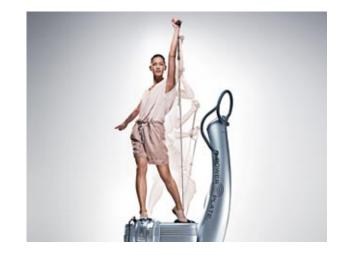
Power Plate® Beat The Muffin Top

This high intensity workout uses pro*MOTION*[™] 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



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

General Class Guidelines

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Hydration

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)

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

Definitions:

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

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.

POWER

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.



2



1. Kneeling Hip & Quad Stretch with Reach Execution: Dynamic



() 30 Sec

Low

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

Coaching Key:

· Back straight, relax shoulders

 \cdot Push hips forward until tension is felt in the hip \cdot Raise arms to increase the stretch



2. Inner Thigh Stretch

Execution: Dynamic

	30Hz
٩	30 Sec
0	Low
0	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
- \cdot 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

O Low

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

- · Back straight, supporting knee slightly bent
- \cdot Push hips back to reach desired tension
- \cdot 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



() 30 Sec

O 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





Execution: Dynamic

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

- \cdot Maintain neutral spine
- \cdot 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.







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:

 \cdot Keep back straight and shoulders relaxed

- · Align from neck to feet, drawing hips inwards
- · Engage abdominals



POWER

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	Obl	iques
	-			

Execution: Dynamic

35Hz

45 Sec

Dev 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



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.

- · 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.









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
- \cdot Engage abdominal muscles





2. Lunge and Shoulder raises with proMOTION™ Execution: Dynamic

	35Hz
٩	45 Sec
0	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:

- \cdot Keep elbows and knees slightly bent
- · Engage abdominals
- · Keep chest lifted throughout
- proMOTION Setting: 📥 Low/High



3.	Squat and Rotation Press	with	proMOTI	ON
	Execution: Dynamic			

≋ 35Hz

45 Sec

O 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 handrip 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
٩	45 Sec
0	Low

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

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

4. Strength Continued





5. Overhead Squat with proMOTION Execution: Dynamic



45 Sec

Low

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

Coaching Key:

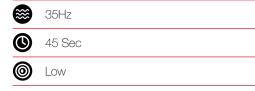
- \cdot Maintain neutral spine
- Bend knees until desired depth is reached
 Keep chest lifted throughout and

shoulders strong



6. Press up with proMOTION

Execution: Dynamic



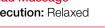
Procedure: Place hands shoulder width apart and bend elbows to lower the body. Hold for 1-2 seconds

- · Keep back straight
- \cdot 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.





· Roll legs slowly and push down into platform



2. Hamstring Massage

Execution: Relaxed

*** 40Hz ◙ 60 Sec 0 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

0 Low

Coaching Key:

· Roll slowly, pushing glutes down into platform

POWER