MAXXUS

V -TRAINER

Lose weight and get into great shape in half the time!

AS SEEN ON TV



VERIMARK

Please read all the instructions and conditions **BEFORE** first use
Retain this manual for future reference

INSTRUCTION MANUAL

CONTENTS

Thank you for purchasing the Maxxus V-Trainer. Before using your Maxxus V-Trainer – please read these instructions carefully for correct operational use and safety precautions.

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SAFETY INSTRUCTIONS

Please ensure you read all instructions before using the Maxxus V-Trainer and make sure that the house voltage is equivalent to the unit.



WARNING: To reduce the risk of electric shock:

- Do not touch the power plug or electric outlet with wet hands or feet.
- Do not use this unit if the power cord or plug is damaged.
- Make sure that the unit is plugged in properly before use.
- Do not attempt to open or disassemble this unit.
- Do not spill water on the unit.
- Do not use this unit in a damp or humid environment.



WARNING: To reduce the risk of electric shock:

- Do not use this unit on heated surfaces or areas.



WARNING: Caution Medical Conditions

- Pregnant woman should not use this product.
- Woman using the contraceptive (i:e: Hoop Contraceptive) should consult their doctor before using the Maxxus V-Trainer
- People suffering with heart disease, back injuries, high blood pressure and joint injuries should refrain from using this machine.



WARNING: To reduce the risk of injury:

- If the unit makes abnormal sounds, immediately turn the power off, disconnect and contact your nearest service centre.
- If you experience any pain, stop using the machine immediately.
- Children and pets must be supervised at all times around the Maxxus V-Trainer.
- Only ONE person can use the unit at any given time.



Caution: Reminders:

- Please do not leave the machine on and unattended.
- Do not drag the power cord or drag the unit by the power cord.
- Do not insert any objects into any openings of the unit.
- Use the unit on an even, non-slip floor surface.
- People under 16 and over 60 are not permitted to use the Maxxus V-Trainer.
- Suggested usage time is 10 minutes per session (If you want to use again wait 30 minutes in-between sessions).
- User Weight Limit: Under 100kgs
- Make sure that the children are a safe distance away from the unit while it is in use.

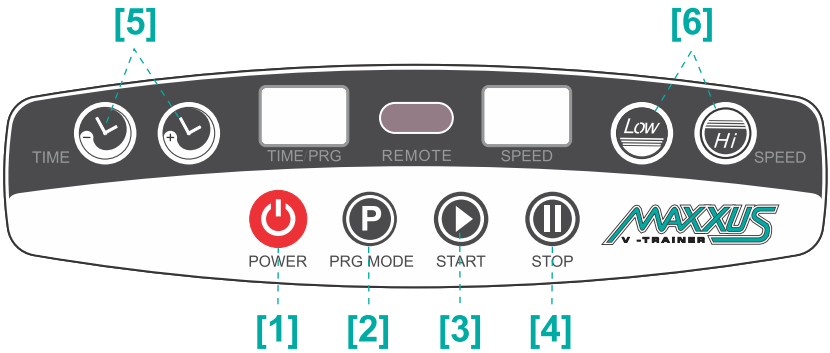
This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

WARNING



- Do not operate while drowsy.
- Do not use the unit under the influence of alcohol.
- The suggested usage time is 10 minutes. After 10 minutes, rest for 30 minutes before using the machine again.
- Please stop using this machine immediately if you feel unwell or sick.
- Please follow all the instructions as per the instruction manual.
- While the unit is in use, do not insert any part of your body into the gaps on either side of the machine.
- This machine is not for use by children.

FUNCTION KEYS



[1] ON/OFF
Turn the Maxxus on or off.

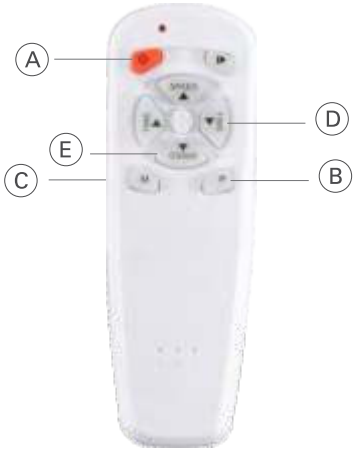
[2] PROGRAM MODE
Choose between the 3 automatic programs:
1 - Warm up, 2 - Refresh, 3 - Stimulate

[3] START
Start the selected program or the manual mode.

[4] STOP
Stop the selected program or the manual mode.

[5] TIME
Adjust the duration of time (1-10 minutes)

[6] SPEED
Adjust the speed of the manual mode (1-20).



Remote Control Button

- A Power on/ off
- B Auto program
- C Manual program
- D Timer
- E Massage Speed

USAGE INSTRUCTIONS

- Please ensure that you read these instructions carefully for correct operational use of the Maxxus V-Trainer.
- Connect the AC plug to the electrical outlet and turn on the main power source.
- To switch the unit to standby mode, press the (on/off) button on remote control.
- Step on the unit, and use the indicated buttons to activate your desired functions:
  - The Preset Timer is 10 minutes
  - Auto Programs (3 preset programs)
  - Manual Program
  - Press the -/+ to adjust speed (20 Speed levels)

- The Maxxus V-Trainer features a Roller Castor which allows the machine to effectively move around better and for storage purposes.

Automatic massage program:
- Select either of the preset massage programs by pressing the “auto” (Automatic) button.
- Switch programs by pressing the button.
- Press the power button to turn off the unit.

- The speed can be adjusted manually when the automatic program is in progress.
- Do not apply excessive pressure on any one side of the unit. This may significantly slow or stop the motor – potentially causing damage to the unit.
- The recommended usage time per session is 10 minutes.

- With incorrect usage (e.g. standing only on the one side of the plate) the unit may make a beeping sound every 2 (two) seconds.
- If using incorrectly for over 15 seconds, the LEDs may start flashing and the machine will automatically stop.

EXERCISES

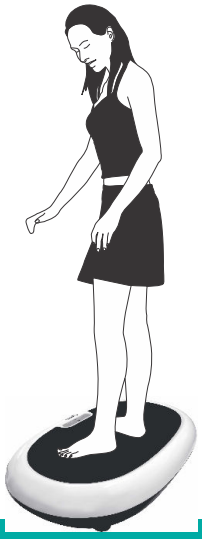
The Maxxus offers a comprehensive range of vibration programs that penetrate different layers of muscle in your body. Your Maxxus offers 20 speed settings, 3 pre-set vibration programs and a manual program, so you can customise your own workout.

There is also an auto shut-off feature that is activated if the vibration trainer is not in use for 10 minutes.

Benefits:
- Soothes muscle tension
- Alleviates stress
- Increases blood circulation
- Increases metabolism
- Helps burn fat





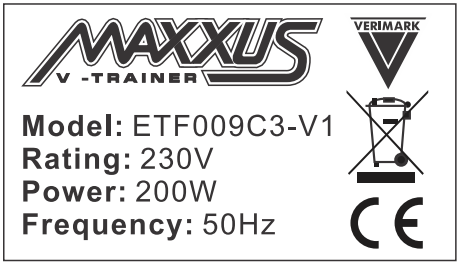


CLEANING AND STORAGE

- Always unplug the unit before cleaning it.
- Please do not use thinners, benzene or alcohol to clean the unit.
- Use a dry cloth to clean the unit.
- Do not place the unit near heat or in direct sunlight.
- If you are not using the unit, unplug the unit and store it in a clean and dry environment.
- Keep food and drinks away from the Maxxus V-Trainer to prevent malfunction.

SPECIFICATIONS

Model Name: Maxxus V-Trainer
Model Number: ETF009C3-V1
Power Consumption: 200W
Auto Timer: 10 minutes
Product weight: 17.5kg
Power Cord length: Approx. 2m
Dimensions: 77 (L) 46.5 (W) 12 (H) cm



Features:
Auto programs: 3 variants
Manual Program
Vibration Speeds: 20 level settings
Recommended Usage: Regular usage, each time 10 minutes.

WARRANTY

This appliance is guaranteed to be free from material or manufacturing defects (excluding non-durable parts e.g. remote, exercise bands (if included), motor belts, accessories etc.) for a period of 2 years from date of purchase. In case a manufacturing or material defect occurs within the warranty period, we will gladly repair the item free of charge, provided the item is returned with the corresponding proof of purchase.

This appliance is intended for household use only. The above warranty does not cover commercial use under any circumstances.

The warranty will be void;
- If the defect in the machine was caused by inappropriate use, over loading or used in any way other than the appropriate operation methods described in this manual.
- If there has been any technical interference, modification or service done by an unauthorized service person.
- If the item has been opened by the customer.
- If the item has been dropped.
- If no proof of purchase can be produced at the time of the claim.

ABOUT VIBRATION TRAINING

Benefits to the passive exerciser

- Improves blood circulation that causes the body to warm up and transport nutrients, oxygen, hormones and white blood cells through the blood vessels.
- Activation of lymph drainage, which removes waste products and lactic acid from the body.
- Increase bone density which helps in the aid of osteoporosis and back pain.
- Increase secretion of hormones serotonin, neutrophine and testosterone (which restores hormones).
- Decreases the cortical levels of the body and also rehabilitate injuries and ailments.
- Breaking down of fat, cellulite reduction and weight loss.
- Relieves and aids in improved balance, co-ordination and correct posture.
- Relief from muscle pain and fibromyalgia - exercise stimulates the growth of tiny blood vessels (capillaries) in the muscles. This assists the body to deliver oxygen to the muscles more efficiently.

Passive exercise improves health, delays aging, changes ones physiology thus improving mental and emotional states, assists sleep and is used for physical rehabilitation and wellness.

Benefits of Vibration Training

A significant amount of research has already been completed to analyze the benefits of vibration training. This research has ranged from improvements in strength, flexibility and joint range of motion, bone density, hormone levels, body composition and many other areas.
Vibration training is a complementary tool to other forms of exercise, especially cardiovascular exercise. The best combination of exercise depends on the individual and their unique situation and exercise objectives, but we want to reinforce the fact that vibration training is not a replacement for cardiovascular exercise.

Some of the benefits to Whole Body Vibration that have been validated by research include:

- Improved muscle strength primarily in the lower body
- Improved flexibility and joint range of motion
- Improved balance and mobility
- Increased bone density

Many of these benefits are particularly effective for the elderly who may be unable to complement their exercise with more traditional forms of cardiovascular and strength training.

Exercise Frequency and Duration

Frequency and duration are important elements to consider in using your Maxxus Vibration Trainer. As opposed to cardiovascular exercise, where exercising 5-6 days per week is recommended, for vibration training we recommend 2-3 times per week. This will ensure that your body has adequate time to recuperate between use.

If you're just beginning an exercise program limit the time you spend on the V-trainer to 10 minutes per session plus rest time in-between exercises. Even if you're already fit keep your exercise sessions on the vibration plate to 10 minutes or less.

INTRODUCTION

Congratulations on the purchase of your new Maxxus. You have chosen the best exercise system available. This is your first step to reducing weight, improving your fitness, firming and toning or improving the health and well being of yourself and your family.

To reap the full benefits from your Maxxus, we strongly recommend that you study this professionally planned, step-by-step guide thoroughly before exercising. Do not skip any of the sections as they are integrated to form an all-round; comprehensive guidance system intended to offer you maximum workout efficiency. If you require any further information, do not hesitate to contact Verimark on 0860 005 005.

WHAT WILL YOUR MAXXUS DO FOR YOU?

The object of the Maxxus is to help you achieve a level of fitness at which your body functions most effectively. Regular and adequate exercise will improve the strength of your muscles, flexibility of your joints, efficiency of your heart and lungs, as well as the circulation of your blood. All these factors combine to produce a trimmer, firmer, healthier body capable of increased and energetic activity.

The Maxxus is suited for everyone who desires fitness – the exercising novice, those who seek to shape up after a long period of indolence, as well as those who are already in shape and want to stay that way. By using your Maxxus correctly you will start to feel better after the first week of exercise although this improvement will be barely measurable. After three to four weeks of correct use, you will begin to notice real improvement, which will steadily increase over the following months. You should however be patient, and not expect miracles overnight. The amount of time it takes to gain acceptable fitness is on average three months, but failure to maintain a regular exercise program will result in fitness being lost more quickly than it was gained.

With your Maxxus, you will be surprised at how quickly, easily and enjoyably you'll progress to real fitness and health. Once you are fit, it is relatively easy to stay that way by simply "topping up" your condition. Maintained frequency and duration with gradual increases in intensity of your sessions are the way to do this.

When you start exercising regularly, expect to feel the inevitable twinges. But the impression that there is no gain without pain is incorrect. *You do not have to punish yourself to get fit.* In fact, torture is the worst route to fitness. The process should be easy, enjoyable, painless and free from guilt and stress.

HOW FIT ARE YOU?

Fitness is defined as: "the ability to carry out daily tasks with vigour and alertness, without undue fatigue and with ample energy to enjoy leisure-time pursuits and meet unforeseen emergencies".

Unfortunately, few of us know how fit we really are. We tend to think of ourselves as being fitter than we actually are. **It is advisable to acquaint your doctor with your proposed exercise plans, especially anyone who suffers from chest pains, severe shortage of breath, backache or joint trouble after physical exertion.** It is advisable to establish a fitness base line before commencing with training in order to measure your fitness level improvements. (see pulse rate page ....)

HOW FAT ARE YOU?

When people say they want to become fit, often what they really mean is that they want to lose weight, and some hope to do it without exercise. Your weight depends upon factors such as what you eat and drink, your level of physical activity and your metabolic rate (the rate at which energy is used).

Excess fat is stored when your body takes in more calories than it uses. When you diet without exercise much of the weight you lose is in the form of fluids, organ tissue and muscle – not excess fat. Constant dieting slows down the metabolic rate to adjust to the diet. In other words despite eating very little; the food energy is burned at a slower rate, which is why after a while weight remains stable.

Conversely, regular exercise boosts your body's metabolism which means that you burn food energy faster; not only while you exercise, but long afterwards, even while you sleep. To be successful in losing weight and controlling it afterwards, it is essential to change your metabolic rate. Exercise is the only way to achieve this. Your Maxxus enables you to lose and control your weight, lose fat, and improve your health.

We are not suggesting that when you exercise you can eat anything. On the contrary fitness (and losing fat) is achieved by a combination of a nutritional sound diet and the right amount of exercise. Exercise and healthy nutrition combined is the safest and most preferred method of losing fat.

When checking your weight, remember that **your scale does not distinguish between muscle and fat.** Since muscle is more dense than fat, you may through exercise – even put on weight, but become trimmer as bulky fat is replaced by leaner, dense muscle. With your Maxxus you should aim for fat loss and increased fitness not necessarily weight loss. To measure flab and check how much trimmer you have become, measure yourself as per the measurement table. (See Body Shape Check page 14)

WHEN TO EXERCISE

It is less important at what time of day or night you exercise, than to develop a routine that you will adhere to. Exercise when most convenient to you, but not immediately after a heavy meal.

HOW OFTEN TO EXERCISE

Do not over-commit yourself with an exercise schedule that you cannot adhere to, thereby resulting in eventual failure to continue your plans. Exercising three times a week is sufficient for significant health benefits, provided that you do this regularly, for long enough, and at an appropriate intensity. These three factors, the frequency, duration, and intensity of your exercise are what determine your exercise load, and are discussed further below.

FLUIDS AND EXERCISE

Drink adequate amounts of fluid whilst exercising. Water is sufficient if you are exercising for less than an hour. Fluid lost through physical activity has to be replaced. Do not wait until the end of your exercising session to replenish lost fluids.

HOW TO EXERCISE

CAUTION!

Maintain the correct posture while exercising. Knees should always be slightly bent to prevent the vibration from travelling to the head and potentially triggering headaches. If this occurs nevertheless, change your posture or reduce the vibration frequency (speed). Never place the head or chest directly onto the vibration trainer. Incorrect posture may result in damage to the joints and/or organs.

Never use vibration exercise for medical reasons (treatment and alleviation of ailments) without consulting your physician.

At first, workout units should not exceed 10 minutes, 2 to 3 times per week. You may later slowly increase the duration/intensity.

To achieve success in conditioning you must consider four factors:

(1) the initial level of fitness,
(2) the frequency of training,
(3) the duration of training,
(4) the intensity of training.

The duration of your exercise should be no more than 10 minutes at a time. It is advised that your exercise routine include a number of the recommended exercise activities for a duration of between 30 to 60 seconds depending on your fitness level. You should engage a rest period of between 20 and 30 seconds between each activity. The intensity of each activity will also be determined by your fitness level, however, be sure that any warm-up and cool-down activities should be carried out at low frequency levels.

1. The initial level of fitness:

As a general rule, the amount of improvement through physiological conditioning depends largely on the person's initial state of fitness. Stated in simple terms, if you rate low at the start, there is room for significant improvement. On the other hand, if your fitness is already close to that of a world-class endurance athlete, there is relatively little room to advance and the absolute amount of improvement may be small.

2. The frequency of training:

In general, it is necessary to exercise at least two days a week to bring about adaptive changes in the aerobic systems. Most experiments dealing with the optimal frequency of training indicate that a training response occurs if exercise is performed preferably three times each week for at least six weeks.

To ensure you get the best results from your training programme, the following principles should be followed:

1. Overload – When training, the exercise load should be set at a level slightly above the comfort zone. The exercise load depends on the duration, the frequency and the intensity of the exercise.
2. Progression – As you adapt to a particular overload, the overload needs to be reinstated by adjusting the duration and/or frequency and/or intensity of exercise.
3. Individuality – Each person differs in their response to training. Your training programme should be designed to meet your specific needs.
4. Reversibility – Regrettably once training ceases for 1-2 weeks, previously gained benefits begin to be lost. Not training for a period of 6-10 weeks will result in the reversal to a state of unfitness.

PULSE RATE CHECK

To monitor your progress to fitness, use your pulse rate as a guide.

1. Determine your resting heart rate per minute (before exercise).
2. Exercise for 5 minutes and check you working heart rate immediately afterwards. Exercise at a moderate pace.
3. Rest for one minute and check your (recovery) heart rate again. An improvement in you fitness would be reflected in a lowering of any or especially, all three rates. Your recovery rate indicates your fitness level. Use the table to record your progress approximately every two weeks. Remember to use the same exercise, speed and time period during each test session.

DATE	PULSE : HEART BEATS / MINUTE		
	RESTING (Before exercise)	WORKING (Immediately after excercising)	RECOVERY (After 1 minute of rest)

EXERCISING PROGRAM

Before you commence exercising on the Maxxus, we strongly advise that you familiarise yourself with the exercises to be performed. Every exercise routine should be performed in the following sequence: **Warm-up exercises, workout exercises and cool-down exercises.**

WARM-UP AND COOL-DOWN

Your exercise program should not be started or stopped abruptly but phased into and out of gradually by means of the “warm-up” and “cool-down” exercises. These exercises are important to avoid injury, to allow your heart to adapt to exercise, and to reduce the intensity and frequency of muscle soreness.

“Warm-up” stretching is followed by light exercises and should ideally take between 2 – 10 minutes depending on your fitness level. You can either run on the spot or do jumping jacks to warm up (you can also do a brisk walk or cycle for a few minutes to warm up). “Cool-down” consists of light exercises followed by stretching and should take between 5 – 10 minutes depending on your fitness level. These exercises should be carried out slowly, without straining, and whilst breathing deeply. Ease lightly into stretching. Do not bounce to achieve the stretch. The light exercises should be performed at slow speed and at a low resistance level.

WORKOUT

During the workout stage of your program, your muscles will be exercised. This increases your heart rate, deepens breathing and dilates blood vessels, thereby flooding your muscles with oxygen. The ultimate consequence of this “training effect” is to improve the efficiency of your cardiovascular system and working muscles, this strengthening the heart, improving the circulation and increasing the muscles’ ability to utilise oxygen. The intensity of your workout can be adjusted to suit your requirements as you progress and your strength and fitness levels improve.

STRETCHING EXERCISES

It is extremely important to stretch, particularly before and after you have performed your exercise routine. Below are some additional stretching exercises that can be performed:

Calf/Achilles stretch (Fig. 1)
Stand close to a wall and lean against it with your hands or forearms. Bend one leg with the other leg straight behind you. Slowly move hips forward, keeping lower back straight and heel of the straight leg on the ground, with toes pointed straight ahead or slightly turned in. Hold the stretch for 10 seconds then repeat with other leg. This focuses on stretching the calves, Achilles tendons and ankles.

Quadriceps stretch (Fig. 2)
Stand close to a wall (lean against it with one hand if you feel it necessary to do so in order to maintain your balance). Hold the top of your foot with your opposite hand and gently pull your heel towards the buttocks. Hold the stretch for 10 seconds then repeat with other leg. This focuses on stretching the quadriceps and hip muscles.

Inner thigh stretch (Fig. 3)
Sit with the soles of your feet together and hold your toes. Try to place your elbows on the outside of your legs for stability and balance. Gently pull forward, bending from the hips, until a good stretch is felt in the groin and possibly in the back. Hold for 10 seconds. This focuses on stretching the quadriceps and hip muscles.

Triceps stretch (Fig. 4)
With your arms overhead, hold the elbow of one arm with the hand of the other arm. Gently and slowly pull the elbow behind your head. Hold the stretch for 10 seconds, then repeat with other arm. This focuses on stretching the triceps, trapeze and anterior muscles.

Hamstring stretch (Fig. 5)
Stand with feet shoulder-width apart, pointed straight ahead. Slowly bend forward from the hips, keeping knees slightly bent, neck and arms relaxed. Go to the point where a slight stretch in the back of the legs is felt. Hold the stretch for 10 seconds. This focuses on stretching the hamstrings, back, and the back of the knees.

Midsection stretch (Fig. 6)
Lie down on your back and bend knee while bringing it across the body. Gently push down with the arm while keeping shoulders flat on the ground. Hold the stretch for 10 seconds then repeat on the other side. Repeat this stretch twice. This focuses on the abdominal, oblique muscles and the entire midsection.



Fig. 1



Fig. 2



Fig. 3



Fig. 4



Fig. 5



Fig. 6

BODY SHAPE CHECK

Individuals who monitor themselves tend to be more successful in exercise and maintenance because writing down your results makes you aware of and accountable for your progress. To ensure consistency be sure to weigh yourself at roughly the same time during the day, and take measurements in the same place.

Measure you respective body parts as listed below, and record the results. Check every two weeks to see how your body has changed. Always measure at the same place and in the same manner. Your weight should also be recorded.

Forearm, biceps, neck, hips, thigh and calf: Measure around the broadest part.

Chest: Standing upright, pass a tape below the armpits and across the nipples.

Waist: Measure around the slimmest part.

WEEK	START	2	4	6	8	10	12	14	16	18
DATE										
Left Forearm										
Right Forearm										
Left Bicep										
Right Bicep										
Chest										
Waist										
Neck										
Hips										
Left Thigh										
Right Thigh										
Left Calf										
Right Calf										
Weight										

STORAGE

Your Maxxus stores away quickly and easily. To avoid injury, store your Maxxus in a safe and convenient place after every use.

NOTES

EXERCISE GUIDE

It is advisable that you spend 10 minutes on this machine 3 days a week depending on your fitness levels and\or desired results. You are welcome to tailor your workout routine by increasing the duration and\or frequency of use. As you progress it is advisable that you increase intensity with reasonable caution.

Please use the machine with reasonable caution.

Ideal weight can vary from person to person depending on ones bone structure. A useful technique to determine your weight status is the Body Mass Index (BMI).

$$\text{BMI} = \frac{\text{current weight (kg)}}{\text{height (m) x height (m)}}$$

Typically your BMI should be 20 - 25 kg/m^2. Use the BMI table below to quickly determine your current weight status. eg. Mary weighs 90kg and is 1.8m tall. Her BMI is 28 and she is overweight.

Weight (kg)	1.63	1.65	1.68	1.70	1.73	1.75	1.78	1.80	1.83	1.85	1.88	1.91	1.93	1.96	1.98
45.5	17.2	16.7	16.2	15.7	15.2	14.8	14.4	14.0	13.6	13.2	12.9	12.5	12.2	11.9	11.6
47.7	18.1	17.5	17.0	16.5	16.0	15.5	15.1	14.7	14.3	13.9	13.5	13.2	12.8	12.5	12.2
50.0	18.9	18.3	17.8	17.3	16.8	16.3	15.8	15.4	14.9	14.5	14.2	13.8	13.4	13.1	12.7
52.3	19.8	19.2	18.6	18.0	17.5	17.0	16.5	16.1	15.6	15.2	14.8	14.4	14.0	13.7	13.3
54.5	20.6	20.0	19.4	18.8	18.3	17.8	17.3	16.8	16.3	15.9	15.4	15.0	14.6	14.3	13.9
56.8	21.5	20.8	20.2	19.6	19.0	18.5	18.0	17.5	17.0	16.5	16.1	15.7	15.2	14.9	14.5
59.1	22.4	21.7	21.0	20.4	19.8	19.2	18.7	18.2	17.7	17.2	16.7	16.3	15.9	15.4	15.1
61.4	23.2	22.5	21.8	21.2	20.6	20.0	19.4	18.9	18.3	17.8	17.4	16.9	16.5	16.0	15.6
63.6	24.1	23.3	22.6	22.0	21.3	20.7	20.1	19.6	19.0	18.5	18.0	17.5	17.1	16.6	16.2
65.9	24.9	24.2	23.5	22.8	22.1	21.5	20.8	20.3	19.7	19.2	18.7	18.2	17.7	17.2	16.8
68.2	25.8	25.0	24.3	23.5	22.9	22.2	21.6	21.0	20.4	19.8	19.3	18.8	18.3	17.8	17.4
70.5	26.7	25.8	25.1	24.3	23.6	22.9	22.3	21.7	21.1	20.5	19.9	19.4	18.9	18.4	17.9
72.7	27.5	26.7	25.9	25.1	24.4	23.7	23.0	22.4	21.7	21.2	20.6	20.0	19.5	19.0	18.5
75.0	28.4	27.5	26.7	25.9	25.1	24.4	23.7	23.1	22.4	21.8	21.2	20.7	20.1	19.6	19.1
77.3	29.2	28.3	27.5	26.7	25.9	25.2	24.4	23.8	23.1	22.5	21.9	21.3	20.7	20.2	19.7
79.5	30.1	29.2	28.3	27.5	26.7	25.9	25.2	24.5	23.8	23.1	22.5	21.9	21.3	20.8	20.3
81.8	31.0	30.0	29.1	28.3	27.4	26.6	25.9	25.2	24.5	23.8	23.2	22.5	22.0	21.4	20.8
84.1	31.8	30.8	29.9	29.0	28.2	27.4	26.6	25.9	25.1	24.5	23.8	23.2	22.6	22.0	21.4
86.4	32.7	31.7	30.7	29.8	28.9	28.1	27.3	26.6	25.8	25.1	24.4	23.8	23.2	22.6	22.0
88.6	33.5	32.5	31.5	30.6	29.7	28.9	28.0	27.3	26.5	25.8	25.1	24.4	23.8	23.2	22.6
90.9	34.4	33.4	32.3	31.4	30.5	29.6	28.8	28.0	27.2	26.4	25.7	25.1	24.4	23.8	23.2
93.2	35.3	34.2	33.2	32.2	31.2	30.3	29.5	28.7	27.9	27.1	26.4	25.7	25.0	24.4	23.7
95.5	36.1	35.0	34.0	33.0	32.0	31.1	30.2	29.4	28.5	27.8	27.0	26.3	25.6	25.0	24.3
97.7	37.0	35.9	34.8	33.7	32.8	31.8	30.9	30.0	29.2	28.4	27.7	26.9	26.2	25.5	24.9
100.0	37.8	36.7	35.6	34.5	33.5	32.6	31.6	30.7	29.9	29.1	28.3	27.6	26.8	26.1	25.5
102.3	38.7	37.5	36.4	35.3	34.3	33.3	32.4	31.4	30.6	29.7	28.9	28.2	27.4	26.7	26.1
104.5	39.6	38.4	37.2	36.1	35.0	34.0	33.1	32.1	31.3	30.4	29.6	28.8	28.1	27.3	26.6
106.8	40.4	39.2	38.0	36.9	35.8	34.8	33.8	32.8	31.9	31.1	30.2	29.4	28.7	27.9	27.2
109.1	41.3	40.0	38.8	37.7	36.6	35.5	34.5	33.5	32.6	31.7	30.9	30.1	29.3	28.5	27.8
111.4	42.1	40.9	39.6	38.5	37.3	36.3	35.2	34.2	33.3	32.4	31.5	30.7	29.9	29.1	28.4
113.6	43.0	41.7	40.4	39.2	38.1	37.0	35.9	34.9	34.0	33.1	32.2	31.3	30.5	29.7	29.0

Height (m)

- = Underweight (BMI less than 18.5 kg/m^2)
- = Ok/ normal (BMI from 18.5 - 24.9 kg/m^2)
- = Overweight (BMI from 25.0 - 29.9 kg/m^2)
- = Obese I (BMI from 30.00 - 34.9 kg/ m^2)
- = Obese II (BMI from 35.0 - 39.9 kg/ m^2)
- = Obese III (BMI greater than 40.0 kg/m^2)

Steps to calculate your ideal weight (example):

1. Measure your height in meters eg. 1.72
2. Multiply your height by your height i.e. 1.72 x 1.72 = 2.96
3. Now multiply the figure you got in step 2 by 20 - this will give you your lowest ideal weight eg. 2.96 x 20 = 59.2kg
4. Now multiply the figure you got in step 2 by 25 - this will give you your highest ideal weight eg. 2.96 x 25 = 74.0kg
5. Now fill in your ideal weight range - this will be anywhere between the figure you got in step 3 and the figure you got in step 4. eg. 59.2kg - 74.0kg

EATING PLAN

Whilst the Maxxus will aid in weight loss, a sensible calorie-controlled diet is still paramount. To prepare a calorie-controlled diet, it is very important that the user is aware of his/her daily calorie requirements.

This involves a combination of many factors (i.e. height, weight, age, sex, lifestyle etc.). Fortunately, it has never been easier to count calories as it is now a legal requirement that the packaging of most foods and drinks clearly displays their respective calorie, fat and salt content.

This booklet contains general information about medical conditions, nutrition, health and diets. The information is not advice and should not be treated as such. User discretion is advised and if any doubt exists of the suitability of the information/product to the user, the user should consult a physician/dietician.

COOKING METHODS

BETTER CHOICES

- Microwave
- Oven-grill
- Steam cook - / steam fry
- Blanche, poach
- Baking bag
- Simmer
- Non-stick cookware (Bauer Pro*)

AVOID

- Grill
- Deep fat frying
- Shallow frying
- Braising
- Sautéing
- Stir-fry

* Available from your nearest Verimark outlet, or call **0860 005 005** to order.

COOKING MEDIUMS / INGREDIENTS

BETTER CHOICES

- Water, fruit juice
- Dry wine
- Meat, fish or vegetable extract
- Herbs & spices
- Vegetable oil spray
- Natural white low fat yoghurt
- Marinades (home made / commercial without oil)
- Fat free cottage cheese
- Bread crumbs
- Wholewheat bread, rye, seedloaves

AVOID

- Oil
- Cream
- Butter
- Margarine
- Full cream milk and dairy products
- Egg yolk
- Sugar
- All visible fat i.e. chicken skin
- Processed carbs ie. white bread

EATING PLAN

LOW CALORIE PHASE
Drink 8 glasses of water per day

t = teaspoon
T = Tablespoon

BREAKFAST EVERY DAY:

Cereal (3/4 cup)

Choose cereals that are low in sugar content, such as:

- Special K
- 40% Bran
- Shredded wheat
- Wheaties
- Raisin bran
- Oatmeal
- Puffed wheat
- Whole-wheat Pronutro (Original and Apple Bake)
- High Fibre Bran
- Nature's Source Apple and Cinnamon Muesli
- Maximize
- Cooled mealiemeal porridge
- Fine Form Muesli

Milk (1/2 Cup)

- Low-fat (2%) or skim milk only

Only Fruit (1/2 piece)

Choice of

- Orange
- Banana
- Pear
- Apple
- Grapefruit
- Peach
- Apricot
- Fresh cherries (1/2 cup)
- Nectarine
- Plum

Coffee or Tea (throughout the day)

Sugar substitute and/ or skim milk may be added if desired.

LUNCH OPTIONS:

1.
Fruit Plate (1 cup):
Strawberries (1/2 cup)
Honeydew melon (1/4 cup) - Substitute fruit in season
Sweet melon (1/4 cup)
Cottage cheese (2T low fat)
Lettuce (few leaves under the fruit)

2.
Egg (1 whole egg, any style) - if fried, use vegetable cooking spray
Whole wheat bread (1slice, toasted)
Grapefruit (1/2)

3.
Tuna salad
Tuna fish (1/2 tin, water packed)
Lettuce (1/4 small head)
Tomato (1/2)
Cucumber slices (10 slices)
Lite salad dressing (2T)

4.
Tossed salad (1 large salad bowl lettuce, tomato, cucumber, radish mix)
lite dressing (2T)
1 Roll (small hard or Kaiser roll)
Lite margarine (1t)

5.
Whole tomato stuffed with chicken salad (2/3 cup)

6.
Fruit Salad:
Cottage cheese (2T low fat)
Lettuce (1/4 small head)
Orange (1/2)
Apple (1/2)
Grapes (3/4 cup)

7.
Omelette:
Egg whites (3 eggs)
Cottage cheese (2T low fat)
Onion (small)
Green pepper (1/4)

8.
Tossed salad (mixed greens, 1/2 cup
Wholewheat roll (1)
Low fat cold meats (3 slices)

DINNER OPTIONS:

1.
Baked chicken breast (palm size)
Vegetable: (1/2 cup) - Choice of green beans, Broccoli, asparagus
Strawberries (1/2cup)
Vanilla yoghurt (1T low fat)

2.
Baked or grilled fish (palm size)
Smash (1/2 cup)
Vegetable: Choice of two (1/2cup each) - broccoli, carrots, green beans, cauliflower, asparagus, spinach
Orange slices (1/2 cup with 3T low fat yoghurt)

3.
Grilled lean hamburger (2 patties)
1 Hamburger roll
Vegetable: (1/2 cup) Choice of Green Beans, Broccoli, Asparagus

4.
Baked chicken (2 Breasts)
Baby potatoes (2 or 3 small)
Vegetable: (1/2 cup) Choice of spinach, green beans, broccoli
Fruit: (1/2 cup) Choice of Pineapple or Strawberries/Blueberries
Seasonal fruit (100g)

5.
Oven baked fish (palm size)
Corn on the cob (1 medium)
Small tossed salad (with 2 T lite dressing)
Peach - 1 whole, sliced and topped with 1T low fat plain or vanilla yoghurt (Substitute fruit in season)

6.
Grilled steak (palm size, all visible fat removed)
Baked potato (medium with 2t of lite margarine)
Vegetables: choice of broccoli, asparagus (1/2 cup)

7.
Spaghetti (1/2 cup when cooked)
Bolognaise sauce (180ml - 1 cup lean mince, 1/2 cup onions, 1/2 cup tomatoes, spices)
Parmesan cheese (5-10g sprinkled lightly over spaghetti)
Tossed salad (small bowl of lettuce, tomato, cucumber, radish Mix with 2T lite dressing)
Roll or bread (2 medium slices of Italian or French bread, with no butter or garlic)

8.
Wholewheat Bread (1 slice)
Homemade soup (2 cups lean mince - dry fried, 2 cups vegetables)
Have 1 cup per meal

SNACK OPTIONS:

1.
Cinnamon toast (2 slices of in-sliced wheat bread sprinkled lightly with cinnamon or mixture of cinnamon and artificial sweetener and toasted under the grill)

2.
Small tossed salad (2T lite dressing)
Apple

3.
Cereal (1/2 cup) choice of shredded wheat or 40% bran
Milk (1/2 cup low-fat or skim)
Banana (1/2)

4.
Cottage cheese (2T low-fat)
Apple (1/2)

5.
Raw vegetable plate (mixture of 6 each of raw carrot sticks, celery, radishes, and cauliflower with lite dip - if desired)

6.
Sliced banana (1whole, lightly sprinkled with cinnamon-artificial sweetener mixture and toasted under grill)

7.
Fruit plate:
Apple (1/2 - 100g)
Banana (1/2 - 50g)
Raisins (1 T - 10g)
Dairy free fruit ice cream (1T)

Note: Slice and mix fruit together.

Snack can be taken:

- Between breakfast and lunch
  or
- Between lunch and dinner
  or
- 2 hours after dinner, before 9pm

EATING PLAN

BOOSTER PHASE
Drink 8 glasses of water per day

t = teaspoon
T = Tablespoon

BREAKFAST EVERY DAY:

Cereal (3/4 cup)

Choose cereals that are low in sugar content, such as:

- Special K
- 40% Bran
- Shredded wheat
- Wheaties
- Raisin bran
- Oatmeal
- Puffed wheat
- Whole-wheat Pronutro (Original and Apple Bake)
- High Fibre Bran
- Nature's Source Apple and Cinnamon Muesli
- Maximize
- Cooled mealiemeal porridge
- Fine Form Muesli

Milk (1/2 Cup)

Low-fat (2%) or skim milk only

Only Fruit (1/2 Piece)

- Orange
- Banana
- Pear
- Apple
- Grapefruit
- Peach
- Apricot
- Fresh cherries (1/2 cup)
- Nectarine
- Plum

Coffee or Tea (throughout the day)

Sugar substitute and/ or skim milk may be added if desired.

LUNCH OPTIONS:

1.

Tuna Fish Sandwich:

Whole wheat bread (2 slices)
Tuna (1 tin water-packed)
Mayonnaise (1t lite)
Lettuce

Peach (1/2 small)

2.

Chicken salad

Chicken (1 breast)
Mayonnaise (1t lite)
Chopped celery
Tomato & Lettuce (as much as you like)

3.

Cottage cheese (2T low-fat)
Sweet melon (1/4 cut in wedges)
Strawberries (1/2 cup sliced)
Lettuce (a few leaves under fruit & cottage cheese)

4.

Eggs: (2 any style, if fried use vegetable cooking spray)
Whole wheat bread, toasted (1 slice)
Grapefruit or nectarine

5.

Tossed salad (large salad bowl with lettuce, tomato, cucumber, radish, green pepper and carrot, mixed together with 3T lite dressing)
Fruit: Choice of apple or pear

6.

Open-faced grilled cheese and tomato sandwich (2 slices of white or whole wheat bread, each topped with slices of tomato and match box sized chunk grated white cheese and grilled lightly under grill)

7.

Egg salad sandwich:

Rye or whole wheat bread (2 slices)
Egg salad: (1 whole egg, chopped with 1T lite mayonnaise)
Lettuce

Strawberries (1/2 cup) substitute fruit in season

DINNER OPTIONS:

1.

Chicken breast (palm size)
Vegetables: Choice of carrots, green beans, broccoli, asparagus
Strawberries or blueberries (1/2 cup) topped with a 1T low fat vanilla yoghurt. Substitute fruit in season.

2.

Baked or grilled fish (palm size, no butter)
Baked potato (1 medium, no butter)
Vegetable: (Choice of two, 1/2 cup each) - broccoli, carrots, green beans, cauliflower, asparagus, spinach
Apple-raisin mix (1/2 apple, diced mixed with 1T raisins)

3.

Roast lamb or veal (palm size all visible fat removed)
Baked potato (1 medium with 1t lite margarine)
Vegetable: (1/2 cup) Choice of Green Beans, Broccoli, Asparagus

4.

Spaghetti (1 cup when cooked)
Bolognaise sauce (250ml - 1 1/2 cups lean mince, 1/2 cup onions, 1/2 cup tomatoes, spices)
Parmesan Cheese (10g) sprinkled lightly over spaghetti
Bread (2 medium slices of Italian or French bread, with 1t lite margarine)

5.

Oven baked fish (palm size)
Vegetables: (Choice of two, 1/2 cup each) broccoli, carrots, green beans, cauliflower, asparagus, spinach
Orange slices (1/2 cup with 1T low fat vanilla or lemon yoghurt)

6.

Roast beef (palm size)
Basmati rice (1/2 cup)
Vegetables: (1/2 cup) choice of broccoli, baby marrow or asparagus
Tossed salad (small bowl of lettuce, onions, tomato, cucumber and radishes mixed with 2T lite dressing)

7.

Turkey or chicken (palm size)
Rice (white or brown 1/2 cup)
Vegetable: (Choice of two, 1/2 cup each) spinach, green beans, broccoli, carrots, asparagus, cauliflower
Fruit: choice of orange, apple, peach, pear

SNACK OPTIONS:

1.

English muffin (1 whole, toasted and topped with 1t lite margarine)

2.

Popcorn (4 cups of popped popcorn with 1T lite margarine, no salt - air popped ie. no fat)

3.

Raw vegetable plate (mixture of 6 each) raw carrot sticks, celery, cauliflower, radishes
Cream crackers (6 unsalted)

4.

Fruit: choice of two - banana, orange, pear, apple, grapefruit, peach

5.

Whole wheat bread roll (with 1t cream cheese)

6.

Cereal: (1/2 cup) Choice of shredded wheat or 40% bran
Milk (1/2 cup low-fat or skim)
Banana

7.

Popcorn (4 cups of popped popcorn with 1T lite margarine, no salt - air popped ie. no fat)

8.

Mega Lite (Ice cream on a stick)

Snack can be taken:

- Between breakfast and lunch
  or
- Between lunch and dinner
  or
- 2 hours after dinner, before 9pm

EATING PLAN

RE-ENTRY PHASE
Drink 8 glasses of water per day

t = teaspoon
T = Tablespoon

BREAKFAST EVERY DAY:

Fruit juice (1/2 cup diluted with 1/2 cup cold water)

Secrets of the Valley juice, Peach juice, Whispers of Summer juice, Apple juice, Mysteries of the Mountains juice, Mango Orange juice, Freshly squeezed Grapefruit juice, Peach/Orange juice, Tangerine Teaser juice and Passion Power juice.
Watch portion sizes as juice is very concentrated!

Cereal (3/4 cup):

Choose cereals that are high in fibre such as:

- 40% Bran
- Oatmeal
- Special K
- Allbran
- Raisin Bran
- Whole-wheat Pronutro (Original and Apple Bake)
- High Fibre Bran
- Nature's Source Apple and Cinnamon Muesli
- Maximize
- Cooled mealiemeal porridge
- Fine Form Muesli

Milk (1/2 Cup)

low-fat (2%) or skim milk only

Fruit (1 whole)

Choice of:

- Orange
- Banana
- Pear
- Apple
- Grapefruit
- Peach
- Apricot
- Fresh cherries (1/2 cup)
- Peach
- Nectarine
- Plum

Coffee or Tea (throughout the day)

Sugar substitute and/ or skim milk may be added if desired.

LUNCH OPTIONS:

1.
Chicken salad sandwich

Chicken salad (1 chicken breast mixed with 1T lite mayonnaise)
Whole wheat bread (2 pieces, thin sliced)
Lettuce

Pear (1/2)

2.
Hamburger

Hamburger roll (1 whole)
1 lean beef patty
Mayonnaise (1/2T lite **or** 2T ketchup)
Lettuce & Tomato (as much as you like)

3.

Cottage cheese (2T low fat)
Sweet melon (1/2 cup sliced) substitute fruit in season
Strawberries (1/2 cup sliced - 120g)
Lettuce (2 or 3 leaves)

4.

Omelette - (2 egg omelette filled with tomatoes, peppers, onions and sprinkling of Cheddar cheese)
Bread or Roll (2 pieces, with 2t lite margarine)

5.
Tuna fish sandwich

Tuna (1/2 tin water packed)
Mayonnaise (1T lite)
Brown bread (2 slices)
Lettuce (1 or 2 leaves)
Tomato (2 slices)

Peach

6.
Large Salad

Large Salad bowl with lettuce, tomato, onion, carrots, pepper, radishes, diced chicken or turkey and croutons, topped with 2T lite salad dressing.

7.

Open-faced grilled cheese and tomato sandwich (2 slices of whole wheat or rye bread, each topped with slices of tomato and 1 matchbox sized chunk grated white cheese, grilled lightly under grill)
Fruit: Choice of apple, orange, pear

DINNER OPTIONS:

1.

Hake (palm size)
Tossed salad (small bowl of lettuce, tomato, cucumber, onion, radish mixture with 2T salad dressing)
Sweet potato (1 whole with 1t lite margarine)
Vegetable: Choice of carrots, green beans, broccoli, asparagus, spinach (topped with 1T low fat vanilla or lemon yoghurt)

2.

Macaroni and cheese (1 cup - 250ml)
Asparagus spears (4)
Tomato (1 whole, grilled under grill with oreganum, parsley or paprika)

3.

Steak (palm size, grilled, with all visible fat removed)
Baked potato (1 whole, with 1t lite margarine)
Vegetable: choice of corn, peas, beans (1/2 cup) **or** spinach salad (small bowl of raw spinach, onions, radishes, cucumbers and carrots with 2T lite salad dressing)

4.

Baked chicken (150g or 2 breasts)
Vegetable (1 cup) Choice of carrots, asparagus, spinach, green beans
Baked apple (1 whole, cut in half and topped with cinnamon and sugar substitute, baked for 20 to 30 minutes at 35F - 180C)

5.

Oven baked fish (palm size of any type with fish or shrimp sauce)
Smash (1/2 cup)
Vegetables (1 cup) Choice of corn, peas, beans
Orange slices (1 cup)

6.

Roast beef , lamb or veal (palm size, all visible fat removed)
Basmati rice (1/2 cup)
Vegetables: (1 cup) choice of asparagus, green beans, beets, carrots, broccoli, spinach
Bread or roll (2 pieces, no butter or margarine)

7.

Spaghetti (2 cups when cooked)
Bolognaise sauce (180ml - 1 cup lean mince, 1/2 cup onions, 1/2 cup tomatoes, spices)
Parmesan Cheese (30g) sprinkled lightly over spaghetti
Bread (2 medium slices of Italian or French bread, with 1t lite margarine)

SNACK OPTIONS:

1.

English muffin (1 whole, toasted and topped with 1t margarine or 1T jam or jelly)
Grapes (1 cup) or seasonal fruit

2.

Cream crackers (6)
Milk (1 cup low - fat or skim)

3.

Whole wheat bread roll (1 whole with 2t cream cheese)
Fruit: Choice of orange, apple, pear

4.

Raw vegetable plate (mixture of 6 each) raw carrot sticks, celery, radishes and cauliflower
Melba toast or rykrisp (4 pieces with 2t lite margarine)
Juice: Choice of orange, apple, grapefruit, prune

5.

Low fat yoghurt (250ml container of any fruit-flavoured yoghurt)

6.

Popcorn (4 cups of popped popcorn with 1T lite margarine, no salt - air popped ie. no fat)
Fruit: choice of apple, orange, pear, peach, melon

Snack can be taken:

- Between breakfast and lunch
  or
- Between lunch and dinner
  or
- 2 hours after dinner, before 9pm



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