

## A sample workout program is as follows:

Time	Frequency	Back Tension	Arm Tension	Repetitions
1 <sup>st</sup> to 4 <sup>th</sup> week	3-4 x per week	Low	0 - 1 Band	10 -15 reps x 2 sets
4 <sup>th</sup> to 8 <sup>th</sup> week	4-5 x per week	Moderate	2-3 Bands	15 –25 reps x 2 sets
8 <sup>th</sup> week & beyond	As needed (or everyday)	High /User Preference	4 Bands	User preference

- 1-2 minutes of rest is recommended between sets. At all times, let your comfort level determine the frequency, intensity, and number of repetitions of the exercise movement. Never compromise safety while exercising. If muscles become sore after or between workouts, please allow adequate recovery time then begin program again. Do not workout if your muscles are fatigued or sore.
- The BODY-ALINE provides targeted exercise & stretching of your postural musculature. Because of its low intensity, you can work-up to using the BODY-ALINE multiple (3-4) times a day. In fact, the more you use it, the faster you'll get results. So we encourage it! As always let pain and discomfort be your guide. If you're not feeling any pain or discomfort whatsoever, then feel free to use the machine as often as you like. We've had several motivated customers tell us they use it 6+ times a day with fantastic results! Go for it!

**TIP #5 – WHAT TO DO IF MACHINE SLIDES DURING USE:** If your machine slides rearward during use then you may be going too fast with your movement and/or pushing through your legs too much. If this occurs, slow down the speed of your movement & relax your legs (stop pushing your feet into the floor). Your body weight is more than enough to keep you stable in the machine during the exercise, so relax your legs.

**TIP #6 - SETTING THE PROPER AMOUNT of EXERCISE TENSION for BACK & ARMS:** The tension necessary to achieve the back strengthening & posture aligning benefits of the BODY-ALINE will vary from person to person based individual fitness levels. Generally speaking, anyone new to the exercise motion of the machine should set tension at a comfortable low level. This means that resistance should just barely be felt. After about a dozen sessions or so, when the original moderate feeling of resistance begins to diminish, then slightly more tension should be added. Never adjust tension to levels that compromise the comfort of the movement. This is not necessary to achieve the therapeutic benefits of exercise motion. Due to the nature of both movements, you may find a greater need to vary the tension for the back extension versus the arm rotation.