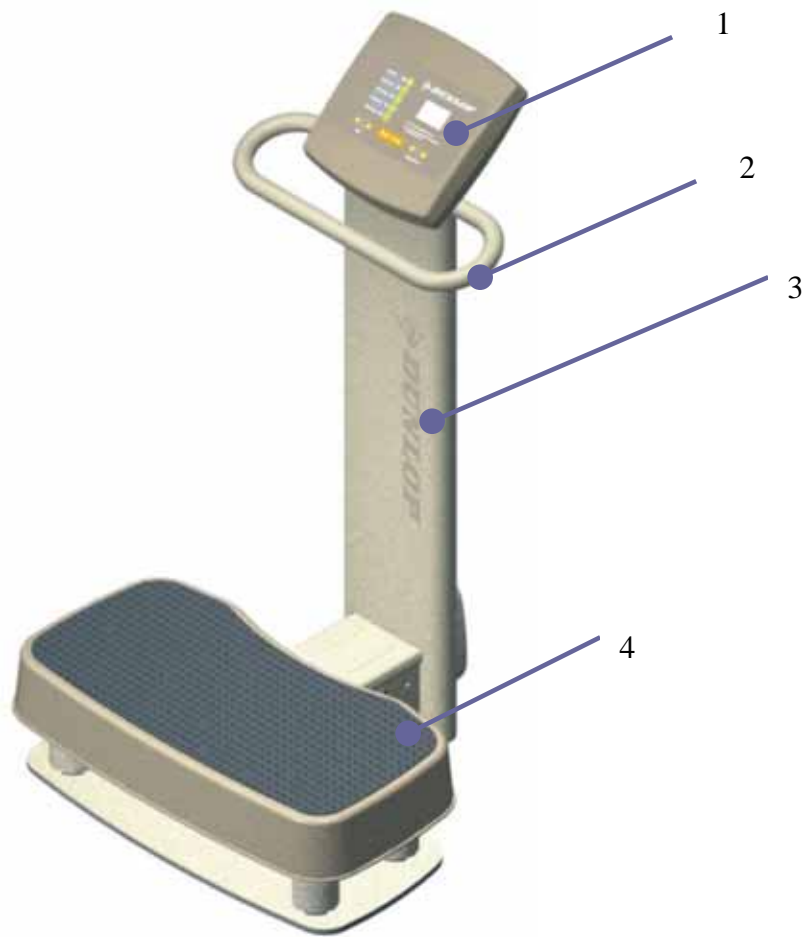
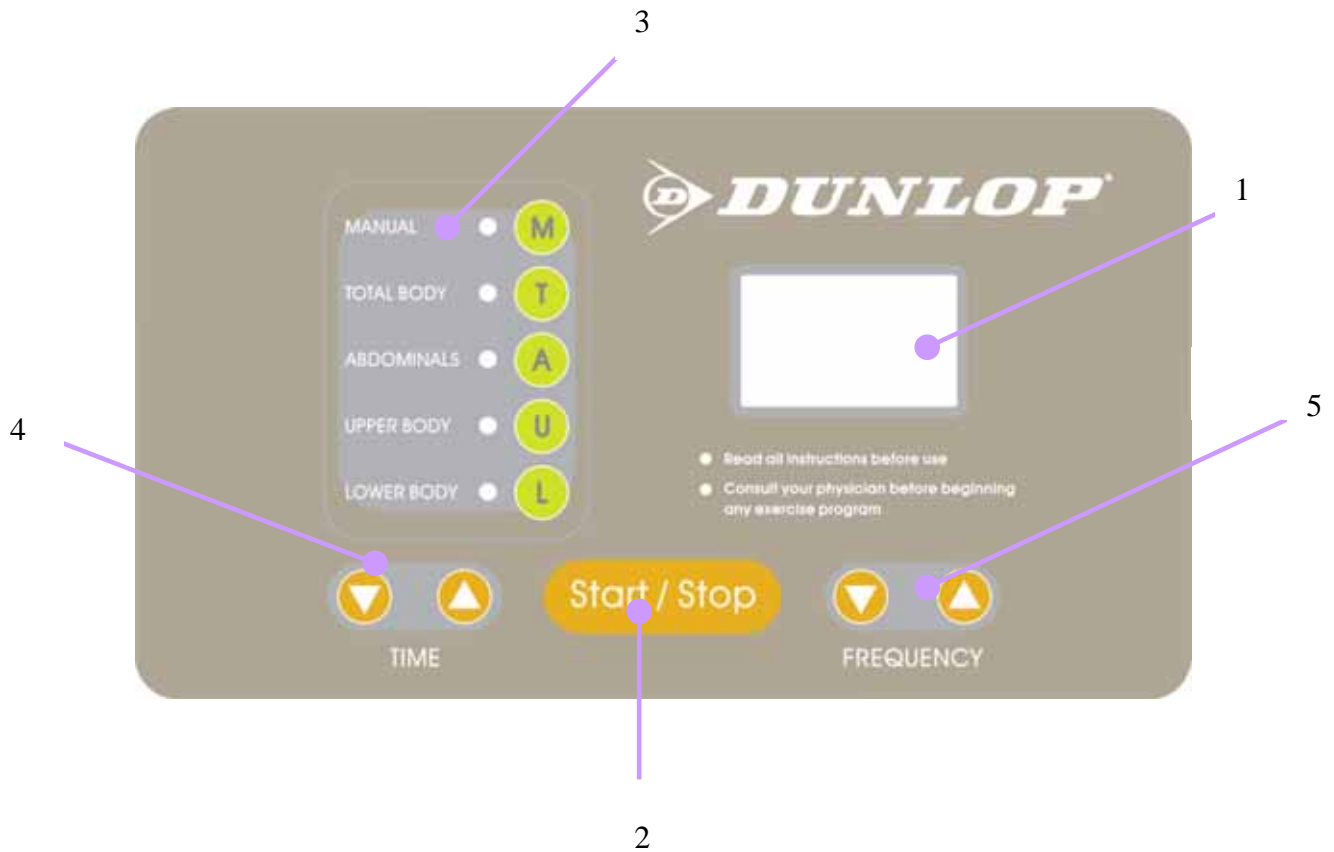


## DSD-01 Description



1. Control Panel
2. Handle Bar
3. Main Body
4. Board

## DSD-01 Control Panel



### Description:

1. LCD Screen: Posture, Program mode, Run time, level (frequency)
2. Start/ Stop: Start/stop the machine, reset the program.
3. Program mode: Preset modes: Total body, abdominal, Upper body, lower body
4. Time : manual time setting
  - 4.1. Time range: 1minute ~ 10minutes
  - 4.2. Preset: 1 minute
  - 4.3. Increment/ Decrement: 30 seconds
5. Frequency : manual frequency setting
  - 5.1 Frequency range: max 50Hz, min 20Hz

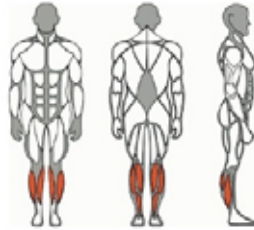
5.2 Preset: 35Hz

5.3 Increment/Decrement: 5Hz

## **How to use DSD-01**

1. Press Start
2. Select Program mode (T, A, U, L) or Manual program mode
3. Exercise as the LCD screen shows
4. Press Stop to reset the program mode or use the manual mode

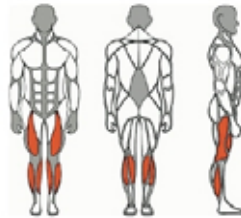
## POSITIONS AND APPLICABLE PART



### 1. Calves

Posture: Place the feet in the middle of the plate and lift the heels. Knees slight bent, the back is straight and the position is maintained while looking straight ahead. Tense abdomen.

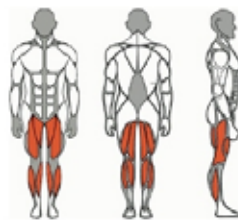
Affected area: Tibialis and Calves



### 2. Squat (horseback riding position)

Posture: Place feet in the middle of the plate, shoulder width apart. The knees bent approximately 80 degree (the user should be able to see the toes and part of the feet). Back straight, maintain balance. Keep weight mostly on forefoot.

Affect area: Quadriceps, Tibalis, and Calves



### 3. Deep Squat

Posture: The knees are bent about 100 degree ( the user should be able to see the toes and part of the feet). Back straight, upper body slightly forward keep your balance.

Affected area: Quadriceps, Tibalis, and Calves

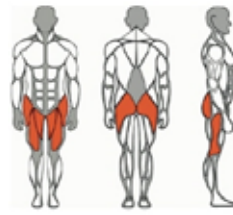


#### 4. One legged squat

Posture: Place one leg in front of the other on the machine in the middle of the plate.

Aligning the body with the other leg, which is lightly to the side of and behind the leg in front of it.

Affected area: Quadriceps, Tibialis, Calves, and Glutes



#### 5. One legged Stand

Posture: Step on the plate with the main Vibration machine next to it. One leg is held up as shown in the diagram. (90 degree or more) Hold the handle bar to maintain a straight chest and back. Maintain balance, chin slightly tilted upward.

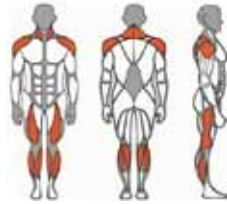
Affected area: Quadriceps



#### 6. Bend Over Pull

Posture: Step on the plate, hold the rope and maintain the tension of the arms. Bend the knees and the hip slightly. Maintain the back straight and the head is tilted upward.

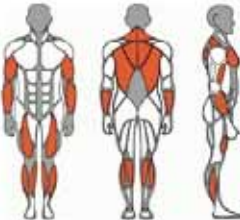
Affected area: Trapezius, Biceps, Forearms, Quadriceps, and Tibialis



### 7. Lateral Side Raise

Posture: Hoop the rope, and lift the arm slightly. The knees are bent 20~30 degree. Tension is placed on the hip and the abdomen.

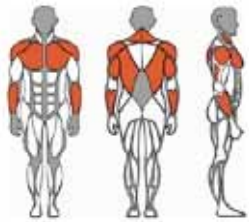
Affected area: Trapezius, Deltoids, Tibialis, and Calves



### 8. Biceps Curl

Posture: The elbows are held firmly against the sides of the body. Hoop the rope. Keep the hands together, move hands outwards slightly, knees slight bent.

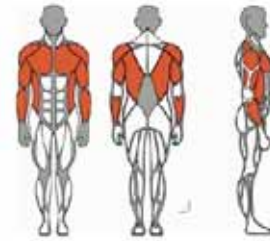
Affected area: Trapezius, Biceps, Quadriceps, Tibialis, and Calves



### 9. Push Up

Posture: Place hands in the middle of the plate at shoulder width. Keep legs and knees straight. Bend elbows about 90 degree, and retract to the starting position.

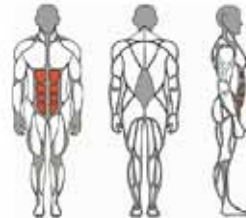
Affected area: Deltoid, Pectorals, Forearms, and Triceps



### 10. Triceps Dip

Posture: Place hands in the middle of the plate at shoulder width apart. The fingers point away from the user. Hold the feet near the machine, lift the heels, sustains the body with only the feet and the arms.

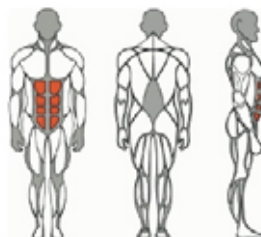
Affected area: Trapezius, Deltoids, Forearms, Triceps, and Pectorals



### 11. Basic Abdominal

Posture: Place a small mat or towel on the plate and sit on the plate. Lift the legs (together and slightly bent), move upper body toward the knees as that come up. (Also could put feet on step at hip width.)

Affected area: Abdominal



### 12. Pelvis Stabilization

Posture: Place a mat on the floor. Place the toes on the plate, and keep feet together. Maintain the straight of hold body.

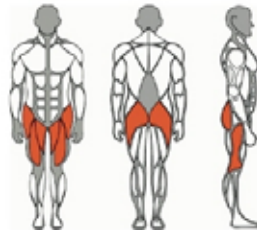
Affected area: Abdominals



### 13. Quadriceps Massage

Posture: Place the mat on the floor, rest entire upper legs and abdominal on the plate.

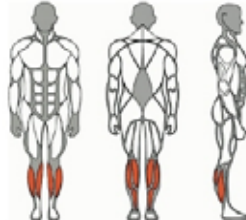
Affected area: quadriceps and abductor



### 14. Hamstrings Massage

Posture: Sit on the plate and place each leg on either side of the machine. (the backside of the thighs should touching the plate) Use both hands (placed on the ground behind the body) to sustain the position. Apply pressure to the abdomen and keep the back straight.

Affected area: Hamstrings



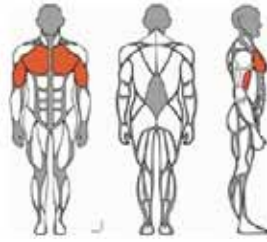
### 15. Calf Massage

Affected area: Tibialis and Calves

Method of positioning:

Place the mat on the floor and lie in a comfortable position.

The sole of the feet are touching the body of the machine, with the calves placed on the plate.















## 16. Chest massage

Posture: Place the mat on the floor and knee down. Place one arm on the plate. Keep the back straight and pressure is applied the as the shoulder is pushed down toward the floor.







Affected area: Pectoralis




MODE 1 – TOTAL BODY

Motion	Active Time	Frequency	Rest Time
Warming Up			
 Calves	60 seconds	35Hz	20 seconds
Exercise			
 Squat	45 seconds	35Hz	20 seconds
 Deep Squat	45 seconds	40 Hz	20 seconds
 One Legged Stand (L)	30 seconds	40 Hz	20 seconds
 One Legged Stand (R)	30 seconds	40 Hz	20 seconds
 Lateral Side Raise	45 seconds	45 Hz	20 seconds
 Biceps Curl	45 seconds	45 Hz	20 seconds








	Basic Abdominals	30 seconds	35 Hz	20 seconds
Cooling Down				
	Hamstrings Massage	45 seconds	45 Hz	20 seconds
	Calves Massage	45 seconds	40 Hz	20 seconds
	Chest Massage (L)	30 seconds	45 Hz	20 seconds
	Chest Massage (R)	30 seconds	45 Hz	



MODE 2 – UPPER BODY

Motion	Active Time	Frequency	Rest Time
Warming Up			
 Calves	60 seconds	35Hz	20 seconds
Exercise			
 Biceps Curl	60 seconds	45Hz	20 seconds
 Bend Over Pull	30 seconds	45 Hz	20 seconds
 Lateral Side Raise	45 seconds	45 Hz	20 seconds
 Push Up	30 seconds	35 Hz	20 seconds
 Triceps Dip	30 seconds	35 Hz	20 seconds







Cooling Down				
	Hamstrings Massage	60 seconds	45 Hz	20 seconds
	Chest Massage (L)	30 seconds	45 Hz	20 seconds
	Chest Massage (R)	30 seconds	45 Hz	

MODE 3 – LOWER BODY

Motion	Active Time	Frequency	Rest Time
Warming Up			
 Calves	60 seconds	35Hz	20 seconds
Exercise			
 Squat	60 seconds	35Hz	20 seconds
 Deep Squat	60 seconds	40 Hz	20 seconds
 One Legged Squat (L)	30 seconds	40 Hz	20 seconds
 One Legged Squat (R)	30 seconds	40 Hz	20 seconds
 One Legged Stand (L)	30 seconds	40 Hz	20 seconds
 One Legged Stand (R)	30 seconds	40 Hz	20 seconds

Cooling Down				
	Hamstrings Massage	60 seconds	45 Hz	20 seconds
	Calves Massage	45 seconds	40 Hz	20 seconds

MODE 4 – ADBOMINAL

Motion	Active Time	Frequency	Rest Time
Warming Up			
 Calves	60 seconds	35Hz	20 seconds
Exercise			
 Basic Abdominals	30 seconds	35 Hz	20 seconds
 Pelvis Stabilisation	20 seconds	45 Hz	20 seconds
 Basic Abdominals	30 seconds	35 Hz	20 seconds
 Pelvis Stabilisation	20 seconds	45 Hz	20 seconds
Cooling Down			
 Quadriceps Massage	60 seconds	45 Hz	