

# Power Plate® Beat The Muffin Top

This high intensity workout uses proMOTION™ Dynamic Vibration Technology in the pro6™ model to build muscle strength, power and tone. The exercises incorporate obliques and rotations to target that problem area known as “the muffin top”, and build definition in the front and lateral abdominals. The dynamic and cardiovascular nature of these exercises will also help to burn calories and improve stamina.

**Power Plate Level:** Intermediate



POWER PLATE®

Modalities:	Number of Exercises
Stretch	4
Balance	2
Core	4
Strength	6
Massage	4

## General Class Guidelines

All exercises must be progressed slowly.

### How to progress an exercise:

1. Change the joint angle
2. Phase out handle use
3. Increase time duration of exercise
4. Decrease rest period
5. Increase frequency (Hz)
6. Increase amplitude (low or high)
7. Add extra weight (load)

## Hydration

Remember to always stay hydrated. Drink plenty of water before, during and after exercises.

We advise all users to contact their physician or specialist before using the Power Plate machine and recommend that they do not start training without first obtaining medical clearance to exercise. N.B. Post Natal clients must obtain medical clearance to exercise before embarking on this training program.

## Definitions:

<b>Sets/Duration:</b>	Number of times exercise is performed and the amount of time each exercise is executed
<b>Frequency/Amplitude:</b>	The number of Hz to set your machine and the level of amplitude, either low or high
<b>Execution Options:</b>	
<b>Passive:</b>	Hold the exercise position indicated without creating muscle tension
<b>Static:</b>	Hold the exercise position indicated at the point where most muscle tension is created
<b>Dynamic:</b>	Move throughout the exercise
<b>Explosive:</b>	Move rapidly throughout the exercise
<b>Relaxed:</b>	Adopt position and relax muscles
<b>Format Options:</b>	
<b>Station:</b>	Rest after each exercise is performed
<b>Circuit:</b>	Complete each exercise in the order indicated
<b>Super Set:</b>	Perform each exercise in the superset without rest

# 1. Stretch

Stretch is the essential way to start any workout as it helps prepare the body's systems for optimal movement, as well as mentally preparing you for training. It can also help reduce muscle stiffness and the risk of injury.



## 1. Kneeling Hip & Quad Stretch with Reach

**Execution:** Dynamic



30Hz



30 Sec



Low

**Procedure:** Place one leg forward and the other bent on the platform.

### Coaching Key:

- Back straight, relax shoulders
- Push hips forward until tension is felt in the hip
- Raise arms to increase the stretch



## 2. Inner Thigh Stretch

**Execution:** Dynamic



30Hz



30 Sec



Low

**Procedure:** Place one foot on the platform, leg straight. Bend standing knee. Sit back to reach desired tension

### Coaching Key:

- Keep a good posture, relaxed shoulders
- Sit back to reach desired tension



## 3. 90/90 Strech

**Execution:** Static



30Hz



30 Sec



Low

**Procedure:** Sit parallel to the machine, placing one bent leg directly onto the platform.

### Coaching Key:

- Push hips forward
- Maintain good posture



## 4. Single Leg Hamstring Stretch

**Execution:** Static



30Hz



30 Sec



Low

**Procedure:** Place one heel on the platform and sit back slowly to reach desired tension

### Coaching Key:

- Back straight, supporting knee slightly bent
- Push hips back to reach desired tension
- Flex toe to increase stretch

## 2. Balance

Balance exercises keep the body's proprioceptive system functioning optimally. This helps to reduce the risk of falling, by improving the body's ability to control and maintain posture and position, whether moving or stationary.



### 1. Single Leg Balance with Excursions

**Execution:** Dynamic



30Hz



30 Sec



Low

**Procedure:** Stand with one foot on the platform, knee slightly bent. Move the outer leg in a semicircle

**Coaching Key:**

- Engage abdominals Shoulders relaxed
- Maintain stability in knee and ankle



### 2. Step Up to Balance

**Execution:** Dynamic



30Hz



30 Sec



Low

**Procedure:** Step up onto the platform with one foot. Hold position for 2-3 seconds.

**Coaching Key:**

- Maintain neutral spine
- Keep supporting knee slightly bent

## 3. Core

Core strength is the foundation for all movement. Good stability in the hip, core and shoulder provide a central axis from which to move. Benefits of core training include: improved stability and core function, reduced risk of injury and enhanced performance.

Perform each exercise one to two times.



### 1. Front Plank to Push Up

**Execution:** Dynamic



35Hz



45 Sec



Low

**Procedure:** Start in a Front Plank position, placing forearms on the platform, feet hip width apart. Push up by placing hands on the platform to support body weight. Return to start position.

#### Coaching Key:

- Keep back straight and shoulders relaxed
- Align from neck to feet, drawing hips inwards
- Engage abdominals



### 2. Side Plank

**Execution:** Static



35Hz



45 Sec



Low

**Procedure:** Laterally place elbow bent below on the platform and feet slightly apart on the floor. Raise hips.

#### Coaching Key:

- Keep back straight, relax shoulders
- Align from neck to feet
- Engage abdominals



### 3. V-Sit with Obliques

**Execution:** Dynamic



35Hz



45 Sec



Low

**Procedure:** Sit on the platform, back facing the machine. Lean back slowly. Hold onto the handlebars, move raised legs from side to side, holding position for 1-2 seconds on each side.

#### Coaching Key:

- Keep back straight and knees slightly bent
- Engage abdominals



### 4. Standing Woodchop with proMOTION™

**Execution:** Dynamic



35Hz



45 Sec



Low

**Procedure:** Stand on the platform, feet wide apart. Hold the handgrip with both hands. Slowly pull the cables upwards, rotating the upper body to the opposite side.

#### Coaching Key:

- Maintain neutral spine and engage abdominals
- **proMOTION Setting:** ▲ Low/High

# 4. Strength

Strength is defined as the ability of your muscles to produce force. Strength training can help you maintain function in later life, improve bone density and cope better with the demands of daily life.

Perform all six exercises as a circuit, rest for 45 seconds and repeat.



## 1. Wide Squat to Step Up

**Execution:** Dynamic



35Hz



45 Sec



Low

**Procedure:** Stand with one foot on the platform, one foot on the floor, feet wide apart. Sit back in a squat position by flexing hips and knees. Step up out of the squat position into a single leg balance on the platform. Hold for 2 seconds and return to start position.

### Coaching Key:

- Maintain neutral spine and relaxed shoulders
- Keep chest lifted throughout
- Engage abdominal muscles



## 2. Lunge and Shoulder raises with proMOTION™

**Execution:** Dynamic



35Hz



45 Sec



Low

**Procedure:** Stand with one foot on platform and one foot on floor. Holding handgrips to the side of the thighs, bend at the hips, knees, and ankles, raising arms up and out to shoulder height.

### Coaching Key:

- Keep elbows and knees slightly bent
- Engage abdominals
- Keep chest lifted throughout
- **proMOTION Setting:** ▲ Low/High



## 3. Squat and Rotation Press with proMOTION

**Execution:** Dynamic



35Hz



45 Sec



Low

**Procedure:** Stand on the platform, feet hip width apart. Sit back by flexing the hips and knees. Holding the handgrip with one hand, knuckles facing up, move up out of the squat position, rotating the hips and pushing the handgrip up across the body.

### Coaching Key:

- Keep elbow and knees slightly bent
- Engage abdominals"
- **proMOTION Setting:** ▲ Low/High



## 4. Bent Over Row with proMOTION

**Execution:** Dynamic



35Hz



45 Sec



Low

**Procedure:** Stand on the floor with feet wide apart, facing the machine. Pull handbars up to the sides of the chest

### Coaching Key:

- Maintain neutral spine
- Engage upper back, shoulders and arm muscles
- **proMOTION Setting:** ▲ Low/High

## 4. Strength Continued



### 5. Overhead Squat with proMOTION

**Execution:** Dynamic

 35Hz

 45 Sec

 Low

**Procedure:** Stand on the platform, feet wide apart, arms raised. Sit back by flexing hips and knees.

**Coaching Key:**

- Maintain neutral spine
- Bend knees until desired depth is reached
- Keep chest lifted throughout and shoulders strong



### 6. Press up with proMOTION

**Execution:** Dynamic

 35Hz

 45 Sec

 Low

**Procedure:** Place hands shoulder width apart and bend elbows to lower the body. Hold for 1-2 seconds

**Coaching Key:**

- Keep back straight
- Engage abdominals and chest muscles



# 5. Massage

Massage is the essential way to end any workout. It can help dissolve lactic acid and reduce the potential for delayed onset muscle soreness (DOMS), as well as encouraging the heart rate to return to its normal resting rate. Massage can also help increase circulation and reduce cellulite. Massage exercises can be performed daily on the Power Plate® machine.



## 1. Quad Massage

**Execution:** Relaxed



40Hz



60 Sec



Low/High

### Coaching Key:

· Roll legs slowly and push down into platform



## 2. Hamstring Massage

**Execution:** Relaxed



40Hz



60 Sec



Low/High

### Coaching Key:

· Roll legs slowly and push down into platform



## 3. Calf Massage

**Execution:** Relaxed



40Hz



60 Sec



Low/High

### Coaching Key:

· Roll legs slowly and push down into platform



## 4. Seated Glute Massage

**Execution:** Relaxed



40Hz



60 Sec



Low

### Coaching Key:

· Roll slowly, pushing glutes down into platform