

POWER TONE 2



Power Tone Class:

As a part of our Power Sculpt series, this class uses various resistance-training techniques to improve muscular strength and endurance. The class uses traditional Power Plate® training protocols to develop muscle definition. This is a total body conditioning class designed to improve muscle tone and strength in all areas of the body.

Fitness Level: Intermediate/Advanced

Class Format:

Movement Preparation x 2
Strength and Power x 8
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.

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

Power Complex Contrast: Combining Power Plate exercises and conventional exercises



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MOVEMENT PREPARATION

Preparation: 1 - Hip & Quad Stretch



Exercise: 1

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 - POWER COMPLEX CONTRAST

Exercise: 1 - Lunge



Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-35 Hz/Low-High
Execution
Static or Dynamic

Exercise: 2 - Lunge (Floor)

Repetitions/Duration
8-10 or 30 seconds

Rest
45 sec between Power Complex Contrast
Exercise Sets

Exercise: 3 - Push up



Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-35 Hz/Low-High
Execution
Static or Dynamic

Exercise: 4 - Push up (Floor)

Repetitions/Duration
8-10 or 30 seconds

Rest
45 sec between Power Complex Contrast
Exercise Sets

Exercise: 5 - 2 Arm Pull



Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-35 Hz/Low-High
Execution
Static

Exercise: 6 - 2 Arm Pull (Floor)

Repetitions/Duration
8-10 or 30 seconds

Rest
45 sec between Power Complex Contrast
Exercise Sets

STRENGTH AND POWER - POWER COMPLEX CONTRAST - CONTINUED

Exercise: 7 - Shoulder Press

Exercise: 8 - Shoulder Press (Floor)



Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-35 Hz/Low-High
Execution
Static

Rest
45 sec between Super Sets

Rest
45 sec between Power Complex Contrast Exercise Sets

CORE AND PILLAR

Exercise: 8 - Glute Bridge

Exercise: 9 - Plank



Sets/Duration
2 x 30 seconds
Frequency/Amplitude
30-35 Hz/Low-High
Execution
Static, Static Variable or Dynamic

SUPER SET



Sets/Duration
2 x 30 seconds
Frequency/Amplitude
35-40 Hz/Low
Execution
Static or Static Variable

Rest
30 sec between Super Sets

MASSAGE

Massage: 1 - Shoulder & Chest Massage

Massage: 2 - Hip & Quad Massage

Massage: 3 - Hamstrings Massage



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



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



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