

Vmax “Fibro Blast!” Routine

Fibromyalgia is a common syndrome in which a person has long-term, body-wide pain and tenderness in the joints, muscles, tendons, and other soft tissues. Unfortunately, the exact cause of the symptom is unknown. We do know that proper exercise and Fitness program does help a person cope with the symptoms.

The program focuses on basic movements, targeting the area that is causing pain and to relieve its symptoms.

Total workout time: 9 minutes – 3 minutes warmup, 4 minutes power (choose from U2, U3, or U4 depending on your comfort level), 2 minutes stretch

Extended workout time: 11 minutes – 3 minutes warmup, 4 minutes power, 2 minutes stretch, 2 minutes additional stretch

How to Use this Routine:

U1: Warmup (3 minutes)

U2: Fibro Blast! Basic (4 minutes)

U3: Fibro Blast! Intermediate (Faster, 4 minutes)

U4: Fibro Blast! Advanced (Even Faster, 4 minutes)

U5: Stretch (2 minutes)

U6: Additional Stretch (2 minutes)

Recommended Poses / Positions:

U1: Stretch your body out as you prepare for exercise, refer to the poster.

U2-U4: Exercise depends on the location of the pain that you want to relieve. If you want to relieve upper body pain such as the arms and shoulder area, select poses that require the hands to be on the platform. Poses such as shoulder and neck relaxation pose, push up pose, cat stretch pose (similar to push up, but with leg straight and butt lifted up and toward the ceiling) are excellent. The goal is to concentrate the vibration to the location of the pain.

U5-U6: Each stretch should be 20-30 seconds in length. Quad Stretch, Standing Hamstring, Inner Thigh, Lat Stretch. Its best to do stretches with one foot planted off the platform and the leg you are stretching to be on the platform.

It is NOT recommended that you do any of power phases U2-U4 consecutively without at least a 20 minute break! Normally, you just need to do one session per day.