

# Whole Body Vibration Professional vibration training

with **250** Exercises



Inclusive Instructions for  
Trainers & Therapists

4verlag  
you

Siegfried Schmidt

Optimal training results for healing back pain, skin  
tightening, cellulite treatment, body shaping...

# ***Whole Body Vibration***

## ***Professional vibration training with 250 Exercises***

***Optimal training results for healing back pain, skin  
tightening, cellulite treatment, body shaping...***

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Extreme Training

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Cover design: Frank Stange (verlag4you)

Photos: All rights reserved by Siegfried Schmidt

[www.verlag4you.de/com](http://www.verlag4you.de/com) (Publisher)

## 2. Edition (eBook version)

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Published in Germany

German original issue: ISBN 978-3-936612-59-2 (eBook)

ISBN 978-3-936612-65-3 (eBook)

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**Author Biography**

**A few images from 5 years of studio time**

**Advertising supplement (further title recommendations)**



## Foreword by the author

*Anyone who has ever trained “correctly” on a vibrating plate feels it!*

*“A new era of power training and fitness sports has begun.”*

Nowadays people are under a considerable amount of stress and are living hectic lifestyles, making it difficult to find the time for sport.

With the implementation of these training suggestions you will achieve physical success quickly, saving you a lot of time compared to conventional strength training.

To reach your personal goals, 1.5 to a maximum of 3 hours a week of vibration training is sufficient.

With this manual you can practice and teach an interesting and varied range of vibration plate training to achieve peak physical shape.

Everybody who trains with the vibration plate and follows the exercises in this book will get a fantastic body with strong core muscles.

You can significantly improve both fitness and agility, train muscles separately and use it as an aid for slimming.

Your bone structure will be improved and you can be free of pain again; as in my own case after multiple physical injuries.

I wish you great success with improving your figure while enjoying these exercises.

*With sporting regards*

*Siegfried Schmidt*

### Terms and conditions

The contents published in this book have been prepared with the utmost care by the author, and medically reviewed by our specialist physician.

Nevertheless it is impossible to exclude health risks while in the execution of physical exercises.

Please be aware of the associated risks.

When you do the exercises presented in this book “Vibration Training the Professional Course”, you do so at your own risk.

The author and the publisher assume no liability for personal injury, property damage and financial losses arising out of reproducing the exercises from this textbook.

The exercises published in this textbook cannot replace medical diagnosis, advice or treatment. They do not represent instructions for self-treatment of diseases, even if the author documents the use of said exercises based on his own personal experience.

If you have current health problems you should always first consult your doctor before starting exercise.

If you are unsure, you should always consult your doctor first before you do the exercises published on the following pages.

Please only ask doctors who are familiar with the vibration training system. Unfortunately it does occur that some doctors refuse to have anything to do with something that they have not experienced.

Training with us in our studio are, general practitioners, medical specialist and gynaecologists. All are impressed and come back!

>> **Nonetheless never take a physical risk!** <<

The exercises published in this book represent no therapeutic action or form of treatment.

They serve only to inform and act as an aid to memory.

To what extent the user of this book performs the exercise demonstrated, is up to the individual user.

*The Author*

### **Meet our customers**

- Over 2000 customers.
- Ages between 13-70 years old.
- Approximately 80% of women (aged 20-45 years old).
- Typically professional career customers who have little available free time.
- From low levels of fitness up to top athletes.
- Many customers are former back pain sufferers.
- Visiting sport teams use our studio for preparation for the oncoming season. The national league men's handball team,

the football league team from Pfullendorf, the women's football team from Sigmaringen, and the wrestlers from Taisersdorf are just a few of the clubs that train with us.



Group training with the south SCP Pfullendorf football team in the Figure World Studio.

So, coaches, trainers and dear athletes, here we begin.

**For those of you that are not familiar with vibration plates I would recommend to read the theoretical summary at the end of this training book.** Sufficient advice, understanding and expertise should be gathered for good customer service.

Special observance to the safety regulations and the subsequent text will be adequate for those who want to get into great shape. Knowledge of what is happening to the body during this type of

training helps to raise the motivation and the understanding of why vibration plate training is so effective.

Please note:

The high pre-stress of the muscles (about 90%) on the vibration plate enables you to do heavy power training!

This happens even if the muscles are pre-stressed millimeters from the machine and then contracted again by the body.

Your muscle profile grows only in the resting phase, at least 30 hours of rest is required when plate training.

However, this should not be longer than 70 hours before the next training session takes place on the plate in order to train the targeted muscles.

Only then are you in the so-called super compensation phase, which allows you to improve your performance levels.

The trained professional will be in the super compensation phase, which begins about 30 hours after training and lasts up to the 45 hours after training.

Everything else is counterproductive when strength training with vibration plates. Of course, you can (not competitively) do cycling, jogging, swimming, play tennis or hiking while in the recovery phase.

The massage exercises on the plate are also useful, but do not complete strength training!

For professionals and therapists *“please only begin the training session when you have fully understood and can answer customers questions on safety regulations.”*

## **Optimum training program**

Abbreviations of the exercise descriptions:

B	=	Beginner
I	=	Intermediate
A	=	Advance (athletes)
Sec	=	Seconds (optional)
Dynamic	=	With movement
Static	=	Without movement or no resistance
Isometric	=	Without movement to develop strong resistance

How to use this book:

Each exercise is accompanied with one or more photographs that are self explanatory.

Below the pictures are recommended time guidelines for beginners, intermediate and advance athletes, as well as the major muscle groups that are being exercised.

Sometimes incorrect body postures are shown and explained as a reference.

If you want to arrange a training workout now, simply take an exercise from each muscle group and compose your own training routine!

You have the fastest success in achieving excellent body-toning, if all muscle groups are trained.

In short programs you should not only train the stomach, legs and buttocks, but also the back and legs - because both the agonist and antagonist should be encouraged.

However for best muscular tone it is best if you exercise the entire body.

If you or the customers after several exercises need to be more challenged, you can add some strength exercises to the routine. You can also increase the added weights or the time of the exercises.

During group training, set all machines to the same number of seconds. Demonstrate to beginners and advanced users how to step on and off the plate without stopping the machine.

Run the machine continual if possible during the circuit. Experience shows that people who often train with you are about 10 seconds faster per exercise than a beginner due to being familiar with the equipment. Sometimes customers can adjust the frequency, mode or the time on the display by mistake.

Customers that finish quicker should use the remaining time to breathe deeply until the others with longer training times have finished.

Please pay attention to the following symptoms:

Muscular trembling is a sign of overloading the muscle. Ensure that you or your customers have enough time during exercise to have a drink and catch some breath. Try not to stand over sensitive customers but observe their reactions as they train.

### **Risks of vibration training**

We have had no serious injuries in all the years that we have been training with vibration equipment. So the actual legal status of the signed declaration of intent (contraindication, sample letter) in the [Theoretical Chapter](#) is untested should it go to a court and therefore I would recommend that it is viewed as reference.



In the Studio we do not allow customers to use the equipment if they have not signed this declaration. This has only happened twice in over a thousand customers.

I strongly advise that the vibration plates should not be left unattended in the gym, hotel, or spa facility! The plates are too valuable and too dangerous for misuse.

A customer, who is standing or lying on the plate without the correct knowledge, could result in a serious injury.

Important safety features of plate training are:

- Supervision.
- Eye contact with the customer.
- Signing the contraindication and safety instructions before the first plate training begins.

### **Sport plate & plate settings**

Please refer to the manufacturer's instructions as they can vary between machines. For amateurs I use sports plates with a total lift of about 4-8 mm (2x the amplitude, usually referred to as low or high. The exception was a previous plate with 12mm lift / 6 mm amplitude).

The latter is not suitable for beginners in my opinion, because it is too intense! For advanced users, this plate is quite suitable.

The most important thing in the quality of the plate is the number of vibrations (Hz number), set at the console, travels down continuously to the plate.

The amplitude set on the console, is slightly smaller on the vibrating plate.

The muscles need a clean contraction.

The fastest setting should be at a maximum of 33Hz in order to ensure a clean contraction (maximum speed strength).

We achieve the best results with a reduction in the number of Hertz, which should not be less than 25Hz.

Below this range (25Hz) should only be used by therapists with special machines with small amplitudes who work in the field of rehabilitation. The risk to internal organs, damage to the eyes or brain is difficult to assess from a personal trainer or private stakeholders. For your own protection omit frequencies below 25Hz.

Sport plate manufacturers who have gained around 10 years of experience have locked this frequency range, as sports plates can deliver in low amplitude 1.5G (gravitational acceleration) and up to 4G (depending on the Hertz frequency setting).

We have the best experience with Hertz settings between 25-33 Hertz.

The muscle is no longer able to guarantee a clean contraction at higher settings.

### **The tonic reflex**

The tension of the muscle occurs through the plate with the contraction by the body in response to the message of the muscle spindle.

The counter-reaction of the body is called the tonic vibration reflex. This takes place approximately with the same strength as the plate acts upon us.

Since this process takes place very quickly in the subconscious, much higher tension conditions are achieved, as if for example you were lifting a weight. This is the biggest advantage over conventional strength training!

You must not underestimate the fact that you have without noticing it immediately to brace usually twice the body weight (in about 2G).

### **Train with high muscle tension!**

The range around 34 Hertz is useful in the massage area to solve tissue adhesions, hematoma treatment, and improvement of blood circulation in tissue weakness and revitalization.

### **Simple principle: Waste products out, nutrients in!**

A high blood flow to the smallest capillary is welcome!

Because the G-forces become stronger with the increasing number of Hertz, you should avoid vibrations over 50 Hertz.

The service life of your plates could be shorter if they are in commercial daily use.

Higher vibration levels can cause more noise, which can in turn lead to personal discomfort in the surroundings and automatically loses the relaxation effect.

In short, depending on the clientele, massages between 35-50 Hertz makes sense and helps to maintain a harmonious environment.

In our studios we do not move the plates; except in the time setting. The time setting is at 25 Hertz. Our plates have for years run without failures.

It is important for you to know that for a good massage it is not necessary to increase the frequency.

## **Familiarize the customer with the vibration plate**

**You can either lose or inspire potential customers on that first contact.**

After the initial introductions and welcome, ensure that the contraindications are completely explained and that the customer signs the liability release.

Simultaneously get the customer's data for your files and secure your company for personal injury / damage insurance details.

Calmly address the arguments of business compulsory insurance.

### **IMPORTANT:**

➔ There should be no training without a signed contraindication. ⬅

Explain the benefits of the vibration plate and why you have decided to use this form of training to the customer.

➔ Mention the added value to the customer and explain to him why he should train here and not with a competitor! ⬅

### **Added Arguments:**

- Muscle tension
- Strong blood circulation
- Unconscious training benefit
- Shorter training time
- Support from staff
- Training etc.

It is important to let customers that have not used a vibration plate before feel the effect.



Ask the customer to place one leg onto the plate. Let them feel how the intensity of the vibration decreases when slightly lifting the heel from the plate, enabling them to gain the confidence and realise that they control the intensity.

While the customer has his foot on the plate, use the time to explain the safety procedures of the plate:

### **Safety regulations**

- Never put your head or the cervical spine directly on the plate.

- When doing standing exercises always slightly bend the knee joint.
- If you cannot see your toes than your knees are too far forward! **Caution; cruciate ligament injuries is possible!** You should keep the shin perpendicular as possible to the plate with the thigh tilting slightly backwards.
- Keep the elbows slightly bent while holding the arm rests- which protects the joints!
- Do not lay your chest on the plate (except with a thick protective mat, and only for one or two exercises).
- If the back is laid on the plate, always use a protective mat.
- In the supine position never place the shoulder blade, cervical spine or head directly on the plate.
- Do not go on the vibration plate if you have implants. Exceptions are dental implants, but then do not clench your teeth.
- Completely explain the emergency stop switch.
- Explain to new customers the Start-Stop operation.
- Only the trainer should adjust the amplitude and Hertz of the plate!
- To prevent meniscus injuries, please ensure that your feet are facing forward and parallel.

**The following people should not undertake Vibration Training:**

- Pregnant women.
- People with pacemakers.
- Patients with cancer or tumours.
- People with artificial joints, screw joints, or plates as a result of surgery.

- People with bone cement, for example to the spinal column.
- Children under 12 years.
- Patients after certain eye surgeries.

**Here is a simple introduction exercise before we begin with the main training:**



Ask the customer to stand on the plate, with their heels slightly raised and knees bent with their hands on the console.

Let the customer feel the changes in the intensity of the vibration when the weight is shifted from the heel to the ball of the foot.

Ask him or her about their health: “How do you feel?”

Important; to avoid injury to the anterior cruciate ligament you should:

➔ Knees slightly bent, but never with the knees before the tips of the toes. It is better to tilt the thigh slightly backwards while

keeping the lower leg perpendicular to the base plate.

➡ In order not to put too much strain on the inner and outer meniscus, ensure that the feet are always parallel and in a forward direction.



As in any other sport it is important to let the body know that you expecting some physical performance from it. In traditional and professional sports this can easily take over 15 minutes to avert the risk of injury.

We always do at least one warm-up exercise.

1-2 minutes on the vibration plate is sufficient to warm up the muscles.

- Avoid jumping or strong dynamic exercises during the warm-up.
- It is advisable to warm-up the area that you also want to work out.
- Warm-up, for example the lower body, for the leg work out.

If you do not have enough plates available, you can of course encourage the customer to use the cross trainer, punching bag, indoor bikes or treadmills to warm up.

We prefer to do this in our circuit hour and use the expensive plates solely for the strength exercises. This saves resources.

## **Presentation of the major muscle groups**

The entire musculature of man is divided into over 600 different muscles. For vibration training it is sufficient to know just the

major muscle groups.

So that you can visually associate described muscle groups in all of the following training sessions, I have made an overview of the muscles. The simplified drawing of the muscle groups I hope you find clear and concise.

## **Muscle overview - download**

Since the captions of the muscle groups on the following two figures in the eBook cannot be enlarged and due to the smaller font size are probably not legible, you can download the musculature overview as a PDF document at:

[www.verlag4you.de/com](http://www.verlag4you.de/com)

Please visit the home page of the website and under the category "Wellbeing + Health + Fitness" the article "Professional Vibration Training", and then scroll to the article at the bottom. There you can click on the download button and enter the following login information in order to start the download:

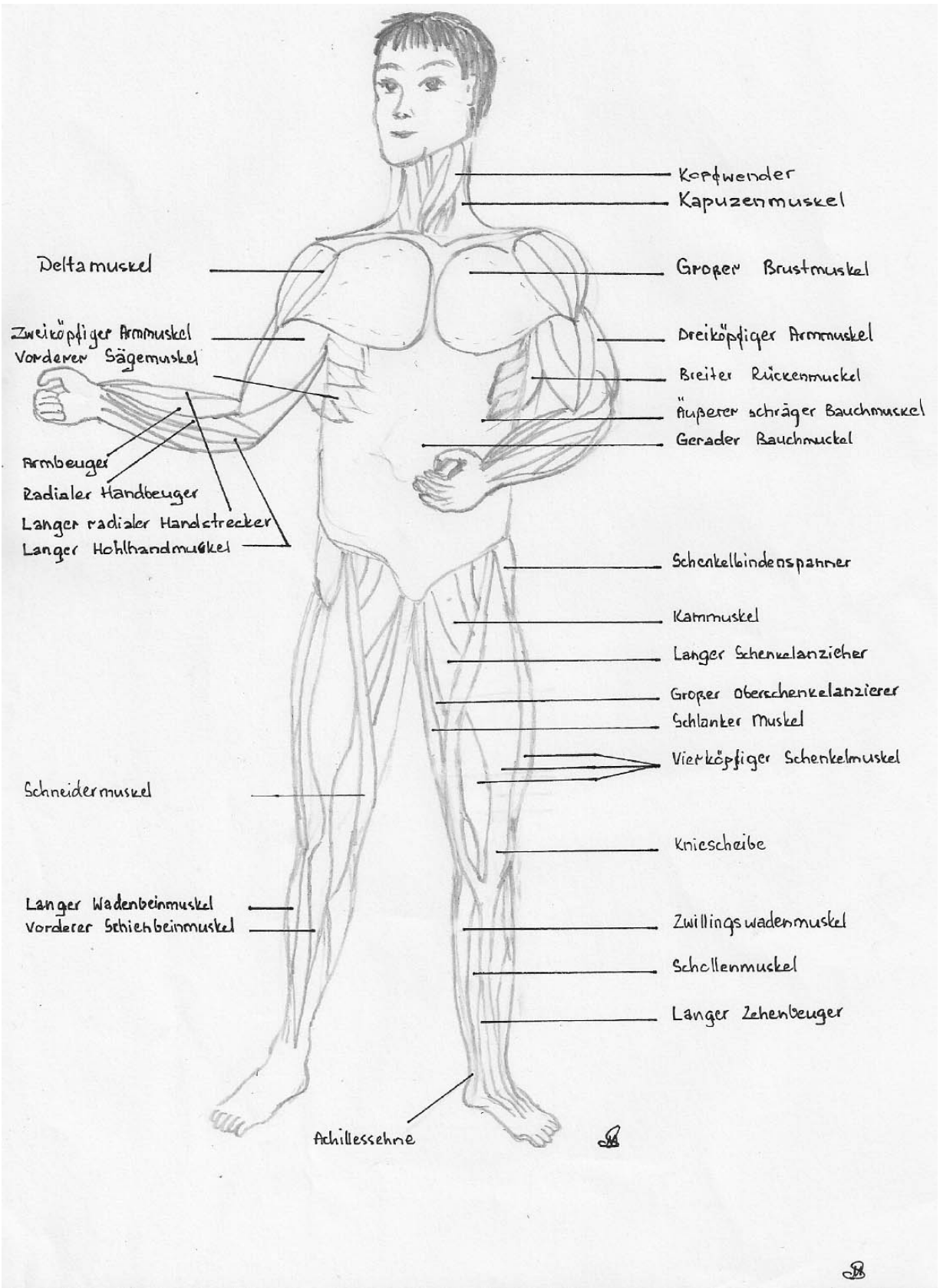
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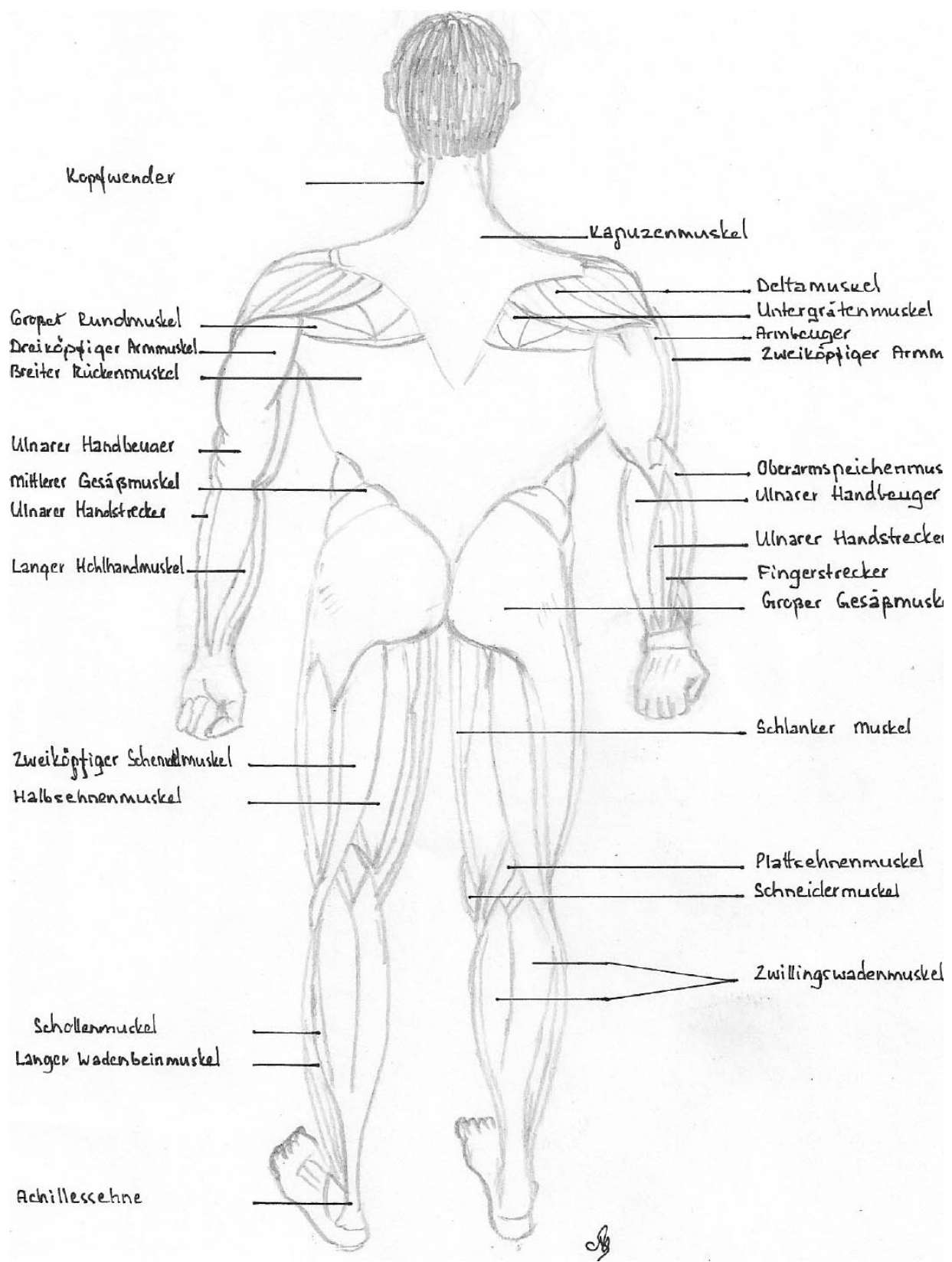
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## **Muscle Index (Front View)**



## **Muscle Index (Back View)**



Kopfwender

Kapuzenmuskel

Großer Rundmuskel  
Dreiköpfiger Armmuskel  
Breiter Rückenmuskel

Deltamuskel  
Untergrätenmuskel  
Armbeuger  
Zweiköpfiger Arm

Ulnarer Handbeuger  
mittlerer Gesäßmuskel  
Ulnarer Handstrecker

Oberarmspeichenmuskel  
Ulnarer Handbeuger  
Ulnarer Handstrecker  
Fingerstrecker  
Großer Gesäßmuskel

Langer Hohlhandmuskel

Zweiköpfiger Schenkelmuskel  
Halbsehnenmuskel

Schlanker Muskel

Plattsehnenmuskel  
Schneidermuskel

Schollenmuskel  
Langer Wadenbeinmuskel

Zwillingswadenmuskel

Achillessehne

Handwritten signature