

POWER BASIC 1



Power Basic Class:

As a part of our Power Zone series, this class is designed for the new Power Plate® user. It's a general conditioning class, designed to show you how to minimize impact, promote muscle strength and improve flexibility. Learn basic poses and terminology and feel confident as you begin your Power Plate® journey.

Fitness Level: Beginner/Intermediate

Class Format:

Movement Preparation x 3
Strength and Power x 4
Core and Pillar x 2
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



my body, my time™

MOVEMENT PREPARATION

Preparation: 1 - Kneeling Hip & Quad Stretch



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

Preparation: 2 - Hamstring Single Leg Stretch



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

Preparation: 3 - Lateral Hip Stretch



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

STRENGTH AND POWER

Exercise: 1 - Lunge



Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-35 Hz/Low
Rest
45 sec between sets
Execution
Static



Squat

EASIER OPTION



Squat Lateral

HARDER OPTION

Exercise: 2 - Standing 2 Arm Pull

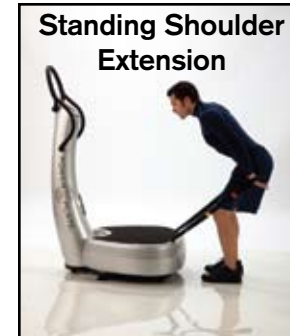


Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-35 Hz/Low
Rest
45 sec between sets
Execution
Static



Pull Seated 2 Arm

EASIER OPTION



Standing Shoulder Extension

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

STRENGTH AND POWER - CONTINUED

Exercise: 3 - Deep Squat



Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-35 Hz/Low
Rest
45 sec between sets
Execution
Static



Squat Partial

EASIER OPTION



Single Leg Squat

HARDER OPTION

Exercise: 4 - Push up

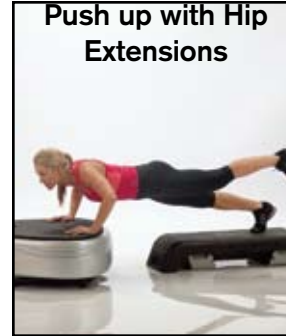


Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-35 Hz/Low
Rest
45 sec between sets
Execution
Static



Push up on Knees

EASIER OPTION



Push up with Hip Extensions

HARDER OPTION



CORE AND PILLAR

Exercise: 5 - Glute Bridge



Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-35 Hz/Low
Rest
45 sec between sets
Execution
Static



EASIER OPTION



HARDER OPTION

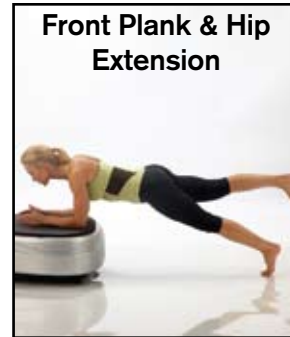
Exercise: 6 - Front Plank



Sets/Duration
1 x 45 seconds
Frequency/Amplitude
30-35 Hz/Low
Rest
45 sec between sets
Execution
Static



EASIER OPTION



HARDER OPTION

MASSAGE

Massage: 1 - Quad & Hip Massage



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

Massage: 2 - Calf Massage



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

Massage: 3 - Lateral Hip & Thigh Massage



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