



# AVT™ Exercises





## Squat

Stand on the 3G cardio AVT vibration machine with feet shoulder width apart. Keeping your back straight, stick your butt out behind you, bend at the waist and knees until your thighs are almost parallel with the platform. Imagine you are sitting on an invisible chair. Keep your knees behind your toes and your weight in your heels. Hold this position for the duration of the exercise timer. For a more advanced position lift your big toes up off the platform or perform the exercise without holding on to the handlebars. You should feel this exercise in the glute and leg muscles.



## Deep Squat

Stand on the 3G cardio AVT vibration machine with feet shoulder width apart. Keeping your back straight, stick your butt out behind you, bend at the waist and knees until your thighs are parallel with the platform, sink down deeper than a regular squat. Imagine you are sitting on an invisible chair. Keep your knees behind your toes and your weight in your heels. Hold this position for the duration of the exercise timer. For a more advanced position lift your big toes up off the platform or perform the exercise without holding on to the handlebars. You should feel this exercise in the glute and leg muscles.



## Wide Stance Squat

Stand on the 3G cardio AVT vibration machine with feet wide apart, and toes pointing slightly outward. Keeping your back straight, stick your butt out behind you, bend at the waist and knees until your thighs are almost parallel with the platform. Imagine you are sitting on an invisible chair. Keep your knees behind your toes and your weight in your heels. Hold this position for the duration of the exercise timer. For a more advanced position lift your big toes up off the platform or perform the exercise without holding on to the handlebars. You should feel this exercise in the glute and leg muscles.



## Glute Squat

Stand on the 3G cardio AVT vibration machine with feet shoulder width apart. Keeping your back straight, stick your butt out behind you, bend at the waist and knees until your thighs are parallel with the platform, sink down deeper than a regular squat. Imagine you are sitting on an invisible chair. Keep your knees behind your toes and your weight in your heels. Hold this position for the duration of the exercise timer. For a more advanced position lift your big toes up off the platform or perform the exercise without holding on to the handlebars. You should feel this exercise in the glute and leg muscles.



## Front Squat

Stand on the 3G cardio AVT vibration machine with feet angled outward slightly and shoulder width apart. Cross your arms over your chest. Keeping your back straight, stick your butt out behind you, bend at the waist and knees until your thighs are almost parallel with the platform. Imagine you are sitting on an invisible chair. Keep your knees behind your toes and your weight in your heels. Hold this position for the duration of the exercise timer. For an easier position perform the exercise without holding on to the handlebars. You should feel this exercise in the glute and leg muscles.



## Single Leg Balance Squat

Stand on one leg on the 3G cardio AVT vibration machine and bend your other leg at the knee bringing your heel toward your butt. Place your hands on your hips and slowly bend the leg on the platform at the knee until your thigh is almost parallel to the platform. Keep your abdominal muscles tight and tense your glute and leg muscles. Hold this position for the duration of the exercise timer and repeat with the other leg. For an easier position perform this exercise facing the machine and holding on to the handlebars. You should feel this exercise in your glute, thigh, and abdominal muscles.



## Lunge

Place one foot in the middle of 3G cardio AVT vibration machine platform, place your other leg a step behind you on the ground. Keep your back straight and lower your hips, and the knee behind you toward the ground. Press your foot that is on the platform down firmly, while keeping the knee lined up directly above your toes. Hold this position for the duration of the exercise timer, repeat with the other leg. You should feel this exercise in your leg and core muscles especially the quadriceps, the top of your thigh.



## Calves

Stand in the center of the 3G cardio AVT vibration machine platform with legs shoulder width apart. Raise up onto the balls of your feet and squeeze your calf muscles. Keep your back straight and abdomen tight. You can either hold this position or return to a flat foot on the machine and slowly raise up again. For a more advanced position bend at the knees to 90 degrees while raising up onto the balls of your feet. You should feel this exercise in your calf muscles. Repeat this movement for the duration of the exercise timer.



## Abdominal Crunch

Sit on the 3G cardio AVT vibration machine with your back to the machine. Lean backward and bring your knees toward your chest forming a V shape with your body. Cross your arms over your chest or keep them at your sides. For a more advanced position alternately extend one leg at a time up and out. For an easier version hold the handle bar directly above your head with both arms. You should feel this exercise in your abdominal muscles and core. Hold this position the duration of the exercise timer.



## Lower Abdominals

Lay on the 3G cardio AVT vibration machine so that your back is on the platform and your head is extended over the edge. Hold onto the platform for support. Bring your knees to your chest and slowly extend your legs to a straightened position above you and lower them to create a straight line with your body. Tense the abdominal muscles through the range of motion. In a slow controlled movement, keeping your legs straight, repeat this motion for the duration of the exercise timer. For a more advanced position, do not hold on, and try alternating your legs, moving just one at a time. You should feel this exercise in the lower abdominal muscles.



## Standing Abdominals

Stand on the 3G cardio AVT vibration machine platform with feet shoulder width apart. Hold onto the handlebar at shoulder height and bend your knees slightly. Keeping your back straight push your upper torso down while tensing the abdominal muscles. Hold this position for the duration of the exercise timer. For a more advanced position straighten your arms while holding on and lean back slightly. You should feel this exercise in your abdominal muscles and core.



## Lateral Abdominals

Sit in front of the 3G cardio AVT vibration machine facing sideways from the machine. Place one hand, palm down, on the platform and support your upper body on your forearm, keeping your back straight. Extend your legs in a straight line from your body away from the machine. Raise your other arm straight above your head. Keeping your abdominals tight press your hips upward. Hold this position for the duration of the exercise timer. Repeat with your arms in the opposite direction. You should feel this exercise in your neck, shoulders, and upper back.



### Advanced Abdominals 1

Sit on the 3G cardio AVT vibration machine with your back to the machine. Lean backward and bring your knees toward your chest forming a V shape with your body. Cross your arms over your chest or keep them at your sides. Alternately extend one leg at a time out in front of you and return it to the start position in creating a slow cycling motion with your legs. For an easier version hold the handle bar directly above your head with both arms. You should feel this exercise in your abdominal muscles and core. Repeat this movement the duration of the exercise timer.



### Advanced Abdominals 2

Sit on the 3G cardio AVT vibration machine facing the handlebars with your butt toward the front of the platform. Brace your upper body with your hands and place your feet hooked under the lower part of the handlebars. Keeping your knees slightly bent cross your arms over your chest and pull your chest toward your legs. Repeat this movement for the duration of the exercise timer. You should feel this exercise in your abdominal muscles.



### Plank

In a prone position place your forearms on the 3G cardio AVT vibration machine, elevate your body so just your toes have contact with the ground and your weight is supported by your forearms. Make a fist and press down with outside of your hands, thumbs facing up. Raise your butt into the air, keeping your back and body in a straight line. Hold this position the duration of the exercise timer. You should feel this exercise in your abdominal muscles and core.



### Advanced Plank

In a prone position place your forearms on the 3G cardio AVT vibration machine, elevate your body so just your toes have contact with the ground and your weight is supported by your forearms. Make a fist and press down with outside of your hands, thumbs facing up. Raise your butt into the air, keeping your back and body in a straight line. For a more advanced position, alternately lift one leg at a time, straight up in the air behind you. You should feel this exercise in your abdominal muscles and core. Hold this position the duration of the exercise timer.



### Standing Row

Stand in front of the 3G cardio AVT vibration machine with your legs shoulder width apart, and knees slightly bent. Keep your back straight and lean forward. Holding the straps with palms facing up, keep your arms close to your sides and extend your bent elbows back behind you. Push your chest out and squeeze your shoulder blades together. Rotate your hands slowly in and out to work the triceps in different ways. You should feel this exercise in your upper back and shoulders. Hold this position the duration of the exercise timer.



### Front Raise

Stand in front of the 3G cardio AVT vibration machine with your legs shoulder width apart, and knees slightly bent. Extend both arms horizontally in front of your torso keeping your back straight. With your arms extended and straight and your palms facing down, pull the straps upward. You may need to adjust the length of the straps for your height. For a more advanced position perform the exercise while standing on the vibration platform. You should feel this exercise in your shoulders and arms. Hold this position the duration of the exercise timer.



### Biceps Curl

Stand in front of the 3G cardio AVT vibration machine with your legs shoulder width apart, and knees slightly bent. Keep your back straight. Holding the straps at waist height with palms facing up, keep your arms close to your sides and bent at a 90 degree angle. Keeping your upper arms still and wrists straight, pull the straps up until you feel tension in your arms. Rotate your hands slowly in and out to work the biceps in different ways. Hold this position for the duration of the exercise timer. You should feel this exercise in your upper back and shoulders.



### Triceps Dip

Sit in front of the 3G cardio AVT vibration machine with your back against the front edge of the machine and legs straight in front of you. Place your hands behind you on the platform with palms facing down, raise your body straight up off the floor using only your hands until your arms are straight. Slowly lower your body back down until you are almost touching the floor, repeat this movement for the duration of the exercise timer. Keep your back straight and close to the machine. For an easier version bend at the knees and keep your feet flat on the ground. You should feel this exercise in the back of your arms and shoulders.



### Push Up

Kneel in front of the 3G cardio AVT vibration machine and place your hands on the platform, shoulder width apart, with fingers facing slightly inward. Keep your back straight and push your upper body up off the platform until your arms are bent to 90 degrees at the elbows and just your arms are supporting your weight with your knees on the ground. Hold this position for the duration of the exercise timer. For a more advanced position keep your legs straight and just your toes touching the ground. You should feel this exercise in the arm and chest muscles.



### Glute Kicker

Kneel on the 3G cardio AVT vibration machine on one knee and extend the other leg straight out behind you. Balance your upper body with the hand opposite of the knee on the machine holding onto the platform and the arm opposite of your extended leg in the air straight in front of you. Slowly raise your extended leg into the air as high as you can while squeezing your glute muscles. Keep your back straight and your abdominals tight. Hold this position for the duration of the exercise timer and repeat with the other leg. You should feel this exercise in your glute, thigh, and abdominal muscles.



### Shoulder Press

Stand with your feet shoulder width apart and bend forward at the waist, keep your back straight. Place your hands on the 3G cardio AVT vibration machine. Keeping your arms straight, support your body weight with your hands pushing back up into the shoulders. Slowly bend slightly at the elbows and return to the starting position using your shoulders and arms. Keep your head down. You should feel this exercise in your shoulders and arms. Hold this position the duration of the exercise timer.



### Latissimus Dip

Sit in front of the 3G cardio AVT vibration machine with your back against the edge of the machine and legs straight in front of you. Place your hands wide on the sides of the machine behind you with palms facing down, raise your body straight up off the floor using only your hands until your arms are straight. Slowly lower your body back down until you are almost touching the floor, push your shoulders up and elbows back. Keep your back straight and close to the machine. For an easier version bend at the knees and keep your feet flat on the ground. Hold this position for the duration of the exercise timer. You should feel this exercise in the mid back and shoulders.



### Single Leg RDL

Stand on the 3G cardio AVT vibration machine platform facing sideways from the handlebars. Balancing on the leg closest to the machine extend your other leg behind you, while keeping both legs straight. Extend both arms in front of you, and while keeping your back straight, slowly bend at the waist until your body forms a straight line from your arms to your extended leg. Keep your core and glute muscles tight and maintain your balance. You can place one arm on your hip or the handle bars if you need help controlling your balance. Hold this position for the duration of the exercise timer then repeat with the other leg. You should feel this exercise in your core and glute muscles.



### Glute Blaster

Lay on the ground or on a cushion in front of the 3G cardio AVT vibration machine facing the machine. Place your feet flat in the center of the platform. Keeping your feet flat and your shoulders on the ground or pad, push your butt up in the air until your body forms a straight line from the shoulders to your knees. Keep your back straight and squeeze your glute muscles. Hold this position for the duration of the exercise timer. You should feel this exercise in your glute and abdominal muscles.



### Calf Stretch

Stand on the 3G cardio AVT vibration machine place one foot on the front of the platform with your heel extending off the machine and your other foot near the center of the platform. While holding the handlebars press your back leg's heel down until you feel a stretch in the calf muscle. Keep your toes firmly on the platform. Hold this position for the duration of the exercise timer and repeat with legs in the opposite position. For a more advanced position place both feet with heels extending off the platform and press both heels down until a stretch is felt in both calves. You should feel this exercise in your calf muscles.



### Adductor Stretch

Stand sideways in front of the 3G cardio AVT vibration machine and place the foot closest to the machine flat on the platform keeping your leg straight. Place your other foot parallel to the front of the machine and bend that knee slightly until a stretch is felt in inner thigh of the other leg. Hold this position for the duration of the exercise timer then repeat with the other leg. You should feel this exercise in your adductor or inner thigh muscles.



### Hamstring Stretch

Stand on the 3G cardio AVT vibration machine with feet toward the front edge of the platform. Keeping your legs and back straight, bend at the waist pushing your butt out behind you. Slowly lower your head until you feel a tightness in the hamstrings and lower back. Hold this position for the duration of the exercise timer. For a more advanced position face the opposite direction and without holding on to the handles, let your upper torso and arms drop in front of you while you reach for your toes. You should feel this exercise in your quadriceps muscle, the top of your thigh.



### Quadriceps Stretch

Position your knee and shin on the 3G cardio AVT vibration machine platform, make sure your foot remains off the plate. Place your other leg in front of you with your foot flat on the ground. Keeping your back straight, lean back and push your hips forward to stretch your quadriceps. Repeat this movement for the duration of the exercise timer, repeat with the other leg. You should feel this exercise in your quadriceps muscle, the top of your thigh.



### Back Relaxer

Sit on the 3G cardio AVT vibration machine facing away from the machine. Cross or extend your legs straight on the ground in front of the machine. Rest your hands on your thighs or knees. Slowly bend your head forward bringing your chin toward your chest and lean forward until a stretch is felt in the mid to lower back. Hold this position for the duration of the exercise timer. You should feel this exercise in the mid to lower back.



### Latissimus Stretch

Kneel in front of the 3G cardio AVT vibration machine facing the platform. Extend your arms straight and place your hands with palms facing down on the sides or back of the platform. Lean back bringing your butt to your heels and sink down towards the ground while keeping arms straight and extended. Relax your neck. Hold this position for the duration of the exercise timer. You should feel this exercise in the mid and upper back.



### Shoulder Stretch

Stand in front of the 3G cardio AVT vibration machine facing sideways from the machine. Grip the Velcro 3G strap in the arm farthest from the machine. Bend your arm behind you, resting the back of your hand on your lower back. Adjust the Velcro 3G strap to a comfortable length. Keep the strap firm and pull that arm's elbow away from your body while raising and wrapping your other arm over your head and gently pulling your head toward your raised arms shoulder. Hold this position for the duration of the exercise timer. You should feel this exercise in the shoulders and neck.



### Pectoral Stretch

Sit in front of the 3G cardio AVT vibration machine facing away from the machine with legs extended in front of you. Lean back against the platform and extend your arms behind you on the platform with palms down. Push your chest forward and up while pulling your arms together behind you. Press your hands and shoulders down into the platform to intensify the stretch. Hold this position for the duration of the exercise timer. You should feel this exercise in the chest and front of your shoulders.



### Achilles Stretch

Stand on the 3G cardio AVT vibration machine towards the front of the platform, with your feet flat and back straight bend at the knees and waist until a stretch is felt in the back of the calf. Lean on the handlebars with your forearms, push your knees down and toward the upright column while keeping your heels on the platform. Hold this position for the duration of the exercise timer. You should feel this exercise in your Achilles and calf muscles.



### Double Leg Calf Stretch

Stand on the 3G cardio AVT vibration machine with feet shoulder width apart toward the front of the platform. Hold onto the top grip of the handle bars. Keeping your legs and back straight lean forward until you feel tension in the calf muscle. Keep your feet flat on the platform and press your heels down firmly. Hold this position for the duration of the exercise timer. You should feel this exercise in your calf muscles.





### Hip And I.T. Band Stretch

Stand on the 3G cardio AVT vibration machine and cross one leg in front of the other, feet flat on the platform. Keep your back leg straight and bend your front leg slightly at the knee. Holding onto the handlebars put most of your weight on your back leg, push your back leg's hip outward and lean your upper body to the opposite side until you feel the stretch. Hold this position for the duration of the exercise timer. Repeat with legs in the opposite position. You should feel this exercise in your extended hip and I.T. Band.



### Hip Flexor Stretch

Kneel with one knee on the 3G cardio AVT vibration machine facing away from the machine. Place your other leg in a lunge position in front of you. Place your hands on your hips and slowly pivot forward and backwards and side-to-side until a stretch is felt in your hips. Repeat this movement for the duration of the exercise timer, repeat with the other side. You should feel this exercise in your hips.



### Adductor Massage

Lie on your side facing the 3G Cardio® AVT™ Vibration Machine. Slightly bend one leg and rest it on the Vibration plate. Making sure your body does not touch the Plate. Now repeat the massage with the other leg.



### Abductor Massage

Lay on your side on the 3G cardio AVT vibration machine with your hip and outside of your thigh in contact with the platform. Support your upper body with your forearm on the platform or the ground next to the machine. Slightly pivot your hips forward and backward to massage the entire outer thigh. Repeat this movement for the duration of the exercise timer, repeat the massage with the other leg. You should feel this exercise in your outer thigh, hip, and knee areas.



### Calf Massage

Lay in front of the 3G cardio AVT vibration machine facing the handlebars with your calves on the platform and your upper body on the floor. Relax and keep your calves in contact with the platform. Slowly roll your legs and feet side to side slightly to target different areas. Repeat this movement for the duration of the exercise timer. You should feel this exercise in your calf muscles.



### Upper Arm Massage

Kneel in front of the 3G cardio AVT vibration machine facing diagonal across the platform. Extend the arm closest to the machine straight and place it on the platform, palm facing down. Keep your entire arm in contact with the platform from armpit to hand. Sink back until your butt is touching your heels and lower your chest and head toward the platform until you feel a stretch in your upper arm. Hold this position for the duration of the exercise timer and repeat with the other arm. You should feel this exercise in your bicep, triceps, and shoulder muscles.



### Upper Body Relaxer

Sit facing away from the 3G Cardio® AVT™ Vibration Machine, with your legs bent. Using your elbows for balance, raise your upper body off the vibration plate. Keeping your neck and back straight, pull your shoulders back. The vibration will relax your upper body.



### Quadriceps Massage

Lay on the 3G cardio AVT vibration machine face down with a leg on each side of the upright column. Brace your upper body on a cushion or with hands on the ground in front of the machine. Your thighs should be in contact with the platform. Slowly roll your legs and feet side to side slightly to target different areas. Repeat this movement for the duration of the exercise timer. You should feel this exercise in your quadriceps muscles, the front of your thighs.



### Shoulder & Neck Relaxer

Kneel in front of the 3G cardio AVT vibration machine facing the machine. Sit far enough back that your head will not touch the platform but your hands still can. Extend your arms straight and place your hands on the platform, palms facing down. Sink back until your butt is touching your heels and lower your head so your ears are in between your arms. Gently pull your chin toward your chest until a stretch is felt in the neck and shoulder. Hold this position for the duration of the exercise timer. You should feel this exercise in your neck, shoulders, and upper back.



### Lower Back Relaxer

Sit in front of the 3G cardio AVT vibration machine facing away from the machine. Extend your legs straight on the ground in front of you and place your hands on the ground at your sides. Lean back against the machine with the platform base touching your lower back. Sit in a relaxed position and hold this position for the duration of the exercise timer. You should feel this exercise in the lower back.



### Hamstring Massage

Lay on the 3G cardio AVT vibration machine facing the handlebars with a leg on each side of the upright column. Your butt should be slightly off the platform with your thighs having full contact with the machine. Brace your upper body on a cushion or with hands on the ground in front of the machine. Slowly roll your legs and feet side to side slightly to target different areas. Repeat this movement for the duration of the exercise timer. You should feel this exercise in your hamstring muscles, the back of your thighs.



### Serratus Oblique Fascia Release

Lay on your side on the 3G cardio AVT vibration machine. Place a foam roller between your hip and the platform. Brace your upper body on a cushion or on the ground next to the machine with your downward facing arm. Slowly move your body forward and backward rolling the foam roller up and down the length of your body, from armpit to hip. Rotate your body slightly upwards and downwards to target different areas. Repeat this movement for the duration of the exercise timer, repeat with the other side. You should feel this exercise in your outer rib, ab, and hip areas.



### **I.T. Band Massage**

Lay on your side on the 3G cardio AVT vibration machine. Place a foam roller between your hip and the platform. Brace your upper body on a cushion or on the ground next to the machine with your downward facing arm. Slowly move your body forward and backward rolling the foam roller up and down the length of your thigh, from hip to knee. Rotate your body slightly upwards and downwards to target different areas. Repeat this movement for the duration of the exercise timer, repeat with the other leg. You should feel this exercise in your outer thigh, hip, and knee areas.



### **Rotator Rehab**

Kneel in front of the 3G cardio AVT vibration machine facing the platform. Place your hands shoulder width apart, palms down on the platform. Keeping your arms straight press down with your hands and chest until you feel a stretch in your shoulders. Slowly pivot your upper body backward, forward, and side to side in small circles keeping your hands firmly in place until a stretch is felt in your shoulders. Repeat this movement for the duration of the exercise timer. You should feel this exercise in your shoulder and rotator cuff.



### **Ankle Flexion**

Stand on the 3G cardio AVT vibration machine with legs shoulder width apart. Hold the handlebars and bend your knees slightly. Slowly with controlled movement roll your feet in a circle by shifting your weight to your heels, to the left side of your feet, onto your toes, then to the right side of your feet. Repeat this movement for the duration of the exercise timer. You should feel this exercise in your ankles and feet.



### **Knee Rotation**

Stand on the 3G cardio AVT vibration machine with feet shoulder width apart. Keeping your back straight, stick your butt out behind you, bend at the waist and knees until your thighs are almost parallel with the platform. Imagine you are sitting on an invisible chair. Keep your knees behind your toes and your weight in your heels. Slowly rotate your hips and lower body in small circles like you are using a hula hoop. Repeat this motion for the duration of the exercise timer. You should feel this exercise in the inner and outer knees.