IV THERAPY

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

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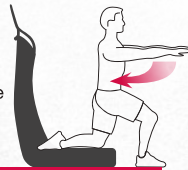
POWER PLATE.

CLOTHED

Benefits: Improves Nutrient Absorption, Accelerates Circulation

Left Leg Kneeling Quad/Hip Flexor Stretch with Torso Rotation

Description: Step forward off the platform with one leg. Reach both arms forward and twist your body. Push hips forward until a stretch is felt in the back leg. Avoid arching back and rotating hips.
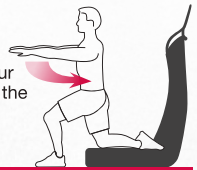
Should Feel it in: Legs

Right Leg Kneeling Quad/Hip Flexor Stretch with Torso Rotation

Description: Step forward off the platform with one leg. Reach both arms forward and twist your body. Push hips forward until a stretch is felt in the back leg. Avoid arching back and rotating hips.

Should Feel it in: Legs

Right Leg Calf Stretch

Description: Lunge forward and slightly bend knee. Push heel down until desired stretch is felt. Keep heel down and in contact with the platform. Maintain neutral spine position.

Should Feel it in: Legs

Left Leg Calf Stretch

Description: Lunge forward and slightly bend knee. Push heel down until desired stretch is felt. Keep heel down and in contact with the platform. Maintain neutral spine position.

Should Feel it in: Legs

Left Leg IT Band Stretch

Description: Bring outside leg forward and inside leg underneath you toward the front edge of the machine. Legs will be crossed. Push hips toward the machine. Keep shoulders back.

Should Feel it in: Legs, Glutes

Right Leg IT Band Stretch

Description: Bring outside leg forward and inside leg underneath you toward the front edge of the machine. Legs will be crossed. Push hips toward the machine. Keep shoulders back.

Should Feel it in: Legs, Glutes

Right Arm Massage

Description: Using a mat, place your arm on the platform and rest. Maintain neutral spine alignment.

Should Feel it in: Arms, Shoulders

Left Arm Massage

Description: Using a mat, place your arm on the platform and rest. Maintain neutral spine alignment.

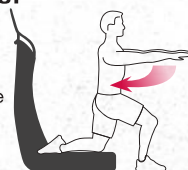**Should Feel it in:** Arms, Shoulders

IN A ROBE

Benefits: Improves Nutrient Absorption, Accelerates Circulation

Left Leg Kneeling Quad/Hip Flexor Stretch with Torso Rotation

Description: Step forward off the platform with one leg. Reach both arms forward and twist your body. Push hips forward until a stretch is felt in the back leg. Avoid arching back and rotating hips.
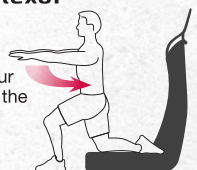
Should Feel it in: Legs

Right Leg Kneeling Quad/Hip Flexor Stretch with Torso Rotation

Description: Step forward off the platform with one leg. Reach both arms forward and twist your body. Push hips forward until a stretch is felt in the back leg. Avoid arching back and rotating hips.

Should Feel it in: Legs

Right Leg Calf Stretch

Description: Lunge forward and slightly bend knee. Push heel down until desired stretch is felt. Keep heel down and in contact with the platform. Maintain neutral spine position.

Should Feel it in: Legs

Left Leg Calf Stretch

Description: Lunge forward and slightly bend knee. Push heel down until desired stretch is felt. Keep heel down and in contact with the platform. Maintain neutral spine position.

Should Feel it in: Legs

Left Leg IT Band Stretch

Description: Bring outside leg forward and inside leg underneath you toward the front edge of the machine. Legs will be crossed. Push hips toward the machine. Keep shoulders back.

Should Feel it in: Legs, Glutes

Right Leg IT Band Stretch

Description: Bring outside leg forward and inside leg underneath you toward the front edge of the machine. Legs will be crossed. Push hips toward the machine. Keep shoulders back.

Should Feel it in: Legs, Glutes

Squat to Left Leg Balance

Description: With feet wide apart, sit back into squat position. Balance on one foot. Keep weight evenly distributed and abdominals activated, with hips parallel to the floor.

Should Feel it in: Legs

Squat to Right Leg Balance

Description: With feet wide apart, sit back into squat position. Balance on one foot. Keep weight evenly distributed and abdominals activated, with hips parallel to the floor.

Should Feel it in: Legs