

# VIBROSPHERE®

by ProMedVi

Balance with vibration



**Quality of Life  
Basic**



 **ProMedVi®**



**VIBROSPHERE®**

-balance with vibration

# ProMedVi® Quality of Life

Training with Vibrosphere® gives positive results rapidly. It is easy and effective. Balance and muscle strength are improved. Mobility and co-ordination are additional benefits.

Vibrosphere® can be used in many different situations and for many different purposes – warming up before training or jogging, as a workout in itself (can be combined with i.e. dumbbell or elastic band exercises) or after training.

The combined balance and vibration training gives better results in a shorter time. It is a workout which is suitable for everyone: active athletes and people who are less active as well as for those who have reached a more mature age. The training makes an active life possible, where you feel good, can do more and reduces the risk of age-related ailments.

The Vibrosphere® is convenient for training at home since it is compact, flexible and is easy to store. After a simple set up and setting of time you can immediately start the training. Short workouts with suitable exercises for training the entire body give good results in a short time. 10 -15 minutes three times per week makes a big difference!

Training with the Vibrosphere® promotes functional training. Functional training means that you train in natural movements and strengthen all the important muscles surrounding the joints, resulting in improved mobility and performance for your everyday movements. Training of the muscles surrounding the joints strengthens the joints and reduces the risk of injury. The goal of functional training is to develop the balance, strength and flexibility which are already used in everyday life. A co-operation is enhanced between all the muscle groups which contribute to a specific movement.

There is also another interesting gain: Many apparently healthy people periodically have, in one way or another, problems with pain in their backs, shoulders, knees, etc. There are a few studies and a large number of clinical examples of users who obtain less pain and greater function when training with Vibrosphere®. This increases your Quality of Life. An additional positive result of the workout is that you get and maintain a good-looking and well-trained body.

Good luck with your training!

Kaj Laserow  
Chartered Physiotherapist/ Innovator

# Getting started

## Up and down on the Vibrosphere® in standing

Step up on the Vibrosphere® by placing one foot in the middle. You may support yourself by holding on to a fixed object or a wall. For further support place the Vibrosphere® in a corner and, back against the corner, step up. Then place the other foot next to the first, keeping both in the centre, and find your balance. Thereafter, move both feet carefully outwards to hip-width apart. Focus on a fixed point in front of you. Stand straight with slightly bent knees. Start exercising.



Before stepping down from the Vibrosphere®, bring your feet to the center. Support yourself with your hands or fingers on a wall or fixed object. Step down one foot at the time.



## Down and up on the Vibrosphere® in lying

Stand on all four next to the Vibrosphere®, supporting yourself with your arms, slide down sideways and roll on to the Vibrosphere® so that you are lying on your back.

Raisin up from lying on your back you roll over onto your side, then you put your arms onto the floor and get off the Vibrosphere® into standing on all four. Push away from the floor to sitting on your heels. Lift yourself up to knee standing, put one foot on the floor and push yourself up to standing.



# Training instruction

ProMedVi Quality of Life exercises are built up as follows:

- The name of the exercise is written at the top.
- The aim describes briefly which muscles you mainly exercise.
- For each exercise holds:
  - time: 3 sets of 30-60 seconds
  - frequency: 20-45 Hz  
(around 30-35 Hz for muscle activity, 35-45 for circulation- and sensibility training to increase sensation in feet and legs)
- We recommend starting on 30 Hz for 30 seconds, and gradually increasing.
- Maintain a maximal effective vibration time of 10-15 minutes per session excluding rest between each exercise.
- The instruction describes what to focus on when the exercise is performed.
- The development describes how to advance the exercises. The steps of progression are described in degrees of difficulty.
- Remember that by closing your eyes, increasing the time or changing a thicker soft pad for a thinner one also advances the level of difficulty.
- If the vibrations cause discomfort or you get a headache, try bending your knees more.
- It could be an advantage to use exercise gloves or the blue exercise mat during those exercises where you place your hands on the Vibrosphere®. This would make the exercises more comfortable to perform.
- Use bare feet for best results.
- Stretching is not necessary if you have very mobile joints.

## Basic position

- Standing, feet slightly apart (hip-width) and pointing forwards. Knees slightly bent.
- Pull the navel inwards and upwards to involve the transverse abdominal muscles.
- Keep your head upright and look straight ahead with fixed eyes.
- Shoulders should be relaxed and pulled slightly backwards during those exercises not involving the arms.
- Breathe regularly and exhale slightly forced through your mouth.



# Training instruction

Start by placing the Vibrosphere® on a functional pad or another suitable base with good friction. The most difficult balance training is done placing the Vibrosphere® on the blue training mat. If you want to decrease the level of difficulty you should use one of ProMedVi's stabilizing "Soft" function pads. They are available in 3 different thicknesses, the thinnest being the hardest. For best effect be bare foot. Also, place the Vibrosphere® close enough to a wall or wall bar for support with your fingertips only. You should however try and balance without any support as soon as possible.

Bear in mind that the training can have a high impact on the joints and muscles. Therefore, the training should be stepped up gradually. Certain people may feel a slight discomfort due to the training, like nausea or dizziness. Start gently by placing only one foot on the Vibrosphere®.

Training on the Vibrosphere® is a forceful form of training. There are certain conditions when you should avoid the training or be particularly cautious. Most people are always able to perform some exercises. Having a hip implant does for instance not stop a person from performing circulation training without load or doing upper body exercises. Even ankle sprains can be trained without load on the Vibrosphere®.

The following should be taken into consideration when you train on the Vibrosphere®:

*Avoid training in case of:*

- Pregnancy
- Serious circulatory problems like thrombosis
- Cardiovascular complaints
- Rehabilitation after operation, especially joint replacement
- Fever or other signs of infection
- Acute lumbar disc problems
- Non healed fractures
- Rehabilitation following eye surgery

*Show caution in case of:*

- Rehabilitation after ligament surgery; wait at least for 3 months, train only under the supervision of a physiotherapist
- Lumbar disc problems
- Joint implant surgery
- Arthritis
- Pain in injured area during training

In other illnesses or pain conditions you should consult your doctor, physiotherapist or trainer. If you experience discomfort, seek advice from the trainer in charge.

## ProMedVi® Life Quality exercises:

### Exercises

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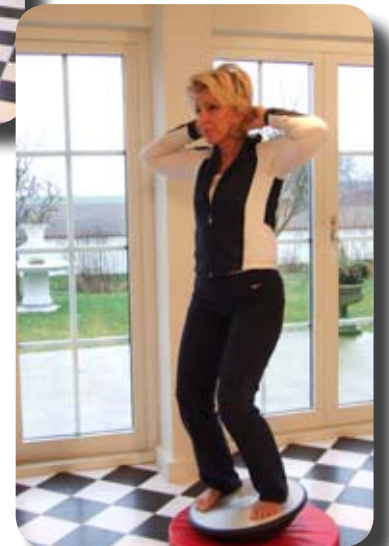
### Stretching

- |                  |         |
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# 1. Standing on the Vibrosphere®



**Training:** Balance

**Instruction:**

1. Stand feet apart (hip-width), knees slightly bent.
2. Knees point straight forward.
  - If unsteady, hold a hand/finger out for support on a wall.
  - If the vibrations make you experience discomfort in your head, bend your knees further.
3. Retain an upright posture.

**Development:**

1. Increase the time.
2. Let go of the wall and keep your balance.
3. Hold your arms stretched out to the side.
4. Fix your hands on your hip or behind your neck.
5. Stand in one of the above mentioned positions with closed eyes.

## 2. Push ups



**Training:** Stability. Shoulder muscles / arms.

- Instruction:**
1. Kneel, hip-width, approx 50-80 cm behind the Vibrosphere®.
  2. Grip the handles on the side of the Vibrosphere®.
  3. Keep your back straight.
  4. Pull in your stomach.
  5. Bend and stretch your elbows, repeat several times.
  6. Breath steadily.

- Development:**
1. Increase the time.
  2. Lift your feet off the floor.
  3. Put your feet on the floor, wide apart.
  4. Put your feet on the floor, hip-widths or closer.
  5. Carry out dynamic movements by tilting the Vibrosphere® in different directions.

## 3. Abdominals



**Training:** Abdominals

- Instruction:**
1. Place yourself with your back on the Vibrosphere®. The lower edge of the Vibrosphere® should stop just above the crest of your hip and the upper part shall be in line with your shoulders.
  2. Fix your heels on the floor and pull them towards your bottom.
  3. Place your hands, alternatively holding a towel with both hands, behind your neck for stabilization. The neck should be in line throughout the whole exercise.
  4. Press the small of your back into the Vibrosphere® and lift your upper body slightly to tense your stomach.
  5. Lower your upper body slightly and let go of the tension in your stomach. Repeat several times.

- Development:**
1. Increase the time.
  2. Stretch your arms forwards at the same time as you lift you upper body.
  3. Hold a weight on your chest as you lift your upper body.
  4. Hold a weight behind your neck as you lift your upper body.

## 4. Pectorals



Lower part

Middle part

Upper part

**Training:**

Pectoral muscle.

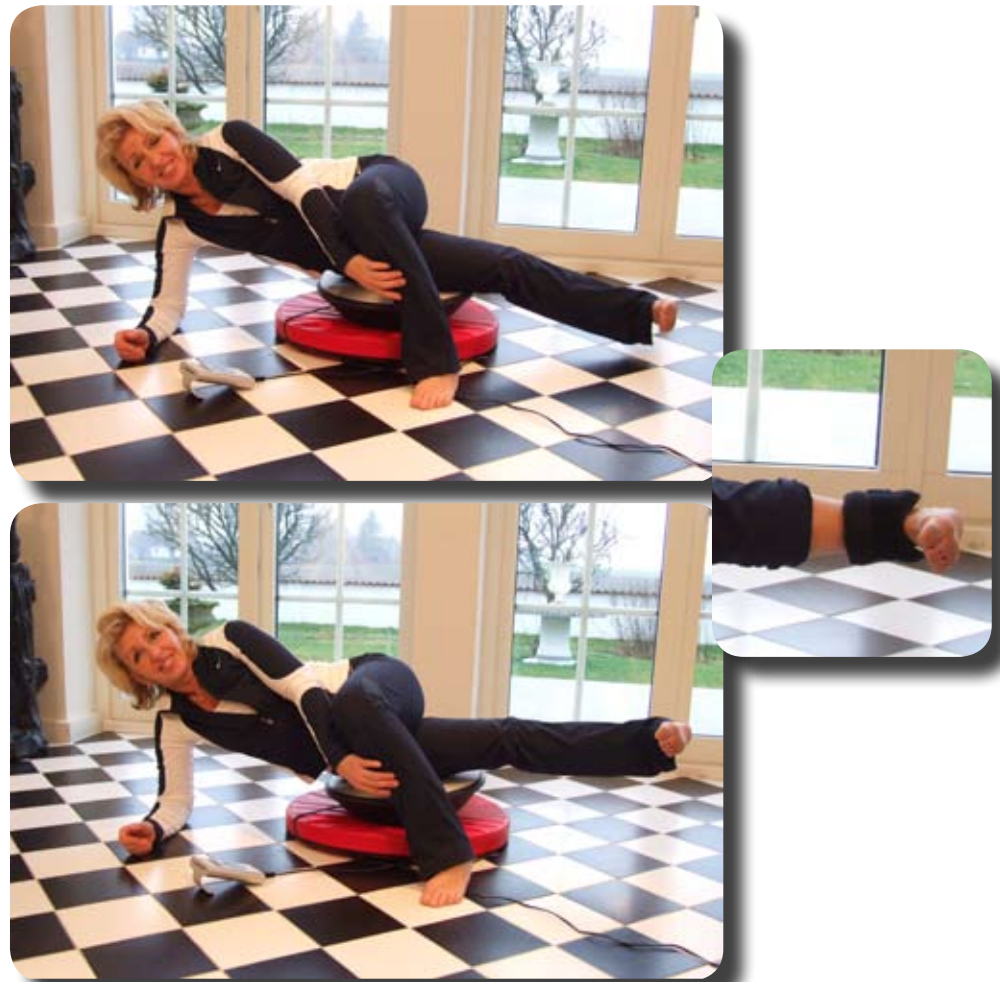
**Instruction:**

1. Place yourself with your back on the Vibrosphere® with the lower edge of the Vibrosphere® just above your pelvis and the upper edge in line with the shoulder blades.
2. Put your feet on the floor and push the small of your back into the Vibrosphere®. Tilt your pelvis for best effect.
3. Stretch out your arms, a slight bending at the elbows is OK.
  - For exercising the lower part of your pectoral muscle: move your arms from the side of your body, slightly diagonally downwards and up towards the ceiling, hands almost meeting, and then down to the side again.
  - For exercising the middle part of your pectoral muscle: move the arms from the side of your body, straight up towards the ceiling, hands almost meeting, then back to the sides again.
  - For exercising the upper part of the pectoral muscle: move straight arms from the side, slightly diagonally upwards and towards the ceiling, hands almost meeting.

**Development:**

1. Increase the time.
2. Use weights in your hands.
3. Put your heels on the floor and pull them in the direction of your bottom without moving them.

## 5. Inside of thighs



**Training:** Adductors / the inside of your thighs.

- Instruction:**
1. Lie down on your side, your hip on the Vibrosphere.
  2. Place the foot of the upper leg on the floor in front of the other leg.
  3. Stretch the lower leg and pull up your toes towards your body.
  4. Stabilize your stomach.
  5. Lift up the lower leg towards the ceiling.
  6. Relax and repeat.
- If you have a sensible hip, place the blue training mat on the Vibrosphere® for comfort.

- Development:**
1. Increase the time.
  2. Use a weight strap on your ankle.

## 6. Hip flexors



**Training:** Abductors / hip flexors.

- Instruction:**
1. Stand on all four, knees on the Vibrosphere®.
  2. Place your hands on the floor in front of the Vibrosphere®. Center one leg on the Vibrosphere®.
  3. Lift the other leg off the Vibrosphere® to the side.
  4. Stretch out your leg.
  5. Move the leg back again and repeat.
  6. Go back to starting position and change your leg.
- If you have sensitive knees put the blue training mat on the Vibrosphere® for comfort.

- Development:**
1. Increase the time.
  2. Use a weight straps on your ankles.

## 7. Lunges



**Training:** Leg and core muscles.

**Instruction:**

1. Stand approx 80 cm behind the Vibrosphere®.
2. Pull your navel in and up.
3. Take a stride forwards on to the Vibrosphere.
4. Lower your whole body by bending your knees, make sure to keep your upper body upright, weight on the front leg.
5. Return slowly to the starting position by pushing away with your front leg.
6. Repeat the same movement or change legs each time.

**Development:**

1. Increase the time.
2. Use weight straps around your ankles and weights in your hands.

## 8. Upper back muscles



**Training:** Upper back muscles.

- Instruction:**
1. On your front, lie down on the Vibrosphere®.
  2. The lower edge of the Vibrosphere stops slightly above your pelvis, the upper by your stomach/chest.
  3. Put your feet slightly apart on the floor.
  4. Put your hands behind your neck.
  5. Pull your shoulder blades together and lift your upper body a little. Continue to breathe steadily.
  6. Lower your upper body slowly and repeat.

- Development:**
1. Increase the time.
  2. Stretch out your arms sideways as you lift your upper body.
  3. Stretch your arms forwards and above your head as you lift your upper body.

## 9. "The Plank" - Abdominals



### Training:

Core muscles, mainly Transversus Abdominus.

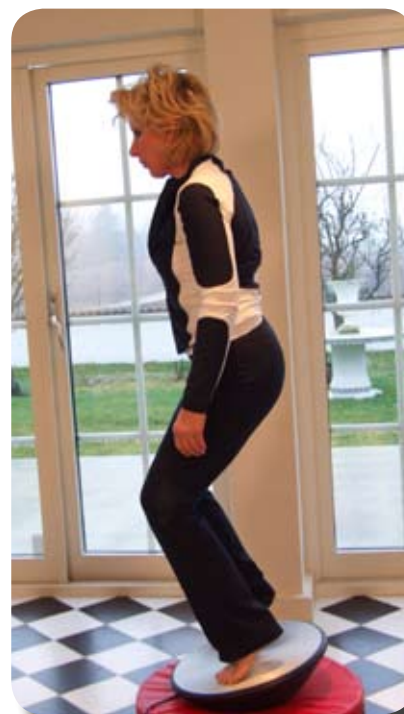
### Instruction:

1. Place your lower arms on the Vibrosphere®.
2. Put your toes on the floor and stretch your legs.
3. Lower your pelvis so that you have a line between the upper body, the pelvis the legs.
4. Tighten your buttocks.
5. The shoulder blades should be slightly down and back.
6. Keep your head straight and look down on to the Vibrosphere®. Keep this position.
  - If you have sensitive arms and elbows, place the blue mat under the arms.

### Development:

1. Increase the time.
2. Keep one leg lightly lifted during the exercise.

## 10. The calf muscles



**Training:** Calf muscles, Soleus and Gastrocnemius.

- Instruction:**
1. Stand on the Vibrosphere, hip-width.
  2. Point your toes straight forwards.
  3. Push yourself up on your toes using the calf muscles, ease down again.
  4. Repeat.
    - To activate the soleus muscle in particular: Bend your knees and push yourself up on your toes with the help of the calf muscle, ease down again.

- Development:**
1. Increase the time.
  2. Use weight straps around your ankle.

# 11: Circulation in arms and legs



**Training:** Improves the circulation and the sensibility in your hands/arms and feet/legs.  
Recommended frequency: 35-45 Hz

**Instruction:**

- Hands and arms:
  1. Kneel, hip-width, behind the Vibrosphere®.
  2. Place both hands on the Vibrosphere®.
  3. Keep your back straight.
- Feet and legs:
  1. Sit on a stool.
  2. Place both feet on the Vibrosphere®.

**Development:** 1. Increase the time.



## Stretching 1: The back of the leg



**Stretching:** M. gastrocnemius / the back of the legs.

- Instruction:**
1. Stand, one foot in front of the Vibrosphere®.
  2. Place the other one behind you, on the Vibrosphere®.
  3. Try and put your heel down, on to the Vibrosphere®.
  4. Put your weight on the front leg.
  5. It is supposed to strain a little in the muscles, but it shouldn't hurt.
  6. Hold the position for 10 seconds.

## Stretching 2: The calf muscle



**Stretching:** M. Soleus / the calf muscle

- Instruction:**
1. Stand with one leg on the Vibrosphere® and the other on the floor sideways.
  2. Make sure the knee point straight forwards, in line with the toes.
  3. Lower yourself straight down, feeling the stretch in your calf.
  4. Keep position for 10 seconds, then change legs.

## Stretching 3: The back



**Stretching:** The back

- Instruction:**
1. Knee stand on the Vibrosphere®.
  2. Crouch down and curl your back.
  3. Keep the position for 10 seconds.
- If you have sensitive knees, place the blue training mat under your knees.

For more information:  
[www.promedvi.com](http://www.promedvi.com)