



Accelerated Vibration Training™ Machines



# Features



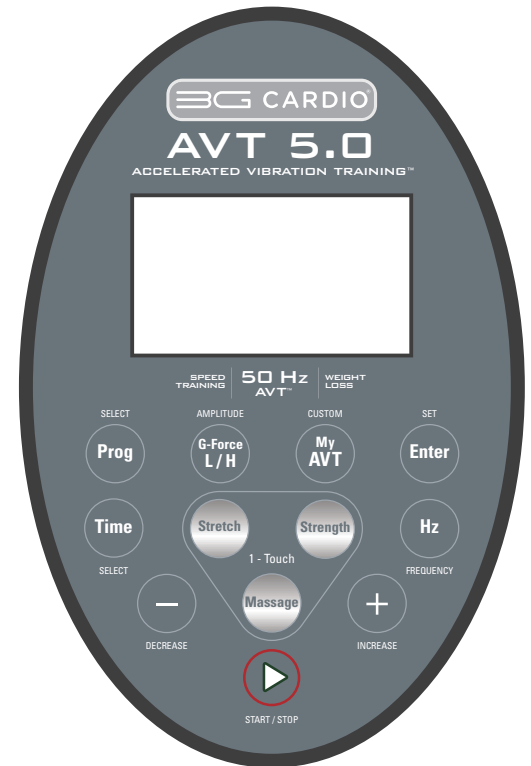
# Console Operation and Programming AVT 5.0

## Quick Reference to Start Up Screen:

With the AVT™ (Accelerated Vibration Training) Vibration Plate powered, the first visible screen on the Main Upper Console will display a Manual or Quick Start window. An “M” (manual program) will be displayed in the top left corner of the display and an “H” for High (Low/High) G-Force (amplitude) will be displayed in the top right corner. Below will be text referencing the default time in seconds 60sec (time), starting frequency (35Hz) and amplitude (High - 2.5mm).

- **Time** = How long the current segment will last.
- **Amplitude (G-Force) (Low/High)** = The amplitude or height of movement from the Vibration Platform Base. The higher the amplitude setting, the more upward force the unit will produce.
- **Frequency (Hz)** = The speed or Hertz at which the machines moves up and down (amplitude).
- **G-FORCE** = (The force of gravity or acceleration on a body) G-Force is a real time measurement of Frequency and Amplitude and will be displayed on the lower part of the Upper Console.

Main Upper Console






## 1 - TOUCH BUTTONS (Quick Start)

1. To use a 1-Touch Button simply press “STRETCH,” “STRENGTH” or “MASSAGE” and then push the “START” button. Each of these buttons are pre-programmed with a specific TIME-HERTZ and AMPLITUDE. These pre-programmed settings can be changed at any time for the current workout.

2. Each of the three 1-Touch Buttons are pre-programmed and designed to be an easy way to quickly start a manual routine.

1. **STRETCH:** 60sec/30Hz/Low Amp
2. **STRENGTH:** 60sec/40Hz/High Amp
3. **MASSAGE:** 60sec/50Hz/High Amp








## MANUAL PROGRAMS

1. To begin using the AVT Vibration Plate in a manual program, start by pressing  and the machine will begin to operate. At any point if you press  again, the machine will pause. If you need to stop at any point press  and the unit will shut down.
2. You can also change the settings in the default manual programs. The Default Time, Frequency (Hz), and Amplitude settings can be changed before and during a manual program.







Lower Middle Console











## Console Operation and Programming AVT 5.0 – Continued

3. Time: If you would like to change the overall time of the current workout press  once. You will see the “time” readout on the display begin to flash and at that point press   to increase or decrease to your desired time between 30 seconds and 600 seconds (10 minutes).
4. Frequency (Hz): If you want to adjust the Frequency (Hz), simply press . When you adjust the Hz, the Amplitude and Acceleration “G-Force” will change accordingly. You can adjust Hz in single digit increments by pushing  . The maximum Frequency (Hz) is 50Hz. **NOTE:** While adjusting the Frequency (Hz) setting, you will notice that the “G-Force” or Amplitude setting will automatically adjust simultaneously to create an appropriate dual setting. This is normal.
5. You can adjust G-Force (L/H – Amplitude) before and during a workout.
6. When you are finished with a workout, the AVT Vibration Plate will record your last settings. Once  is pressed again, the machine will start up with the previous settings.

### PRE-PROGRAM

1. To select a pre-programmed workout, simply press  and Program 1 will appear on the display screen. To select Program 2, simply press  again. Each time you press  the next program will appear on screen.
2. Each of the preset Programs will have six different sub category programs which you can access by pressing  . Each program will have a different setting for Time, Frequency (HZ) and G-Force (AMPLITUDE).
3. If you want to enter manual program, after you press  for the fourth time, the console will enter Manual program.

### CUSTOM PROGRAMS (MY AVT)

1. The 3G Cardio Vibration Plate allows you to create your own custom program. Start by pressing  to enter into a Custom Program mode. You will have the ability to create 3 different programs. (U1, U2, and U3) To access U2 or U3 simply press  again to access the next user program.
2. Once you choose which User program you would like to create, press . Now you will choose your total workout time. By pressing the   buttons you will first choose your total minutes and press , next you will determine how many seconds your program will need. Once you are finished setting your time, press  to set the Frequency (Hz). Once you finish your custom settings, press  to start the machine.

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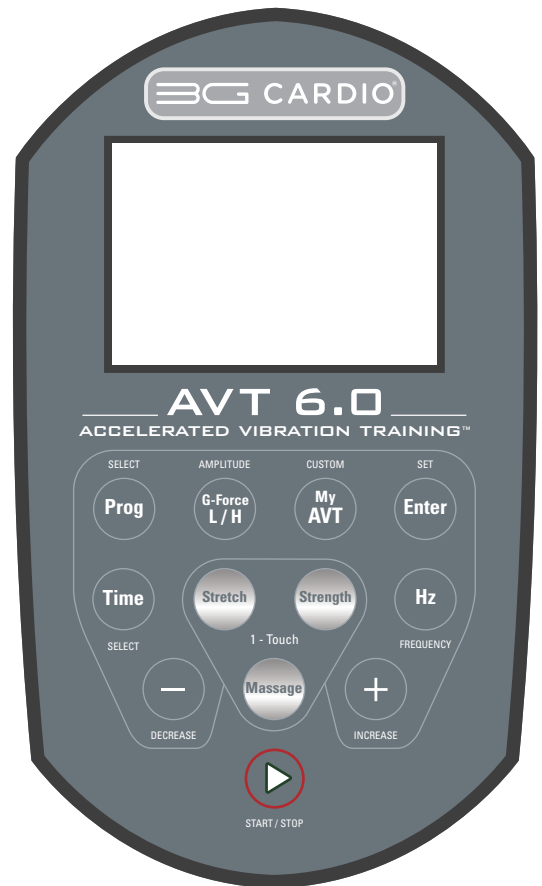
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Main Upper Console









Lower Middle Console











# Console Operation and Programming AVT 6.0 – Continued

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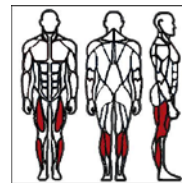
# Exercise Instructions



## A 01 SQUAT

Stand on the 3G Cardio® AVT™ Vibration Machine with feet shoulder width apart. Keeping the back straight and knees slightly bent gently squeeze the leg muscles. You should feel tension in your quadriceps, buttocks and back.

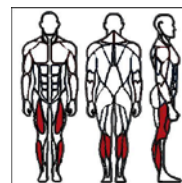
Tip: Keep good posture with back straight. If you lean slightly forward quadriceps will be emphasized more, if you lean back hamstrings will be used more. Keep body weight on heels.



## A 02 Deep Squat

Stand on the 3G Cardio® AVT™ Vibration Machine with feet flat and shoulder width apart. Keeping the knees directly above the feet at a 100 degree angle, gently bend the legs and squeeze the leg muscles.

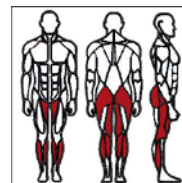
Tip: As with regular squat, keep body weight on heels and try adjusting heel pressure for best results. In addition to controlling how much quads and hamstring are used, varying width of stance will change muscle usage.



## A 03 Wide Stance Squat

Stand on the 3G Cardio® AVT™ Vibration Machine with legs wide apart and toes turned outward. Keeping the knees directly above the feet at a 100 degree angle, gently bend the legs. You should feel tension in the back, buttocks, quadriceps and inner thigh area.

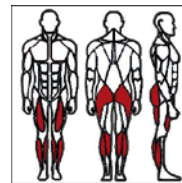
Tip: Experiment with width and heel pressure to find comfortable stance, make sure to keep eyes straight ahead to ensure correct posture with back straight.



## A 04 Lunge

Place one foot in the middle of the 3G Cardio® AVT™ Vibration Machine and step back with the other foot while planting it firmly on the ground behind you. Keeping the back straight and the knees directly above the toes, squeeze the leg muscles. You should feel tension in the hamstrings, quadriceps and buttocks.

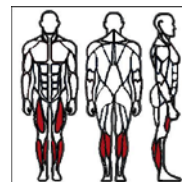
Tip: Put your hands on your hips to help with balance if needed. Adjust heel tension as needed.



## A 05 Calves

Standing in the center of the 3G Cardio® AVT™ Vibration Machine, rise up on to the balls of the feet. Keeping your back straight and abdomen tight, you should begin to feel tension in your calf muscles. To add variation to the exercise, try bending your knees to 90 degrees.

Tip: Squeeze your calf muscles to make it more difficult.



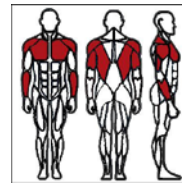
# Exercise Instructions



## A 06 Triceps Dip

Facing away from the 3G Cardio® AVT™ Vibration Machine, firmly grip the edge and push upwards. Now bend the arms slightly and lower the hips toward the vibration platform plate, squeezing the shoulder blades together. You should feel the tension mainly in your upper arms. For variation, repeat the exercise with your legs straight.

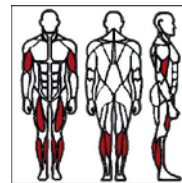
Tip: Vary hand position in and out to train the triceps in different ways.



## A 07 Biceps Curl

Position your toes slightly under the edge of the 3G Cardio® AVT™ Vibration Machine platform for support and hold the straps tightly at waist height. Knees should be slightly bent, back and wrists kept straight. Pull your arms upward. You should feel tension in the shoulders and biceps.

Tip: Adjust the length of the straps to train the biceps in different ways. Focus on using just biceps to isolate them more.

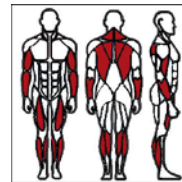


## A 08 Bent Over Pull

Stand in front of the 3G Cardio® AVT™ Vibration Machine. Pull the belts upward on the side of your body. Push your chest out and shoulder-blades together. Pull your arms backwards in a smooth motion and you should feel tension in your upper back and shoulder area.

Vary hand position in and out to train the triceps in different ways.

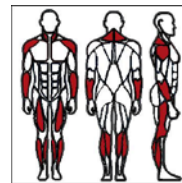
Tip: Adjust the length of the straps and the angle in which you are pulling in order to train the back in different ways.



## A 09 Front Raise

Stand in front of the 3G Cardio® AVT™ Vibration Machine, legs shoulder width apart and raise both arms horizontally in front of your torso. Keeping your back straight and abdomen strong; pull the straps upward. For variation, perform the same exercise from a standing position on the vibration platform.

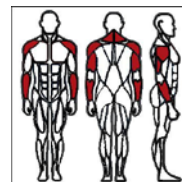
Tip: This is a great way to strengthen the rotator cuffs, but don't go past parallel. Keep back straight and eyes straight ahead.



## A 10 Shoulder Press

Position the body in a horizontal line parallel with the 3G Cardio® AVT™ Vibration Machine. Hands should be shoulder width apart, legs and back straight, head raised. Using slow and controlled movements push your slightly bent arms toward the vibration platform and then return to the starting position. This exercise is perfect for shoulders and upper arms.

Tip: Change amount of pressure and bend in your arms to find comfortable angle and to vary the workout results.





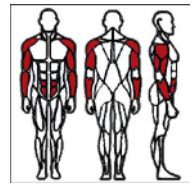
# Exercise Instructions



## A 11 Lower Abdominals

Brace yourself on your elbows and hold onto the front edge of the 3G Cardio® AVT™ Vibration Machine platform. Now, with a straight back, pull your buttocks up slowly as if you wanted to pull the vibration platform toward your feet. You should feel tension in your abdominal region. To vary the routine, perform the same exercise from a kneeling position.

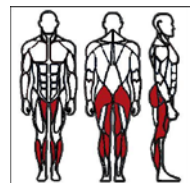
Tip: This is similar to the Plank exercise, but with even greater results for your core because of the vibrations. Flex and squeeze abs while doing it for even better workout.



## A 12 Standing Abdominals

Stand in the center of the 3G Cardio® AVT™ Vibration Machine, feet shoulder width apart, holding the railing at chest height. Keeping the back straight and legs slightly bent, push your upper torso down. Immediately you'll begin to feel tension in your abdominal muscles.

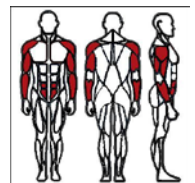
Tip: To vary the exercise, simply bend your arms further.



## A 13 Lateral Abdominals

With one foot directly behind the other, place one elbow on the 3G Cardio® AVT™ Vibration Machine platform and lean sideways. Keeping your head, torso and legs straight, push your shoulders down and tighten your torso simultaneously. This exercise works the lateral abdomen.

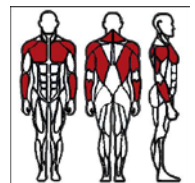
Tip: To add some variety, try pushing your hips upward at the same time.



## A 14 Push Up

Kneel in front of the 3G Cardio® AVT™ Vibration Machine, placing hands on the vibration platform shoulder width apart with fingers facing inward. With a straight back and strong abdomen, push off the vibration plate platform. This exercise will strengthen chest, shoulder muscles and triceps.

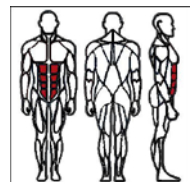
Tip: For variation, try straightening your legs and lifting your knees. Vary width of hand placement by going wide (more back and chest used) or narrow (more triceps used).



## A 15 Abdominal Crunch

Place a pillow under the small of your back, raise your legs and place your hands under your head for support making sure to keep your elbows parallel with the floor. Crunch your upper body toward your legs and feel the tension in the abdominals. Ensure your buttocks and lower back do not lose contact with the platform.

Tip: To vary the routine, lock your feet under the bottom of the upper handles.



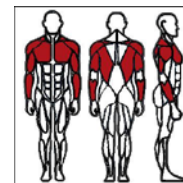
# Exercise Instructions



## A 16 Lattissimus Dip

Place your hands on the mat, shoulder width apart. Keeping wrists and forearms straight gently push off the handles. It is important to keep the hips straight and to push the shoulders downward. This exercise promotes muscular arms, shoulders and abdomen. Try doing the same exercise but this time keep your legs straight.

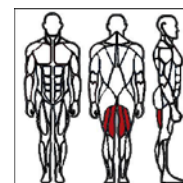
Tip: Vary width of hand placement to slightly change workout.



## B 01 Hamstring Stretch

Position your body in a wide stance on the 3G Cardio® AVT™ Vibration Machine, buttocks pushed backwards. Holding the handles, let your upper torso drop as far forward as possible. This exercise will stretch the buttock and hamstring muscle groups. Alternatively, stand up straight and let your upper torso and arms drop forward.

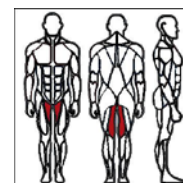
Tip: If you are flexible bend over far enough to reach around the back of the column, which will help you stretch farther. Adjust feet width to vary stretch.



## B 02 Quadriceps (Hip Flexor) Stretch

Position your knee and shin on the 3G Cardio® AVT™ Vibration Machine platform ensuring the foot remains off the Plate! Keeping the upper body and back straight, tense your stomach. By pushing your pelvis forward you'll be stretching your quadriceps.

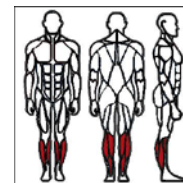
Tip: Vary this exercise by pulling the rear leg forward.



## B 03 Calf Stretch

Stand sideways on the 3G Cardio® AVT™ Vibration Machine, with one leg in front of the other and toes facing forward. The front leg should be slightly bent, the rear leg is straight. Push the heel of the rear leg down and you should feel tension in your calves.

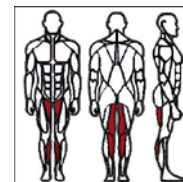
Tip: To vary this exercise, keep your back straight and push your pelvis forward. Adjust heel tension to vary as well. Try this stretch also while facing towards the upright column and lean against the handles.



## B 04 Adductor Stretch

Stand sideways on the 3G Cardio® AVT™ Vibration Machine with your feet near the support column. Place the outside foot on the floor close to the plate so legs are apart. Bend the outside leg while keeping the other leg straight. While keeping the upper body straight, lower your buttocks to the floor. This exercise will stretch the insides of your thighs. Repeat on the opposite side.

Tip: If you are unfamiliar with this exercise, practice off the vibration plate first to get the hang of it.



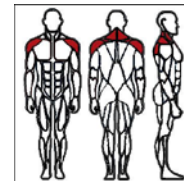
# Exercise Instructions



## B 05 Shoulder Stretch

Stand with your back to the 3G Cardio® AVT™ Vibration Machine and use your left hand to pull the strap slowly up to your buttocks. Your right hand should be placed on your head while pulling it slightly to the right. Reverse to stretch other shoulder.

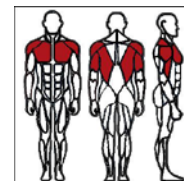
Tip: Perform exercise slowly and hold stretch for 5-10 seconds.



## B 06 Pectoral Stretch

Sit with your back to the 3G Cardio® AVT™ Vibration Machine. Push down on the vibration plate platform behind your back so that your fingers grip the edges. By pushing your shoulders down you'll stretch your chest and shoulders.

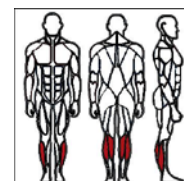
Tip: You may also gently pull the straps on either side for optimum results.



## C 01 Calf Massage

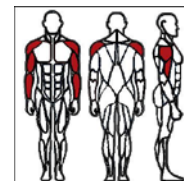
Lay in front of the 3G Cardio® AVT™ Vibration Machine with both calves resting on the Vibration plate, toes pointing toward the ceiling. The rest is easy, simply relax and enjoy an invigorating calf massage.

Tip: When using the Vibration plate for massage, focus on controlled, relaxed breathing and relaxing muscles as much as possible.



## C 02 Upper Arm Massage

Lie sideways facing the 3G Cardio® AVT™ Vibration Machine base, with legs slightly bent. Ensure the Dampening Mat extends slightly over the edge. Rest one arm on the vibration platform and relax.



## C 03 Adductor Massage

Lie on your side facing the 3G Cardio® AVT™ Vibration Machine. Slightly bend one leg and rest it on the Vibration plate. Making sure your body does not touch the Plate. Now repeat the massage with the other leg.

