

Beginner* = 3 x a week 5 to 6 exercises (30 - 35Hz)

Intermediate* = 4 x a week 6 to 10 exercises (35 - 40Hz)

Advanced* = 5 x a week 10 to 12 exercises (40 - 50Hz)

*Based on average age, health and fitness level

**Positions below serve as a guide, you can create your own based on your needs

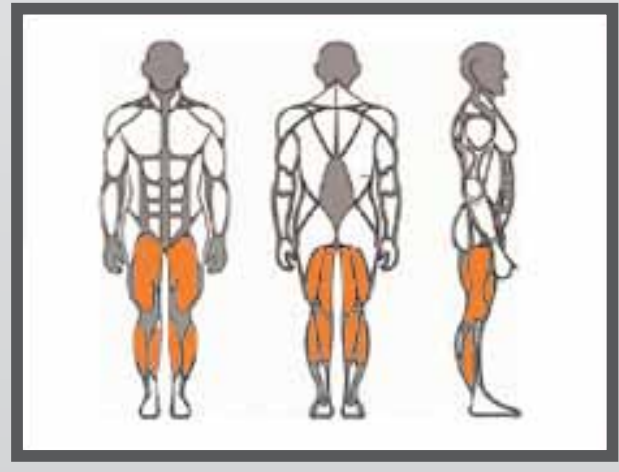
***Advance your routine further by increasing the frequency, time and number of exercises



Beginner (30 sec per exercise)

Intermediate (60 sec per exercise)

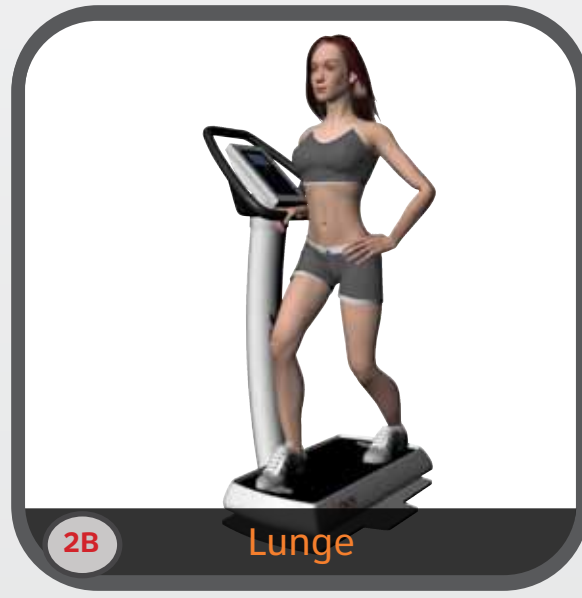
Advanced (90 sec per exercise)



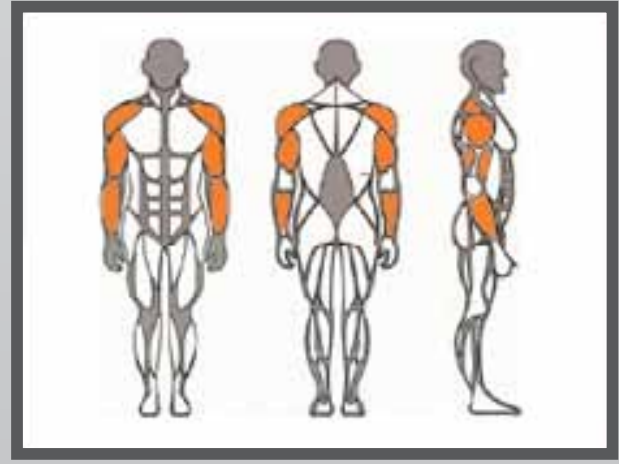
LEGS



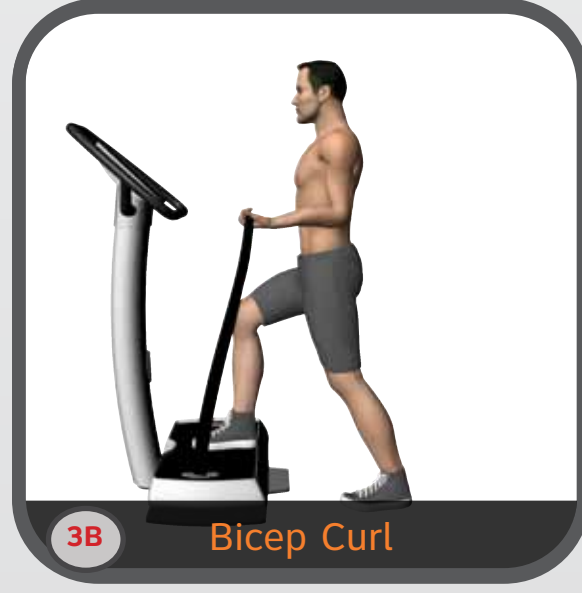
1B Basic Squat



2B Lunge



ARMS



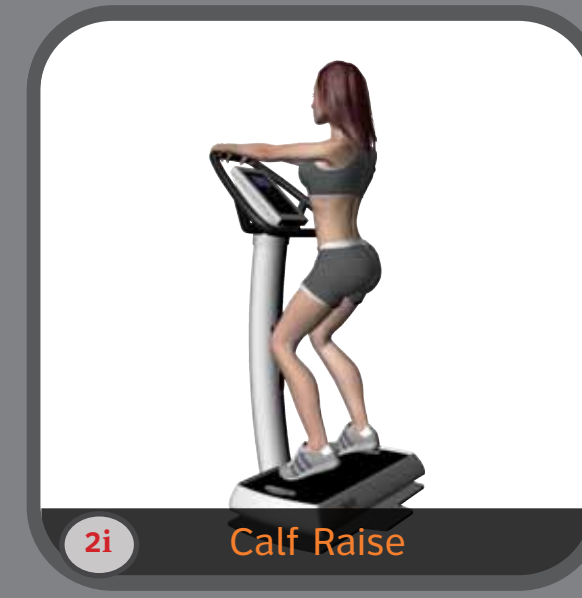
3B Bicep Curl



4B Biceps Curl



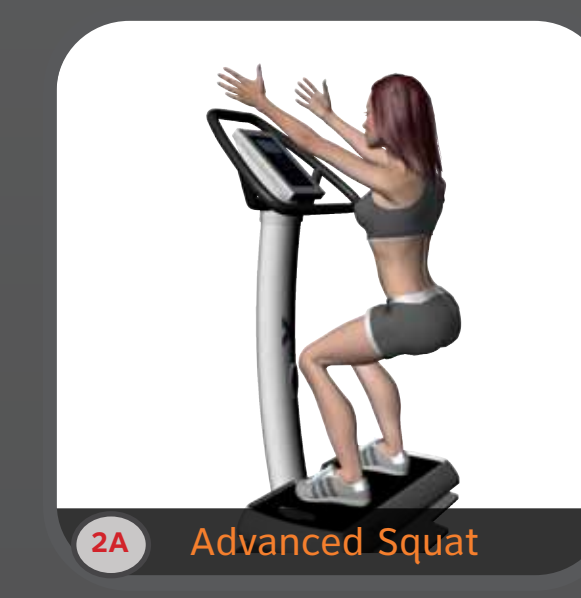
1i One Legged Squat



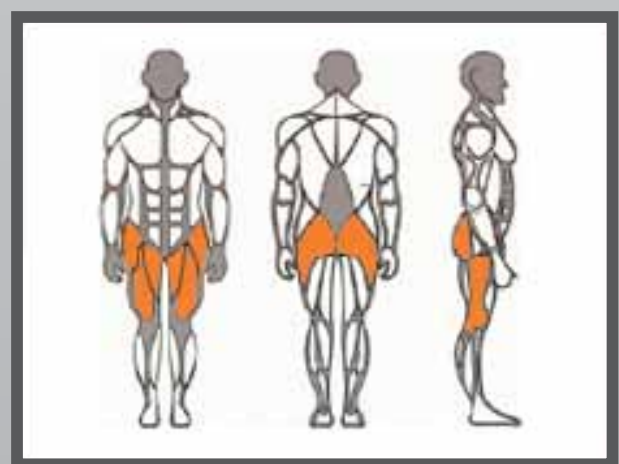
2i Calf Raise



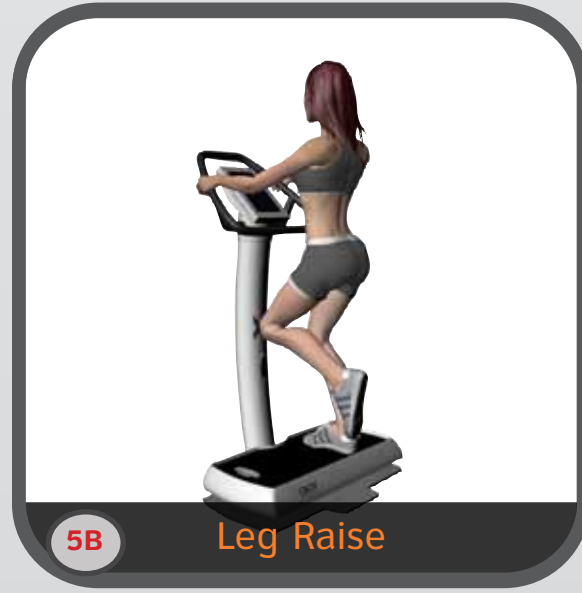
1A Advanced Calf Raise



2A Advanced Squat



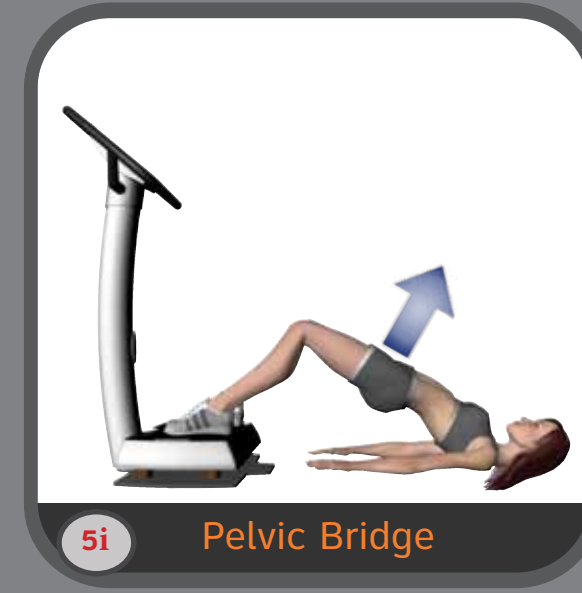
HIPS AND GLUTES



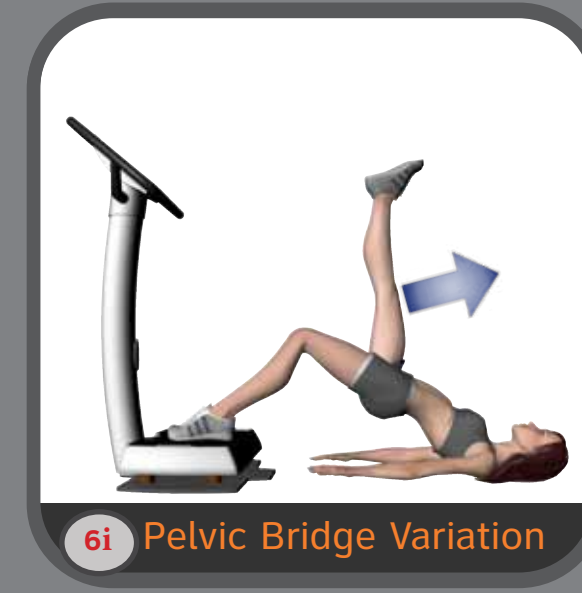
5B Leg Raise



6B Lateral Stretch



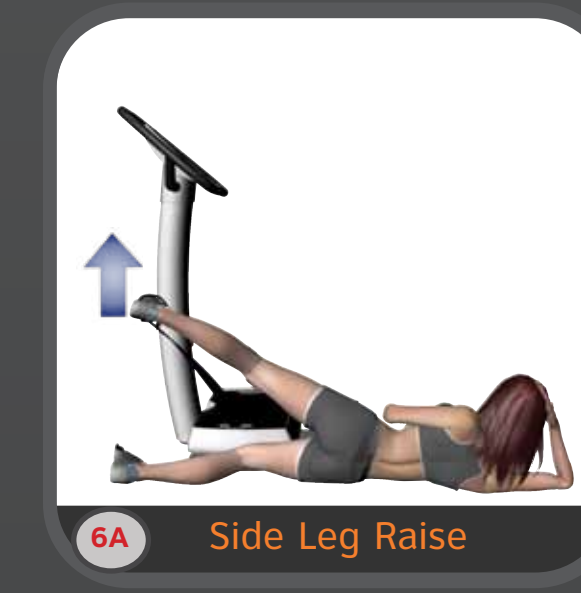
5i Pelvic Bridge



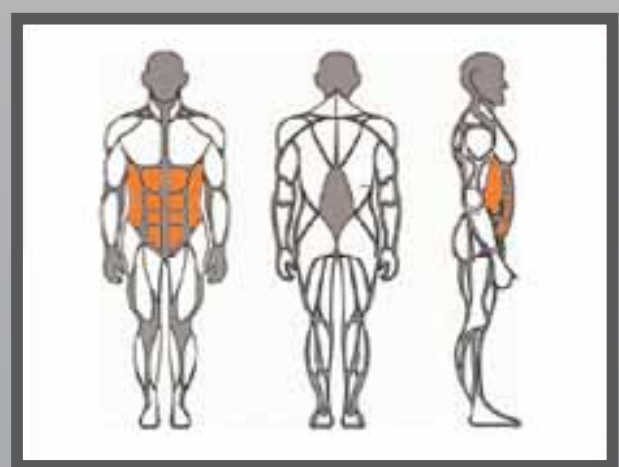
6i Pelvic Bridge Variation



5A Leg Raise



6A Side Leg Raise



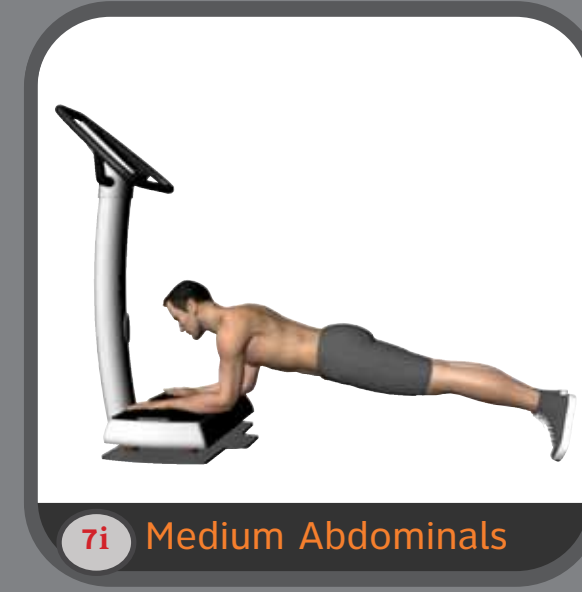
ABS



7B Basic Abdominals



8B Abdominals Variation



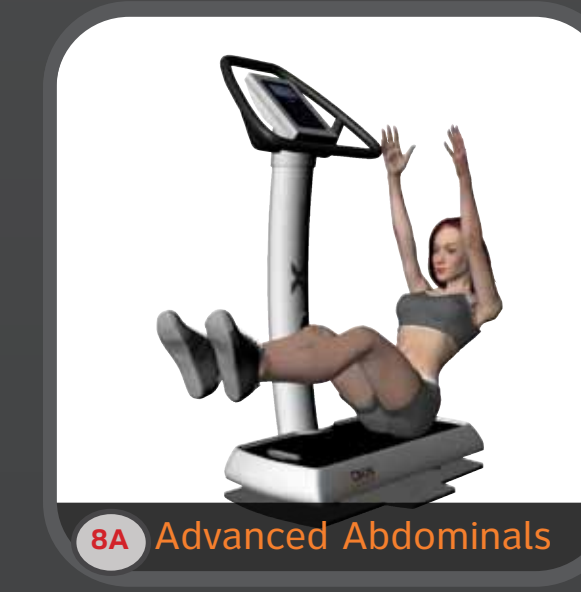
7i Medium Abdominals



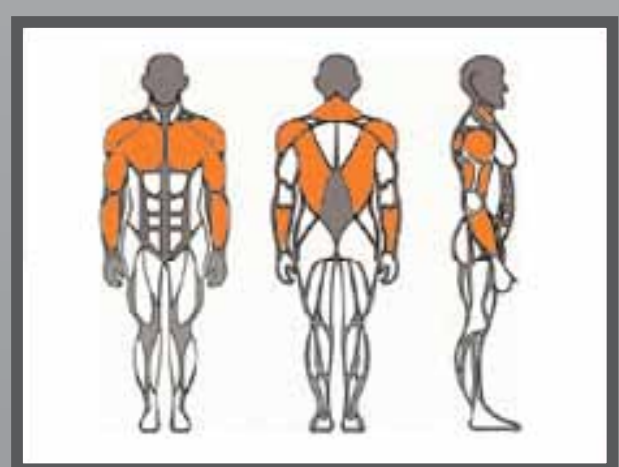
8i Oblique Crunches



7A Lateral Side Stretch



8A Advanced Abdominals



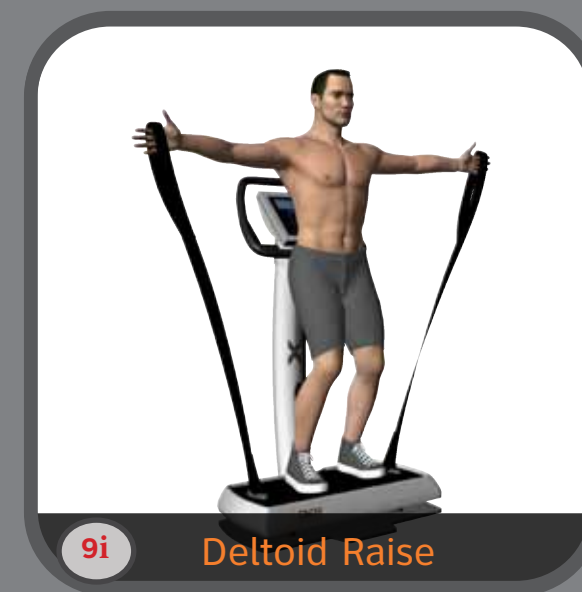
UPPER BODY



9B Triceps Pull



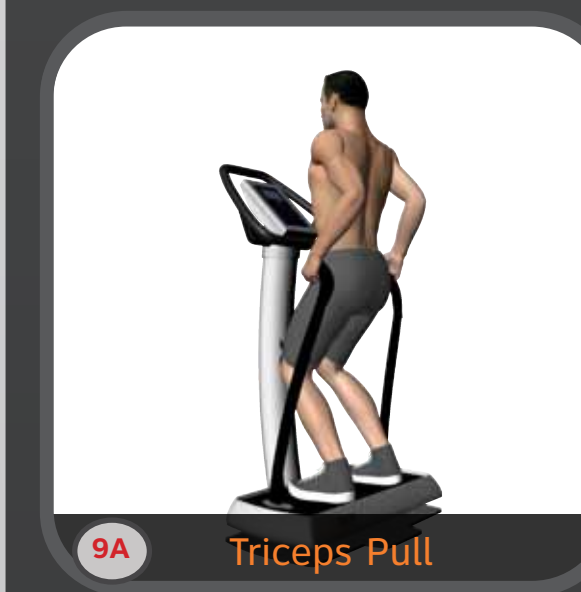
10B Lateral Lifts



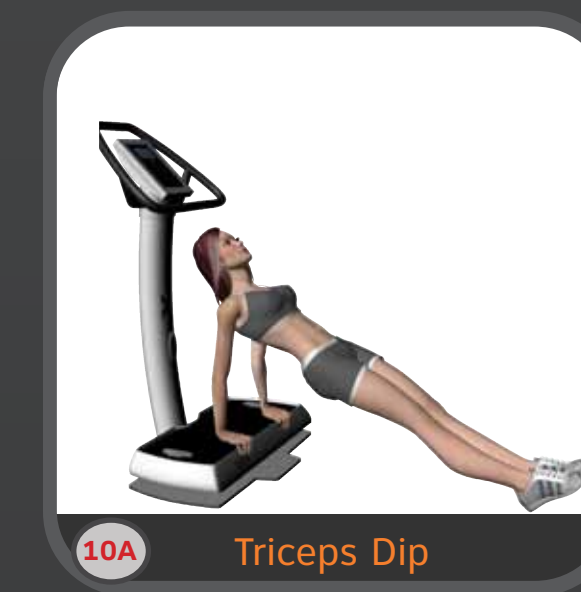
9i Deltoid Raise



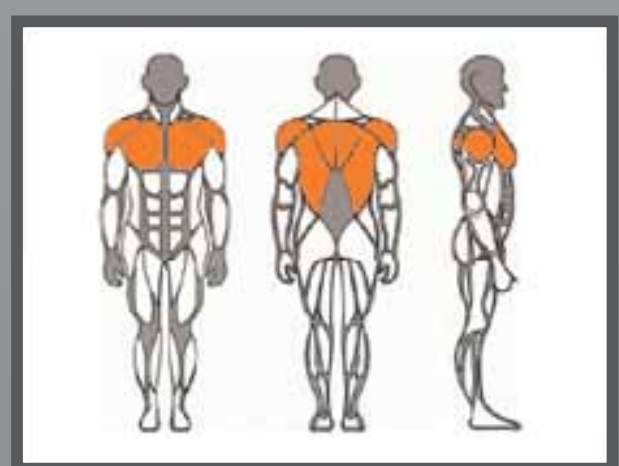
10i Double Cross Over



9A Triceps Pull



10A Triceps Dip



CHEST



11B Shoulder Press



12B Shoulder Press Variation



11i Push Up



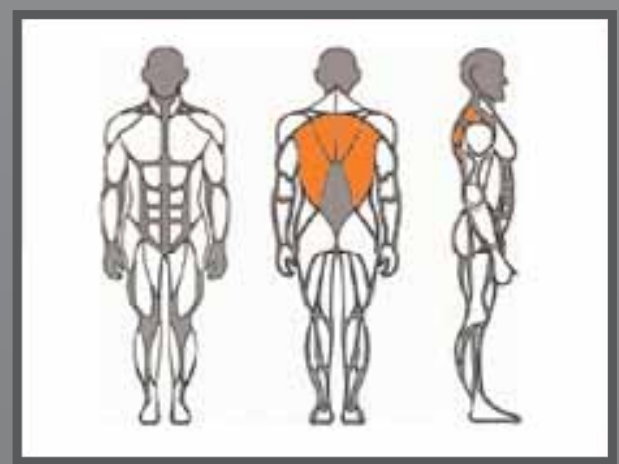
12i Push Up Variation



11A Front Raise



12A Advanced Push Up



BACK



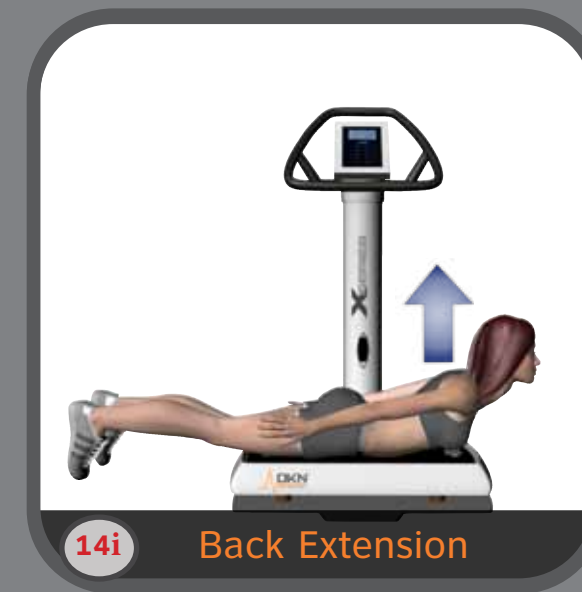
13B Leg Raise



14B Lateral Extension



13i Medium Leg Raise



14i Back Extension



13A Advanced Leg Raise



14A Advanced Back Stretch

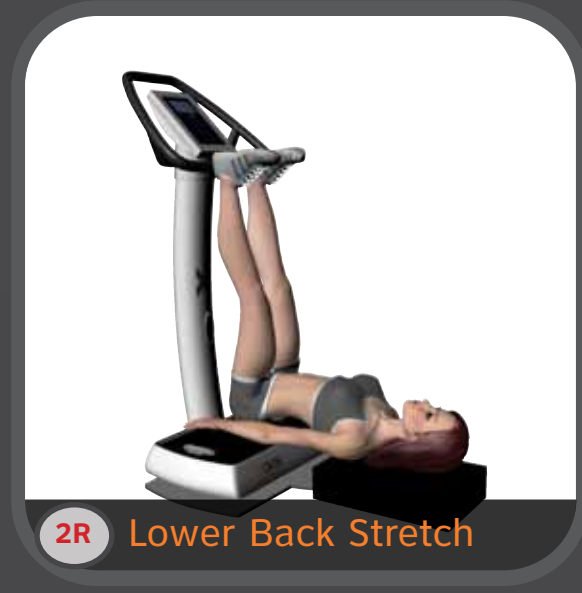
Relaxation & Stretching

(20-35Hz for 1-3 Minutes)

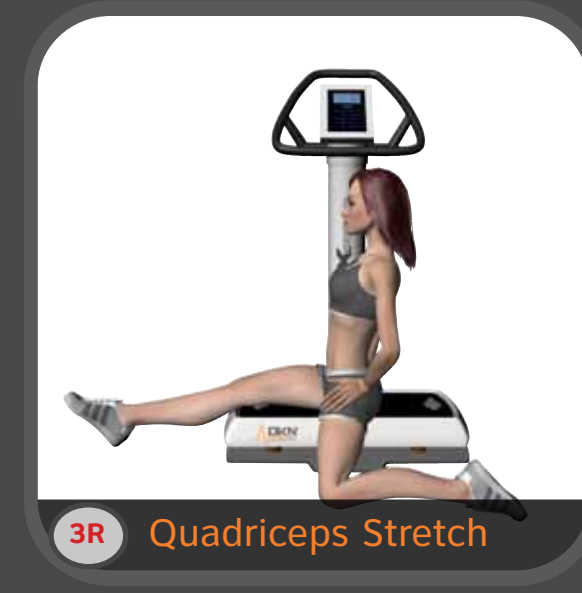
LOWER BODY



1R Hamstring Stretch



2R Lower Back Stretch



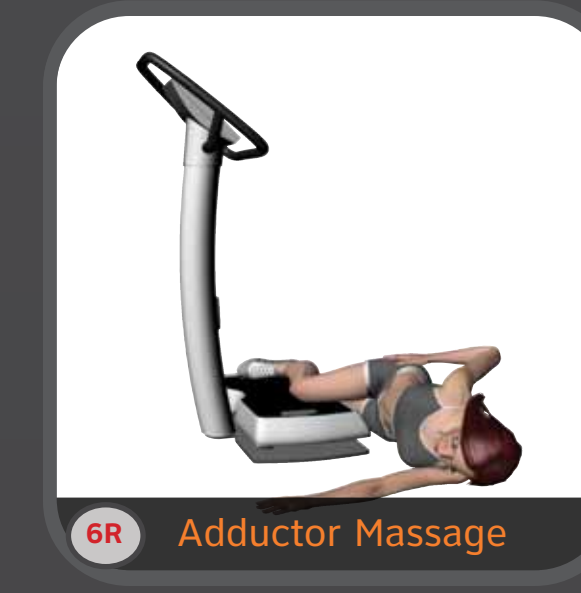
3R Quadriceps Stretch



4R Back Stretch

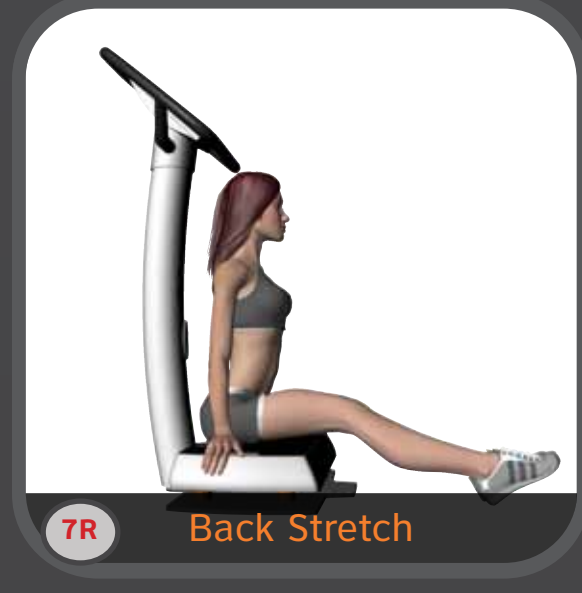


5R Quadriceps Massage

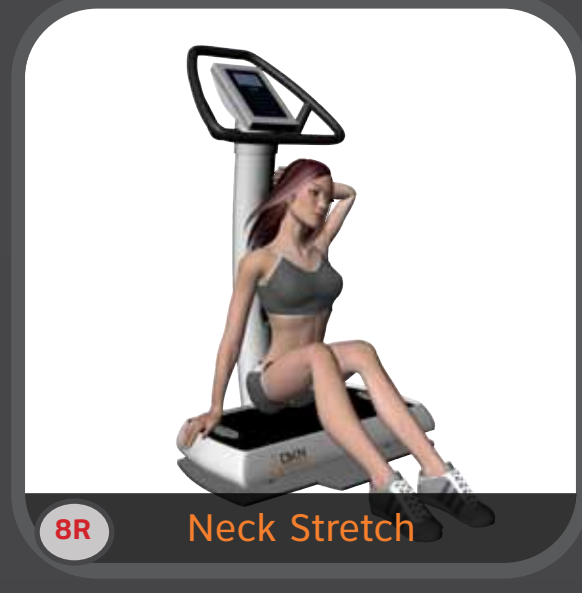


6R Adductor Massage

UPPER BODY



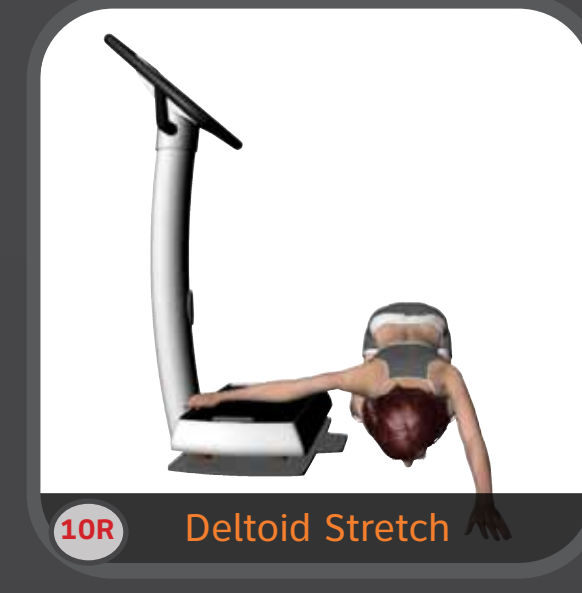
7R Back Stretch



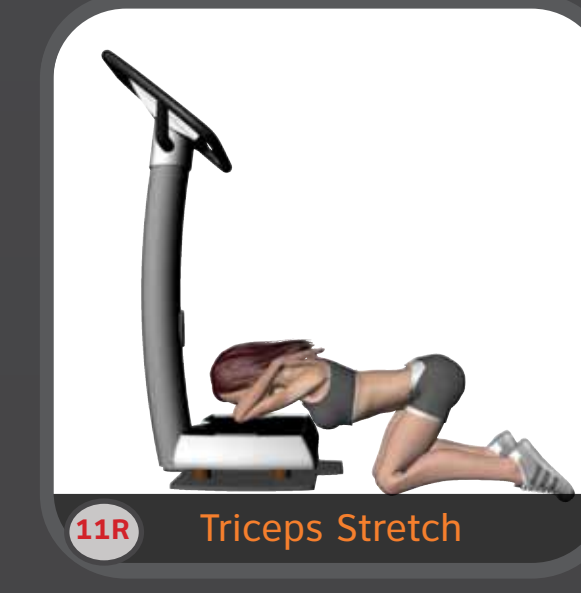
8R Neck Stretch



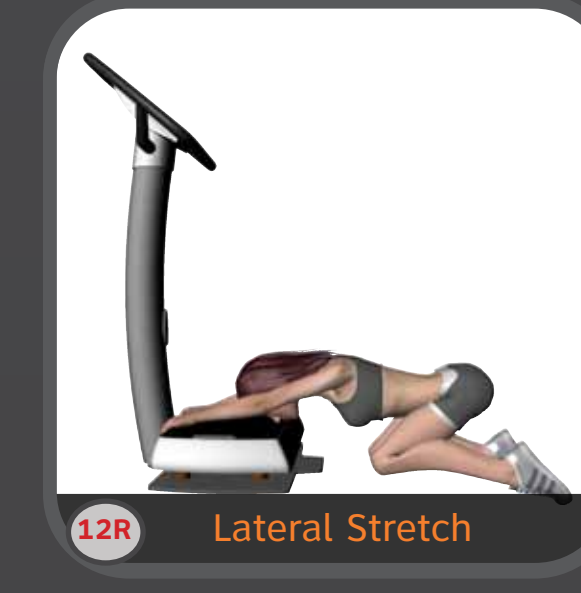
9R Arm Stretch



10R Deltoid Stretch



11R Triceps Stretch



12R Lateral Stretch