

K-1 Whole Body Vibration

Exercise Positions

Hold each position up to two minutes depending on your fitness level.
Rotate through various positions during the week to obtain overall toning.

Core Muscle Group Exercises
Focused Muscle Exercises
Intensified Focus with Straps
Massage Positions

L&R indicates reverse pose for opposite side muscle group.

Lower Body	Thigh & Abs	Total Upper Body	Pelvic Bridge	Back & Upper Body	Standing Abs
					
Calves	Lower Back	Latissimus Dip	Triceps Dip	Shoulder Press	Lunge
					
Calf Stretch	Adductor Stretch	Ab Crunch	Lower Extremities	Calf Raise	Deep Squat
					
Sit Up Twist	Lower Abs	Side Crunch	Lateral Abs	Shoulders & Neck	
					
Chest (Pectoralis)	Triceps	Extensor/Radialis	Deltoids	Pecs/Ext. Oblique	Biceps
					
Abductor Massage	Hamstring Massage	Calves Massage	Quadriceps Massage	Upper Body Relaxer	Back Relaxer
					