

Power Plate® and Powerbag™: Total Conditioning 1



This total body workout combines Powerbag and Acceleration Training™ exercise to help build strength, improve core stability and flexibility. The Powerbag is a great way to integrate functional exercises into a Power Plate workout. As it is filled with sand, it is a safer way to add an element of external load to exercises on the Power Plate machine. Designed for intermediate to advanced clients with previous experience in strength training and Power Plate exercise.

Power Plate Level: Intermediate

Modalities:	Number of Exercises
Movement Preparation	4
Stability and Coordination	1
Strength and Power	5
Core and Pillar	2
Massage and Relaxation	3

General Class Guidelines

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)

Hydration

Remember to always stay hydrated. Drink plenty of water before, during and after exercises.

We advise all users to contact their physician or specialist before using the Power Plate® machine and recommend that they do not start training without first obtaining medical clearance to exercise. N.B. Post Natal clients must obtain medical clearance to exercise before embarking on this training program.

Definitions:

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:	Hold the exercise position indicated without creating muscle tension
Static:	Hold the exercise position indicated at the point where most muscle tension is created
Dynamic:	Move throughout the exercise
Explosive:	Move rapidly throughout the exercise
Relaxed:	Adopt position and relax muscles
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
Super Set:	Going back and forth between two exercises without rest

1. Movement Preparation

Movement preparation is the essential way to start any workout, as it helps prepare the body's systems for optimal movement, as well as mentally preparing you for training. It can also help reduce muscle stiffness and the risk of injury.



1. Kneeling Hip & Quad Stretch

Execution: Dynamic



30Hz



30 Secs



Low

Coaching Key:

- Back straight, relaxed shoulders
- Push hips forward to reach desired tension



2. Standing Hamstring Stretch

Execution: Dynamic



30Hz



30 Secs



Low

Coaching Key:

- Back straight, knees slightly bent
- Push hips back to reach desired tension



3. Chest and Shoulder Stretch on Powerbag

Execution: Static or Dynamic



30Hz



30 Secs



Low

Coaching Key:

- Gently push chest and shoulders towards floor to reach desired tension



4. Lat Stretch on Powerbag

Execution: Static



30Hz



30 Secs



Low

Coaching Key:

- Maintain neutral spine, knees hip width apart
- Reach forward with arms

2. Stability and Coordination

Stability refers to how strong and solid your joints are when moving or performing physical tasks. Coordination is your ability to consciously execute movements in an efficient, well timed and accurate manner. These exercises are designed to increase joint and muscular range of motion, reduce risk of injury and enhance performance. Repeat set for each leg.



1. Single Leg Balance with Excursions - Front Powerbag hold

Execution: Dynamic



35Hz



30 Secs



Low

Coaching Key:

- Keep knee slightly bent
- Extend arms, hold at shoulder height and keep elbows soft
- Engage core and perform leg excursions slowly and with control



Benefits of the Powerbag

- Powerbag is soft and flexible, so it is a safer way to add external load when using the Power Plate machine
- Adding external load helps increase muscle pre-tension and enhances the Tonic Vibration Reflex triggered by the Power Plate machine
- The Powerbag is filled with sand. The shifting load helps promote enhanced activity of the proprioceptors and stabilizing muscle groups

3. Strength and Power

Strength refers to the ability of your muscles to produce force and Power is the ability to achieve this quickly. Strength and Power training can help you to maintain function in later life, improve bone density and to cope better with the demands of daily life. Perform each exercise one to two times.



1. Deadlift with Powerbag

Execution: Dynamic

 35 - 40Hz

 30 - 45 Secs

 Low

Coaching Key:

- Start in a deep squat position with chest lifted and arms extended. Drive upwards finishing with neutral spine and without locking knees. Repeat



2. Press Up with Alternating Arm on Powerbag

Execution: Static or Dynamic

 30 - 40Hz

 30 - 45 Secs

 Low

Coaching Key:

- Maintain neutral alignment from shoulders to ankles. Bend elbows to engage chest muscles



3. Deep Squat with Powerbag

Execution: Static or Dynamic

 30Hz

 30 - 45 Secs

 Low

Coaching Key:

- Maintain neutral spine, feet hip width apart. Rest Powerbag on shoulders and keep chest lifted throughout. Bend knees until desired depth is reached



4. Bent Over Row with Powerbag

Execution: Dynamic

 30 - 40Hz

 30 - 45 Secs

 Low

Coaching Key:

- Keep knees bent and lean forward with neutral spine. Pull Powerbag towards torso and engage abdominals. Lower the Power Bag slowly and repeat.

3. Strength and Power

Strength refers to the ability of your muscles to produce force and Power is the ability to achieve this quickly. Strength and Power training can help you to maintain function in later life, improve bone density and to cope better with the demands of daily life. Perform each exercise one to two times.



1. Lunge with Powerbag Front Hold

Execution: Static or Dynamic



30Hz



30 - 45 Secs



Low

Coaching Key:

- Bend standing knee until desired tension is reached, maintain good posture. Hold Powerbag to chest

4. Core and Pillar

Core and Pillar strength is the foundation for all movement. It consists of your hip, core and shoulder stability, which provide a centre axis from which to move. Benefits of Core and Pillar Training include: improved stability and core function, reduced risk of injury and enhanced performance. Perform each exercise one to two times.



1. V-sit with Powerbag Front Hold

Execution: Static

 35 - 40Hz

 60 Secs

 Low or High

Coaching Key:

- Holding Powerbag on chest, lean back slightly and engage core
- Maintain neutral spine



2. Kneeling back extension with Powerbag Reach

Execution: Static

 35 - 40Hz

 60 Secs

 Low or High

Coaching Key:

- Push hips backwards and lean forward maintaining a neutral spine
- Engage core and extend arms holding Powerbag in front

5. Massage and Relaxation

The essential way to end any workout, massage and relaxation exercises can help to dissolve lactic acid and reduce the potential for delayed onset muscle soreness (DOMS), as well as encouraging the heart rate to return to its normal resting rate. Massage can also help increase circulation and reduce cellulite. The massage exercises in this protocol can be performed daily on the Power Plate® machine.



1. Quad Massage

Execution: Relaxed

 35 - 40Hz

 60 Secs

 Low or High



2. Hamstring Massage

Execution: Relaxed

 35 - 40Hz

 60 Secs

 Low or High



3. Calf Massage

Execution: Relaxed

 35 - 40Hz

 60 Secs

 Low or High