

# IN TRU FORM

Redefining Muscle Sculpting with truSculpt® flex

A Complete Guide to  
MUSCLE  
SCULPTING  
YOUR BEST BODY!



truSculpt® flex



## Sculpt the body you've always wanted.

Meet **truSculpt flex from Cutera**, a first-of-its-kind technology designed to build, sculpt, define and strengthen muscles of the abdomen, buttocks, and thighs—regardless of your current fitness level.

60 million people are paying members at gyms and health clubs<sup>1</sup> and only 30% of adults engage in recommended twice-weekly weight training program.<sup>2</sup> Until recently, the only way to strengthen, tone and firm muscle was through long hours in the gym. With truSculpt flex, electrical muscle-stimulation technology does the work for you.

## How does truSculpt flex work?

Harnessing the power of direct electrical muscle stimulation, truSculpt flex helps you achieve the muscle tone and strength you want without breaking a sweat—and absolutely no downtime. Proven to safely and consistently sculpt and enhance definition of the abdominal, buttocks and thigh muscles in as little as four 45-minute sessions, truSculpt flex promotes the deep contractions necessary to increase muscle mass, strength, and endurance. Clinical studies have shown an average 30% increase in muscle mass after a series of four to six truSculpt flex treatments,<sup>3</sup> and results are visible eight to 12 weeks after the final session.



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While I try to keep my fitness regimen consistent, during awards season, I'm especially conscious of what I'll be wearing and plan my workouts accordingly.

– Kate Hudson

## What makes truSculpt flex different?

Unlike other professional muscle-stimulating treatments that are geared toward men and women who are already in good shape and just looking for an extra boost, truSculpt flex is appropriate for those at any fitness level. Because truSculpt flex features three modes that simulate different types of exercise, including crunch, squat and twisting actions, treatments can be customized to meet each patient's goals. In addition to a "Prep Mode" that helps warm up and stretch the muscles, truSculpt flex also includes a "Tone Mode" to replicate a strength and enhance endurance workouts, as well as a "Sculpt Mode" to build muscle mass and increase basal metabolic rate (BMR).<sup>4</sup> The truSculpt flex handpieces also cover a larger treatment area than other muscle-stimulating treatments—and up to eight areas can be treated in a single 45-minute session.

## Who is a candidate for truSculpt flex?

Designed for all fitness levels, body shapes, and goals, truSculpt flex is for anyone who wants the physical and aesthetic benefits of enhanced muscle strength and tone. Whether your after goal is a visible six-pack, or increased endurance to help you make the most of your physical endeavors, truSculpt flex can help boost your fitness efforts to get the results you want.





## TARGET: ABDOMEN

The abdominal muscles are responsible for more than a chiseled six-pack. In fact, a strong core is associated with better posture, balance, and stability—and makes it easier to bend down and reach high shelves. Even more, strong abdominal muscles can also help improve back pain.<sup>5</sup>

“

“Muscles come and go; flab lasts.”

– Bill Vaughan

### A CLOSER LOOK AT THE ABDOMINAL MUSCLES

The abdominals are the large group of muscles between the ribcage and the pelvis on the front of the body. These muscles play a role in the movements associated with breathing, support the muscles of the spine and help keep the abdominal organs in place. There are four main abdominal muscles<sup>6</sup>:

**TRANSVERSUS ABDOMINIS:** The deepest muscle layer of the abdomen, its primary job is to stabilize the torso and support internal abdominal pressure.

**RECTUS ABDOMINIS:** Lying above the transversus abdominis and responsible for torso movement, this layer connects the ribs and front of the pelvis. These are the muscles that create a “six-pack.”

**INTERNAL AND EXTERNAL OBLIQUE MUSCLES:**

Running along each side of the rectus abdominis, these muscles work together to allow the body to twist.



## EFFECTIVE EXERCISES

There are a variety of abdominal exercises that can help increase core strength—and you don't even need to belong to a gym to do them!

### BEGINNERS: Bridge

Lie on your back with your knees bent with your back in a neutral position (not arched and not pressed into the floor) and avoid tilting your hips. Tighten your abdominal muscles and raise your hips off the floor until your hips are aligned with your knees and shoulders. Hold the position for as long as you can without breaking your form.

### INTERMEDIATE: Plank

Place hands directly under your shoulders slightly wider than shoulder-width like you're going to do a pushup. Push your toes into the floor, squeeze the glutes to stabilize your body and engage your legs. Keep your neck and spine neutral by looking at the floor about a foot in front your hands. (Your head should be in line with your back.) Hold for 20 seconds and gradually increase your plank duration to as long as possible while maintaining your form and normal breathing. (Those with wrist issues and less core strength can do planks while resting on the forearms and/or knees instead of the hands.)

### ADVANCED: Incorporate a Medicine Ball

Once you've reached a significant degree of abdominal strength, you can enhance your core workout with a medicine ball, which is a solid ball that adds extra weight and instability to enhance abdominal exercises. Planking with the hands-on a medicine ball or doing sit-ups with side twists while holding the ball force abdominal muscles to work harder.

## truSculpt flex for abs

truSculpt flex gives you an extra edge that takes your abdominal strength and definition to the next level by simulating crunch and twisting actions. Clinical studies show an average of 30% increase in muscle mass<sup>7</sup> after four to six 45-minute treatments.



Before



8 weeks after 4 txs



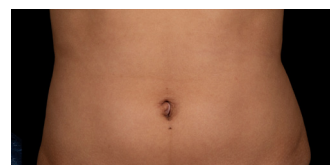
Before



12 weeks after 6 txs



Before



8 weeks after 6 txs

Photos courtesy of S. Ronan, M.D.







## TARGET: BUTTOCKS

A certain reality-show family and several multi-hyphenate entertainers help put round, firm backsides back in the spotlight. It takes commitment and effort to achieve a divine derriere—and targeted exercise is just the beginning.

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A muscle is like a car. If you want it to run well early in the morning, you have to warm it up.

– Florence Griffith Joyner

### A CLOSER LOOK AT THE BUTTOCKS MUSCLES

Beyond providing cushioning when we sit, strong buttocks muscles can help prevent lower-body injuries such as hamstring strains, shin splints, and “runner’s knee.” The muscles of the buttocks are essential for extending the legs forward and sideways as well rotating the thigh. Three individual muscles play a role in these movements—and they are also responsible for the appearance of the backside.

**GLUTEUS MAXIMUS:** The largest muscle in the human body, the gluteus maximus is the most superficial of the buttocks muscles and is responsible for movement of the hips and thighs.

**GLUTEUS MINIMUS:** The smallest and deepest of the gluteal muscles, the gluteus minimus stabilizes the hips and pelvis when we walk, run, or stand on one leg.

**GLUTEUS MEDIUS:** Located between the gluteus maximus and gluteus minimus, this muscle’s primary roles are hip movement and maintaining pelvis stability during movement and single-leg balance.

## EFFECTIVE EXERCISES

To achieve a strong, perky, defined derriere, it's essential to target each of the three buttocks muscles.

### BEGINNERS: Plie

Stand with your feet slightly wider than shoulder-width apart and your toes pointing out. Raise your arms out straight in front of you and lower into a squat with your tailbone tucked and glutes contracted. Come back up and repeat for one minute, going as low into the squat as you can without letting your knees move past your toes. (For extra toning, pulse at the bottom of the squat for the last 20 seconds.)

### INTERMEDIATE: Squats

Start with your feet shoulder-width apart. Squat down as if you were going to sit in a chair, keeping your weight over your heels. Squeeze your glutes as you return to the start position. Be mindful to keep the weight in your heels and make sure your knees do not pass forward of your toes. Do 15-20 reps. (For extra intensity, use hand weights when doing squats.)

### ADVANCED: Single-Leg Front Raises

Stand with your feet hip-width apart, holding a five-pound weight in each hand. Bend your right leg and raise it about three inches off the floor. Extend both arms in front of you at chest height with your palms facing down. Keeping the arms straight, raise your left arm above your head, hold for three counts, and return to chest height. Alternate arm raises for a total of eight (four on each arm). Switch legs and do eight more reps standing on your right leg.

“

Fitness is not about being better than someone else... It's about being better than you used to be.

– Khloe Kardashian

## truSculpt flex for buttocks

truSculpt flex intensely targets all three gluteal muscles at once—and helps you get the lift, definition, and strength you crave while lying down (as opposed to working your butt off at the gym.) Designed to simulate the toning benefits of squats without moving a muscle, truSculpt flex helps you achieve the glutes you've always dreamed of.



Before



Immediately after 4 txs



Before



Immediately after 4 txs

Photos courtesy of S. Ronan, M.D.

## Your Muscle-Building Diet

Muscles are comprised of specialized proteins, so you definitely want to give your body an ample supply of this essential nutrient when your goal is to enhance muscle strength, tone, and definition. The building blocks of protein, amino acids, are used for repairing the tiny muscle tears caused by training, and the healing process prompts the body to form more muscle fibers. The healthiest sources of protein are “whole” foods such as lean meats, fish and eggs, but what's a vegetarian to do? Tofu, edamame, lentils, beans, peas, and quinoa are rich in protein as well. It goes without saying that steering clear of excess sugar, empty carbohydrates, and processed foods can help your body build muscle as well—but don't forget to treat yourself from time to time.



## TARGET: THIGHS

The thighs are a focus for women and men alike, and muscle strength in this area is key for any sort of movement, including activities like running, yoga and virtually every other physical endeavor. It also goes without saying that toned thighs are the ideal accessory for shorts, skirts, and other more revealing wardrobe options.

“

Number one, like yourself. Number two, you have to eat healthy. And number three, you've got to squeeze your buns. That's my formula.

– Richard Simmons

### A CLOSER LOOK AT THE THIGH MUSCLES

The front of the thighs is home to the quadriceps, and this family of four muscles is the strongest and leanest of the entire body. Their main job is to straighten and bend the knee while propelling the body forward, backward and from side to side<sup>9</sup>—and strong thigh muscles are essential for a defined, fit appearance.

**VASTUS LATERALIS:** The largest of the quadriceps, this muscle spans from extends from the top of the main leg bone (the femur) to the kneecap on the outside of the thigh.

**VASTUS MEDIALIS:** This main muscle of the inner thigh, teardrop-shaped muscle extends along the femur and down to the inside of the kneecap.

**VASTUS INTERMEDIUS:** Running the length of the front of the femur, this is the deepest of the quadriceps muscles.

**RECTUS FEMORIS:** Attached to the kneecap, this quadricep muscle plays a role in the movement of the knee.



## EFFECTIVE EXERCISES

Running for miles isn't the only way to get strong, toned thighs. There are several targeted moves that can help enhance leg definition and keep you moving.

### BEGINNERS: Single-Leg Circles

Lie back on your back with your arms by your sides and palms facing down. Pointing with your left foot with your toes toward the ceiling and your leg rotated slightly outward. Moving your entire leg, trace a circle on the ceiling with your left leg five times in a clockwise direction. Keep your hips still and try to avoid lifting your left hip off the floor. Repeat in a counter-clockwise direction before switching legs.

### INTERMEDIATE: Lunges with Dumbbells

Stand with your feet hip-width apart, holding a five- or eight-pound dumbbell in each hand. Lunge forward with your left leg, lowering your right knee to about an inch above the floor. Keep your torso perpendicular to the floor with your weight evenly distributed between your front and back legs. Align your front knee over your ankle, keeping the weight in your heels rather than your toes. Hold for 30 seconds before switching sides and doing another 30 seconds on the other leg.

### ADVANCED: Polymetric Squats

Stand with your feet shoulder-width apart. Squat down as if sitting in a chair, bending your knees to 90 degrees. Jump up and land softly in the squat position. Use the strength in your legs and butt to jump up explosively. Try to land as gently as you can with your knees bent, keeping your weight in your heels. Do three sets of eight reps.

## truSculpt flex for thighs

If you don't have time to squat and lunge your way to toned thighs (or your fitness efforts have plateaued), you can increase strength and visibly improve muscle tone with as few as four truSculpt flex treatments. With a handpiece large enough to target all four quadriceps muscles, it's a sure-fire way to get the legs you long for.



### What About Cardio?

Cardiovascular activity inherently builds muscle, but many women and men tend to put heart-rate boosting activities on the back burner when their goal is building muscle. If the treadmill, elliptical trainer or exercise bike seem more like torture than an effective use of your time, several small lifestyle changes can help you reap the benefits of moving more.

- Only need to go up or down a few floors? Take the stairs.
- Park your car farther away from your final destination to get extra steps that add up.
- If you spend most of your day at a desk, get up and walk around for five minutes every hour.
- Instead of hitting happy hour, make walking "dates" with friends.
- Instead of sitting at your child's sports practice, walk around the field instead. (You'll still be able to see what's going on.)

# The edge you need to look and feel your best

## CUSTOMIZED MUSCLE SCULPTING TREATMENT TAILORED TO YOUR FITNESS LEVEL, SHAPE AND GOALS.

- Powerful treatment that tailors to your individual needs
- Comfortable with no downtime
- Remarkable results in 45 minutes with as little as 4 treatments
- Clinical studies have shown an average of 30% increase in muscle mass\*



**truSculpt® flex**  
REDEFINING MUSCLE SCULPTING

Find a truSculpt flex provider near you [trusculpt.com](https://www.trusculpt.com)

Quote Source: <https://www.brainyquote.com/topics/fitness>

<sup>1</sup> International Health, Racquet & Sportsclub Association

<sup>2</sup> American Journal of Preventative Medicine

<sup>3</sup> Stephen J. Ronan M.D. A Novel Bio-Electric Current Stimulation Device For Improvement Of Muscle Tone 7/2019

<sup>4</sup> [https://en.wikipedia.org/wiki/Basal\\_metabolic\\_rate#targetText=Basal%20metabolic%20rate&targetText=Basal%20metabolic%20rate%20\(BMR\)%20is,body%20mass%20J%2F\(h](https://en.wikipedia.org/wiki/Basal_metabolic_rate#targetText=Basal%20metabolic%20rate&targetText=Basal%20metabolic%20rate%20(BMR)%20is,body%20mass%20J%2F(h)

<sup>5</sup> <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/core-exercises/art-20044751>

<sup>6</sup> <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/abdominal-muscles>

<sup>7</sup> Stephen J. Ronan M.D. A Novel Bio-Electric Current Stimulation Device For Improvement Of Muscle Tone 7/2019.

<sup>8</sup> <https://www.visiblebody.com/blog/the-glorious-glutes-muscles-of-the-buttocks>

<sup>9</sup> <https://www.healthline.com/human-body-maps/leg-muscles#1>

\* Stephen J. Ronan M.D. A Novel Bio-Electric Current Stimulation Device For Improvement Of Muscle Tone 7/2019.

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