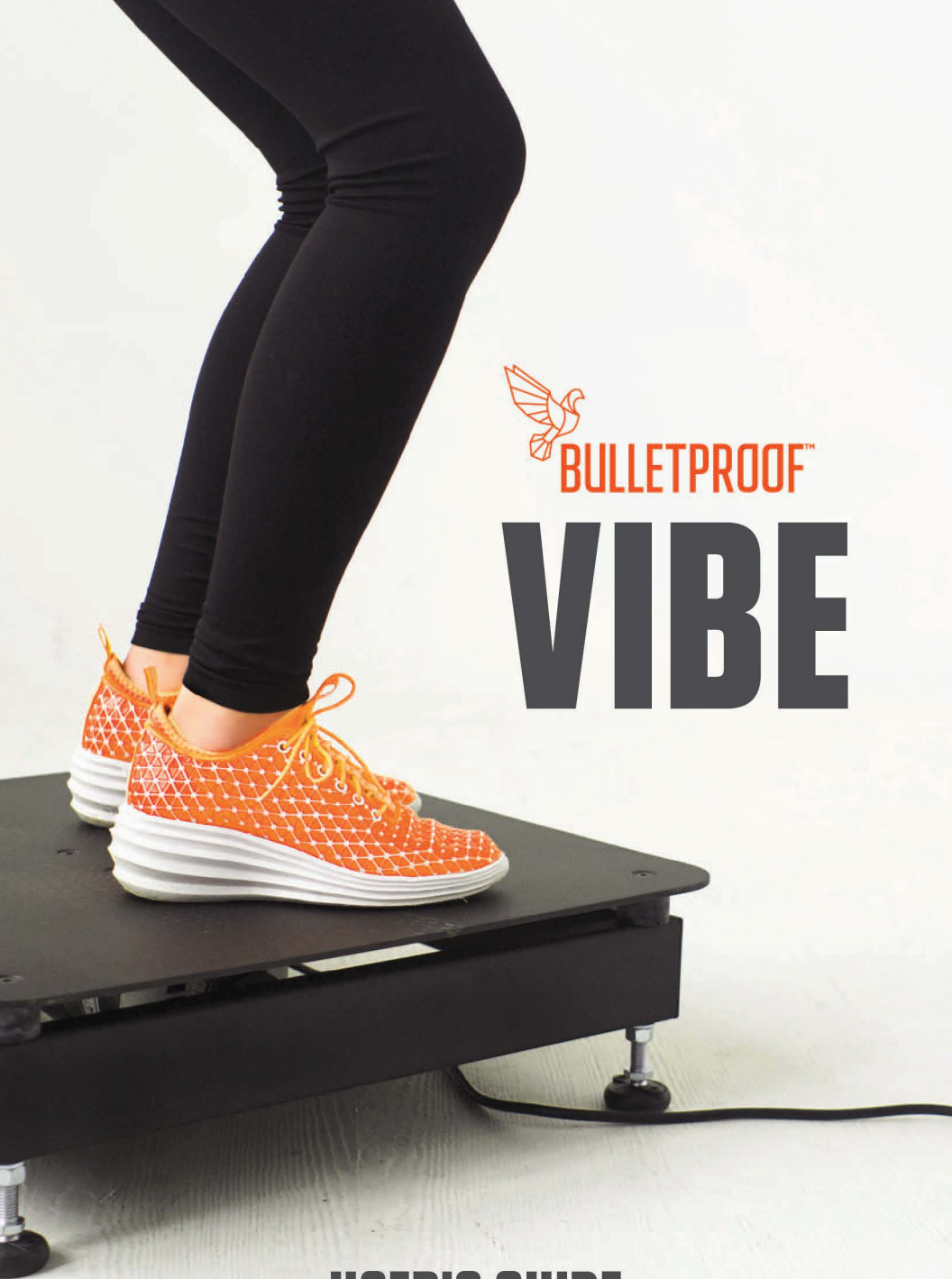




**BULLETPROOF™**

**VIBE**



**USER'S GUIDE**

**Whole Body Vibration Plate**

# HELPFUL TIPS

## SHOULD YOU USE THIS?

If you have a medical condition that would be affected by vigorous shaking and vibrations, or are at risk of stroke or heart attack, are pregnant, have a history of detached retinas, or have recently had surgery, DO NOT use this product.

*If you have any medical conditions, you should consult a doctor before using the Bulletproof® Vibe or any other exercise program.*

## HOW DO I TURN THE BULLETPROOF® VIBE ON?

Move the switch to the on position.

## HOW LONG SHOULD YOU USE IT?

5-15 minutes depending on how you feel.

## DO I DO ANYTHING WHILE ON THE BULLETPROOF® VIBE?

The most common (and easiest!) is to simply stand on the Bulletproof Vibe. The vibrations will travel from the feet through the spine and into the head. ***Always stand on the Vibe with your knees bent.*** It is best to always set your posture with bent knees so that your head does not shake excessively.

Any movement performed while standing on the Bulletproof® Vibe will have increased benefit! Stretching will be more effective, fitness routines will return better results, and normally unused muscles or tissues will be stimulated.

Try doing standing yoga poses or stand on one leg. You can also do push-ups with your arms on the Bulletproof Vibe.

## WHAT ARE BENEFITS OF THE BULLETPROOF® VIBE?

Detoxifies and strengthens the immune system.  
*(by moving the lymph system)*

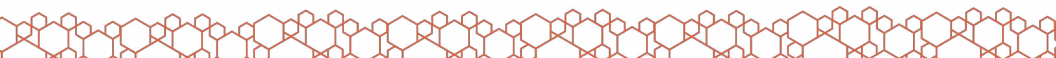
Helps build/regain muscle strength and bone density

Reduces workout recovery time

Stimulates healthier brain function

Gives you huge bursts of energy!

**WARNING:** Do not use if you are pregnant, have a history of detached retinas, stroke, blood clots, etc.



# BULLETPROOF® VIBE

## Whole Body Vibration Plate

Congratulations on purchasing your brand new Bulletproof® Vibe Whole Body Vibration Plate. Just by making this purchase, you are taking a powerful step toward better health and a better life. This machine provides toxin elimination, better lymph flow, better muscle activation, and enhanced warm up and recovery capabilities. This investment will provide many benefits in your journey to upgrade yourself.

## SETUP

Setup for the Bulletproof® Vibe is as easy as it gets. Simply remove the unit from its protective wooden crate and place it on a level surface. Plug in the unit, and move the switch to the on position, and the Vibe is in action. If the noise the unit produces is a concern, place a rubber mat or a piece of carpet beneath the feet of the unit. This will reduce some of the vibrational noise the unit produces. You can also use anti-vibration feet designed for washing machines.

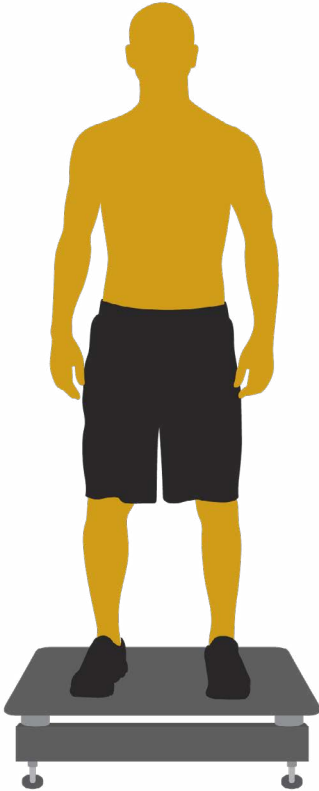
## FREQUENCY

It is safe to use the Vibe every day. However, it's better to start by using the product 2-3 times per week for only 5-10 minutes each session. The unit will introduce a new stimulus to your body, and you should give your body time to adapt to it. After a week or two you may begin to increase your sessions' frequency and duration. Continue to proceed with caution and listen to your body.



## WARM-UP/RECOVERY

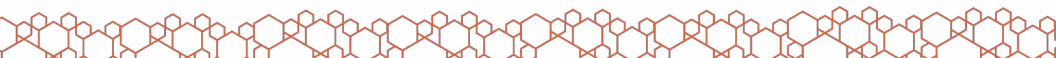
The Bulletproof® Vibe is one of the best tools on the market for increasing blood flow to muscles pre- and post- workout. This enhanced blood flow prior to activity warms the muscles and allows them to operate much more efficiently than with most other warm-ups. Enhanced blood flow after a workout carries nutrients to the damaged tissues at an accelerated rate, which decreases the amount of time necessary for recovery and reduces exercise-induced soreness. Here are several warm-ups and cool-downs for you to try at home.



### STANDING ON THE VIBE

This technique is as simple as it sounds. Simply stand on the unit with knees slightly bent while the Vibe is active. Always bend your knees while using the Vibe to minimize any sensation of shaking in your head.

Shift your weight around to see how it feels. If you shift weight to your heels, you may feel more sensation in your hamstrings, and if you shift your weight to your toes, you may feel it more in your thighs. Take note of what you feel as this can be an effective way to reduce tightness or soreness in various muscle groups.





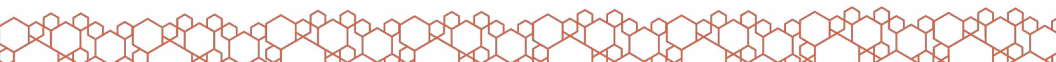
## SQUATTING

Possibly the king of all exercises: The squat activates tremendous amounts of muscle tissue and is a great tool to help build proper mobility. To perform this exercise: stand on the active Vibe with your feet shoulder-width apart.

Next, begin the movement by flexing your hips and pushing your glutes toward the wall or space behind you. After that, begin to bend your knees and pull your hips toward the ground. Try to keep your chest and head as erect as possible. Most people find it helpful to keep their gaze slightly above eye level to keep the head in a neutral position and aid in keeping the chest up during the movement. To finish the move, press your feet into the plate, and use your glutes and hamstring to drive you back up to the start position.

**The Bulletproof® Vibe offers so much bang for the buck, which is why it's such an effective biohack!**

The following exercises will give some effective tools to help increase your strength, balance, coordination and mobility.



## BALANCE AND STRENGTHENING TECHNIQUES

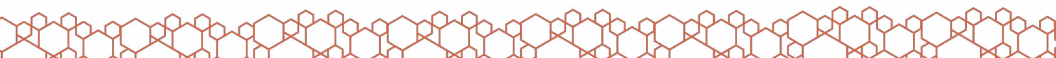
You'll gain a new perspective on how your body operates when you conduct balance and strengthening exercises on the Bulletproof® Vibe. Regular, boring exercises are spiced up and made much more effective during whole body vibration. Your muscles will respond more intensely and effectively to these exercises and will give you much more overall benefit.



### SINGLE LEG SQUAT

This technique is the cousin to the squat exercise, but you will be performing this technique one leg at a time! Doing this reduces the surface area and amount of muscle used to stabilize oneself during the movement. The single leg squat will cause a high level of muscular contraction in the active limb and challenge the vestibular (balance) system to a higher degree.

To perform the exercise, start by standing on the Vibe with both feet directly under your hips. Next, lift one leg off the plate, you may place the lifted leg in front of, or behind your body. Begin the movement the same way as before by flexing your hips and pulling the body down. To finish the move, drive the foot into the plate and drive yourself back to the top. Repeat the process on the other leg.



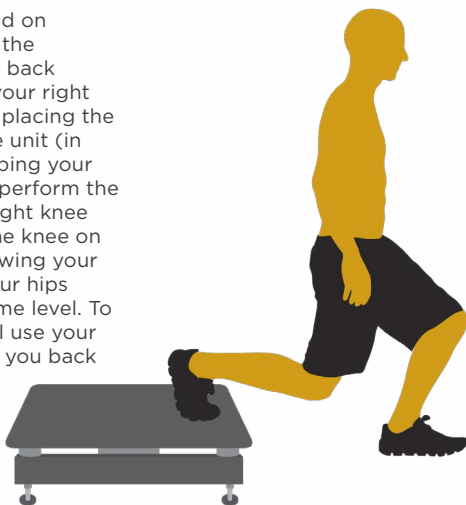
## SINGLE LEG TOE TOUCH

This technique will strengthen and open the hamstring and aid in increasing mobility through the hip and ankle joint. Begin by standing on one foot with your knee slightly bent. The elevated or non-working leg should be bent and kept behind your body. Initiate the movement by pressing the hips back while keeping your shoulders in line with your hips (Think of a bar going from your hips to your shoulders, keeping your torso in a straight line). This is how you want your upper body to move through the range of motion. Then, reach for your toes on the planted foot with both hands. Do not deviate the position of your upper body for the sake of touching your toes. Keeping the body in proper alignment will deliver a better end result than cheating to touch your toe. To finish, use the glutes and hamstrings to pull you back up to the start position.



## REAR FOOT ELEVATED LUNGE

To start this movement, stand on the floor 1-2 feet away from the Bulletproof® Vibe, with your back facing the unit. Then reach your right leg back to the active plate, placing the ball of the foot on top of the unit (in a lunge position). While keeping your chest up and erect, you will perform the movement by pulling your right knee down toward the ground. The knee on your front leg will bend, allowing your body to come down until your hips and front knee are at the same level. To finish the movement you will use your glutes and hamstrings to lift you back up to the lunge position.

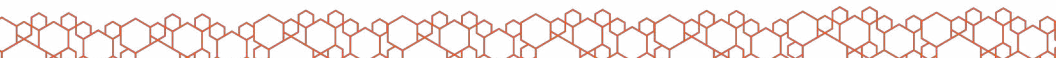
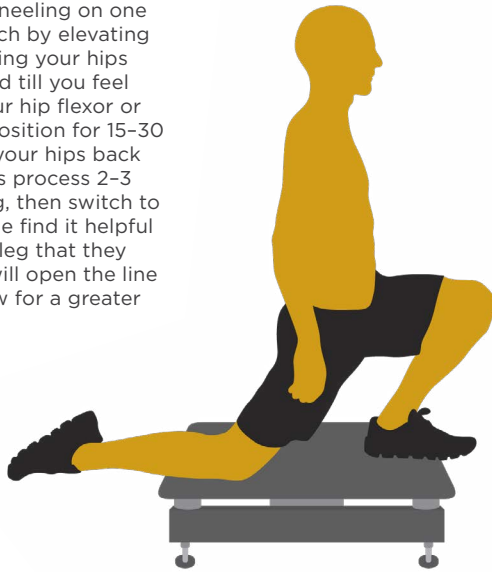


# STRETCHING

The vibrations produced by the Bulletproof® Vibe will produce better range of motion (ROM) than stretching alone. This section covers movements that will greatly enhance the ROM of the muscle groups that are generally tighter than they should be.

## HIP STRETCH

Get a yoga mat or blanket and place it on top of the active Vibe. Start the stretch by placing your right shin on top of the blanket or mat. Your left leg should be out in front of you as if you are kneeling on one knee. Begin the stretch by elevating your chest and pressing your hips forward. Push forward till you feel a slight stretch in your hip flexor or belt area. Hold this position for 15-30 seconds, then press your hips back and relax. Repeat this process 2-3 times on the right leg, then switch to the left. (Some people find it helpful to lift the arm of the leg that they are stretching. This will open the line of the body and allow for a greater stretch to occur.)







## GOOD MORNING

This movement is excellent for opening the hamstrings, glutes, and lower back. Start by standing on the active Bulletproof® Vibe with your feet shoulder-width apart and knees slightly bent. Begin the stretch by pushing your hips straight back as far as you can. You want to keep your shoulders and hips in a straight line (just like the single leg toe touch). Hold this stretched position for 15-30 seconds, then pull the hips forward to relax and repeat. This stretch should be performed 3 times.

## CALVES

While the heel of your right foot is in contact with the plate, bend your right knee as far as you can without lifting your heel off the plate. Hold for 15-30 seconds, repeat 2 times. Then repeat on the left side.



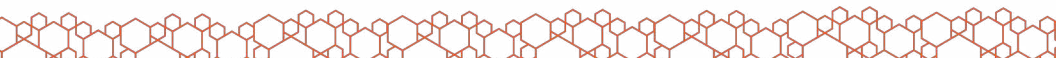
## CONCLUSION

Simply use this manual as a guide and a basic road map to your increased health and well-being. You are limited only by your imagination, and essentially any technique you perform on the ground can be done on the Bulletproof® Vibe with a greater benefit. All the techniques mentioned in this guide can be adapted as you like, feel free to change the exercises and stretches as you like. It will give you a brand new perspective on training and exercise all together.

## BONUS

One benefit of the machine that is often used, but not widely discussed, is its ability to deliver a deep-tissue massage effect. This technique is simple, but requires a foam roller. Begin by taking an active Bulletproof® Vibe and laying a foam roller on top of it. Next, place whatever muscle you want massaged on top of the foam roller. You will be taking the power of the vibrational plate and concentrating it to a smaller area you wish to target. Now, this technique is very powerful and works extremely well, but is not comfortable. Anyone who has had a deep tissue massage will tell you it can be an unpleasant but productive experience. So please be aware this will open up and relax tight muscles, but it may not feel great during the process.

**THANK YOU AND ENJOY GETTING YOUR VIBE ON!**



**FOR MORE INFORMATION ABOUT THE BULLETPROOF<sup>®</sup>  
VIBE AND HOW TO IMPROVE YOUR PHYSICAL  
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[blog.bulletproof.com](http://blog.bulletproof.com)

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