



# **OSTEO VIBE PROGRAM**

## **MODULE 3**

### **VARIABLE DOSE CONCEPT**

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## MODULE 3 VARIABLE DOSE CONCEPT

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### THE VARIABLE DOSE CONCEPT (VDC)

In this Module, we are going to introduce you to the Variable [Dose Concept](#). All your future exercises will be based on this concept. Once you understand this fully, you'll find the rest of your program fairly easy. Over time, we'll provide more and more unique exercise programs for osteoporosis. Most of our customers used to look at them and say "this looks so complex! This must be some secret training techniques that I'm getting!" We'd love for you to think that. That makes us look like we are some secret osteoporosis vibration training experts! However, the truth is, [although the exercises may seem complex, they will appear quite simple due to our Variable Dose Concept](#). We took the most complex training principles and tried to make them simple to understand. We found that by doing this, most of our customers are more comfortable with trying something new, and are more compliant with their program.

#### The Variable Dose Concept definition:

["Variable Dose Concept works on the training principle that a consistent exercise program that doesn't change in intensity, duration or level of difficulty will allow the body to easily adapt to it. Once the body adapts to the exercise, it fails to continue making improvements in strength, flexibility, and bone density."](#)

This concept can be seen every day. Have you ever tried an exercise program that seemed difficult at first? After awhile, it got easier and easier. Did you notice that you didn't make as many improvements once the exercise got easier? This happens all the time. People tend to exercise one way only. Some go on a treadmill every day with the

same intensity and time. Others may walk the same distance and path. All this leads to plateaus. The Variable Dose Concept prevents this from happening.

### Variable Dose Concept 1: Change the Frequency

In this module, you'll learn to change up the frequency (or in some machines, the speed) of your exercise program. Your exercises can stay the same. However, your frequency changes. If we take Module 2 as an example, here's how it will look:

<b>Stand straight, feet close, hands on handle, exercise time 1 minute, Frequency 14 Hz,</b>
<b>Stand in squat, feet close, hands on handle, exercise time 30 seconds, Frequency 14 Hz</b>
<b>Stand straight, feet close, hands on handle, exercise time 1 minute, Frequency 20 Hz</b>
<b>Stand in squat, feet close, hands on handle, exercise time 30 seconds, Frequency 20 Hz</b>
<b>Repeat until you get to 10 minutes total</b>

- You can repeat this all the way through, or even change the frequency every time
- You finish the set of exercises (standing straight 1 minute, squat 30 seconds).
- You can start at 10 Hz, and by the time you finish, you can be at 25 Hz.

- You can start at a higher frequency, and finish at a lower one
- You can pick a frequency at random
- You can use the same frequency in one day, but you can pick one frequency on Monday, a different one on Wednesday, and still another on Friday
- As you can see, the options are limited only by your imagination!

## The Optimal Spine Exercises

In this Module, we'll introduce you to exercises that provide positive stresses to the spine. Please note that these are not the only ones, but just a start. Remember what we said before about information overload? Keeping the programs in a step by step fashion will help you learn and improve. Look back in 6 months and you'll be shocked at the amount of knowledge and exercises you'll achieve with our program!

The spine is designed to move in different directions, from flexing forward, extending, side bending and rotation. Module 3 will introduce extension to the foundation exercises you learned in Module 2. We know that some people want to advance quickly, but please be patient. It's important that you spend at least a week getting used to the exercises. If you are a beginner and feel the extension exercises are too easy, feel free to go up one level. If you are more advanced and want more exercises, be patient. Be careful for what you wish for because you'll soon have access to an unlimited number of exercises for osteoporosis.