



BEAUTY **BT** TRENDZ

Wellness in Motion

Descriptions of Toning Tables:

**Toning Tables may be used individually and in no particular order, but the best results have been seen with the use of each table for 10 minutes, twice per week.*

The Sit Up Table: This table powers you through 200 sit-ups in just 10 minutes. While the table is lifting, the client will exhale to contract the abdomen muscles, and as the table lowers, the client is to use the lower third of the lungs to strengthen the diaphragm. This table is aiding the body to get oxygen into the hemoglobin of the red blood cells which is known to boost the body's metabolism for several hours after the client has finished their session. This table helps to train us to breathe with our full lung capacity, which is something most people do not do naturally.

The Leg Table: This table powers you through approximately 2000 steps in just 10 minutes. Think of it as comparable to step aerobics. While the table is walking the client, the weight of the body is supported by the table so that the ankles, knees and hips are moving without the weight of the body. The feet and legs are elevated above the body to improve circulation in the lower extremities. This table improves flexibility of the joints, and allows for gentle contracting and relaxing of the muscles, helping to make them longer and leaner.

The Side-to-Side Table: The lower half of the Side-to-Side Machine moves from left to right. The upper portion remains stationary. This table powers you through as many as 1000 hip rolls in just 10 minutes, and helps to strengthen lower back muscles and abdominal muscles. It also stretches the sides and can improve overall flexibility. A variable speed control mechanism allows the therapist a selection in the number of revolutions the patient will experience per minute. The speed can be reduced to as low as 1 (one) RPM.

The Leg Walking Table: This table powers you through up to 2000 steps and 900 back kicks in just 10 minutes. The client lies face down. As the table raises and lowers the legs, the client is benefitting from an isometric tightening of the abdominal muscles. The table then gently twists the waist and causes a rotation of the lower lumbar area of the back which helps to open the nerve passages to the lower extremities. The kick pads are performing a deep massage to the front of the thighs which has been known to disperse and smooth cellulite under the skin. This table will form and tone the waist, abdomen and hips while strengthening the lower back. This table will also lift the buttocks and help to disperse cellulite under the skin of the thighs.

The Sandbag Table: This table powers you through roughly 1000 hip rolls in just 10 minutes. This machine will also help to decompress the spinal column, tighten buttocks and help to flatten the stomach / tighten abdominal muscles. It utilizes two pads that move back and forth across the buttocks to firm and tone, and at the same time strengthen the abdominal muscles without making the muscles larger in diameter. As the table performs a deep tissue massage to the buttocks, the client experiences isometric contraction of the abdomen and buttocks. The gentle rhythmic action of the

machine breaks down the cellulite giving a firm, smooth tone to the skin. The sandbag applies weight to the abdomen, helping the machine to work more effectively on the hips. The very high number of repetitions is known to move blood and fluids through the cells, flushing out acidic waste, increasing the flexibility of the connective tissues and increasing the fluid levels in the joints.

The Stretch Table: The stretch table has been known to correct the posture of the musculoskeletal system. The moving pad under the shoulders helps to increase flexibility to the Cervical and Thoracic spine. Using the weight of the arms when held above the head will strengthen and tighten the biceps and triceps. This type of stretching with the arms above the head increases the flexibility of the shoulders. This table will firm and tone the upper arms, ribs area, upper back, waist, abdomen and calves; while improving posture. The Stretch Machine has an upper body pad which moves in a superior and inferior direction. The patient lies supine with scapulas on a single moving pad. Upper extremities are extended with hands tapping the bar located at the head of the machine, as the pad moves. Upper back extension is increased. An additional benefit is an increase of abdominal, trunk and cervical mobility.

The Circulation/Vibration Table: This table has the lowest feeling of impact of all, but is the most important. Best results have been seen when this table is incorporated in every session. Many clients call this table the dessert or reward table, for all the exercises they have just completed. It is best if this table is used last during each session, because all the client has to do is relax. This table increases circulation and aids in lymphatic drainage. When you have used all of the other tables, your body has built up a well of toxins and fluids that need to be released through the liver and kidneys. This table will aid your body in its natural process to do so, along with lots of water. This table creates a vibrating action that gently massages the entire body. The prime functions are to help increase blood circulation, rid the body of excess water and help dissolve cellulite. The movement of the machine is soothing and relaxing and creates an energetic and refreshed feeling.