

POWER ABS 1



Power Abs Class:

It's all about the center – As a part of our Power Core series, this class will focus on balance and coordination, developing the core to help maintain good posture and a healthy back.

Fitness Level: All Fitness Levels

Class Format:

Movement Preparation x 2

Stability and Coordination x 2

Core and Pillar x 3

Massage x 3

Terminology Key:

Sets/Duration: Number of times exercise is performed and the amount of time you set the machine for

Frequency/Amplitude: The number of Hz to set your machine and the level of amplitude, either low or high

Execution: Passive: Relaxed

Static: Tensing the muscle without making any actual movement; hold the exercise position

Static Variable: Changing or varying the joint angle of the exercise while in a static position

Dynamic: Physically moving throughout the exercise



my body, my time™

MOVEMENT PREPARATION

Preparation: 1 - Lat Stretch



Sets/Duration
1 x 30 seconds
Frequency/Amplitude
30 Hz/Low

Preparation: 2 - Hip & Quad Stretch



Sets/Duration
1 x 30 seconds
Frequency/Amplitude
30 Hz/Low

STABILITY AND COORDINATION

Exercise: 1 - 1 Leg Dead Lift



Sets/Duration
2 x 30 seconds
Frequency/Amplitude
30 Hz/Low
Execution
Static or Static
Variable



1 Leg Balance

EASIER OPTION



1 Leg Dead Lift & 2 Arm Reach

HARDER OPTION

Exercise: 2 - Push up



Sets/Duration
2 x 30 seconds
Frequency/Amplitude
30 Hz/Low
Execution
Static or Dynamic



Push up Hold

EASIER OPTION



Push up Hold into Alternating Rotation

HARDER OPTION

GENERAL CLASS GUIDELINES:

- **Movement Prep** settings recommendations are 30 Hz for 30 seconds on Low Amplitude
- **Strength and Power** exercises and **Core and Pillar** exercises need to be progressed slowly

How to progress an exercise:

1. Change the joint angle
2. No 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)

- **Recovery and Regeneration** settings recommendations are 35 Hz for 60 seconds on either High or Low Amplitude

CORE AND PILLAR

Exercise: 3 - 4 Point Stance + Arm Raise



Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-40 Hz/Low
Rest
45 sec between sets
Execution
Static



4 Point Stance

EASIER OPTION



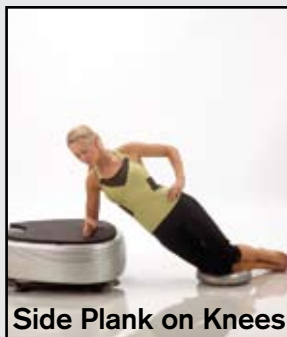
**4 Point Stance +
Leg & Arm Raise**

HARDER OPTION

Exercise: 4 - Side Plank



Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-40 Hz/Low
Rest
45 sec between sets
Execution
Static or Static
Variable



Side Plank on Knees

EASIER OPTION



**Side Plank & Hip
Flexion**

HARDER OPTION

Exercise: 5 - Glute Bridge

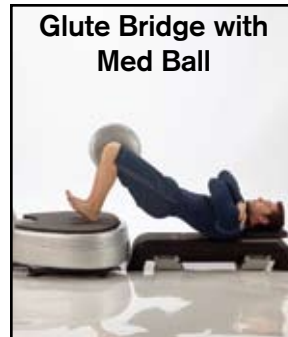


Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-40 Hz/Low
Rest
45 sec between sets
Execution
Static



Glute Bridge on Step

EASIER OPTION



**Glute Bridge with
Med Ball**

HARDER OPTION



MASSAGE

Massage: 1 - Quad & Hip Massage



Sets/Duration
1 x 60 seconds
Frequency/Amplitude
35 Hz/High
Execution
Passive

Massage: 2 - 90:90 Massage



Sets/Duration
1 x 60 seconds
Frequency/Amplitude
35 Hz/Low
Execution
Passive

Massage: 3 - Lower Back Massage



Sets/Duration
1 x 60 seconds
Frequency/Amplitude
35 Hz/Low
Execution
Passive

