



OSTEO VIBE PROGRAM

MODULE 4

VARIABLE DOSE CONCEPT: INTENSITY CHANGE

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MODULE 4 VARIABLE DOSE CONCEPT: INTENSITY CHANGE

In addition to adding upper body exercises, we're going to go over the second Variable Dose Concept: Intensity change. Intensity change basically refers to changing up the intensity level of the exercise while you are doing it. With pivotal machines, the intensity level is dictated by where your feet are placed. **The closer your feet, the less intensity of exercise.** The further out you go, the more intense the exercise. This concept is meant for everyone from beginners to the athletic clients. Beginners will start to learn how to position their feet wider during the exercise session, while the athletic clients here will be able to move their feet position in. **The goal is not to make the exercise 'harder'.** The goal is to give your body different exercise intensities than what you've been used to. This concept can be used in several different ways. Which direction you want to go is dependent on you. That's the best part of our modules. We can give you the tools, but you'll need to customize it to yourself:

- Shifting feet position during the course of the exercise session. For example if you are going to do one minute of standing, you can start to shift your feet outwards during that 1 minute. (10 seconds feet close, 10 seconds feet shoulder width apart, 10 seconds feet wide, 10 seconds feet shoulder width apart, 10 seconds feet close)
- You can shift feet position on every other exercise. For example, you can do a squat during your first set at 30 seconds with feet close. When you come back to the squat exercise again, you can do it for 30 seconds with your feet shoulder width apart, and then feet wide for the third squat exercise.

- You can keep your feet in one position during the entire exercise session, but change them on different training days. For example, feet close with all exercises on Monday, feet shoulder width apart on Wednesday, and feet wide on Friday.