



Power Plate® Bikini Class:

This class is designed to combat cellulite and uses spot-specific training exercises to really focus on cellulite prone areas, as added muscle tone reduces the appearance of cellulite. It utilises the flexibility and massage benefits of Power Plate® training to flush toxins, making this a complete and effective way to feel fantastic and full of confidence.

FITNESS LEVEL: BEGINNER/INTERMEDIATE

Class Format:

Movement Preparation x 3

Combined Strength & Massage Circuits x 12

Massage x 4

Terminology Key:

Sets/Duration: Number of times exercise is performed and the amount of time each exercise is executed

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

Execution Options:

Passive: Relaxed

Static: No joint angle movement

Dynamic: Continuous movement of the joint angle during an exercise

Format Options:

Station: Performing a selected exercise to completion, then moving on to perform a new exercise, with a rest between each

Circuit: Completing a number of different exercises in order, and then completing all exercises again in the same order to complete the circuit

MOVEMENT PREPARATION

Preparation 1: Single Leg Hamstring Stretch



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

Preparation 2: Calf Stretch



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

Preparation 3: Kneeling Inner Thigh Stretch



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

COMBINED STRENGTH & MASSAGE CIRCUITS

CIRCUIT ONE

Strength Exercise 1: One Leg Glute Bridge



Sets/Duration
1 x 30 seconds
Frequency/Amplitude
30–35 Hz/Low

Strength Exercise 2: Side Plank



Sets/Duration
1 x 30 seconds
Frequency/Amplitude
30–35 Hz/Low

Massage Exercise 3: Glute Massage



Sets/Duration
1 x 60 seconds
Frequency/Amplitude
30–35 Hz/Low or High

Massage Exercise 4: Lateral Hip & Thigh



Sets/Duration
1 x 30 seconds
Frequency/Amplitude
30–35 Hz/Low or High

COMBINED STRENGTH & MASSAGE CIRCUITS

CIRCUIT TWO

Strength Exercise 1: Split Squat



Sets/Duration
1 x 30 seconds
Frequency/Amplitude
30–35 Hz/Low
Execution
Static or Dynamic

Strength Exercise 2: Front Squat



Sets/Duration
1 x 45 seconds
Frequency/Amplitude
30–35 Hz/Low
Execution
Static or Dynamic

Massage Exercise 3: Quad & Hip



Sets/Duration
1 x 60 seconds
Frequency/Amplitude
30–35 Hz/Low or High

Massage Exercise 4: Hamstring



Sets/Duration
1 x 60 seconds
Frequency/Amplitude
30–35 Hz/Low or High

GENERAL CLASS GUIDELINES

- 1. PROGRESSION:** All exercises must be progressed slowly.
How to progress an exercise:
 1. Change the joint angle
 2. Phase out 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)
- 2. HYDRATION:** Remember to always stay hydrated. Drink plenty of water before, during, and after exercises.
- 3. SETTINGS RECOMMENDATIONS:**
 - **Movement Preparation** recommended settings are usually 30 Hz for 30 seconds on Low Amplitude.
 - **Massage** recommended settings are usually 35-40 Hz for 60 seconds on either High or Low Amplitude.

COMBINED STRENGTH & MASSAGE CIRCUITS

CIRCUIT THREE

Strength Exercise 1: Tricep Dip



Sets/Duration
1 x 45 seconds
Frequency/Amplitude
30–35 Hz/Low
Execution
Static or Dynamic

Strength Exercise 2: Bicep Curl



Sets/Duration
1 x 45 seconds
Frequency/Amplitude
30–35 Hz/Low
Execution
Static

Massage Exercise 3: Chest & Arm



Sets/Duration
1 x 30 seconds
Frequency/Amplitude
35–40 Hz/Low or High

Massage Exercise 4: Low Back Massage



Sets/Duration
1 x 60 seconds
Frequency/Amplitude
35–40 Hz/Low or High

MASSAGE & RELAXATION

Massage 1: Hamstring Massage



Sets/Duration
1 x 60 seconds
Frequency/Amplitude
35–40 Hz/Low or High

Massage 2: Inner Thigh Massage



Sets/Duration
1 x 30 seconds
Frequency/Amplitude
35–40 Hz/Low or High

Massage 3: IT Band Massage



Sets/Duration
1 x 30 seconds
Frequency/Amplitude
35–40 Hz/Low or High