

# POWER STRETCH 1



## **Power Stretch Class:**

As a part of our Power Flex series, this class uses various approaches to increase flexibility with techniques used by the world's top athletes. The class will relieve muscle tension and increase relaxation throughout the body.

**Fitness Level:** All

## **Class Format:**

Movement Preparation x 7

Massage x 6

## **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 - Chest & Shoulder Stretch



**Sets/Duration**  
2 x 30 seconds  
**Frequency/Amplitude**  
30 Hz/Low

## Preparation: 2 - Lat Stretch



**Sets/Duration**  
2 x 30 seconds  
**Frequency/Amplitude**  
30 Hz/Low

## Preparation: 3 - Lateral Hip Stretch



**Sets/Duration**  
2 x 30 seconds  
**Frequency/Amplitude**  
30 Hz/Low

## Preparation: 4 - Inner Thigh & Groin Stretch



**Sets/Duration**  
2 x 30 seconds  
**Frequency/Amplitude**  
30 Hz/Low

## Preparation: 5 - Kneeling Hip & Quad Stretch



**Sets/Duration**  
2 x 30 seconds  
**Frequency/Amplitude**  
30 Hz/Low

## Preparation: 6 - 2 Leg Hamstring Stretch



**Sets/Duration**  
2 x 30 seconds  
**Frequency/Amplitude**  
30 Hz/Low

## Preparation: 7 - Calf Stretch



**Sets/Duration**  
2 x 30 seconds  
**Frequency/Amplitude**  
30 Hz/Low

## GENERAL CLASS GUIDELINES:

- **Movement Prep** settings recommendations are 30 Hz for 30 seconds on Low Amplitude

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

# MASSAGE

## Massage: 1 - ITB Massage



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

## Massage: 2 - Hip & Quad Massage



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

## Massage: 3 - Hamstring Massage



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

## Massage: 4 - Glute Massage



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



## MASSAGE (CONTINUED)

### Massage: 5 - Lower Back Massage



**Sets/Duration**  
1 x 60 seconds  
**Frequency/Amplitude**  
30-40 Hz / Low  
**Execution**  
Passive

### Massage: 6 - Forearm Flexors & Extensors Massage



**Sets/Duration**  
1 x 60 seconds  
**Frequency/Amplitude**  
30-40 Hz / Low  
**Execution**  
Passive

