

# *AcuVibes* User Guide

"The Ultimate  
10 Minute Workout"



Vibration Technology: The latest innovation  
in health and fitness

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# What is Vibration Technology?

Body Vibration for health and wellness purposes dates back to the 1960s. Doctors and researchers found there were many health benefits from the use of cyclic oscillations on the human body. Later on, Russian scientists found that people exhibited a substantial increase in flexibility and strength after the application of vibrations. Russians found success using body vibration with their athletes and astronauts in their space program. The Russian Space Institute, the European Space Agency and NASA are experimenting with body vibration to fight muscular atrophy and loss of bone density in zero gravity environments.

A particular form of vibration training is WBV, which is becoming increasingly popular. Initially, vibration training was mainly used in the fitness industry, but the use of vibration equipment is expanding quickly. It is now widely used in physical therapy, rehabilitation and professional sports, but it is also increasingly used for beauty and wellness applications.

## How Vibration Technology Works

Acu Relax WBV machines feature a vibrating platform that exposes the whole body to vibrations. These Vibrations have many great benefits for the body. When you stand on the platform, vibrations are absorbed by the body. Your body's natural reflex is stimulated and muscles contract 25-50 times per second to dramatically increase blood circulation. This increases the transportation of oxygen and nutrients to the tissues and vital organs resulting in many benefits.

AcuVibes machines are adjustable so they can accommodate all people from highly trained athletes to people with disabilities or elderly.

# Benefits of Whole Body Vibration

WBV training is used to engage 90 to 100% of the body's muscle fibres. The body makes thousands of small muscle contractions per minute and increases circulation. There is increased transportation of oxygen and nutrients to the tissues and vital organs resulting in variety of benefits.

Many peer-reviewed papers have been published on the effects of WBV. Effects described in the studies include: muscle strength and toning, improved flexibility, improved balance and mobility, weight loss, cellulite reduction, improved blood circulation, improved bone density, heightened secretion of hormones associated with exercise, reduced back and joint pain and decrease in stress.

Vibration technology is used medicinally for people with arthritis, fibromyalgia, and osteoporosis and even to ease the deterioration of Parkinson's disease.

## Problems with Traditional Exercise

- Not Everyone is able to exercise due to disability or other problems.
  - AcuVibes WBV Training is great for everyone from highly trained athletes to seniors.
- Traditional exercise methods are time consuming.
  - Hours at the gym can be replaced with an AcuVibes WBV machine.
  - Demands from work and home leave little free time to exercise
- Traditional exercise equipment can be complicated and complex.
  - This can cause dangerous and ineffective exercise
- Expensive.
  - Personal training sessions and high gym membership dues will cost a lot more in the long run.



# Contraindications

WBV training is very safe and effective but may not be suitable for some people with certain diseases or conditions. Please consult your doctor before using AcuVibes if you have any of the following complications:

- Pregnancy
- Pacemaker
- Acute inflammations and infection
- Joint implants (e.g: knee, hip)
- Active Cancer
- Acute Joint disorders
- Gall Stones
- Severe Migraine
- Epilepsy
- Cardiovascular Disease
- Heart Disorders
- Recent Thrombosis
- Severe diabetes
- Tumours
- Arthritis
- Kidney Stones
- Hernia
- Herniated or bulging disc
- Discopathy or spondylosis



# Research

## • Muscle Power and Strength Benefits

In WBV training, more motor units and correlating muscle fibres are activated than in normal, conscious muscle contractions. Muscles are therefore induced more efficiently (Paracsis & Zacharogiannis 2007; Lamont et al. 2006; Corme et al. 2006; Bosco et al. 1999, 2000; Rittweger 2001, 2002; Abercromby et al. 2006; Armonie et al. 2006)

## • Bone Density

WBV has a positive effect on bone mineral density. Vibrations cause compression and remodelling of the bone tissue, activating the osteoclasts (bone building cells), while reducing the activity of the osteoclasts (cells that break bone down). Repeated stimulation of this system, combined with the increased pull on the bones by the muscles, will increase bone mineral density over time. It is also likely that improved circulation has a good effect on bone health due to a better supply of nutrients, which are also more able to penetrate the bone tissue (Verschuuren 2004, Jordan 2005, Olaf Johnell & John Fisman, 2004, Rubin et al. 2004).

## • Flexibility and Athletic performance

A study called "Die neuromuskuläre stimulation RNS" by German researchers named Kunemeyer & Smidtlochner in 1997 found a substantial increase in flexibility and strength in athletes after the application of vibrations to the body.

A study found that WBV training led to an increase in the vertical jump height in athletes. (D.J. Cochrane, S.R. Stannard – British Medical Journal, 2006)

## • Seniors Performance

WBV decreases fall risk in seniors and is found to improve health related quality of life in nursing home residents. (Ruyore et al. Archives of physical medicine and rehabilitation, 2005)

## • Weight Loss

"New research suggests that, if used properly, vibration plate exercise machines may help you lose weight and trim the particularly harmful belly fat between the organs" – ScienceDaily (May 8, 2009)

## • Aches and Pains in the Lower Back

WBV machines increase circulation and can improve transportation of nutrients in the body to problem areas. A study by Manchester Metropolitan University showed that WBV may reduce chronic lower back pain by 70% in just 3 months.

# Research (continued)

## • Physiological changes and Metabolism

The Department of Kinesiology and Department of Radiology at McMaster University did a study on the effects of WBV on metabolic and cardiovascular responses. The study concluded that: "Moderate intensity WBV results in increased femoral artery blood flow...".

WBV training increased plasma concentrations of testosterone and growth hormones and significantly reduced the level of cortisol (a stress hormone). From "Hormonal responses to Whole-Body Vibration in men, Eur J app. Physiol. 1999

## • Fibromyalgia

A study by "The Journal of Alternative and Complementary Medicine" shows that WBV training can reduce the pain and fatigue and improve physical function for people with fibromyalgia.

George Maylons, Professor of physical medicine and rehabilitation at Ohio State University said: "WBV seems to be a way for people in pain to exercise their muscles and ultimately feel better." George Maylons conducted a study of WBV on patients with fibromyalgia.

## • Multiple Sclerosis

Whole body vibration is found to positively influence postural control, balance, mobility, strength, and endurance in Multiple Sclerosis patients. From a study by The Department of Neurological Physiotherapy, Malmö, Sweden, titled "Whole-Body Vibration Training in patients – a Pilot study" by Ohlin et al.

## • Parkinson's Disease

A 2008 study by Ebersbach et al, titled "Whole body Vibration versus conventional physiotherapy to improve balance and gait in Parkinson's Disease" found equilibrium and gait improved in patients with Parkinson's after WBV training.

## • Urinary Incontinence

Studies have shown that WBV training will reduce the incidence of stress or effort urinary incontinence. (Cardinale M, Bosco C, 2003; Hillwigor J et al, 2002; Huoiv C et al, 2001; Josco C et al, 1999)

Notes: research studies referenced in this User guide were conducted using various WBV models available on the market. We believe the research on WBV training is applicable to AcuVibes vibration machines. You should always consult with your doctor before using WBV equipment for specific diseases or conditions.

# Body Mass Index (BMI)

The Body Mass Index (BMI) is a calculation that gives you a good idea of your body fat, based on your height and weight. BMI is defined as your body weight divided by the square of your height.

$$\text{BMI} = \frac{\text{Weight (lbs)} \times 703}{\text{height(inches)}^2}$$

Weight in Lbs.

Height in Inches

100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120
121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141
142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162
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940	941	942	943	944	945	946	947	948	949	950	951	952	953	954	955	956	957	958	959	960
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982	983	984	985	986	987	988	989	990	991	992	993	994	995	996	997	998	999	1000	1001	1002

BMI Results:

18.5 and below =underweight

18.6 to 29.9=Normal

30+ = Overweight

note: BMI is a good outline for people with average body types, It does not calculate your body fat or muscle percentage.

# FAQ

Q: Is vibration training safe?

A: **Absolutely.** Vibration training has been accepted by all medical professionals. It is also used by NASA and many athletes and trainers. See the Research Section of this user guide for more information. People with medical conditions should consult a doctor before using AcuVibes. See the Contraindications section of the user manual.

Q: Does it really work?

A: Yes, WBV training has many great benefits on the body. The body's natural reflex to vibration is muscle contractions which increases blood flow and lymphatic drainage. Increased blood circulation is the key to health and fitness. Extensive worldwide research proves that WBV training has many health benefits. It is recognized worldwide and recommended by many doctors and health agencies. Please see the Research section of this User Guide for more information.

Q: Will Vibration training reduce cellulite?

A: Yes, research concludes that WBV training reduces cellulite. WBV training increases your circulation, drainage of lymphatic waste, and increases your collagen production. The result is healthier skin and a reduction of cellulite in the body.

Q: How is it different from the treadmill and other cardio equipment?

A: WBV training with AcuVibes is faster and easier than a treadmill. WBV engages 90% to 100% of the body's muscle fibres. The body makes thousands of small muscle contractions per minute to compensate for the vibration and maintain stability. WBV training is more gentle on your joints & ligaments. It provides strength training without strenuous exercise.

Q: Will it replace my regular workout?

A: **Everyone's** fitness goals are different. WBV training will help you burn calories and increase lean muscle mass and improve your balance and flexibility. It is strongly recommended that you supplement your cardiovascular workout with vibration training.

## FAQ (continued)

Q: Why do my legs feel itchy during a workout?

A: This is completely normal. WBV training increases your circulation dramatically. Increased circulation can make your legs tingle and feel itchy.

Q: Can I wear shoes during my workout?

A: Yes, you can wear your shoes if the soles are flexible. You can also exercise bare-footed if you prefer. Many people use a towel or yoga mat for added comfort.

Q: For how long & how often can I use an AcuVibes machine?

A: It is **recommended that you use AcuVibes WBV machines for 10 minutes in the morning and 10 minutes in the evening**. It is not recommended that you use a WBV machine for more than 10 minutes at a time. You can exercise again after taking a 20 minute break.

Q: Will I sweat during the exercise?

A: Yes. It is very normal to sweat during vibration training. WBV training increases your blood circulation, metabolism & core temperature.

Q: Do whole body vibration machines really help to lose weight?

A: Yes, they do. Vibration energy absorbed by the body make your muscles contract and relax 25-50 times per second. When your muscles contract, they require energy and burn calories.

# Speed Guide

If you are new to vibration training, begin at a lower speed until you feel comfortable at a higher speed.

See your Product Manual for more details about your AcuVibes model.

## Low Speeds

- Muscle Relaxation
- Blood Circulation
- Injury Rehabilitation
- Joint mobilization
- Scar tissue healing

## Medium Speeds

- Muscle strength
- Improved Co-ordination
- Blood circulation
- Lymphatic drainage

## Very Low Speeds

- Balance
- Stability



## High Speeds

- Muscle strength
- Hormonal changes
- Neurological stimulation
- Increased mobility
- Increased bone density
- Blood circulation
- Lymphatic drainage
- Decreased lower back pain
- Improved muscle tone

# Strength Exercises



Standing



Calf raise



Squat



Deep Squat  
Keep feet  
separated



Leg curl



Bicep Curl



Side Raises



Standing  
Abdominals



Boxing  
dumbbells are  
optional



Lunge



Push-Ups  
easy



Push-Ups  
Advanced



Reverse  
Push-Ups



Tricep Dip



Pelvic Bridge



One Leg Glutes



Seated  
Abdominals



Groin Surf



# Stretching and Flexibility



Forward Stretch



Quadriceps Stretch



Piriformis Stretch



Pectoral Stretch



Lat Stretch



Back Stretch



Lower Back Extension

Use Caution:  
Advanced Stretch



Seated Forward Stretch



Lunge



Back Stretch



Back and Calf Stretch



# Cardiovascular Training



Standing

Breathe Deeply



Boxing

Dumbbells  
Optional



Tricep Dip



Push-Ups

Easy or  
Advanced



Deep Squat



One Legged Squat

# AcuVibes Yoga



Half Moon  
Side Stretch

(Ardha parsva  
chandasana)



Child's Pose

(Balasana)



Back Stretch  
With Hands  
Together



Standing  
Forward Bend

(Uttanasana)



Garland Pose

(Malasana)



Pyramid Pose

(Parsvottana-  
sana)



Triangle pose

(Trikonasana)



Stork pose



Tree Pose

(Vrksana)



Camel Pose

(Ustrasana)



Standing  
Forward Bend



Standing Hand  
to Toe

(Uthita hasta pa-  
dangusthasana)

Use caution with difficult yoga poses

## Massage Positions



Quad  
Massage



Upper Arm  
Massage



Lower Leg and  
Glutes  
Massage



Calf Massage



Thigh Massage



Yoga Ball  
Feet and Calf  
Massage



note: The contents of this guide is for information purposes only. The information within is not intended to diagnose or cure any ailment or disease. Please consult your medical doctor before undertaking any Whole Body Vibration training.



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