



1. Warm up (1.5 minutes)

Stand upright, feet shoulders width apart (roughly at position number 2 on the platform), weight evenly distributed. Roll your shoulders backwards, keeping the arms hanging loose. Keep knees soft, not locked, and allow hip flexors to shake and loosen.

10 MINUTE TRAINING

Raj Venethithan, Training Manager of WBV* experts FlexxiCore, shares this quick-fire workout for accelerated training results using the FlexxiCore Challenger



2. Squats (2.5 minutes)

With your spine straight, bend knees further, keeping them above the toes as you go into a squat position. Raise arms up behind you, and hold for a few seconds, and then straighten up again. Repeat several times as this will work the hamstrings, calves, quads, glutes, abs and back. To increase the cardio effect, bring your arms in front of you and raise them fully upwards.



3. Lunge (1 minute)

Put one foot on either the centre or at one side of the FlexxiCore platform with the other foot on the floor behind. Your hands can be either on the hips or hanging loose by your side. Keep your knee directly above the toes and your back straight. This will work the hamstrings, quads and glutes, so tension will mostly be felt on these muscle groups. Change legs to work the opposite set of muscles.



4. Push up (1 minute)

Place both hands on the platform slightly wider than shoulder width and rotate your hands to bring elbows closer to the body. Your hands should be just behind the line of the shoulders. To make sure the body is in a straight line, tighten the quads, buttocks and abs. Maximise the workout and engage all the muscles involved by pushing upwards fully and back down again.

5. Tricep dips (1 minute)

Place hands on either side of your hips on the edge of the platform in a full squat position, facing away from the FlexxiCore Challenger. Keeping the feet fairly close to your body, lower your buttocks to the floor by slowly bending the elbows. From this position, push up with the hands and lower buttocks and then again back to almost touching the floor.



6. Core workout - Crunches (30 seconds)

Lie down on a soft mat, using a neck support if preferred. Place both feet on the platform with knees hip distance apart, or whatever is comfortable. Place your thumbs behind the ears with the fingertips supporting the head. Lift the chest to do the crunch, exhaling as you lift and inhaling as you lower. The lower back should always be flat on the floor during the entire exercise



7. Resistance band exercises (1 minute)

Side lateral arm raises, bicep curls, squats with shoulder press and front raises can all be done with a resistance band.

Side later raises: Stand upright and raise your arms from your sides until level with your shoulders.

Bicep curls: Bring your arms down and bend your arms towards your chest.

Squats with shoulder press: Squat on the platform while raising your arms up above your head.

Front raises: Stand up straight and raise your arms to shoulder level.



8. Cooling down (1.5 minutes)

Stand upright and relax with the vibrations and oscillations pulsing throughout your body to finish your 10-minute workout session.



The FlexxiCore Challenger is making effective Whole Body Vibration Training (WBV) affordable and accessible (in homes and professional settings) without sacrificing quality. The Challenger features high-quality engineering to combine oscillation with vibration, increasing the range of variables which the body is forced to respond to – and maximising the fun factor.

Raj is developing training programmes for PTs to be able to adapt their own tailored workout sessions for individual clients and groups.

To find out more or get a no-obligation 60-day trial of a FlexxiCore Challenger, call 08456 120129 / 01934 425664 or visit FlexxiCore.com.

