

BODY CONTOUR

Follow the movements below before & after therapy to boost your benefits.

Duration: 30 sec | 5 Second Rest | Frequency: 30 Hz | Amplitude: Low



CLOTHED

Benefits: Accelerates Fat Reduction, Reduces The Appearance of Cellulite

Left Leg Step Up to Balance with Support

Description: Step with left foot onto the platform and raise opposite leg and knee to 90 degrees. Keep back and hips straight.

Should Feel it in: Legs, Glutes, Core



Right Leg Step Up to Balance with Support

Description: Step with right foot onto the platform and raise opposite leg and knee to 90 degrees. Keep back and hips straight.

Should Feel it in: Legs, Glutes, Core



Left Leg Inner Thigh Stretch

Description: Place left foot on the platform, leg out to your side and straight. Sit back and down until a stretch is felt. Maintain a neutral spine. Return to starting position. Avoid rotating hips and rounding back.

Should Feel it in: Legs



Right Leg Inner Thigh Stretch

Description: Place right foot on the platform, leg out to your side and straight. Sit back and down until a stretch is felt. Maintain a neutral spine. Return to starting position. Avoid rotating hips and rounding back.

Should Feel it in: Legs



Static Squat w/ Support

Description: Hold handles and sit down into squat position by flexing your hips and knees. Keep chest up. Maintain neutral spine. Keep abdominals activated and knees in line with toes. Do not hang on handles.

Should Feel it in: Legs, Glutes



Double Leg Hamstring Stretch

Description: Without locking knees, grab handle and bend forward until a stretch is felt in the back of the legs. Avoid rounding back when bending forward. Do not lock or excessively bend knees.

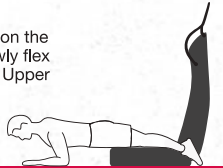
Should Feel it in: Legs



Quadriceps Massage

Description: Using a mat, rest elbows on the floor and legs in a passive position. Slowly flex knee for more emphasis on lower quad. Upper body should be off the platform.

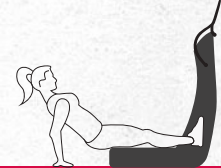
Should Feel it in: Legs



Hamstring Massage

Description: Using a mat, rest hamstrings and calves in a passive position. Rotate hips to emphasize inner or outer leg.

Should Feel it in: Legs



IN A ROBE

Benefits: Accelerates Fat Reduction, Reduces The Appearance of Cellulite

Left Leg Step Up to Balance with Support

Description: Step with left foot onto the platform and raise opposite leg and knee to 90 degrees. Keep back and hips straight.

Should Feel it in: Legs, Glutes, Core



Right Leg Step Up to Balance with Support

Description: Step with right foot onto the platform and raise opposite leg and knee to 90 degrees. Keep back and hips straight.

Should Feel it in: Legs, Glutes, Core



Left Leg Inner Thigh Stretch

Description: Place left foot on the platform, leg out to your side and straight. Sit back and down until a stretch is felt. Maintain a neutral spine. Return to starting position. Avoid rotating hips and rounding back.

Should Feel it in: Legs



Right Leg Inner Thigh Stretch

Description: Place right foot on the platform, leg out to your side and straight. Sit back and down until a stretch is felt. Maintain a neutral spine. Return to starting position. Avoid rotating hips and rounding back.

Should Feel it in: Legs



Static Squat w/ Support

Description: Hold handles and sit down into squat position by flexing your hips and knees. Keep chest up. Maintain neutral spine. Keep abdominals activated and knees in line with toes. Do not hang on handles.

Should Feel it in: Legs, Glutes



Double Leg Hamstring Stretch

Description: Without locking knees, grab handle and bend forward until a stretch is felt in the back of the legs. Avoid rounding back when bending forward. Do not lock or excessively bend knees.

Should Feel it in: Legs



Squat to Left Leg Balance

Description: With feet wide apart, sit back into squat position. Balance on one foot.

Should Feel it in: Legs



Squat to Right Leg Balance

Description: With feet wide apart, sit back into squat position. Balance on one foot.

Should Feel it in: Legs

