

POWER CARDIO 1



Power Cardio Class:

Burn fat and tone your body with this blend of cardio and Power Plate® strength-training exercises. As a part of our Power Slim series, this class uses a variety of equipment to get a strong and sleek body.

Fitness Level: Beginner/Intermediate

Class Format:

Movement Preparation x 2
Strength and Power x 9
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

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

Dynamic: Physically moving throughout the exercise.

Active Interval Circuit: 1 exercise + 1 exercise + Active Interval for 30 seconds. Active Intervals are completed on the floor, and can be anything from Jumping Jacks, Jumping Rope, Jump Squats, Step Lunges, Slide Boards or Step ups. The goal is to keep moving without using the vibration from the Power Plate machine

Super Set: Going back and forth between exercises. Example would be if you are super setting exercise 9 and 10 for 2 sets, you perform exercise 9, then 10, then 9 and back to 10



my body, my time™

MOVEMENT PREPARATION

Preparation: 1 - 2 Leg Hamstring Stretch



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

Preparation: 2 - Standing Inner Thigh Stretch



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



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 - WITH ACTIVE INTERVALS CIRCUIT

Exercise: 1 - Step Down



Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-40 Hz/Low
Execution
Static, Static Variable
or Dynamic

Exercise: 2 - 2 Arm Pull



Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-40 Hz/Low
Execution
Static, Static Variable
or Dynamic

Exercise: 3 - Active Interval

Please choose 1 of the following:
Jumping Jacks, Jumping Rope, Slide Board,
Jump Squats, Step Lunges, Step ups or alternate
cardio vascular exercise.
Sets/Duration
2 x 30 seconds

Exercise: 4 - Squat & Scaption



Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-40 Hz/Low
Execution
Static, Static Variable
or Dynamic

Exercise: 5 - Push up



Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-40 Hz/Low
Execution
Static, Static Variable
or Dynamic

Exercise: 6 - Active Interval

Please choose 1 of the following:
Jumping Jacks, Jumping Rope, Slide Board,
Jump Squats, Step Lunges, Step ups or alternate
cardio vascular exercise.
Sets/Duration
2 x 30 seconds

Exercise: 7 - Tricep Dip



Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-40 Hz/Low
Execution
Static, Static Variable
or Dynamic

Exercise: 8 - Bicep Curl



Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-40 Hz/Low
Execution
Static, Static Variable
or Dynamic

Exercise: 9 - Active Interval

Please choose 1 of the following:
Jumping Jacks, Jumping Rope, Slide Board,
Jump Squats, Step Lunges, Step ups or alternate
cardio vascular exercise.
Sets/Duration
2 x 30 seconds

CORE AND PILLAR

Exercise: 10 - Side Plank



Sets/Duration
2 x 30 seconds
Frequency/Amplitude
30-40 Hz/Low
Execution
Static or Static
Variable

SUPER SET

Exercise: 11 - Crunch



Sets/Duration
2 x 30 seconds
Frequency/Amplitude
30-40 Hz/Low
Execution
Static or Static
Variable

MASSAGE

Massage: 1 - Chest Massage



Sets/Duration
1 x 60 seconds
Frequency/Amplitude
35-40 Hz/High
Execution
Passive

Massage: 2 - IT Band Massage



Sets/Duration
1 x 60 seconds
Frequency/Amplitude
35-40 Hz/High
Execution
Passive

Massage: 3 - Hip & Quad Massage



Sets/Duration
1 x 60 seconds
Frequency/Amplitude
35-40 Hz/High
Execution
Passive