

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



Exercise Manual

Some Benefits of Vibration Therapy Categorized by User Type

Average Female	Average Male	Overweight M/F	Athlete M/F	Elderly M/F	Rehabilitation M/F
Weight Loss	Weight Loss	Weight Loss	Increasing Strength	Increasing Bone Density	Increasing Circulation
Toning	Increasing Physical Strength	Lowering Blood Pressure	Increasing Speed	Reducing Joint and Back Pain	Improving Balance
Decreasing Cellulite	Increasing Endurance	Increasing Lymphatic Drainage	Increasing Balance	Lowering Blood Pressure	Increasing Physical Strength
General Health	General Health	General Health	Improving Coordination	General Health	Increasing Bone Density

Get Ready for Positive Results!

- Increasing physical strength, dexterity, and endurance
- Increasing metabolism (fat burning capability)
- Increasing bone strength, density and protecting against osteoporosis
- Decreasing cellulite
- Increasing blood circulation
- Improving skin tone/tightness
- Lowering blood pressure
- Removing toxins by stimulating the lymphatic system
- Increasing mobility, flexibility, coordination and balance
- Reducing joint and back pain
- Relieving stress

* See **www.goodvibrations4life.com** for more benefits



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Introduction

Please read this operating manual thoroughly before beginning use.

Do not use the GVM for more than **10 minutes per session or faster than 15 Hz (speed)** until you become accustomed to the GVM and this form of exercise. Please see **Example Exercise Schedule**, later in this manual, for our recommended method of introducing yourself to this form of exercise.

Keep this manual handy for future reference and be sure to check our website at **www.goodvibrations4life.com** for frequent updates. If you have a question, you'll probably find an answer for it on the website. If you don't find the answer on the website, please email or telephone us. One of our staff will be happy to help.

Immediate Expectations:

What should vibration therapy feel like? Enjoyable stimulation at the time of use - it feels a little bit like a brisk walk.

How do I know it's working? You will feel your muscles contracting. The more you straighten your knees, the more you will feel the muscles contracting in your upper body. The more you bend your knees, the more you will feel the muscles contracting in your legs.

What should I feel afterward? Slight soreness in your muscles, hours afterward or the next day.

How fast can I lose weight? If you want to lose weight, aim for a maximum of 10 lbs per month. This is a safe, healthy amount. If you want to lose 30 pounds, for example, you should pick a routine that you can stick with, week after week, for a period of three months.

Will it make my muscles big? Vibration therapy can be thought of as weight training without the weights. If you want to tone your muscles, do longer sessions or more sessions per day at a lower intensity (speed), for example, 10 to 15 minutes at 10 to 20 Hz. If you want to gain strength, muscle size and definition, work with a higher intensity for short amounts of time, for example 5 minutes at 20 to 30 Hz.

Other forms of exercise: Vibration therapy should not be the only form of exercise you get. Aim to lead a balanced, healthy life with activities you enjoy that will burn calories and contribute to a healthy body and mind. If you can't do anything else, at the very least, try to make sure you go for a walk in the morning or evening, in the fresh air.

Nutrition: vibration therapy can have a substantial, positive impact on your health and fitness. However, even the best therapy cannot help if you eat badly or excessively. Try to eat modest portions, avoid junk food, include a healthy source of protein with each meal. Eat several servings of fresh fruit per day and plenty of fresh vegetables.

How often can I use the GVM? The GVM can be used every day. **More than two sessions per day is acceptable as long as the sessions are not more than 15 minutes each and no more than 45 minutes per day is spent on the GVM.**

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 12.

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.

Safety Precautions

1. Make sure the exercise environment is safe and free of obstacles before proceeding.
2. Use the GVM only for its intended use as described in this user guide.
3. Do not use with pillows, blankets or other materials that may restrict airflow to the motor, possibly leading to overheating.
4. Only one user at a time may stand or otherwise occupy the GVM. Failure to follow this rule may result in injury to the user or damage to the GVM.
5. Keep children away from the GVM to prevent injury. The GVM is not a toy and is not to be played on.
6. The GVM is an electrical device. Please **exercise electrical safety precautions (for a complete list, see the Installation Manual)**. Do not operate or touch the GVM with wet or humid hands. Keep a towel at hand to dry your hands, face, etc. if you sweat while exercising. Keep food, drinks, and other wet substances well away from the GVM.
7. Do not use in the presence of aerosol sprays or oxygen administration.

Before Operating the GVM

1. Use the GVM 30 at least minutes before a meal or 30 minutes after a meal.
2. Check the exercise speed level on the GVM before beginning your exercise, to ensure that is set to a safe speed (Hz). Beginners should start at the lowest speed: 5 Hz. **Speeds above 30 Hz are not advisable, except with professional consultation.**
3. Make sure you are well hydrated before using the GVM. Drink 2 cups of water prior to prevent cramping due to dehydration. As mentioned above, do not keep drinks on or close to the GVM.
4. Keep sharp or pointed objects (knives, spoons, pens, pencils, etc.) away from the GVM to prevent damage to the user or the GVM.
5. Keep fingers, as well as any other objects, away from the gap at the edge of the stepping board (oscillating vibration platform).

While Using the GVM

1. Hold the safety handle(s) correctly before beginning your exercise. It is important to maintain proper balance while using the GVM in order to achieve proper exercise effects and prevent injury.
2. Begin using the GVM in a stable, safe, comfortable **athletic stance (see figure 1)**, with your knees slightly bent.
3. Vibration effect is greatest at the edges of the platform. You can vary your **foot position** for a greater or lesser effect (**see figure 2**). !! Caution: stop the GVM before changing position!!



Figure 1. (Above) Begin using the GVM in a stable, safe, comfortable **athletic stance**, with your knees slightly bent. Recommended distance between your feet: 30 cm. To avoid muscle cramps, do not hold a single position for more than five minutes. Change your position by bending your knees a little more or less. The same should be done with other joints where you feel muscular contraction, this makes the exercise more pleasant and prevents cramping.

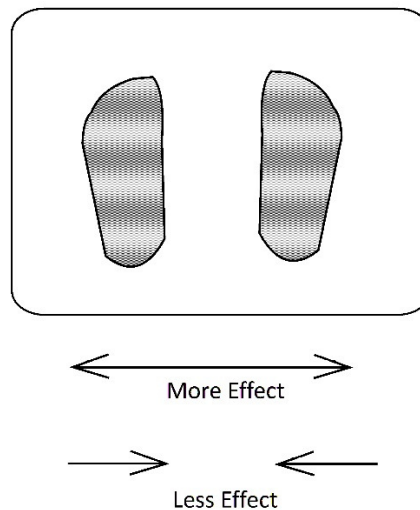


Figure 2. (Above) Vibration effect is strongest near the edges of the stepping board. If the effect is too strong, place your feet closer together. If you want more vibration effect, place your feet slightly farther apart. !! Caution: stop the GVM before changing your foot position!!

Console Operations

For a diagram of the console, see GVM Operation, **The Console and Functions**, page 12.

Button	Function	Description
Man	Manual	Press this button to allow for manual setting of time and speed. Beginners press Manual and set time to 3 minutes and speed to 5 Hz.
	Time settings	
3	3 Min	The machine will function at the selected speed for 3 minutes
5	5 Min	The machine will function at the selected speed for 5 minutes
8	8 Min	The machine will function at the selected speed for 8 minutes
10	10 Min	The machine will function at the selected speed for 10 minutes
Time +/-	+	Increases the time by one minute
	-	Decreases the time by one minute
Speed +/-	+	Increases the speed by increments of .1 Hz (cycles per second)
	-	Decreases the speed by increments of .1 Hz (cycles per second)

Start/stop	Start	Starts GVP function. Beginners ensure that time is set to 3 minutes and speed is set to 5 Hz before pressing Start.
	Stop	Stops GVP function

Preprogrammed Sessions		Press P1, P2 or P3 to select one of three preprogrammed exercise sessions
P1	Program 1	A variable speed program lasting 15 minutes. Highest speed: 9.0. Lowest speed: 5.0. Speed changes approximately every 30 seconds.
P2	Program 2	A variable speed program lasting 15 minutes. Highest speed: 11.0. Lowest speed: 7.0. Speed changes approximately every 30 seconds.
P3	Program 3	A variable speed program lasting 15 minutes. Highest speed: 16.0. Lowest speed: 9.0. Speed changes approximately every 30 seconds.

Beginning your Program

Before using the GVM, consider your fitness goals. An example exercise schedule is shown below. Feel free to use it 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 suggested days too inconvenient, feel free to modify the schedule to suit your needs. Your progress will depend on your commitment, however. As long as you are enjoying the exercise, care should be taken to stick to your vibration therapy schedule. If a day is missed, you should make up the missing day as soon as possible.

1. **All beginners should press the Man button, press the 3 button for three minutes, press speed - and set speed to the lowest setting: 5 Hz.**
2. Choose the appropriate posture (**beginners start with the basic, upright athletic stance - see figure 1**)
3. Press the Start button to begin.
4. **Preprogrammed Sessions** (P1, P2 & P3) are an excellent way to add variety and progressive increase to your fitness schedule. However, make sure you have progressively conditioned yourself to using the GVM for 15 minutes at 5 Hz (two weeks of use, according to the following schedule) before beginning the Preprogrammed Sessions.

(More Exercise Schedules, for **Weight Loss, Athletic Performance, Rehabilitation and Elderly** users, can be found at www.goodvibrations4life.com)

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.

Exercise Variations

Various exercises can be completed with the GVM. These exercises should only be done after advancing for one month through an introductory program.

Exercise 1:

Place both of your feet on the plate with the majority of your weight on your toes, keeping your knees slightly bent and your stomach muscles slightly flexed. This will exercise your back and arm muscles.



Exercise 2:

Stand sideways on the plate with one leg in front of the other and toes facing forward. The front leg should be slightly bent, with your rear leg straight. Push the heel of your rear leg down which will put tension in your calves. To vary this exercise, keep your back straight and push your pelvis forward.



Exercise 3:

Stand on the plate with your legs wide apart and toes turned outward. Keeping your knees directly above your feet at a 100 degree angle, gently bend your legs. You should feel tension in your back, buttocks, quadriceps and inner thigh area.



Exercise 4:

Place one foot in the middle of the plate and step back with the other, planting it firmly on the ground behind you. Keeping your back straight and your knees directly above your toes, squeeze your leg muscles. You should feel tension in your hamstrings, quadriceps and buttocks.



Exercise 5:

Standing in the centre of the plate, rise up on to the balls of your 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.

**Exercise 6:**

Sit on the plate sideways with both hands on one handlebar, keeping your legs straight. This will exercise your legs and waist muscles.

**Exercise 7:**

Stand sideways in the center of the plate, put one hand on the handle keeping your back straight and your abdomen tight. You should feel tension in your calf muscles. To add variation to the exercise, try bending your knees to 90 degrees.

**Exercise 8:**

Stand on the plate with your feet shoulder width apart, keeping your back straight and knees slightly bent. Raise up your hand and point behind you, keeping your opposite hand on a handlebar for stability. This will exercise your calf muscles, abdomen and shoulder.

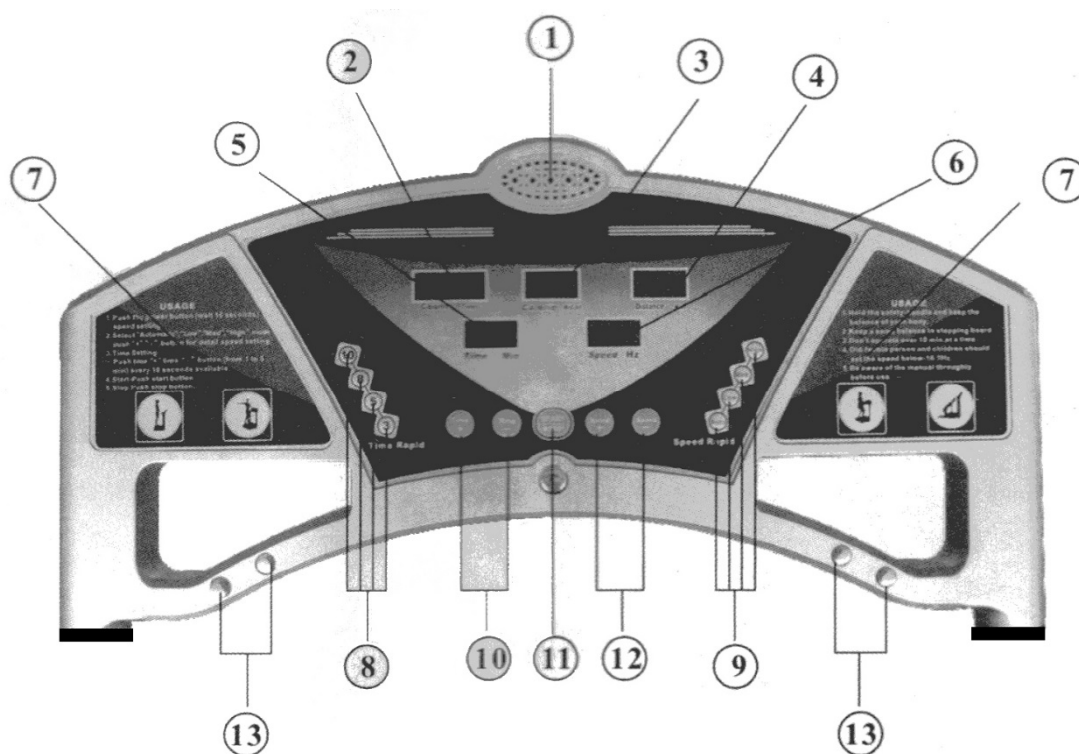


*please note: in Exercise 6, the user is sitting with the center of the spine over the center of the foot plate. Vibration effect is toward the underside of the thighs, close to the knees, and not directed up the spinal column.

Reference

The Console and Functions

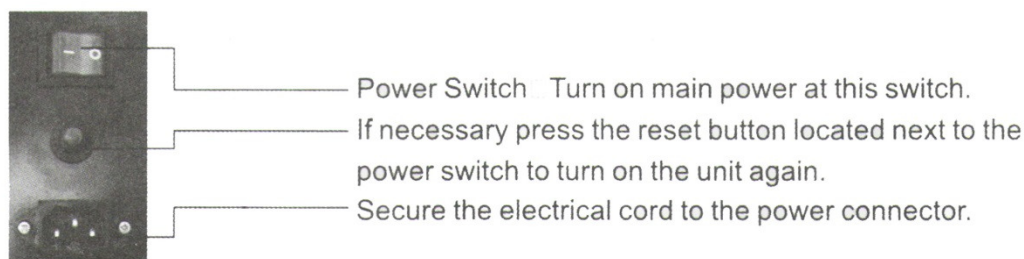
1. Good Vibrations 4 Life Inc.™ logo
2. Count Indicator
3. Calorie Indicator
4. Distance Indicator
5. Time Indicator
6. Speed Indicator (Hertz¹)
7. Usage
8. Time Shortcut Buttons (3 Minutes, 5 Minutes, 8 Minutes, 10 Minutes)
9. Workout Program Shortcut Buttons (Manual, Program 1, Program 2, Program 3)
10. Time Increase/Decrease Buttons
11. Start/Stop Button
12. Speed Increase/Decrease Buttons
13. High Gloss Cover



¹ Hertz = cycles per second

Main power switch layout (on the back of the GVM)

1. Plug the power cord into the power socket at the back of the GVM.
2. Plug the GVM into the wall outlet. Ensure the voltage of the wall outlet is correct (120 V)
3. Turn on the main power switch at the back of the GVM.



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.

Enjoy your Good Vibrations 4 Life Inc.™ Vibration Therapy!



Good Vibrations 4 Life™

Whole Body Oscillating Vibration Therapy Machine

Maximum Speed Range: 5 to 50 Hz

Operating Speed Range: 5 to 30 Hz (Adjustable to the Nearest .1 Hz)

Amplitude: 0 to 0.469 Inches or; 0 to 12 Mm

Preset Programs: 3

Maximum User Weight: 440 Pounds or 200 Kg

Good Vibrations 4 Life™

Whole Body Oscillating Vibration Machine

(GVM)



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