

<p>Beginners Position #01</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Squat #02</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Deep Squat #03</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Wide Stance Squat #04</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>One Leg Squat #05</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator.
<p>Lunge #06</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Pelvic Bridge #07</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>1 Leg Pelvic Bridge #08</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Calves #09</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Calves Deep #10</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator.
<p>Bent Over Row #11</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Bent Over Pull #12</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Push Up #13</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Push Up Close Hand #14</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Lateral Side Raise #15</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator.
<p>Front Raise #16</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Double Cross Over #17</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Shoulder Press #18</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Tricep Dips #19</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Bicep Curls #20</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator.
<p>Basic Abdominals #21</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Abdominals Legs Up #22</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Pelvis Stabilization #23</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Lower Abdominals #24</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Diagonal Crunch #25</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator.
<p>Abductor Massage #26</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Quadriceps Massage #27</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Hamstrings Massage #28</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Adductor Massage #29</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Calf Massage #30</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator.
<p>Hamstring Stretch #31</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Adductor Stretch #32</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>French Press #33</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Hyperextension #34</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Back Stretch #35</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator.
<p>Lat Stretch #36</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>The Superman #37</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Glute Massage #38</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Neck Stretch #39</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>The Cat #40</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator.
<p>Glute Stretch #41</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Abdominal Crunch #42</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Quadricep Stretch #43</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>Side Cross #44</p> <ul style="list-style-type: none"> Stand on one vibrator with feet hip-width apart. Place hands on hips. Keep your back straight. Engage your core. Stand on the other vibrator. 	<p>BODYVIBE INTERNATIONAL 877.776.7852</p>