

Supplement to the Operation Manual for the FlexxiCore® Challenger



This information supplements the contents of the Operation Manual -
Please read this before starting to use the FlexxiCore Challenger

- **HOW OFTEN AND WHEN?** Use of the FlexxiCore Challenger is basically a form of training for your body. Like all training, you will get most benefit from using the Challenger regularly as the body will learn how to adapt to the 'challenges' you give it to deal with - and it will gradually achieve the ability to perform at higher and higher levels of efficiency. We therefore recommend that you use the Challenger at least 3 times a week, so that you will benefit from this gradual improvement in performance. Exercising late in the evening is not advised. Night time is when the body is winding down and asking it to take on challenging work at night is going against the body's natural clock.

We strongly advise that in the first 1 - 2 weeks of use you keep your session times short, and gradually build up in speed in the manual mode – as your body gets used to the effect of the vibrations and oscillation. The length of session time and frequency of use that suits you will partly depend on the exercise formats you use, and your age and fitness level. Once you have given yourself enough experience of using the Challenger to understand your own comfort levels, you can safely use it for 2 or 3 sessions per day if you feel the need, but once a day is plenty enough to give you the very real benefits of regular use.

Do not over-stress your muscles by attempting exercises or positions that are too challenging for extended periods. If you use the Challenger regularly your muscles should gradually strengthen but do not push yourself too hard as the degree of extra exercise intensity imposed on your body by the vibrations and oscillations is deceptive – you may not consciously realise mid-session how strong the effects are.

- **STANDING OR SITTING - OR WHAT?** The beauty of the Challenger is that there are many ways to use it – depending on your own objectives and preferences. If you are a fit and active person you can experiment with many approaches. You can check our “**Ways to Use the FlexxiCore Challenger**” page at FlexxiCore.com to get some ideas. On the other hand if you have health issues and are less confident about pushing your body to extremes, you can take it easy at first by sitting on a chair next to the Challenger with your feet on the Challenger's platform to allow your body to start getting the feel of it. You can also sit directly on the Challenger's platform with your feet on the floor - at the same time experimenting with holding your hands on the edge of the platform with your arms. Keep the arms slightly bent at the elbows. This creates resistance-free travel of the vibrations up both arms.
- **STANDING POSTURE.** In the basic standing posture your feet should be placed about shoulders-width apart with knees slightly bent. For most people this corresponds to having your feet roughly between the numbers (1) and (2) which are engraved in the rubber mat on the platform, depending on the breadth of your shoulders. You will notice that if you bend your knees more, you will give the muscles of your legs a more intense workout. Conversely, if you now start to straighten your knees, you will feel much more of a workout for your core muscles. You can gradually experiment with these, but do not straighten your knees completely and lock them as this may cause unnecessary stress on the knees and could cause injury.
- **BARE FEET OR SHOES?** Ideally you should take off your shoes so that the vibrations are transmitted without energy loss. This naturally allows better nerve stimulation to be achieved, and the acupressure points on the soles of the feet will be activated. You will also “feel” the effects more vividly. If the soles of your feet feel too sensitive when placed directly on the nodules on the platform, use socks to give some cushioning.
- **DRINK LOTS OF WATER.** As with all exercise modalities it is important to be sufficiently hydrated during the workout so make a habit of drinking water before and after your session. One of the effects of using the FlexxiCore Challenger is to release toxins from your blood system, as well as the lymphatic system. These toxins need to be moved out of your body fast, otherwise you may feel discomfort. If you do feel any discomfort, or experience rashes or migraines, wait 24 hours before using the FlexxiCore again. This effect is more common when you start using the Challenger, especially if your body has not had much exercise of this type recently. Continue to drink plenty of water. Do not use the FlexxiCore again until the discomfort has subsided. Once this initial detoxification process has happened (possibly over several days after starting regular use) you will feel much better - but keep drinking plenty of water.

Another reason for drinking water is to help clear the body's memory of 'bad use' (postural and other 'habits'), held by the body at cellular level. ***The best practice is to drink a glass of water before and after using the FlexxiCore Challenger.***

- **VARYING THE SPEED.** Even though you may feel confident to use the Challenger freely from the start, we strongly recommend that you begin with a relatively slow speed in Manual Mode until your body becomes comfortable with the movement. Each individual will eventually find that they have a range of speeds that feels most comfortable for them. The best way to identify which speed is right for you, and which of the pre-programmed Auto-Modes is best for your needs, is to experiment. In Manual Mode, you can increase the speed from levels 1 to 10 (see page 8 of the Manual).
- **RELAXING & BREATHING.** Even though most people find a session on the FlexxiCore Challenger helps them to relax, many also start to realise there are different levels of relaxation that we can enjoy. Sometimes we enjoy a deeper level of relaxation than other times. The Challenger is really a wonderful tool for coaching yourself in letting go of tension that is held sub-consciously in our bodies due to the stress we experience in our daily lives. One of the direct results of the body's response to the motion generated by the vibrations and oscillations is deeper breathing – the body treats the movement as exercise, and the quality of your breathing naturally starts to change – provided that you do not subconsciously tense up or try to control your breathing. Observe how you feel while in the standing position, checking that you are not holding any tension in your shoulders, neck, back or pelvis, and that your knees are "soft" (not locked). Coach yourself in letting go of any tendency to hold your muscles tightly.
- **USE THE FLEXXICORE CHALLENGER ON A FIRM EVEN SURFACE.** You can use it on any firm, even surface, with or without carpet. Make sure to keep the power cable away from the platform and rubber feet. It is possible for someone who is unsteady on their feet to set up the Challenger next to a piece of furniture, which they can use to steady themselves with one hand during use.
- **ADVERSE EFFECTS.** Most people experience no discomfort with the knees, so long as they are careful to keep them 'soft' and do not lock them back. However, as the knees are subjected to substantial forces while in standing position on the Challenger, do not continue to stand in one position if you feel any discomfort. You can try placing your feet on the Challenger while sitting on a chair next to it, as this will allow you to provide some exercise effects for your legs and knee joints without the extra burden of holding the weight of your body.

When using the Challenger for the first time some people may experience aches and mild pains in the feet, especially if they have not been exercising much recently. This can happen because the muscles in the feet and ankles get a substantial workout, but will usually disappear fairly soon as the tension gets released. This release of tension is of course an important benefit of using the Challenger, so we encourage you to persist but in short sessions until the aches and pains dissipate. A good way to help relieve this tension is to soak the feet in an Epsom salt bath for 20 minutes.

If you continue to experience any sensation that makes you feel uneasy, please call our Customer Helpline for advice on 08456 120129 / 01934 425664 [+44 1934 425664 if calling from outside UK].

- **ALTERNATIVE POSITIONS.** The standing stance is only one of the many ways you can use the FlexxiCore Challenger. We encourage you to experiment with the various ways to exercise and/or massage the arms, shoulders, legs, pelvis and core muscles using the different positions that we illustrate on our website at FlexxiCore.com.

You can also get advice from Personal Trainers and other Health and Fitness Practitioners who will be able to help you create a protocol that will help you to work towards your personal objectives. If these practitioners require help in understanding best practice, we can put them in touch with our Training Manager. Please ask them to contact us through our website at FlexxiCore.com.

- **USING RESISTANCE BANDS.** You can use resistance bands, which are available in various strength grades at very reasonable prices on the internet or in retail stores, to accentuate the effect of doing muscle-strengthening exercises while using the FlexxiCore Challenger. You can use resistance bands in two ways. Either place the central part of the band under the base of the Challenger, then hold each end of the band while in a standing stance on the Challenger; or alternatively you can simply stand directly on the band while holding each end of the band, one end in each hand, and simultaneously doing exercises with the arms. You can see some of the possibilities on the "Ways To Use The Challenger" page at FlexxiCore.com.

