

POWER ABS 2



Power Abs Class:

It's all about the center – As a part of our Power Core series, this class will focus on balance and coordination, developing the core to help maintain good posture and a healthy back.

Fitness Level: All Fitness Levels

Class Format:

Movement Preparation x 2
Stability and Coordination x 2
Core and Pillar x 3
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



my body, my time™

MOVEMENT PREPARATION

Preparation: 1 - Glute 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

STABILITY AND COORDINATION

Exercise: 1 - Step & Balance



Exercise: 3
Sets/Duration
2 x 30 seconds
Frequency/Amplitude
30 Hz/Low
Rest
60 sec between sets
Execution
Dynamic



Squat to Balance

EASIER OPTION



Step up

HARDER OPTION

Exercise: 2 - Scapular Depression



Exercise: 4
Sets/Duration
2 x 30 seconds
Frequency/Amplitude
30 Hz/Low
Rest
60 sec between sets
Execution
Static, Static Variable
or Dynamic



Scapular Protraction

EASIER OPTION



1 Leg Scapular Depression

HARDER OPTION

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

CORE AND PILLAR

Exercise: 3 - SB Jack Knife



Exercise: 5
Sets/Duration
 3 x 45 seconds
Frequency/Amplitude
 30-40 Hz/Low
Rest
 45 sec between sets
Execution
 Static or Dynamic



Push up Hold

EASIER OPTION



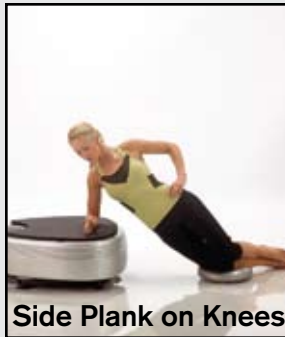
1 Leg SB Jack Knife

HARDER OPTION

Exercise: 4 - Side Plank



Sets/Duration
 3 x 45 seconds
Frequency/Amplitude
 30-40 Hz/Low
Rest
 45 sec between sets
Execution
 Static or Static Variable



Side Plank on Knees

EASIER OPTION



Side Plank & Hip Flexion

HARDER OPTION

Exercise: 5 - Plank

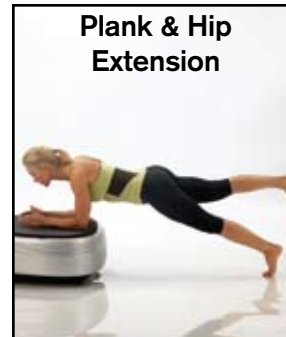


Sets/Duration
 3 x 45 seconds
Frequency/Amplitude
 30-40 Hz/Low
Rest
 45 sec between sets
Execution
 Static or Static Variable



Plank on Knees

EASIER OPTION



Plank & Hip Extension

HARDER OPTION



MASSAGE

Massage: 1 - Chest Massage



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

Massage: 2 - Glute Massage



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

Massage: 3 - Inner Thigh & Groin Massage



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

