

POWER PERFORMANCE 1



Power Performance Class:

As a part of our Power Fitness series, in this class you will be training the body to move, jump, push and pull with more intensity and endurance. Focus on strengthening the core and developing the power and skills needed to perform in the game of life or sport using practical applications of performance and functional training.

Fitness Level: Intermediate/Advanced

Class Format:

Movement Preparation x 3
Stability and Coordination x 1
Strength and Power x 6
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.

Load: Added weight with medicine ball, dumbbells or kettlebell; general load is 30% of the maximum weight you could lift for 1 repetition

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 - Standing Hip & Quad Stretch



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

Preparation: 2 - Seated Cross Over Stretch



Seated Cross Over

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

Preparation: 3 - Push up Rotation



Push up Rotation

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
Rest
None
Execution
Dynamic

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

Exercise: 2 - 1 Leg Squat (Load)



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

SUPER SET

Exercise: 3 - Push up



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

Rest
45 sec between sets

Exercise: 4 - 1 Leg & 1 Arm Pull (Load)



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

SUPER SET

Exercise: 5 - Lateral Squat (Load)



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

Rest
45 sec between sets

Exercise: 6 - Squat & Scaption



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

SUPER SET

Exercise: 7 - Tricep Dip



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

Rest
45 sec between sets

CORE AND PILLAR

Exercise: 8 - 4 Point & 1 Arm & 1 Leg Raise



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

SUPER SET

Exercise: 9 - 1 Leg Glute Bridge



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

Rest
45 sec between sets

MASSAGE

Massage: 1 - Chest Massage



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

Massage: 2 - Hip & Quad Massage



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

Massage: 3 - Hamstring Massage



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