

POWER PLATE® CIRCUIT CLASS



Power Plate Circuit Class:

This class continues to burn calories by combining Power Plate® strength with cardiovascular aerobic intervals to keep the heart rate elevated and your workout efficient.

FITNESS LEVEL: INTERMEDIATE

Class Format:

Movement Preparation x 3 
Strength & Power x 7 
Massage x 3 

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

Active Interval: Performed on the floor; can be anything including: Step-ups, Slide Boards, Jumping Rope, Star Jumps, or Jump Squats. The goal is to keep moving without using the vibration from the Power Plate® machine

MOVEMENT PREPARATION

Preparation 1: Glute Crossover Stretch



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

Preparation 2: Standing Hip & Quad with Reach



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

Preparation 3: Standing Inner Thigh Stretch



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



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 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

STRENGTH & POWER CIRCUIT – REST FOR ONE MINUTE BETWEEN CIRCUITS

CIRCUIT ONE

Exercise 1: One Leg Deadlift with Row



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

Exercise 2: Push-up



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

Exercise 3: Lateral Squat



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

Exercise 4: Split Squat with Shoulder Press



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

Exercise 5: Single Leg Glute Bridge



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

Exercise 6: Bent Leg V-sit



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

Exercise 7: Active Interval



Examples
Step-up, Side Boards, or
Star Jumps
Sets
4
Duration
20 seconds on /
10 seconds off
Total Active Duration
2 minutes

MASSAGE & RELAXATION

Massage 1: Quad & Hip Massage



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

Massage 2: Hamstring Massage



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

Massage 3: Low Back Massage



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

POWER  PLATE®

my body, my time™

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