

Good Vibrations 4 Life™
Whole Body Oscillating Vibration Machine
(GVM™)



Additional Exercise Schedules

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Example Exercise Schedules

The following schedules are presented as examples. Feel free to use one of them as a guide for creating your vibration therapy schedule. Please remember that vibration therapy should be safe, comfortable and enjoyable. If you find the exercise difficult or your muscles too sore after a workout, feel free to decrease the speed (the most likely problem) or time you spend on the GVM™. If you find the schedule inconvenient, feel free to adjust the days to suit your needs.

The use of vibration therapy assumes a minimum level of health:

Vibration therapy is a safe and gentle method of exercise. The GVM™ can be used without risk by anyone that is at least moderately active in their everyday lives. It is, however, recommended that you **consult your physician before beginning any exercise program**.

Do not use the GVM™ before you consult your doctor if you have a pre-existing medical condition. For a list of pre-existing medical conditions, see page 11.

If you experience any discomfort or abnormal body function , such as dizziness, lightheadedness or pain while using the GVM™, please stop using the GVM™ and consult a physician immediately.

Example 1, General Fitness

Priority: **General Fitness and Some Weight Loss**

Goal: lose 5 pounds and increase muscle tone

Commitment: 3 sessions per week

Initial Fitness Level: beginner

Week 1	Session #	1		2		3		
	Day	Sun	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	Time (minutes)		3		5		8	
	Speed (hertz)		5		5		5	
Week 2	Session #	4		5		6		
	Day	Sun	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	Time (minutes)		10		12		15	
	Speed (hertz)		5		5		5	
Week 3	Session #	7		8		9		
	Day	Sun	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	Time (minutes)		15		15		15	
	Speed (hertz)		7		10		12	
Week 4	Session #	10		11		12		
	Day	Sun	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	Time (minutes)		12		10		10	
	Speed (hertz)		15		18		20	

Example 1. Program Notes:

This program prepares the untrained user to address their fitness goals while ensuring enjoyment, comfort and avoidance of injury.

As with all new users, the program begins with the lowest time setting of 3 minutes and the lowest speed setting of 5 Hz. Progression is focused on reaching a 15 minute session on the GVM™, over a period of two weeks, before increasing the speed. Your muscles will at that point be ready for more demanding exercise. This program also emphasizes giving the bones time to adjust to a level of activity greater than that experienced in daily life. After a session of 15 minutes has been reached, the speed is increased over the next two weeks, while the time is shortened. An effective exercise load of 20 Hz for 10 minutes is your “working level,” a base on which you can now make further progress. The full benefits of vibration therapy can begin to take place with only a small time commitment per day.

Example 2, Weight Loss, 6 days per week

Priority: **Weight Loss**

Goal: lose 20 pounds

Commitment: 6 sessions per week

Initial Fitness Level: beginner

Week 1	Session #	1		2		3		4		5		6	
	Day	Sun	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.					
	Time (minutes)		3	4	5	6	8	9					
	Speed (hertz)		5	5	5	5	5	5	5				
Week 2	Session #	7		8		9		10		11		12	
	Day	Sun	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.					
	Time (minutes)		10	11	12	14	15	15					
	Speed (hertz)		5	5	5	5	5	5	5				
Week 3	Session #	13		14		15		16		17		18	
	Day	Sun	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.					
	Time (minutes)		15	15	15	15	15	15					
	Speed (hertz)		7	8	10	11	12	13					
Week 4	Session #	19		20		21		22		23		24	
	Day	Sun	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.					
	Time (minutes)		12	11	10	10	10	10					
	Speed (hertz)		15	17	18	19	20	20					

Example 2. Program Notes:

This program prepares the untrained user to address more substantial weight loss, while still ensuring enjoyment, comfort and avoidance of injury. Use of the GVM™, on an almost daily basis, provides more rhythm, which enhances motivation, and increases caloric expenditure.

As with all new users, the program begins with the lowest time setting of 3 minutes and the lowest speed setting of 5 Hz. Progression is focused on reaching a 15 minute session on the GVM™, over a period of two weeks, before increasing the speed. Your muscles will at that point be ready for more demanding exercise. This program also emphasizes giving the bones time to adjust to a level of activity greater than that experienced in daily life. After a session of 15 minutes has been reached, the speed is increased over the next two weeks, while the time is shortened. An effective exercise load of 20 Hz for two sessions of 10 minutes per day is your “working level,” a base on which you can now make more focused progress toward weight loss.

As you now proceed to enjoy the full benefits of vibration therapy, choose a number of sessions per day and days per week that ensures you will not miss days or skip workouts - something you can commit to and stick with over a period of time. This will ensure you can successfully meet your weight loss goals.

* Remember that the GVM™ can be used every day, once you have reached your working level (see above), and that more than two sessions per day is acceptable, as long as no more than 45 minutes per day is spent on the GVM™.

Example 3, Weight Loss, 3 days per week

Priority: **Weight Loss**

Goal: lose 20 pounds

Commitment: 3 days per week, 2 sessions per day

Initial Fitness Level: beginner

Week 1	Session #	1		2		3		
	Day	Sun	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	Time (minutes)		3		5		8	
	Speed (hertz)		5		5		5	

Week 2	Session #	4		5		6		
	Day	Sun	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
Morning:	Time (minutes)		5		6		7	
	Speed (hertz)		5		5		5	

Evening:	Time (minutes)		5		6		7	
	Speed (hertz)		5		5		5	

Week 3	Session #	7		8		9		
	Day	Sun	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
Morning:	Time (minutes)		8		9		10	
	Speed (hertz)		7		10		12	

Evening:	Time (minutes)		8		9		10	
	Speed (hertz)		7		10		12	

Week 4	Session #	10		11		12		
	Day	Sun	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
Morning:	Time (minutes)		10		10		10	
	Speed (hertz)		15		18		20	

Evening:	Time (minutes)		10		10		10	
	Speed (hertz)		15		18		20	

Example 3. Program Notes:

This schedule is a variation of example number 2. The difference in this case, however is that the user need only spend a small number of minutes on the GVM™. As with example number two, it prepares the untrained user to address more substantial weight loss, while still ensuring enjoyment, comfort and avoidance of injury. Use of the GVM™, on an every second day basis, provides room for a busy social or business schedule, but the job gets done by using the GVM™ more often when time is available.

As with all new users, the program begins with the lowest time setting of 3 minutes and the lowest speed setting of 5 Hz. Progression is focused on reaching a 15 minute session on the GVM™, over a period of two weeks, before increasing the speed. Your muscles will at that point be ready for more demanding exercise. This program also emphasizes giving the bones time to adjust to a level of activity greater than that experienced in daily life. After a session of 15 minutes has been reached, the speed is increased over the next two weeks, while the time is still increased to achieve two 10 minute sessions per day. An effective

exercise load of 20 Hz for two sessions of 10 minutes per day is your “working level,” a base on which you can now make more focused progress toward weight loss.

As you now proceed to enjoy the full benefits of vibration therapy, choose a number of sessions per day and days per week that ensures you will not miss days or skip workouts - something you can commit to and stick with over a period of time. This will ensure you can successfully meet your weight loss goals.

* Remember that the GVM™ can be used every day, once you have reached your working level (see above), and that more than two sessions per day is acceptable, as long as no more than 45 minutes per day is spent on the GVM™.

Example 4, Athletic Performance

Priority: **Athletic Performance**

Goal: make improvements in strength, speed, balance and muscular endurance

Commitment: supplement already existing exercise program, approximately three days per week

Initial Fitness Level: Competitive level of strength and endurance

(significant running or cycling for cardiovascular fitness and lifting weights for strength)

Week 1	Session #	1		2		3		
	Day	Sun	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	Time (minutes)		3		6		8	
	Speed (hertz)		5		8		10	

Week 2	Session #	4		5		6		
	Day	Sun	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	Time (minutes)		10		10		10	
	Speed (hertz)		12		15		17	

Week 3	Session #	7		8		9		
	Day	Sun	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	Time (minutes)		10		10		10	
	Speed (hertz)		20		22		24	

Week 4	Session #	10		11		12		
	Day	Sun	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	Time (minutes)		10		10		10	
	Speed (hertz)		25		25		25	

Example 4. Program Notes:

This program prepares the competitive athlete for the benefits of vibration therapy as soon as possible, while at the same time ensuring safety and avoidance of injury. Use of the GVM™, on a three days per week basis, for example, is intended to coincide with the athlete's already established program. The athlete can use a vibration session as a warm-up before beginning their existing work out, or as a warm down exercise after intensely demanding exercises have been completed. Vibration therapy is particularly applicable to the athlete that is looking for an extra workout "top off," after they have completely expended themselves, based on their personal motivational capacity. Vibration therapy can result in the recruitment of more muscle fibers that can be consciously engaged by even the most motivated athletes.

As with all new users, the program begins with the lowest time setting of 3 minutes and the lowest speed setting of 5 Hz. Progression is focused on reaching a 10 minute session on the GVM™, within a period of one week, while at same time increasing the intensity (speed). The program assumes a pre-existing level of vascularization of the muscle tissues and density of the bony matter, which will allow the muscles and bones to benefit, almost immediately, from the increased stimulation. It should be emphasized that progression should occur at a comfortable rate. No more than the usual muscle soreness should be experienced after a workout. Pain, or a greater than normal level of discomfort after exercise is cause for consultation with a physician or trainer to investigate the source of the problem. If necessary, an introduction to vibration therapy at a more gradual rate (as above for the inexperienced user) should be considered.

After four weeks of progression, the “working level” of 25 Hz for a 10 minute session has been reached. This should suffice for most athletic purposes, though, as with all users, the “working level” should be a comfortable level. Some athletes may prefer a lower frequency, and others a higher frequency. **Good Vibrations 4 Life Inc. does not recommend the use of this or any other vibration machine at a level of 30 Hz or more without professional consultation.**

* It is important to remember that once your “working level” has been reached, the GVM™ can be used every day, but should not be used for more than 15 minutes at a time, or more than 45 minutes total per day. Athletes should keep in mind that recovery from exercise (a rest day) is just as important in making gains (in strength, speed, balance and coordination for example) as a day of intense exercise.

Example 5, Elderly

Priority: **General Fitness, Elderly**

Goal: Increase General Fitness and Bone Density

Commitment: 3 sessions per week

Initial Fitness Level: Beginner with Some Weakness

Week 1	Session #	1		2		3		
	Day	Sun	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	Time (minutes)		1		2		3	
	Speed (hertz)		5		5		5	

Week 2	Session #	4			5		6	
	Day	Sun	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	Time (minutes)		5		8		10	
	Speed (hertz)		5		5		5	

Week 3	Session #	7			8		9	
	Day	Sun	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	Time (minutes)		10		10		10	
	Speed (hertz)		7		10		10	

Week 4	Session #	10			11		12	
	Day	Sun	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	Time (minutes)		10		10		10	
	Speed (hertz)		10		10		10	

Example 5. Program Notes:

This program is similar to Exercise Schedule Example 1, in that it prepares the untrained user to address their fitness goals while ensuring enjoyment, comfort and avoidance of injury. However, since the user is elderly in this case, the time setting begins at a smaller initial amount and the user does not attempt to reach a full 15 minute session. As well, the maximum speed goal is less, at only 10 Hz. In the case of an individual that may be weaker and unaccustomed to regular exercise, the initial time can begin with a setting as low as 10 seconds. As well, foot placement should be closer together to ensure that initial oscillation effect is quite minimal. **In the case of the elderly user that may be unaccustomed to exercise, as well as possibly unsteady on their own, use of the GVM™ should not be considered without the assistance of a therapist, or someone otherwise qualified to provide physical support as well as assistance with the settings on the GVM™. The remote control provided may be especially useful in this case.**

This program emphasizes helping an elderly user engage in and experience the benefits of regular exercise without making it too demanding. An exercise load of 10 Hz for 10 minutes is the “working level,” a level which they can continue with in the long term or improve upon, if possible.

In the case of an elderly user that finds this program easy, further increases in time (aiming for the 15 minute mark) and then speed (possibly aiming for 20 Hz) are possible considerations. (See exercise schedule Example 1.) In the case of the elderly user, however, priority should be with ensuring their safety given possible unsteadiness.

Example 6, Rehabilitation

Priority: **Recovery from Injury**

Goal: bear weight on injured leg independently

Commitment: 3 sessions per week

Initial Fitness Level: injured, unable to stand without the assistance of a therapist

Week 1	Session #	1		2		3		
	Day	Sun	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	Time (minutes)		1		1		1	
	Speed (hertz)		5		5		5	
Week 2	Session #	4		5		6		
	Day	Sun	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	Time (minutes)		2		2		2	
	Speed (hertz)		5		5		5	
Week 3	Session #	7		8		9		
	Day	Sun	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	Time (minutes)		3		3		3	
	Speed (hertz)		5		5		5	
Week 4	Session #	10		11		12		
	Day	Sun	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.
	Time (minutes)		5		5		5	
	Speed (hertz)		5		5		5	

Example 6. Program Notes:

This program prepares the injured individual to enhance their recovery from a major injury, such as the recently healed bone, torn ligament, stroke or spinal cord injury. It should be emphasized that, in the case of any major injury, enhancing recovery should take place with the consultation of a physician and/or trainer/physiotherapist. As in the case of all medical conditions, vibration therapy should only be considered if it is safe for the user to engage in at least a moderate level of exercise.

The example shown above is for illustration purposes only. Choice of time, speed and the number of days per week should be made carefully by a professional, according to the individual's condition and a reasonable rate of recovery. Vibration therapy, in the case of an individual recovering from a major injury, should be used for the purpose of increasing circulation, stimulating the immune system, stimulating the muscles and bones to encourage recovery, and other secondary benefits, that include returning to the pre-injury state of fitness, if that state can possibly be realized. "Enhancing recovery" should not be confused with the expectation of immediately returning the individual to pre-injury condition. Recovering from a major injury takes time and vibration therapy, while it can be very helpful in speeding up or facilitating recovery, is not presented as a "miracle cure."

Unlike other new users, the program for an injured user, begins with adjusting the time setting to 1 minute and the speed setting to 5 Hz. Please note that the time can be set as low as 10 seconds using the "time -" button. Also, in the case of the injured user, please ensure that the feet are placed as close as possible to ensure the minimum amplitude, and therefore the minimum level of stimulation.

Progression is focused on increasing the time spent on the, before increasing the speed. This allows for vascular development, ensuring that there is an adequate supply of oxygen and nutrients delivered to the tissues in order to encourage further recovery. Muscles, bones and nerves can then be rehabilitated according to their own ability, as a therapist and the individual see fit.

Depending on the extent of the injury, significant time may be required for rehabilitation. Eventually the individual may proceed to the beginner level, as shown in Exercise Schedule Example 1 (above).

Warning - if you have a pre-existing medical condition

Do not use the GVM™ before you consult your doctor if you have any of these pre-existing medical conditions:

- Any Problem with Vertebral Discs (Slipped Disc, Etc.)
- Arthritis, Arthrosis, Arthropathy (inflammation or degeneration of the joints)
- Artificial Joints (Recently Implanted)
- Cancerous Tumors
- Discopathy (Diseases of the Vertebral Discs)
- Epilepsy
- Head Injury or a Neurological Condition
- Hernia
- Inflammations or Infection
- Intrauterine Device
- Metal Pins or Plates
- Nephrolithiasis (Tendency to Develop Kidney Stones)
- Open Wounds
- Poor Sensation in the Feet (Somatosensory Reception)
- Pregnancy
- Pulmonary Embolism (Blockages in the Arteries of the Lungs)
- Recent Surgery
- Retinal Detachment
- Rheumatoid Arthritis
- Serious Cardiovascular Disease or conditions related to the heart or heart valves
- Severe Migraines
- Spondylosis (Degenerative Disease of the Joints between the Vertebrae)
- Thrombosis (Blockages in the Blood Vessels Caused by Clots)
- Type I Diabetes

Some may need to refrain from vibration therapy until a condition has been treated or stabilized. Some medical conditions preclude the use of vibration therapy.

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