



# VIBROSPHERE®

by ProMedVi

Balance with vibration

## Training Exercises



 PROMEDVI®



# ProMedVi® Training Exercises

Training with Vibrosphere® gives fast positive results. It is comfortable and effective. Balance and muscle strength are improved. Improved mobility and coordination are other positive effects. It is training that is suitable for all: active sportsmen and sportswomen as well as for those leading a less active life and those advanced in years.

In this booklet there you will find exercises for training and health care. The exercises have been developed to inspire you and give you some idea of the infinite number of training opportunities that the Vibrosphere® offers. The balance training combined with the vibrations makes the training functional and supports the strengthening of the important stabilizing muscles. All the exercises encourage coordination between all muscles required to implement a certain movement. The combination of balance training and vibration training gives better results in a shorter period of time.

Vibrosphere® can be used in many different ways and for a multitude of purposes:

- *Warm-up:* Vibrosphere® is an effective and time saving warm-up before your training or jogging session. The muscles are activated and both your blood circulation and proprioception increase.
- *Training:* Training with Vibrosphere® is an effective way to improve both balance and strength in a short period of time. By combining with for example dumbbell exercises the whole body can be worked-out within a short session. .
- *Post training:* Even after training, a couple of minutes with Vibrosphere® is beneficial for muscles and ligaments. Stretching exercises can be performed advantageously on the Vibrosphere®.

Our aim is that the exercises shall assist you in developing your training as well as inspiring you to find new training alternatives on your own, dependent on your own personal requirements and aims.

Remember: A combination of balance and vibration gives the best results!

In addition to the exercises ProMedVi® has designed a unique concept for both preventative and rehabilitation training for football players - ProMedVi® Football. ProMedVi has developed a concept for functional weight training for golf players - ProMedVi® Golf.

Good luck with your training!

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# Training Instructions

Place the Vibrosphere® on a function pad or other suitable base with good friction. To increase the degree of difficulty place the Vibrosphere® on a blue training pad. If you wish to decrease the degree of difficulty place the Vibrosphere® on one of ProMedVi's "Soft" stabilising function pads, which are available in 3 different designs-the Soft1 mat provides the most stable base. Having placed the Vibrosphere® on the pad close to a wall/wall bar you should support yourself only with your fingertips and try to balance without any support at all if possible. The best vibration effect on the lower extremities is obtained without shoes.

Bear in mind that the training can have a high impact on the joints and muscles, therefore the training should be gradually intensified, as in general training. Some people might feel discomfort due to the training i.e. feeling of nausea or dizziness. Start carefully, for example, by placing only one foot on the Vibrosphere®.

## **Precautions when training on the Vibrosphere®**

Training on the Vibrosphere® is a powerful training method and there are certain conditions when you should avoid training or execute caution. Most people are always able to perform some exercises, for example, a hip implant does not stop a person from circuit training without weights or training the upper part of the body.

There are some general precautions that you should take when training with the Vibrosphere®:

### *Avoid training in case of:*

- Pregnancy
- Serious circulatory problems such as thrombosis
- Cardiovascular complaints
- Rehabilitation immediately following surgery, especially joint replacements
- Infections or high temperature
- Acute lumbar disc problems
- Fractures that are not healed
- Rehabilitation following eye surgery

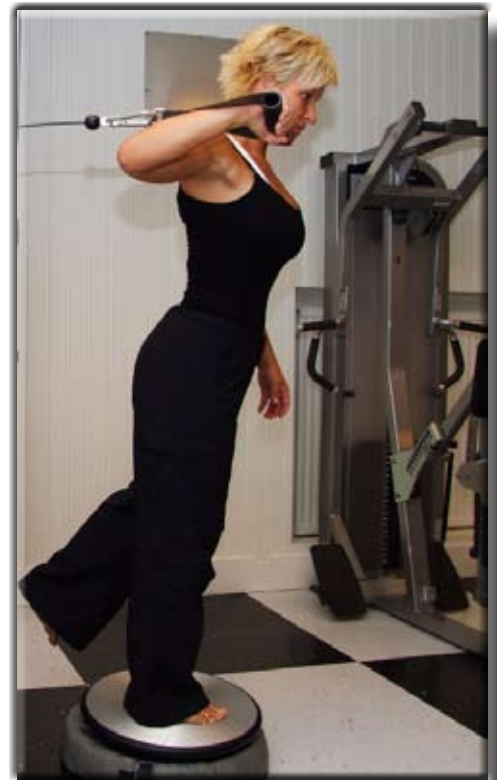
### *Execute caution in cases of:*

- Rehabilitation after ligament surgery: wait at least 3 months before starting your training and only then under the supervision of a physiotherapist
- Lumbar disc problems
- Joint implant surgery
- Arthritis
- Experiencing pain in the injured area during training

In the event of pain, discomfort or if you have any doubts, please consult your doctor, physiotherapist or personal trainer before continuing with the training.

## ProMedVi® Training Exercises:

- The exercises have been split into different groups. The division has been designed to focus on some areas, which does not mean that the same exercise can be used in other contexts.
- The name of the exercise is written at the top.
- Training describes the primary muscles to be trained.
- For every exercise we recommend
  - time: 30-90 seconds for 3 sets
  - frequency: 20-45 Hz (about 30-35 Hz for muscle activity, 35-45 for circulation - and sensitivity training). We recommend that you to start with 30 Hz for 30 seconds, up to 3 sets and increase gradually.
- Maintain an effective time of vibration training of up to maximum 15-20 minutes per session with pauses in between.
- Choose a number of exercises (maximum 10) that suit your intended goals for the training.
- The instruction describes what to concentrate on when performing the exercise.
- For all exercises:
  - Pull the navel inwards and upwards to involve the transverse abdominal muscle
  - Breathe regularly and exhale slightly forced through your mouth.
  - The shoulders should be relaxed in exercises where the arms are not involved. Keep the shoulders down and curved slightly backwards.
  - Keep your head straight and your eyes fixed on a point in front of you, unless the instructions state otherwise.
- Development describes the developments of the exercise. These stages are measured in degrees of difficulty.
- Bear in mind that a development of difficult in an exercise can be achieved by closing your eyes, increasing the time or changing the Soft pad.
- If you experience headache or discomfort due to the vibrations, try bending your knees more.
- Start by placing both feet approx. 20cm apart on the Vibrosphere™. Hold onto a support if needed. Look straight ahead. Keep your back straight with knees slightly bent. Then you begin to perform the Vibrosphere® exercises.
- In exercises where your hands are placed on the Vibrosphere® training gloves or the blue training pad may be used.
- Train without shoes for the best results.



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## ProMedVi® Training Exercises presents the following:

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## The exercises can be divided into four groups:

Lower Extremities	1, 2, 3, 4, 17
Core Stability	6, 7, 8, 9, 11, 15, 16
Upper Extremities	10, 11, 12, 13, 14, 16
Balance	5, 17

# 1. Pull and extend



**Training:** Back of thigh (m. Hamstrings), buttocks (m. Gluteus maximus)

**Instruction:** Stand with both feet on the Vibrosphere®. Start in a position where you are slightly bent forward, having the lower part of your back slightly curved inwards. Then stretch your legs as you pull the handle towards you.

**Development:**

1. Increase time
2. Stand on one leg
3. Close your eyes

## 2. Fixed lunge



**Training:** Back thigh (m. Hamstrings), front thigh (m. Quadriceps femoris), buttocks (m. Gluteus maximus)

**Instruction:** Stand with one foot on the Vibrosphere® and place the other foot on a pad behind you. Bend and stretch the knee of the front leg, without letting the kneecap come in front of the toes.

**Development:**

1. Increase time
2. Place hands on your hips or behind your neck
3. Use a dumbbell and move it diagonally upwards
4. Close your eyes

### 3. Functional calf press



**Training:** Calf muscles (mm. Triceps surae)

**Instruction:** Stand with one foot on the Vibrosphere®, then switch to the balls of your feet and swing the other leg forwards. In the final position of the movement make a soft rotation with the leg from the hip so that the knee-cap on the hovering leg reaches the centre line.

**Development:**

1. Increase time
2. Use a medicine ball above your head
3. Pull your upper body in the opposite direction to the rotation
4. Place a barbell on your shoulders

## 4. Squat



**Training:** Front thigh (m. Hamstrings), buttocks (m. Gluteus maximus)

**Instruction:** Stand hip-width on the Vibrosphere® . Bend and stretch knees. Maintain a straight back position.

**Development:**

1. Increase time
2. Adding weights to your shoulders
3. Close your eyes

## 5. Pick and extend



**Training:** Postural musculature affecting the balance

**Instruction:** Stand with one foot on the Vibrosphere®. Pick up a dumbbell from the floor. Rise and complete the movement in a stretched upright position with the dumbbell above your head and bend one leg to hip level.

**Development:**

1. Increase time
2. Accelerate
3. Use a heavier weight
4. Close your eyes

## 6. Rotation Rowing



**Training:** Muscles stabilizing the core

**Instruction:** Stand hip-width, with slightly bent knees, on the Vibrosphere®. Rotate your torso by alternately pulling the rubber band.

**Development:**

1. Increase time
2. Increase the rate of rotation
3. Stand on one leg

## 7. Abdominal crunch



**Training:** Muscles stabilizing the core

**Instruction:** Place both hands on the Vibrosphere® and your feet on a bobath ball. Pull together (crunch) by moving your feet closer to the Vibrosphere®, while tucking your head in. If you experience discomfort in your wrists grab the sides of the Vibrosphere® instead.

**Development:**

1. Increase time
2. Place one hand on the Vibrosphere®
3. Place one foot on the ball
4. Close your eyes

## 8. Sit-ups



**Training:** Balance and strenght, core msucles, stomach

**Instruction:** Lie with the whole of your thoracic spine on the Vibrosphere®. The lower-edge of the Vibrosphere® shall be in line with the small of the back. The upper-edge shall be in line with your shoulders. Alternative: Lie with the lower part of your back on the Vibrosphere®. Place your feet on the floor with your knees bent. Your shoulder blades should be slightly down and back. Tilt your pelvis upwards and pull your navel inwards and upwards. Perform strength exercises with your arms e.g., chest muscles with dumbbells. Keep you head straight looking forwards and upwards (gaze at a fixed point on the ceiling). Maintain an upright position.

**Development:**

1. Increase time
2. Do sit-ups by lifting your upper body up and down a slightly (a couple of centimetres). NB! Press your back against the lower part of the Vibrosphere® when lifting.

## 9. Core Stability



**Training:** Core muscles, upper and lower extremities

**Instruction:** Place your lower arms on the Vibrosphere®. Put your toes on the floor and stretch your legs. Lower your pelvis to create a line with your upper body, pelvis and legs. Tighten your butt. The shoulder should be slightly down and back. Keep the head straight and look down at the Vibrosphere®. Maintain your position. If you have any problems maintaining your position, use a ball under your pelvis as support.

**Development:**

1. Increase time
2. As above BUT put the lower part of your leg on a ball and maintain your position.
3. Keep your legs on the ball but pull the ball actively against your stomach by rounding your back, pull your knees towards your stomach and stretch out again.

## 10. Dips



**Training:** Back of upper arm (m. Triceps brachii) and muscles stabilizing the core

**Instruction:** Place both hands on the Vibrosphere® behind you. Pull back your shoulders. Bend and stretch the elbows backward.

**Development:**

1. Increase time
2. Place your feet farther away or on a small stool
3. Use wights on your knees

## 11. Extended rotation



**Training:** Balance and strenght, core muscles, thoracic spine, upper extremities

**Instruction:** Kneel hip-width on the Vibrosphere®. Place one hand on a ball in front of you. Pull your shoulders slightly back and down. Keep your head straight, looking ahead and slightly down. Maintain upright position. The other hand starts in front of your chest/stomach and make a movement out and upwards towrads the ceiling and back. Repeat the movement. Change hands.

**Development:**

1. Increase time
2. Use dumbbells

## 12. Press ups



**Training:** Chest muscles (m. Pectoralis major), back upper arm (m. triceps brachii), muscles stabilizing the core

**Instruction:** Place both hands on the Vibrosphere®. Put your toes on the floor. Keep your back straight. Flex your arms up and down. If you have problems with your wrists, grab the handles on the side of the Vibrosphere®.

**Development:**

1. Increase time
2. Place your feet on a cushion
3. Perform arm flexes with one hand

## 13. Developed biceps curl



**Training:** Muscles stabilizing the core, front of upper arm (m. biceps brachii)

**Instruction:** Stand hip-width on the Vibrosphere® with knees slightly bent. Bend your elbows and keep the against your body. Perform biceps curls - curl your hand straight up towards the shoulder and let go slowly.

**Development:**

1. Increase time
2. Fix your other hand
3. Stand on one leg
4. Close your eyes

## 14. Developed triceps curl



**Training:** Muscles stabilizing the core, back upper arm (m. triceps brachii)

**Instruction:** Stand hip-width on the Vibrosphere® with knees slightly bent. Make dumbbell stretches above your head - bend your arm behind your head and stretch your elbow.

**Development:**

1. Increase time
2. Fix the other hand
3. Stand on one leg
4. Close your eyes

## 15. Extend core stability



**Training:** Muscles stabilizing the core.

**Instruction:**

Stand hip-width on the Vibrosphere® with knees slightly bent. Move the medicine ball back and forth above your head while keeping control of your torso.

**Development:**

1. Increase time
2. Stand on one leg
3. Close your eyes

## 16. Pulley chest lateral



**Training:** Chest muscles (m. Pectoralis major), muscles stabilizing the core

**Instruction:** Stand hip-width on the Vibrosphere® with knees slightly bent and pointing straight forward. Hold the pulley/rubber band with one or both hands. Keep your shoulders down and slightly backwards. Press forward with the pulley in one or both hands, move back maintaining a slight resistance.

**Development:**

1. Increase time
2. Work with one hand at a time
3. Stand on one leg

## 17. Balance abduction



**Training:** Postural musculature affecting the balance (m. gluteus medius et minimus), leg muscles (m. tensor fascia latae)

**Instruction:** Place one foot in the middle of the Vibrosphere®. Hold the other leg stretched and pull your toes towards you. Swing the other leg to and fro.

**Development:**

1. Increase time
2. Use weight cuffs around your ankle
3. Close your eyes

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