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DKN training programs

Intense Muscle Tuning Program

XG10 - XG5



Number of Exercises: 24.

Duration beginner profile A 15 min circa, recovery ecluded

Duration intermediate profile B 21 min circa, recovery ecluded

Duration advanced profile C 28 min circa, recovery ecluded

CAUTION

Before undertaking this program complete the initial adaptation stage of two weeks with the preset programs. This program has to be done in manual mode.

It is divided into three levels of profile: A beginner, B intermediate and C advanced. Increase the level at your own discretion or when the program is done with ease in all the exercises. Reduce the recovery up to 2 or 3 seconds if you are able to play the following exercise without difficulty. The sequence is designed to excite different muscle groups within one exercise and another.

Repeat the program every other day 3 times a week for the first 2 weeks and then 4 / 5 times a week with one day off every two of work.

After the third week optionally increase the number of repetitions. Perform the exercises dynamically and on a slow and controlled motion as a variant.

Add more complex exercises for the weeks after, in order to alternate the vastest muscle number.

Read the manual for warnings and contraindications before you start.

PLEASE NOTE

We used the former pro-evolve images to show up the positions. This sequence is taken from the original DKN exercise program and slightly modified for simplicity.

[01]



Calves

phase:
WARM-UP

POSITION / HANDLES:

Feet to the center, make up the balance on the tips, flex your knees slightly, push upward.

POSTURE:

Standing back, abdominal tension.

MUSCLES AFFECTED:

Calves, quadriceps.

CHANGES:

Perform the exercise in a slightly dynamic movement, get your hands on hips.

LEVEL	TIME - SECONDS	FREQUENCY
A Beginner	30s	30hz
B Intermediate	30s	35hz
C Advanced	30s	35hz

Rest

0s



Squat extreme

phase:
WARM-UP

POSITION / HANDLES:

Feet parallel to each other, do not bend the knees over the feet tips, bend your knees to about 100° 90°, extreme squat, the weight of the body should be flat on the plate and not on the bar, use the bar only to help balance.

POSTURE:

Straight back, torso bent slightly forward, keep in balance.

MUSCLES AFFECTED:

Legs, buttocks, back.

CHANGES:

Perform the exercise in a slightly dynamic way, slow up and down movement.

LEVEL	TIME - SECONDS	FREQUENCY
A Beginner	30s	30hz
B Intermediate	30s	35hz
C Advanced	30s	35hz

Rest

0/30s max



Squat with the ball

Phase:
WORK

Use any ball (perfect volleyball)

POSITION / HANDLES: feet parallel to each other, bend your knees to about 100 °, put the ball between the knees, clutch the knees toward the ball as shown in photo.

POSTURE: knees in line with the feet tips.

MUSCLES AFFECTED: buttocks, upper legs, adductor, back.

CHANGES: Perform the exercise dynamic, without dropping the ball.

LEVEL	TIME - SECONDS	FREQUENCY
A Beginner	30s	30hz
B Intermediate	45s	35hz
C Advanced	60s	40hz

Rest

0/30s max



Squat with the ball

Phase:
WORK

Use any ball (perfect volleyball)

POSITION / HANDLES: feet parallel to each other, bend your knees to about 100 °, put the ball between the knees, clutch the knees toward the ball as shown in photo.

POSTURE: knees in line with the feet tips.

MUSCLES AFFECTED: buttocks, upper legs, adductor, back.

CHANGES: Perform the exercise dynamic, without dropping the ball.

LEVEL	TIME - SECONDS	FREQUENCY
A Beginner	30s	30hz
B Intermediate	45s	35hz
C Advanced	60s	40hz

Rest

0/30s max



Lateral raise

Phase:
WORK

POSITION / HANDLES:

Put your feet below the plate or above, legs wide, use the belts.

POSTURE:

Shoulders back, back straight and wrists tight, arms slightly bent, elbows up.

MUSCLES AFFECTED: Upper torso.

CHANGES: Perform the exercise with feet below the plate.

LEVEL	TIME - SECONDS	FREQUENCY
A Beginner	30s	30 hz
B Intermediate	45s	35 hz
C Advanced	60s	40 hz

Rest

0/30s max



Squat extreme

Phase:
WORK

POSITION / HANDLES:

Feet parallel to each other, do not bend the knees over the feet tips, bend your knees to about 100° 90°, extreme squat, the weight of the body should be flat on the plate and not on the bar, use the bar only to help balance.

POSTURE: Straight back, torso bent slightly forward, keep in balance.

MUSCLES AFFECTED: Legs, buttocks, back.

CHANGES: Perform the exercise in a slightly dynamic way, slow up and down movement.

LEVEL	TIME - SECONDS	FREQUENCY
A Beginner	30s	30hz
B Intermediate	45s	35hz
C Advanced	60s	40hz

Rest

0/30s max



Push Up

Phase:
WORK

POSITION / HANDLES:

Hands pointing inward at the same shoulders width, lower than the chest.

POSTURE: tension in abdominal muscles, straight back.

MUSCLES AFFECTED: Chest, front shoulders, triceps.

CHANGES: straight knees and legs, hands together, do the exercise slowly dynamically.

CHANGES: straight knees and legs, hands at shoulder height, perform the exercise dynamically.

LEVEL	TIME - SECONDS	FREQUENCY
A Beginner	15s	30hz
B Intermediate	30s	35hz
C Advanced	45s	35hz

Rest

0/30s max



**Sinks
Left leg**

**Phase:
WORK**

POSITION / HANDLES:

foot in the center of the platform, bend the knee of the leg approximately 90 °.

POSTURE: not to bring your knees over the tip of your finger.

MUSCLES AFFECTED: quadriceps, buttocks.

CHANGES:

Perform the exercise dynamically.

LEVEL	TIME - SECONDS	FREQUENCY
A Beginner	15s	30hz
B Intermediate	30s	35hz
C Advanced	45s	35hz

Rest

0/30s max



**Sinks
Right leg**

**Phase:
WORK**

POSITION / HANDLES:

foot in the center of the platform, bend the knee of the leg approximately 90 °.

POSTURE: not to bring your knees over the tip of your finger.

MUSCLES AFFECTED: quadriceps, buttocks.

CHANGES:

Perform the exercise dynamically.

LEVEL	TIME - SECONDS	FREQUENCY
A Beginner	15s	30hz
B Intermediate	30s	35hz
C Advanced	45s	35hz

Rest

0/30s max



Tricipiti - Bicipiti

Phase:
WORK

POSITION / HANDLES:

Hands on plate to the same width at the shoulders pad, fingers facing forward.

POSTURE:

Slightly bend your arms, pull the buttocks off the ground, keep the shoulders down.

MUSCLES AFFECTED: Upper shoulders and biceps, triceps.

LEVEL	TIME - SECONDS	FREQUENCY
A Beginner	15s	30hz
B Intermediate	30s	35hz
C Advanced	45s	35hz

Rest

0/30s max



Polpacci

Phase:
WORK

POSITION / HANDLES:

Piedi al centro, portare l'equilibrio sulle punte, flettere leggermente le ginocchia, spingere verso l'alto.

POSTURE:

Schiena eretta, addominali in tensione.

MUSCLES AFFECTED:

Polpacci, quadricipiti.

CHANGES:

Eeguire l'esercizio molleggiando leggermente in modo dinamico, mettere le mani sui fianchi.

LEVEL	TIME - SECONDS	FREQUENCY
A Beginner	30s	30hz
B Intermediate	45s	35hz
C Advanced	60s	40hz

Rest

0s



Pelvis Bridge

Phase:
WORK

Attention have a step or use a cushion.

POSITION / HANDLES:

feet flat, legs very wide apart, bend your knees less than 90 °.

POSTURE: Schiena standing, push the beads up.

MUSCLES AFFECTED: flexors of the leg and buttocks.

CHANGES: Perform the exercise with one leg either. Slowly dynamic.

LEVEL	TIME - SECONDS	FREQUENCY
A Beginner	30s	30hz
B Intermediate	45s	35hz
C Advanced	60s	40hz

Rest

0/30s max



Triceps

Phase:
WORK

POSITION / HANDLES:

Hands on plate to the same width at the shoulders pad, fingers facing forward.

POSTURE:

Slightly bend your arms, pull the buttocks off the ground, keep the shoulders down.

MUSCLES AFFECTED: Upper shoulders and biceps, triceps.

LEVEL	TIME - SECONDS	FREQUENCY
A Beginner	15s	30hz
B Intermediate	30s	35hz
C Advanced	45s	35hz

Rest

0/30s max



Abdominals with Left leg

Phase:
WORK

POSITION / HANDLES:

Standing in the center of the platform with hands at chest.

POSTURE:

One leg slightly bent, the other in contact with handlebar, back straight, force abdominal tension.

MUSCLES AFFECTED: Abdominals and lower torso.

LEVEL	TIME - SECONDS	FREQUENCY
A Beginner	30s	30hz
B Intermediate	45s	35hz
C Advanced	60s	40hz

Rest

0/30s max



Abdominals with Right leg

Phase:
WORK

POSITION / HANDLES:

Standing in the center of the platform with hands at chest.

POSTURE:

One leg slightly bent, the other in contact with handlebar, back straight, force abdominal tension.

MUSCLES AFFECTED: Abdominals and lower torso.

LEVEL	TIME - SECONDS	FREQUENCY
A Beginner	30s	30hz
B Intermediate	45s	35hz
C Advanced	60s	40hz

Rest

0/30s max



Abdominals A

Phase:
WORK

POSITION / HANDLES:

Sitting on the vibrating plate, tilt the back, be careful not feel the vibration at the head and the spine.

POSTURE: Raised legs, slightly bent, move your legs toward your chest, tighten the abdominals.

MUSCLES AFFECTED:

Abdominals and lower torso.

CHANGES: Perform the exercise Molleggiato slightly or dynamically.

LEVEL	TIME - SECONDS	FREQUENCY
A Beginner	30s	30hz
B Intermediate	45s	35hz
C Advanced	60s	40hz

Rest

0/30s max



Abdominals B

Phase:
WORK

POSITION / HANDLES:

Sitting on the vibrating plate, tilt the back, be careful not feel the vibration at the head and the spine.

POSTURE: Raised legs, slightly bent, move your legs toward your chest, tighten the abdominals.

MUSCLES AFFECTED:

Abdominals and lower torso.

CHANGES: Perform the exercise Molleggiato slightly or dynamically.

LEVEL	TIME - SECONDS	FREQUENCY
A Beginner	30s	30hz
B Intermediate	45s	35hz
C Advanced	60s	40hz

Rest

0/30s max



Abdominals C

Phase:
WORK

POSITION / HANDLES:

Sitting on the vibrating plate, tilt the back, be careful not feel the vibration at the head and the spine.

POSTURE: Raised legs, slightly bent, move your legs toward your chest, tighten the abdominals.

MUSCLES AFFECTED:

Abdominals and lower torso.

CHANGES: Perform the exercise Molleggiato slightly or dynamically.

LEVEL	TIME - SECONDS	FREQUENCY
A Beginner	30s	30hz
B Intermediate	45s	35hz
C Advanced	60s	40hz

Rest

0s



**Hamstrings
Stretch**

Phase:
STRETCHING

POSITION / HANDLES:

Stand in the center of the platform, slightly feet wide apart, bend forward and try to touch the tips, without forcing the stretch.

POSTURE:

Relax, bring your hands to the feet, bend your torso forward.

MUSCLES AFFECTED:

femoral biceps, lumbar, dorsal.

LEVEL	TIME - SECONDS	FREQUENCY
A Beginner	60s	30hz
B Intermediate	90s	30hz
C Advanced	120s	30hz

Rest

0s



**Hamstrings
Stretch**

Phase:
STRETCHING

POSITION / HANDLES:

Put your feet wide apart in the middle of the plate, hold the handlebars.

POSTURE:

Legs almost tight, straight back, bend the upper torso forward.

MUSCLES AFFECTED:

Posterior tendons of the knee, buttocks and lower back.

CHANGES:

Bend the torso as possible down with soft arms.

LEVEL	TIME - SECONDS	FREQUENCY
A Beginner	60s	30hz
B Intermediate	90s	30hz
C Advanced	120s	30hz

Rest

0s



Quadriceps

Phase:
Drainage

POSITION / HANDLES:

Put a cushion or a step in front of the platform, the thighs entirely on the plate, support the torso with arms.

POSTURE:

Back straight, tension in the abdomen, legs slightly bent.

CHANGES:

Perform the exercise without step.

LEVEL	TIME - SECONDS	FREQUENCY
A Beginner	60s	50hz
B Intermediate	90s	50hz
C Advanced	120s	50hz

Rest

0s



Buttocks biceps

Phase:
Drainage

POSITION / HANDLES:

Place the thighs entirely on the plate, support the torso with arms.

POSTURE:

Back straight, dorsal muscles tightened, legs slightly bent.

CHANGES:

Perform the exercise bringing the buttocks on the plate. Place your elbows on the ground and relax.

LEVEL	TIME - SECONDS	FREQUENCY
A Beginner	60s	50hz
B Intermediate	90s	50hz
C Advanced	120s	50hz

Rest

0s



Quadriceps

**Phase:
Drainage**

POSITION / HANDLES:

Put a cushion or a step in front of the platform, the thighs entirely on the plate, support the torso with arms.

POSTURE:

Back straight, tension in the abdomen, legs slightly bent.

CHANGES:

Perform the exercise without step.

LEVEL	TIME - SECONDS	FREQUENCY
A Beginner	60s	50hz
B Intermediate	90s	50hz
C Advanced	120s	50hz

Rest

0s



Buttocks biceps

Phase:
Drainage

POSITION / HANDLES:

Place the thighs entirely on the plate, support the torso with arms.

POSTURE:

Back straight, dorsal muscles tightened, legs slightly bent.

CHANGES:

Perform the exercise bringing the buttocks on the plate. Place your elbows on the ground and relax.

LEVEL	TIME - SECONDS	FREQUENCY
A Beginner	60s	50hz
B Intermediate	90s	50hz
C Advanced	120s	50hz

Rest

0s