		2
<b>COOL DOWN</b>						
21	1X30"	50HZ	NO RCP	X		2
22	2X30"	50HZ	NO RCP	X		2
23	1X30"	50HZ	NO RCP	X		2
24	1X30"	50HZ	NO RCP	X		2
1	1X30"	50HZ	NO RCP	X		2

**TOTAL SESSION TIME:** 7mins 30secs EXCLUDING RECOVERY TIMES AND COOLING DOWN.

**THIRD WEEK:** INCREASE EACH EXERCISE TIME TO 45secs, REDUCE THE RECOVERY TIME TO 45secs

**FOURTH WEEK:** INCREASE EACH EXERCISE TIME TO 1min, INCREASE THE NUMBER OF SETS.

**SUBSEQUENT WEEKS:** ADD EXERCISES AS DESIRED, INCREASE THE FREQUENCY TO 35/45HZ.

POSITION TO BE ADOPTED	EXERCISE DATA			3 TIMES A WEEK ON	ALTERNATE DAYS	NUMBER OF WEEKS
WARM-UP	EXTEND DURATION	FREQUENCY	RECOVERY			
5	1X30"	30HZ	30' MAX	X		2
2-B	1X30"	30HZ	30' MAX	X		2
<b>EXERCISES</b>						
3	2X30"	30HZ	30' MAX	X		2
12	1X30"	30HZ	30' MAX	X		2
2	1X30"	30HZ	30' MAX	X		2
8	1X30"	30HZ	30' MAX'	X		2
4	2X15"	30HZ	30' MAX	X		2
7	1X30"	30HZ	30' MAX	X		2
5	1X30"	30HZ	30' MAX	X		2
6	1X30"	30HZ	30' MAX	X		2
7	1X30"	30HZ	30' MAX	X		2
14	1X30"	30HZ	30' MAX	X		2
13-basic	1X30"	30HZ	30' MAX	X		2
13-medium	1X30"	30HZ	30' MAX	X		2
13-advanced	1X30"	30HZ	30' MAX	X		2
20	1X30"	30HZ	30' MAX	X		2
15	1X30"	30HZ	30' MAX	X		2
17	1X30"	30HZ	30' MAX	X		2
<b>COOL DOWN</b>						
22	1X30"	50HZ	NO RCP	X		2
24	2X30"	50HZ	NO RCP	X		2
21	1X30"	50HZ	NO RCP	X		2
19	1X30"	50HZ	NO RCP	X		2
23	1X30"	50HZ	NO RCP	X		2

## FAT BURNING

**TOTAL SESSION TIME 14mins 30secs EXCLUDING RECOVERY TIME.**

**CAUTION:** BEFORE STARTING ON THIS TYPE OF PROGRAMME COMPLETE THE TWO-WEEK ADAPTATION PHASE WITH THE PRESET PROGRAMMES FOR TOTAL BODY + LOWER BODY

**THIRD WEEK:** INCREASE THE NUMBER OF SETS AND REDUCE THE RECOVERY TIME TO 15secs

**FOURTH WEEK:** DO DYNAMIC EXERCISES IN A SLOW AND CONTROLLED WAY.

**SUBSEQUENT WEEKS:** INCREASE THE FREQUENCY TO 35HZ ADD MORE COMPLEX EXERCISES AND MAINTAIN STATIC PERFORMANCE.



## BEGINNER PROFILE

POSITION TO BE ADOPTED	EXERCISE DATA			3 TIMES A WEEK ON	ALTERNATE DAYS	NUMBER OF WEEKS
WARM-UP	EXTEND DURATION	FREQUENCY	RECOVERY			
5	1X30"	30HZ	1'	X		2
<b>EXERCISES</b>						
1	2X30"	30HZ	1'	X		2
3	1X30"	30HZ	1'	X		2
5	1X30"	30HZ	1'	X		2
8	1X30"	30HZ	1'	X		2
7	1X30"	35HZ	1'	X		2
10	1X30"	35HZ	1'	X		2
<b>COOL DOWN</b>						
20	1X60"	40HZ	1'	X		2
18	2X30"	40HZ	1'	X		2
17	1X60"	40HZ	1'	X		2
16	1X60"	40HZ	1'	X		2

**TOTAL SESSION TIME:** 3mins 30secs EXCLUDING RECOVERY AND COOL DOWN TIMES.

**THIRD WEEK:** EXERCISE TIME 45secs

**FOURTH WEEK:** EXERCISE TIME 1min REDUCE THE RECOVERY TIME TO 45secs DYNAMIC PERFORMANCE.

**SUBSEQUENT WEEKS:** AS FOR THE PREVIOUS WEEK, ADDING EXERCISES AS DESIRED.

## INTERMEDIATE PROFILE

POSITION TO BE ADOPTED	EXERCISE DATA			3 TIMES A WEEK ON	ALTERNATE DAYS	NUMBER OF WEEKS
WARM-UP	EXTEND DURATION	FREQUENCY	RECOVERY			
5	1X45"	30HZ	45"	X		2
20	1X45"	40HZ	45"	X		2
<b>EXERCISES</b>						
1	2X30"	30HZ	45"	X		2
3	2X30"	30HZ	45"	X		2
8	1X30"	40HZ	45"	X		2
7	1X30"	30HZ	45"	X		2
6	1X45"	40HZ	45"	X		2
13	2X45"	40HZ	45"	X		2
7	1X30"	40HZ	45"	X		2
<b>COOL DOWN</b>						
15	1X60"	40HZ	45"	X		2
16	2X30"	40HZ	45"	X		2
17	2X30"	40HZ	45"	X		2
18	1X60"	40HZ	45"	X		2
19	1X60"	40HZ	45"	X		2
20	1X60"	40HZ	45"	X		2

**TOTAL SESSION TIME 6mins 45secs EXCLUDING RECOVERY AND COOL DOWN TIMES.**

**THIRD WEEK:** INCREASE EACH EXERCISE TIME TO 45secs.

**FOURTH WEEK:** INCREASE EACH EXERCISE TIME TO 1min REDUCE THE RECOVERY TIME TO 30secs, ADD EXERCISES.

**SUBSEQUENT WEEKS:** INCREASE EACH EXERCISE TIME TO 1min INCREASE THE SETS AND MAINTAIN 3secs RECOVERY TIME. ADD EXERCISES AS DESIRED.

## ADVANCED PROFILE

POSITION TO BE ADOPTED	EXERCISE DATA			3 TIMES A WEEK ON	ALTERNATE DAYS	NUMBER OF WEEKS
WARM-UP	EXTEND DURATION	FREQUENCY	RECOVERY			
5	1X45"	30HZ	30"	X		2
20	1X45"	40HZ	30"	X		2
<b>EXERCISES</b>						
2	2X45"	35HZ	45"	X		2
3	2X45"	35HZ	45"	X		2
4	1X30"	35HZ	45"	X		2
5	2X45"	35HZ	45"	X		2
4	2X30"	35HZ	45"	X		2
6	2X45"	35HZ	45"	X		2
8	2X30"	35HZ	45"	X		2
10	1X30"	35HZ	45"	X		2
11	1X60"	40HZ	45"	X		2
7	2X30"	35HZ	45"	X		2
6	2X45"	40HZ	45"	X		2
13	2X45"	30HZ	45"	X		2
14	1X30"	30HZ	45"	X		2
<b>COOL DOWN</b>						
15	1X60"	40HZ	30"	X		2
16	1X60"	40HZ	30"	X		2
17	2X45"	40HZ	30"	X		2
18	1X60"	50HZ	30"	X		2
19	1X60"	50HZ	30"	X		2
20	1X60"	50HZ	30"	X		2
23	1X60"	50HZ	30"	X		2

**SESSION TIME 45secs EXCLUDING RECOVERY TIME AND COOLDOWN.**

**THIRD WEEK:** INCREASE EXERCISE TIME TO 60secs AND MAINTAIN 45secs RECOVERY TIME.

**FOURTH WEEK:** REDUCE THE RECOVERY TIME TO 30secs ADD ONE EXERCISE FOR THE LOWER PART AND ONE MORE SET.

**SUBSEQUENT WEEKS:** EXERCISES FOR 60secs RECOVERY TIME 30secs. ADD EXERCISES ACCORDING TO OBJECTIVES.

## PREVENTION OF OSTEOPOROSIS

POSITION TO BE ADOPTED	EXERCISE DATA			3 TIMES A WEEK ON	ALTERNATE DAYS	NUMBER OF WEEKS
WARM-UP	EXTEND DURATION	FREQUENCY	RECOVERY			
5	1X30"	30HZ	1'	X		2
<b>EXERCISES</b>						
1	2X30"	25HZ	1'	X		2
3	1X30"	25HZ	1'	X		2
4	1X30"	25HZ	1'	X		2
10	1X30"	25HZ	1'	X		2
7	1X30"	25HZ	1'	X		2
<b>WARM-UP</b>						
20	1X60"	40HZ	1'	X		2
18	2X30"	40HZ	1'	X		2
17	1X60"	40HZ	1'	X		2
16	1X60"	40HZ	1'	X		2
15	1X60"	40HZ	1'	X		2
<b>EXTRA EXERCISES</b>						
12						
8						
9						

**TOTAL SESSION TIME 3mins 30secs EXCLUDING RECOVERY AND COOL DOWN TIMES.**

**THIRD WEEK:** EXERCISE TIME 45secs.

**FOURTH WEEK:** EXERCISE TIME 1min. ADD ONE DYNAMIC PERFORMANCE OF THE SAME.

**SUBSEQUENT WEEKS:** EXERCISES FOR 60secs RECOVERY TIME 30secs. ADD EXERCISES ACCORDING TO OBJECTIVES.

## DRAINAGE

POSITION TO BE ADOPTED	EXERCISE DATA			3 TIMES A WEEK ON	ALTERNATE DAYS	NUMBER OF WEEKS
WARM-UP	EXTEND DURATION	FREQUENCY	RECOVERY			
5	1X30"	30HZ	1'	X		2
<b>EXERCISES</b>						
2	1X30"	30HZ	1'	X		2
3	1X30"	30HZ	1'	X		2
8	1X30"	30HZ	1'	X		2
7	1X30"	30HZ	1'	X		2
<b>WARM-UP</b>						
15	1X60"	40HZ	30"	X		2
16	2X30"	40HZ	30"	X		2
17	2X30"	40HZ	30"	X		2
18	1X60"	40HZ	30"	X		2
19	1X60"	40HZ	30"	X		2
20	1X60"	40HZ	30"	X		2
21	1X60"	40HZ	30"			
22	1X60"	40HZ	30"			
23	1X60"	40HZ	30"			
24	1X60"	40HZ	30"			
1	1X60"	40HZ	30"			
5	1X60"	40HZ	30"			

**TOTAL SESSION TIME 2mins 30secs EXCLUDING RECOVERY TIMES AND COOL DOWN.**

**THIRD WEEK:** INCREASE EACH EXERCISE TIME TO 45secs

**FOURTH WEEK:** INCREASE EACH EXERCISE TIME TO 1min AND THE COOL DOWN FREQUENCY TO 45HZ.

**SUBSEQUENT WEEKS:** ADD OTHER EXERCISES AS DESIRED AND INCREASE THE COOL DOWN FREQUENCY TO 50HZ.

## STRENGTH

POSITION TO BE ADOPTED	EXERCISE DATA			3 TIMES A WEEK ON	ALTERNATE DAYS	NUMBER OF WEEKS
WARM-UP	EXTEND DURATION	FREQUENCY	RECOVERY			
5	1X30"	30HZ	1'	X		2
<b>EXERCISES</b>						
1	2X30"	30HZ	1'	X		2
2	1X30"	30HZ	1'	X		2
3	1X30"	30HZ	1'	X		2
4	2X30"	30HZ	1"	X		2
5	2X30"	30HZ	1'	X		2
7	1X30"	30HZ	1'	X		2
8	1X30"	30HZ	1'	X		2
9	1X30"	30HZ	1'	X		2
<b>WARM-UP</b>						
15	1X60"	40HZ	1'	X		2
16	2X30"	40HZ	1'	X		2
17	2X30"	40HZ	1'	X		2
18	1X60"	40HZ	1'	X		2
19	1X60"	40HZ	1'	X		2
20	1X60"	40HZ	1'	X		2
23	1X60'	40HZ	1'	X		2

**TOTAL SESSION TIME 6mins EXCLUDING RECOVERY TIME AND COOL DOWN**

**THIRD WEEK:** INCREASE EACH EXERCISE TIME TO 45secs AND REDUCE THE RECOVERY TIME TO 45secs

**FOURTH WEEK:** INCREASE EACH EXERCISE TIME TO 1min MAKE IT DYNAMIC AND INCREASING THE SETS.

**SUBSEQUENT WEEKS:** ADD OTHER EXERCISES AS DESIRED AND INCREASE THEIR FREQUENCY TO 35HZ.

# VIBRATING PLATFORM EXERCISES GUIDE

- Strengthening
- Stretching
- Relaxing Massage

# Training Positions

## Training Positions

# Training Positions



### 01: Basic squat

**POSITION/HANDLE BARS:**

feet parallel and slightly apart.

**POSTURE:**

bend knees slightly, keep back straight, balance on heels, shift almost all your weight forwards take care not to shift weight onto the bar, but keep weight and balance forwards on the vibrating platform.

**MUSCLES INVOLVED:**

legs, buttocks (gluteal), back.

**VARIATIONS:**

do the exercise with dynamic flex.



### 02: Extreme squat

**POSITION/HANDLE BARS:**

feet parallel, perpendicular to hips, do not bend knees beyond the tips of toes, bend knees approx. 100°, extreme squat. The weight of the body must be on the vibrating platform and not on the bar, only use the bar as an aid to maintain balance.

**POSTURE:**

keep back straight, bust leaning slightly forwards, keep your balance.

**MUSCLES INVOLVED:**

legs, buttocks (gluteal), back.

**VARIATIONS:**

do the exercise with dynamic flex.



## 02: Extreme squat

### VARIATIONS FOR WELL-TRAINED PERSONS:

**A** – Do the exercise on just one leg with knees bent 100°.  
**B** – Do the exercise with hands on hips (for physically experienced users only).

**C** – Do the exercise with hands on hips (for physically experienced users only), balancing on just one leg.  
**D** – Do the exercise with feet together, knees bent 90° and arms raised as high as possible.



## 03: Squat with ball

Use any ball (a volley ball is ideal)

### POSITION/HANDLE BARS:

feet parallel, bend knees approx. 100°, place the ball between knees and grip it with knees as shown in the photo.

### POSTURE:

keep back straight, knees aligned with feet.

### MUSCLES INVOLVED:

buttocks (gluteal), upper part of legs, adductors, back.

### VARIATIONS:

do the exercise with dynamic flex without letting the ball drop.





#### 04: Lunges

**POSITION/HANDLE BARS:**

one foot in the centre of the platform, bend the knee of the leg on the platform by approx. 90°.

**POSTURE:**

keep back straight, do not bend knees beyond the tips of toes, push the front part of your legs downwards.

**MUSCLES INVOLVED:**

quadriceps, gluteal.

**VARIATIONS:**

do the exercise with dynamic flex.



#### 05: Calves

**POSITION/HANDLE BARS:**

feet in the centre of the platform, balance on toes, bend knees slightly and push upwards.

**POSTURE:**

keep back straight, abdominal muscles drawn in.

**MUSCLES INVOLVED:**

calves, quadriceps.

**VARIATIONS:**

do the exercise with dynamic flex with hands on hips.



#### 06: Pelvis Bridge

Caution: a step must be available.

**POSITION/HANDLE BARS:**

feet flat on the platform, legs well apart, bend knees less than 90°.

**POSTURE:**

keep back straight, push heels upwards.

**MUSCLES INVOLVED:**

leg flexors and gluteal.

**VARIATIONS:**

do the exercise on one leg only or dynamic performance.



#### 07: Triceps - Biceps

**POSITION/HANDLE BARS:**

hands shoulder-width apart on the end of the mat, fingers to the front.

**POSTURE:**

bend arms gently, raise buttocks from the ground, keep shoulders down.

**MUSCLES INVOLVED:**

top part of shoulders as well as biceps and triceps.



### 07: Triceps - Biceps

**VARIATIONS:**  
**for well-trained persons only.**  
 Get "handles" for flex exercises.  
 Place them parallel at an equal distance from the centre of the platform.  
 Bend elbows slightly.



### 08: Push Up

**VARIATIONS:**  
 legs and knees contracted, hands at shoulder height, do the exercise with slight flex or dynamic performance.



### 08: Push Up

**POSITION/HANDLE BARS:**  
 hands, with palms downwards, shoulder-width apart, lower than chest and pointing inwards.  
**POSTURE:**  
 draw in abdominal muscles, keep back straight.  
**MUSCLES INVOLVED:**  
 chest, front part of shoulders, triceps.  
**VARIATIONS:**  
 legs and knees contracted, hands together, do the exercise with slight flex or dynamic performance.



### 09: Biceps Curl

**POSITION/HANDLE BARS:**  
 put feet slightly outside the platform, use long handles, keep hands together and knees slightly bent.  
**POSTURE:**  
 keep back straight and wrists tensed, vigorously bring arms upwards, keeping elbows tucked in.  
**MUSCLES INVOLVED:**  
 top part of shoulders and arms.  
**VARIATIONS:**  
 move hands slightly outwards and do the exercise on top of the platform.



### 10: Shoulder Press

**POSITION/HANDLE BARS:**

hands shoulder-width apart, place feet near the platform, straight legs.

**POSTURE:**

keep back straight, hands under shoulders, keep head up in line with the vertebral column, arms slightly bent, push hands towards the platform.

**MUSCLES INVOLVED:**

shoulders, upper part of arms.

**VARIATIONS:**

keep arms tensed, do the exercise with slight flex or dynamic performance.



### 11: Bent Over Pull

**POSITION/HANDLE BARS:**

put feet slightly outside the platform, use long handles, keep hands by side of body and knees slightly bent.

**POSTURE:**

chest out, shoulders back, perform a pulling movement.

**MUSCLES INVOLVED:**

back, shoulders.

**VARIATIONS:**

stretch the bust, move slightly forwards, do the exercise on top of the platform.



### 12: Lateral Lifts

**POSITION/HANDLE BARS:**

put feet slightly outside the platform, legs apart, use long handles.

**POSTURE:**

shoulders back, keep back straight and wrists tensed arms slightly bent, elbows pointing upwards.

**MUSCLES INVOLVED:**

upper part of bust.

**VARIATIONS:**

do the exercise on the platform.



### 13: Basic abdominals

**POSITION/HANDLE BARS:**

sit on the vibrating platform, curve your back. Caution - vibrations must not be felt in throat or along spinal column.

**POSTURE:**

legs raised and slightly bent, move chest towards legs, tighten the abdominal muscles, move pelvis to and fro.

**MUSCLES INVOLVED:**

abdominals and lower part of bust.

**VARIATIONS:**

do the exercise with slight flex or dynamic performance.



13: Medium abdominals



13: Advanced abdominals



14: Abdominals standing up

**POSITION/HANDLE BARS:**

stand in the centre of the platform with hands at chest height.

**POSTURE:**

one leg slightly bent, the other in contact with the platform bar, keep back straight, drawn in abdominals, push body downwards.

**MUSCLES INVOLVED:**

abdominals and lower part of bust.

**VARIATIONS:**

bend arms and upper part of body more.

# Stretching

## Stretching

# Stretching



### 15: Rear Knee Tendons

**POSITION/HANDLE BARS:**

place feet well apart in the centre of the platform, grip onto handle bars.

**POSTURE:**

legs slightly tensed, hips tightened upwards and backwards, bend the upper part of the bust forwards.

**MUSCLES INVOLVED:**

rear knee tendons, buttocks and lower part of back.

**VARIATIONS:**

bend the bust as low as possible with arms and bust relaxed.



### 16: Quadriceps

**POSITION/HANDLE BARS:**

rest shin bone on the platform, keep foot horizontal and stabilise this position.

**POSTURE:**

straighten upper part of bust, draw in abdomen, keep back straight, push pelvis forwards.

**MUSCLES INVOLVED:**

quadriceps, front part of hips and pelvis.

**VARIATIONS:**

change side, trailing leg bent and keep foot still.



### 17: Calves

**POSITION/HANDLE BARS:**

place feet well apart longitudinally one behind the other.

**POSTURE:**

maintain erect position with front leg bent and trailing leg straight, push heel of trailing leg towards platform.

**VARIATIONS:**

change side, push pelvis and bust forwards keeping back straight.



### 18: Adductors

**POSITION/HANDLE BARS:**

stand with side towards the platform, place one straight leg near the console column, bend the other leg a short distance from the platform.

**POSTURE:**

straight upper part of bust, push pelvis slowly downwards.

**MUSCLES INVOLVED:**

inner thigh, groin

**VARIATIONS:**

change side.



### 19: Shoulders

**POSITION/HANDLE BARS:**

stand with back towards the console, attach "handle" to front part of the platform and keep just below hip height.

**POSTURE:**

keep back straight, grip handle from behind with left hand, with right arm push head slightly to the right, move upper part of bust slowly to the left and forwards.

**MUSCLES INVOLVED:**

shoulders and neck.

**VARIATIONS:**

change side.



### 20: Hamstrings Stretch

**POSITION/HANDLE BARS:**

stand in the centre of the platform with legs slightly apart, bend forwards and try to touch your toes without straining.

**POSTURE:**

relaxed, touch feet with hands, flex bust forwards.

**MUSCLES INVOLVED:**

femoral biceps, lumbar, dorsal.

# Relaxing Massage

## Relaxing Massage

# Relaxing Massage



### 21: Calves

**POSITION/HANDLE BARS:**

lie flat on your back on the floor, calves resting on the platform.

**POSTURE:**

relaxed, toes pointing upwards.

**VARIATIONS:**

turn legs and feet slightly outwards. Sit on floor beside the platform with face facing the console (without contact), legs slightly bent, put mat slightly over the edge of the platform.

**POSTURE:**

put whole of arm on the mat.

**VARIATIONS:**

change side.



### 22: Quadriceps

**POSITION/HANDLE BARS:**

place a step in front of the platform, rest thighs entirely on the platform, support the bust with arms on the step.

**POSTURE:**

keep back straight, abdominals drawn in, legs slightly bent.

**VARIATIONS:**

do exercise without step.





### 23: Back

**POSITION/HANDLE BARS:**

put a mat (best if soft) in the centre of the platform, sit on it with legs slightly bent.

**POSTURE:**

bust bent forwards and curved back.

**INVOLVED PART:**

back and neck.

**VARIATIONS:**

do exercise with back straight (strengthens back).



### 24: Rear Knee Tendons

**POSITION/HANDLE BARS:**

place a step in front of the platform, lie flat on your back with legs entirely on the platform

**POSTURE:**

keep back straight.

**VARIATIONS:**

move forward so that the pelvic area is also involved by the massage

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