

Workout schedule (general guideline)

As recommended by the American College of Sports Medicine (ACSM), we advise that you start training on your **DKN** platform following a gradual training program:

1	Progressively extend the duration of each exercise (from 30 sec. to 45/60 sec.)
2	Reduce the rest period between exercises (from 60 sec. to 30 sec. to zero)
3	Increase the number of sets for each exercise
4	Do the exercise first in the static mode and then in the dynamic mod by contracting your muscles
5	Add extra exercises once you have fully learned the initial programme
6	Increase the frequency: 20 Hz-25Hz-30Hz-35Hz-40Hz-45Hz-
7	Add unilateral (one-sided) movements (e.g: do exercises on just one leg, etc)

As general guidance please see below chart:

Target	Time	Recuperation	Frequency	Week
Cellulitis	2 Min	1 Min	20 HZ	1
	6 Min	1 Min	25 HZ	2
	10 Min	2 Min	30 HZ	3
	15 Min	2 Min	30 HZ	4
Bodytoning	2 Min	1 Min	35 HZ	1
	4 Min	1 Min	35 HZ	2
	6 Min	1 Min	40 HZ	3
	8 Min	2 Min	40 HZ	4
Muscular growth	2 Min	1 Min	45 HZ	1
	4 Min	1 Min	45 HZ	2
	6 Min	1 Min	45 HZ	3
	8 Min	1 Min	50 HZ	4
Fat burn	4 Min	2 Min	20 HZ	1
	6 Min	2 Min	25 HZ	2
	8 Min	2 Min	30 HZ	3
	10 Min	2 Min	35 HZ	4

Cool down

Light stretching after use, for a couple of minutes if desired, is acceptable but not required when using the **DKN**.

Wishing you lots of fun and success with your DKN-Technology exerciser.

All data displayed are approximate guidance and cannot be used in any medical application.

For any questions please do contact your DKN-Technology dealer, or visit our website www.DKN-usa.com or ask for more information CustomerService@DKN-usa.com

Contra indications:

It is always advisable to consult with your physician before starting any exercise program. Ongoing research in the field of Whole Body Vibration (WBV) indicates that many conditions can actually benefit from this form of therapy. However, if you suffer from any of the following contraindications it is imperative that you discuss Whole Body Vibration therapy with your physician before beginning any training program with **DKN** equipment.

Please do not use **DKN** or any WBV device at all if you have any of the following:

Absolute contraindications:

- Acute inflammations, infections and/ or fever
- Acute arthropathy or arthrosis
- Acute Migraine
- Fresh (surgical) wounds
- Implants of the spine
- Acute or chronic Deep Vein Thrombosis or other thrombotic afflictions
- Acute disc related problems, Spondylosis, gliding
- Spondylolisthesis or fractures
- Severe Osteoporosis with BMD < 70mg/ml
- Spasticity (after stroke/ spinal cord lesion...)
- Tumors with metastases in the musculoskeletal system
- Vertigo or positional dizziness
- Acute Myocardial Infarction

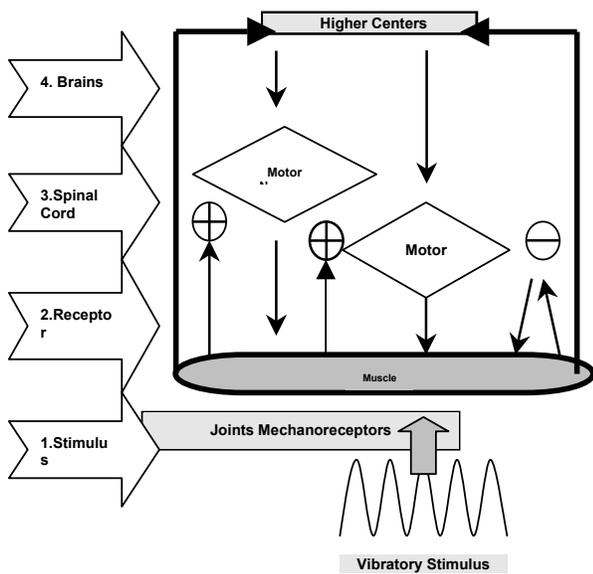
Relative contraindications:

- Pregnancy
- Epilepsy
- Gallstones, Kidney stones, Bladder stones
- Articular Rheumatism and Arthrosis
- Heart failure
- Cardiac dysrhythmias
- Cardiac disorders (Post MI)
- Metal or synthetic implants (e.g. pacemaker, artificial cardiac valves, recent stents, or brain implants)
- Chronic back pain (after fracture, disc disorders or spondylosis)
- Severe Diabetes Mellitus with peripheral vascular disease or neuropathy
- Tumors (excluding metastases in the musculoskeletal system)
- Spondylolisthesis without gliding
- Movement disorder and Parkinsons
- Chondromalacia of the joints of the lower extremities, osteonecrosis and chondrosis
- Arterial circulation disorders
- Venous insufficiency with ulcer cruris
- Lymphatic edema
- Postoperative wounds
- Acute Rheumatoid Arthritis

Or if you have any concerns about your physical health!

**All you need to know
WHOLE BODY VIBRATION: How it works**

The Plate produces a vibration through which energy is transferred from the platform to the body. By standing on the Plate, your body automatically adjusts to the vibrations. Remember that human bodies are made to absorb vertical vibrations due to gravity acceleration effect. This mechanical stimulus produces an involuntary stretch reflex which, depending on the selected frequency, results in muscles vigorously contracting 30 to 50 times per second. The mechanical stimulation generates acceleration forces working on the body. These forces cause the muscles to lengthen, and this signal is received by the muscle spindle, a small organ in the muscle. This spindle transmits the signal through the central nervous system to the muscles involved. It is described as Involuntary. Neuromuscular stretch reflex



Basically the Whole Body Vibration platform recreates the muscle stretch reflex according to the following process:

1. **Stimulus:** a tap on tendon causes a muscle stretch reflex
2. **Receptor:** the receptors in muscles and joints note this shift in length
3. **Spinal cord:** they pass the information on to the spinal cord
4. **Brains:** The response to this sensory stimulus via the spinal column is a direct contraction of the stretched muscle. The brain is not directly involved in this process.

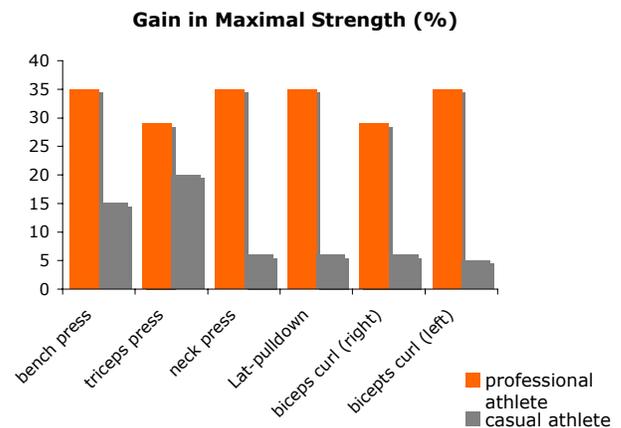
» **Immediate and short term effects of WBV**

Because more muscle fibers (also known as motor units) are activated under the influence of vibration than in normal, conscious muscle contractions the muscles are incited more efficiently. The immediate effect of WBV is therefore that the muscles can be used quickly and efficiently, allowing them to produce more force. Another immediate effect of WBV is an **improvement of blood circulation**. The rapid contraction and relaxation of the muscles at 20 to 50 times per second basically works as a pump on the blood vessels and lymphatic vessels, increasing the speed of the blood flow through the body. Subjects often experience this as a tingling, prickling, warm sensation in the skin.

» **Long term effects of WBV**

In order to have any effect on the body in the long term it is vital that the body systems experience fatigue or some sort of light stress. As in other kinds of training, when the body is overloaded repeatedly and regularly, the principle of **super compensation** will occur. This principle is the cause of the body adapting to loading. **In other words: performance will increase.**

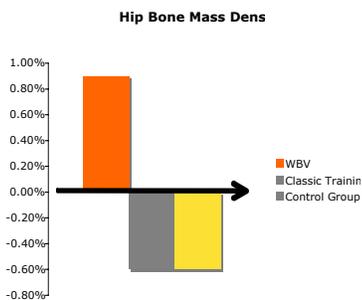
This effect has been proven several times in scientific research for both young and elderly subjects. Studies have shown that using WBV leads to a significant increase in strength. This is a clear indication that the vibrations actually do have added value when performing static exercises. Better results may even be achieved with WBV in the area of **explosive power**.



This graph shows the gain in maximal strength attained by professional and casual athletes after training 2/3 times a week for a period of 6 weeks on a Whole body vibration platform. Strength is considerably improved after the vibration training for the 6 exercises tested & the results are even higher for the professional.

Another important difference between conventional training methods and WBV is that there is only a minimum of loading. No additional weights are necessary, which **ensures that there is very little loading to the passive structures such as bones, ligaments and joints**. That is why WBV is extremely suited to people that are difficult to train due to old age, disease, disorders, weight or injury. On the other hand, it is also very suitable for professional athletes who want to stimulate and strengthen their muscles without overloading joints and the rest of the physical system.

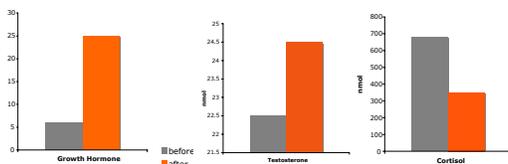
Other than its influence on the muscles, WBV can also have a **positive effect on bone mineral density**. The vibrations cause compression and remodeling of the bone tissue Mechanostat, activating the osteoblasts (bone building cells), while reducing the activity of the osteoclasts (cells that break bone down). Repeated stimulation of this system, combined with the increased pull on the bones by the muscles, will **increase bone mineral density** over time. It is also likely that the improved circulation and the related bone perfusion due to a better supply of nutrients, which are also more able to penetrate the bone tissue, are contributing factors.



A study carried on 70 women (aged 58-74) has demonstrated that training 3 times a week on the WBV platform for 24 weeks significantly improved bone density, meaning rejuvenating bones!

In preventing falls and the bone fractures that they often result in, enhancing bone mineral density is not the only important issue. **Increased muscle power, postural control and balance** are also considerable factors. Studies involving elderly subjects have shown that all of these issues can be improved using whole body vibration.

Plasma concentration after 10 minutes of WBV



Both

Testosterone and Growth Hormone (HGH) are secreted to a greater extent. Those hormones stimulate protein synthesis and help **build up muscle** tissue. They also play a part in elevating the **blood's oxygen transportation** capacity. People will be able to train longer in a comfort zone!! The growth hormone has a direct effect on virtually all the cells in the body. The major effects include: controlling the length to which **bones grow and growth of softer tissues like muscles, stimulation of lipolysis** in fat cells, causing a **reduction in body fat levels**. The high production of HGH also leads to **more rapid healing of fatigued or injured cells** and allows **faster recovery**.

The stress hormone, cortisol, is also lowered significantly, resulting in the **user feeling good and relaxed** after a session on the **DKN** platform.

Fitness, Health, Wellness & Beauty, Anti-aging

WBV: A wide range of benefits including:

- ▶▶ **100% of the muscle fibers** are trained as opposed to only 40% in conventional training
- ▶▶ Increases Bone density
- ▶▶ Increases blood flow and oxygenation in all skeletal tissues
- ▶▶ Increased blood flow in muscles (95% of capillaries open up to 40-60%)
- ▶▶ Increased production of Testosterone and growth hormone (HGH)
- ▶▶ Increases production of endorphin
- ▶▶ Decrease stress hormone Cortisol (up to 30% per session)
- ▶▶ Increases flexibility
- ▶▶ Increases muscle white fiber (explosiveness)
- ▶▶ Increase muscle strength and performance
- ▶▶ Decrease recovery time

- ▶▶ Reduce lower back pain
- ▶▶ Increase collagen for smoother skin
- ▶▶ Help in fighting cellulite
- ▶▶ Accelerate weight loss
- ▶▶ Lymphatic Drainage
- ▶▶ Localized fat burning
- ▶▶ Smoother skin (flatten out Adipose globules)
- ▶▶ Increase muscle strength and performance
- ▶▶ Remove muscular lactic acid-accelerates muscles recovery
- ▶▶ Increase Range of motion
- ▶▶ Improve balance mechanism
- ▶▶ Micro-massage muscles
- ▶▶ Reduce strain on joints, Ligaments and Tendons
- ▶▶ Aid figure correction
- ▶▶ Helps concentration
- ▶▶ Improves general condition of elderly people
- ▶▶ Fights the effects of osteoporosis
- ▶▶ Improves condition of patients affected by Parkinson's disease
- ▶▶ Proven Positive effects on Multiple Sclerosis symptoms

Great results in little time and little effort!!

Why vibration training instead of traditional fitness?

Vibration training is time-effective (up to 80% less time), accessible, result-proof, user-friendly, joint-friendly, varied, easy to keep up...Also you can achieve specific result for particular body zones, that you'll never obtain with running, spinning...or other exhausting activities.

⇒ No results without effort

Vibration training is not passive and does require minimum effort from your body. Moreover, as a result of the mechanically stimulated muscle reflex, the frequency and the reach of the muscular activity is considerably higher in comparison to traditional training methods. **Vibration training is complementary to all other forms of body care, sport and leisure activities.** It is a contemporary concept that shows a bright perspective for multiples applications and guarantees great opportunities.

DKN-Technology platform offers the best value on the market with **authentical vertical vibration**. You may encounter the designation "3 dimensional vibration". This does not make any sense as **vibration designate up & down movement only**. More and more manufactures just want to take advantage of the interest in vibration training. They supply so-called "oscillating" (or tilting) vibration as well as cheap inefficient. To the contrary, it is a different kind of movement (balancing) and the sensation is therefore completely different. Then, it is wrong to award the scientifically described impact and effects of Whole Body Vibration to this kind of machines. A vertical displacement is required for the optimum stimulation of muscles. The real reason for the existence of those platforms, is that they are much easier (and thus cheaper), to motorize.

DKN-Technology is proud to offer high quality vibrating platform at a very competitive price, currently offering the best value on the market !

Our platforms come with a lifetime warranty on body and frame and a 2-year warranty on electric and electronic components.