

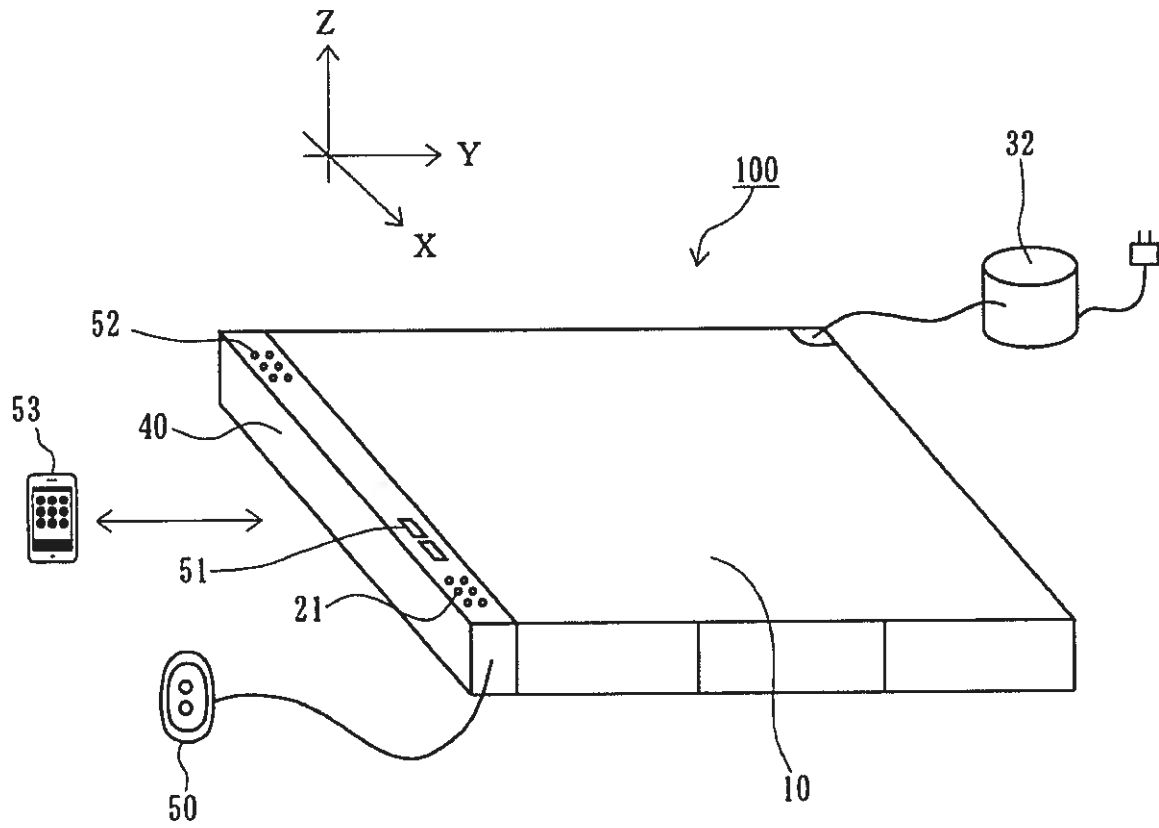


FIG. 1

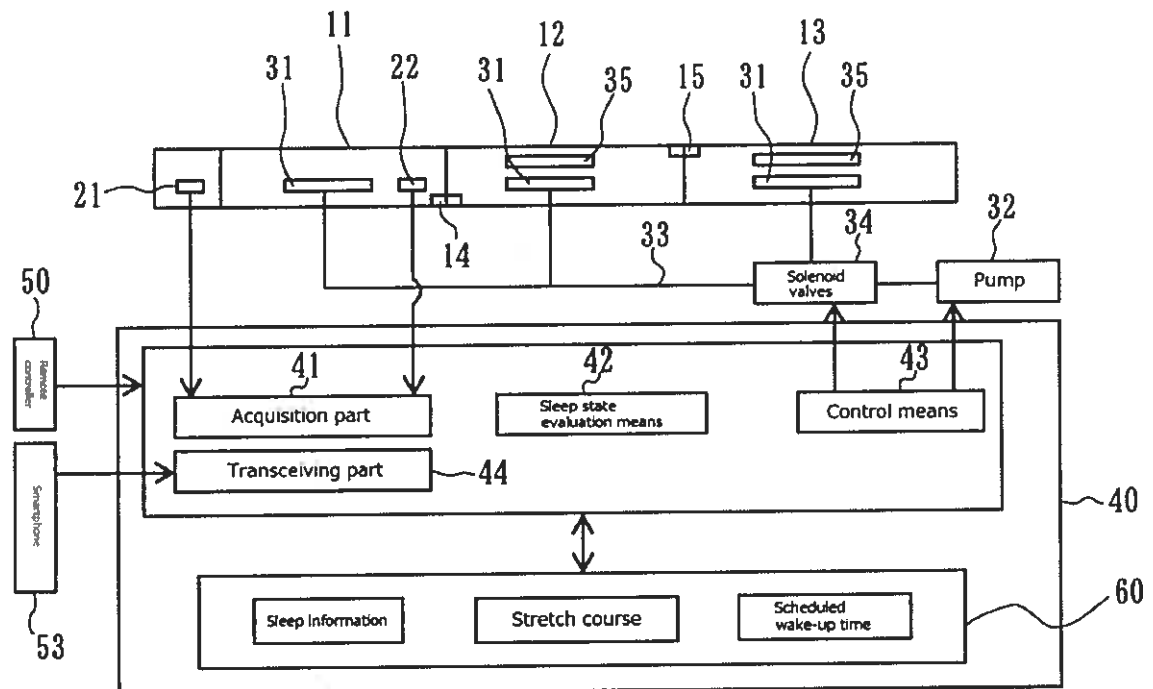


FIG. 2

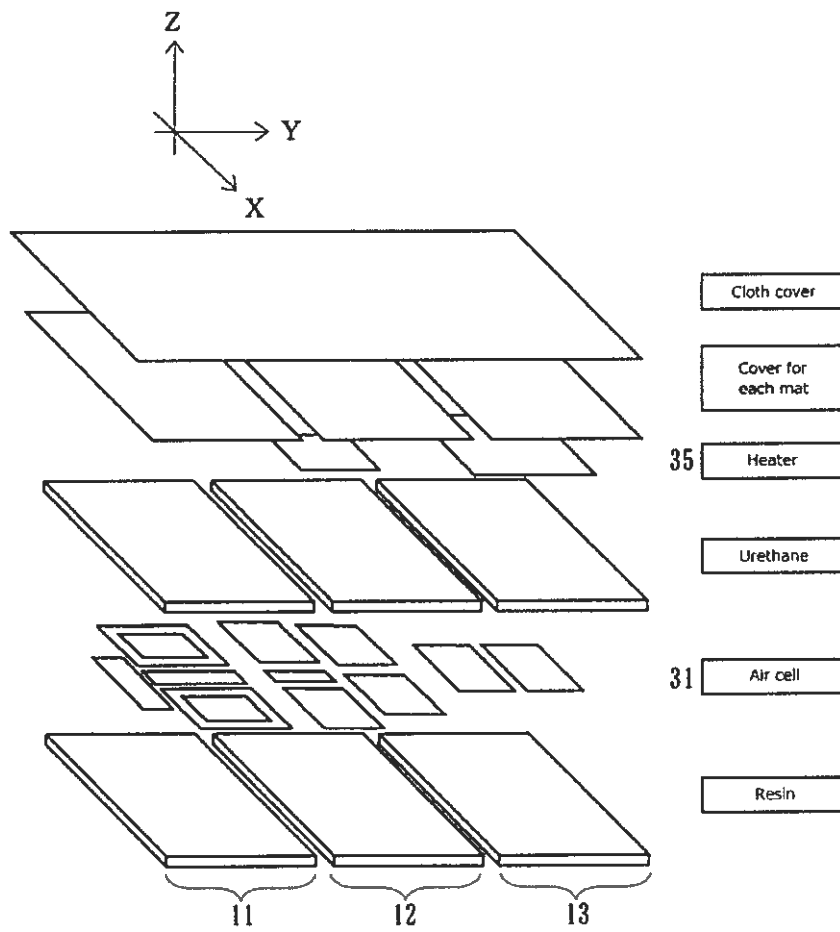


FIG. 3

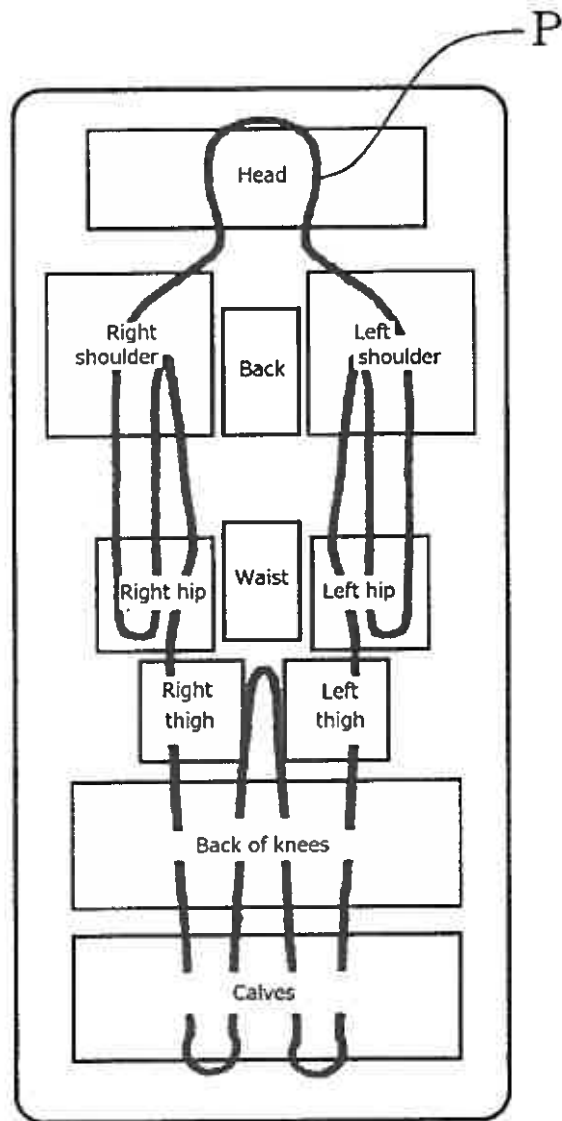


FIG. 4

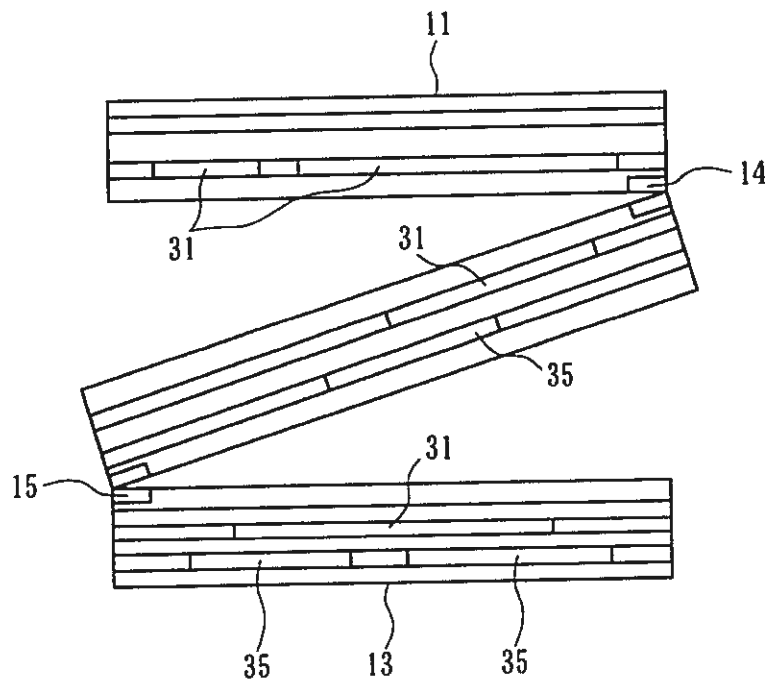


FIG. 5

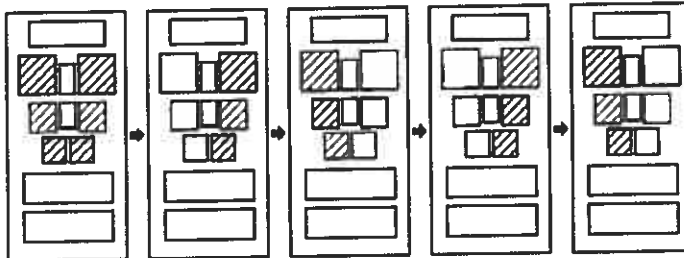
○ Course summary

Course name	Course flow
Good morning	Body shake -> Lower body centrifugal wave -> Lower body centripetal wave x2 -> Waist twist 2 -> Shoulders twist 3 -> Cross twist -> Upper body sit-up
Good night	Shoulders twist 4 -> Waist twist 2 -> Cross twist 2 -> Chest bending backward -> Waist bending backward -> Body shake -> Centrifugal wave (-> Body wave -> Centrifugal wave)
Posture correction	Shoulders wave -> Shoulders twist 2 -> Waist wave 2 (starting with the opposite side of the shoulders wave) -> Waist twist 2 (starting with the opposite side of the shoulders twist) -> Back wave -> Cross twist -> Centrifugal / Centripetal wave (-> Waist bending backward -> Chest bending backward)
Pelvis	Waist wave -> Waist twist 2 -> Waist twist -> Waist bending backward -> Back wave -> Waist twist 3 or 4 -> Waist twist -> Cross twist
Circulation care	Shoulders shake 3 (quick version of shoulders twist 3) (-> Waist shake 3 (quick version of waist twist 3)) -> Lower body centripetal wave -> Lower body centripetal wave 2 -> Legs shake -> Lower body centripetal wave x2 -> Waist twist (-> Lower body centripetal wave x2 -> Waist bending backward) -> Shoulders twist -> Centripetal wave
Whole-body stretching	Back wave -> Shoulders twist -> Waist twist -> Cross twist -> Centrifugal / Centripetal wave -> Chest bending backward -> Waist bending backward -> Shoulders twist -> Waist twist -> Cross twist
Refresh whole body	Centripetal wave -> Waist twist -> Shoulders twist -> Cross twist -> Lower body centripetal wave x2 -> Waist twist 2 -> Shoulders twist 2 -> Cross twist -> Centripetal wave 2
Refresh shoulders	Centrifugal / Centripetal wave -> Chest bending backward -> Chest bending backward 2 -> Waist bending backward -> Back wave -> Shoulders twist 2 -> Cross twist -> Chest bending backward -> Chest bending backward 2
Refresh waist	Centrifugal / Centripetal wave -> Waist bending backward -> Waist bending backward 2 -> Chest bending backward -> Back wave -> Waist twist 2 -> Cross twist -> Waist bending backward -> Waist bending backward 2
Refresh legs	Knees up -> Legs up -> Legs shake -> Legs shake 2 -> Knees up -> Legs up -> Legs shake -> Legs shake 2
Flat belly	Waist bending backward 3 -> Waist bending backward -> Waist twist -> Legs up -> Waist twist 4 -> Cross twist 3
Concentration up	Centripetal wave 2 -> Lower body centripetal wave x2 -> Waist shake 5 -> Shoulders shake 3 -> Centripetal wave -> Lower body centripetal wave 2x2 -> Cross twist -> Centripetal wave 2
Brisk feeling	Shoulders shake 3 -> Waist shake 5 -> Lower body centrifugal wave -> Body shake -> Centrifugal wave 2 -> Body shake -> Centrifugal wave
Warm feeling	Centrifugal wave 2 -> Centrifugal wave -> Lower body centrifugal wave x2 -> Centrifugal wave 2 -> Centrifugal wave x2
Wake-up	Let the user wake up by supplying a little air into air cells (too much air supply might make the user drop off the mattress).
1/f fluctuation	Shake a body with 1/f fluctuation rhythm.

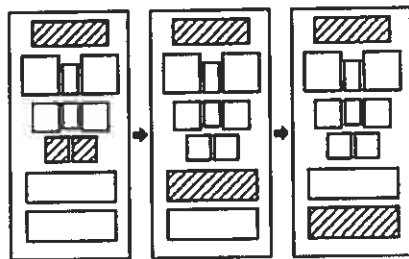
FIG. 6

Good morning course (* Air cells with hatch patterns are inflated, quicker and shorter than that of "Good night course".)

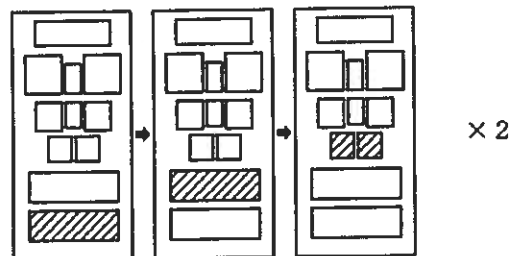
○ Body shake



○ Lower body centrifugal wave



○ Lower body centripetal wave



○ Waist twist 2

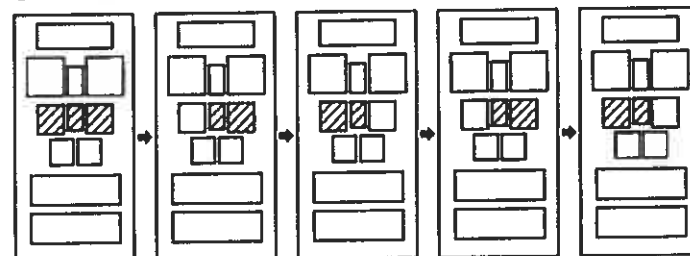
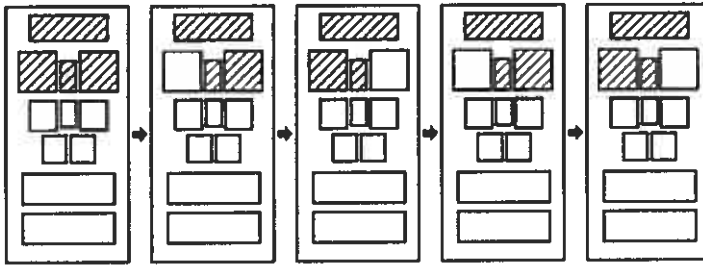
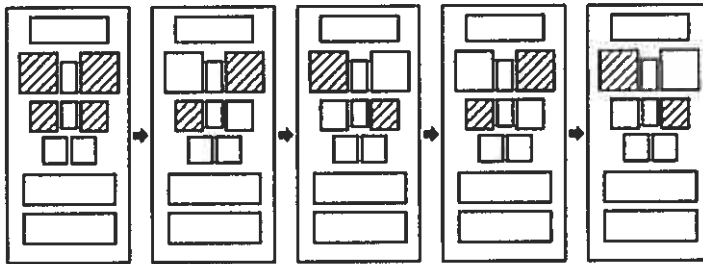


FIG. 7

○ Shoulders twist 3



○ Cross twist



○ Upper body sit-up

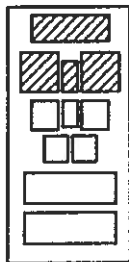


FIG. 8

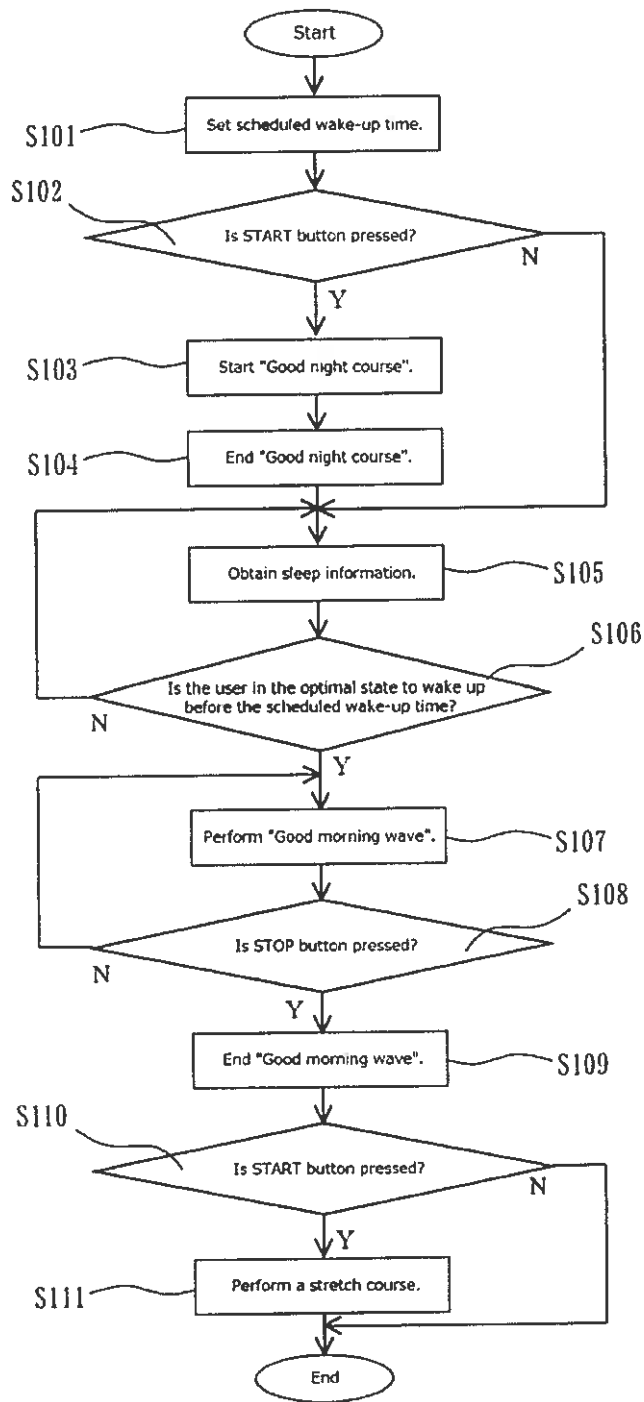


FIG. 9

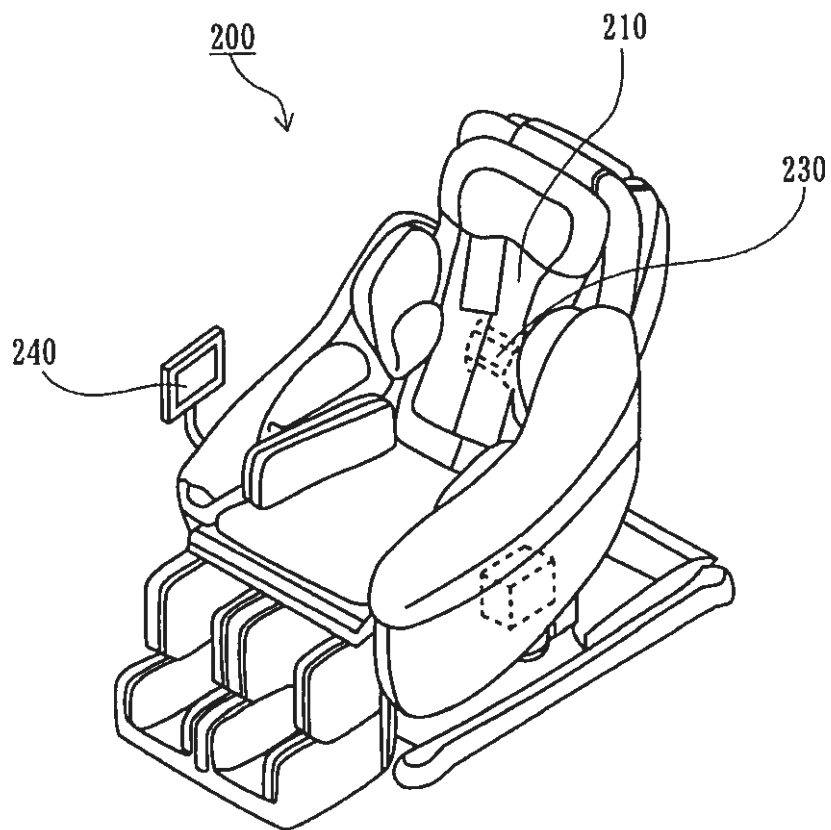


FIG. 10