

PULSE TRAINER

VIBRATION TECHNOLOGY

The World's Only Dual-Mode Vibration Trainer

Beginner Program

<p>1/2 Squat</p> <p>> Mode: Tilt</p>	<p>Full Squat</p> <p>> Mode: Tilt</p>	<p>1/2 Lunge</p> <p>> Mode: Flat</p>	<p>Calves - Double</p> <p>> Mode: Tilt</p>	<p>Bicep Curl</p> <p>> Mode: Tilt</p>
<p>Glut Hold - Double</p> <p>> Mode: Flat</p>	<p>Chest Hold - Knees</p> <p>> Mode: Flat</p>	<p>Triceps Hold - Knees</p> <p>> Mode: Flat</p>	<p>Ab Bridge - Knees</p> <p>> Mode: Flat</p>	

Intermediate Program

<p>1/2 Squat</p> <p>> Mode: Tilt</p>	<p>Full Squat</p> <p>> Mode: Tilt</p>	<p>Lunge</p> <p>> Mode: Flat</p>	<p>Calves - Double</p> <p>> Mode: Tilt</p>	<p>Bicep Curl</p> <p>> Mode: Tilt</p>
<p>Glut Hold - Double</p> <p>> Mode: Flat</p>	<p>Chest Hold - Feet</p> <p>> Mode: Flat</p>	<p>Hamstring Hold</p> <p>> Mode: Flat</p>	<p>Triceps Hold - Half Dip</p> <p>> Mode: Flat</p>	<p>Ab Bridge - Feet</p> <p>> Mode: Flat</p>

Stretches

<p>Hip Flexor Short</p> <p>> Mode: Flat</p>	<p>Hip Flexor Long</p> <p>> Mode: Flat</p>	<p>Quads - Thighs</p> <p>> Mode: Flat</p>	<p>Hamstrings - Standing</p> <p>> Mode: Flat</p>	<p>Adductor - Kneeling</p> <p>> Mode: Flat</p>	<p>Abductor - Standing</p> <p>> Mode: Flat</p>
<p>Glut</p> <p>> Mode: Flat</p>	<p>Calf - Short</p> <p>> Mode: Flat</p>	<p>Calf - Long</p> <p>> Mode: Flat</p>	<p>Chest - Standing</p> <p>> Mode: N/A</p>	<p>Lat</p> <p>> Mode: N/A</p>	<p>Bicep/Forearm</p> <p>> Mode: Flat</p>

Relaxation

<p>Gluts and Hamstrings</p> <p>> Mode: Flat</p>	<p>Adductors</p> <p>> Mode: Flat</p>	<p>Quads - Thighs</p> <p>> Mode: Flat</p>	<p>Feet</p> <p>> Mode: Flat</p>	<p>Calves</p> <p>> Mode: Flat</p>
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