

## Osteo Vibe

### MODULE 3: **SEDENTARY**



Stand on platform, **feet close**, hands on handle  
Extend low back and hold position for few seconds  
Go back to neutral position and extend back again for few seconds. Repeat for 1 minute

Note: Make sure you do not extend head back.  
Focus on extending the low back only.



Bent knees slightly, **feet close**, hands on handle

Hold position for 30 seconds

Note: You may feel less 'muscle contractions' but the exercise is designed to increase strength of the thighs in different positions. Build up endurance with this exercise.



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### KEY POINTS

The primary goal of this module is to introduce you to low back extension exercises. As you will learn in this module, extension is one of the best exercise directions to stress your body since it ultimately leads to less risk of fracture. That's why we've added an extension exercise into the modules.

Some people may not be comfortable in doing an extension exercise. If this is the case, we've found that if you slightly raise the heel of one foot, intensity of vibration goes down and is more comfortable. Experiment with this and gradually build yourself up to both heels on the platform.

As we've outlined in module 2, your goals are to keep increasing your endurance. That means we want you to be able to increase your total vibration time over the next few weeks. Once you notice increased strength and less difficulty in doing your exercises, you will progress to more challenging forms of exercise to constantly stress your body.

We also go over the DVC concept of frequency change. Don't forget to constantly change up your frequency as outlined in this module.

You may repeat the exercises in this module more than once. Some may take a break in between each set, while others will do the exercises nonstop. Your decision should be based around your own fitness level.