



## USER GUIDE

### Choosing the Best Speeds

In the standing position, ensure your knees are slightly bent, feet are wide enough apart for stability and that you maintain good posture. Your feet should be equally balanced from the centre axis. New users should start off gradually and may need to rest by stepping off the machine for 30-60 seconds as required or between exercises. These speeds will range slightly between various T-Zone machines. Please consult your T-Zone Vibration Trainer for more guidance.

#### **Speed 1 -15:**

At these lower speeds you are forced to use your muscles voluntarily to maintain balance. This speed range is best for:

- bone and muscle strengthening
- balance & posture
- injury rehab
- post surgery rehab including knee and hip replacement
- neuromuscular retraining (resets balance)
- people with sensitive physiologies
- seniors or people with limited range of motion or heart conditions

Start at a speed from the lower end of this range until you feel comfortable and can maintain your position at a higher speed. Durations would depend on fatigue threshold, starting at two to five minute sessions, and working up to ten minute sessions. Attention should be given to helping the person on and off the machine. A 'half step' placed in front of the machine may be necessary for those with limitations.

**\*If you feel any sharp pain or faintness, please stop exercising.**

#### **Speed 15-35:**

At these speeds your muscles don't get the chance to completely relax between contractions so this will now induce involuntary muscle reflexes. The intensity is greater and you're optimizing your workout to gain maximum muscle strength. These are the speeds where free weights and resistance bands are best utilized.

This speed range is best for:

- muscle strength
- improved coordination
- circulation
- stretching
- improved muscle tone
- advanced training

### **Higher Speeds:**

These speeds are not meant for general exercise and it could take 1 to 3 months in training until you reach this level. Faster speeds won't mean you will see benefits any sooner.

Higher speeds are best for:

- massage
- muscle relaxation
- neurological stimulation
- lymphatic drainage

### **Advanced:**

To increase the intensity of your workout, we suggest:

- Extend the time of each position by progressively increasing from 30 to 60 seconds.
- Perform exercise dynamically, i.e. with movement or rotation.
- Incorporate unilateral movement i.e. perform exercises on one leg, etc.
- Increase the amplitude by moving your feet farther apart.
- Increase load by adding resistance bands and weights.

\*Try to experience **many different speeds** as the different intensities will affect a wider range of organs, muscles, bones and other body parts. When any body part makes contact with the platform, you may wish to place a towel or yoga mat over it for added comfort. Floor exercises may not be suitable for all users. Positions other than standing are considered advanced training and should be monitored closely.

***Note: All T-Zone Vibration Machines are CSA approved and Health Canada Class 2 Medical Devices. These machines are not FDA approved medical devices in the US. If you have any medical condition whatsoever, consult a physician prior to using WBV.***

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