

# POWER BASIC 2



## **Power Basic Class:**

As a part of our Power Zone series, this class is designed for the new Power Plate® user. It's a general conditioning class, designed to show you how to minimize impact, promote muscle strength and improve flexibility. Learn basic poses and terminology and feel confident as you begin your Power Plate® journey.

**Fitness Level:** Beginner/Intermediate

## **Class Format:**

Movement Preparation x 3  
Strength and Power x 5  
Core and Pillar x 1  
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



my body, my time™

## MOVEMENT PREPARATION

### Preparation: 1 - Inner Thigh & Groin 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 - Chest & Shoulder Stretch



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

## STRENGTH AND POWER - CIRCUIT

### Exercise: 1 - Squat Lateral



**Sets/Duration**  
2 x 45 seconds  
**Frequency/Amplitude**  
30-35 Hz/Low  
**Rest**  
45 sec between sets  
**Execution**  
Static or Dynamic

### Squat Shifting Weight



EASIER OPTION

### Lunge Frontal



HARDER OPTION

### Exercise: 2 - Standing 2 Arm Pull



**Sets/Duration**  
2 x 45 seconds  
**Frequency/Amplitude**  
30-35 Hz/Low  
**Rest**  
45 sec between sets  
**Execution**  
Static or Dynamic



**Seated Pull**  
EASIER OPTION



**Dead Lift 1 Arm Pull**  
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

# STRENGTH AND POWER - CIRCUIT

## Exercise: 3 - Dead Lift



**Sets/Duration**  
2 x 45 seconds  
**Frequency/Amplitude**  
30-35 Hz/Low  
**Rest**  
45 sec between sets  
**Execution**  
Static or Dynamic



**Squat Pull**

EASIER OPTION



**Single Leg Dead Lift**

HARDER OPTION

## Exercise: 4 - Push up

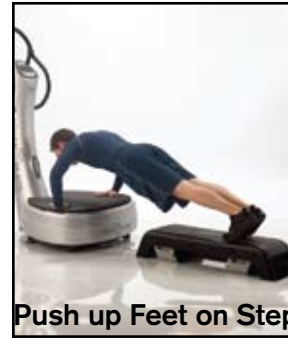


**Sets/Duration**  
2 x 45 seconds  
**Frequency/Amplitude**  
30-35 Hz / Low  
**Rest**  
45 sec between sets  
**Execution**  
Static or Dynamic



**Push up on Knees**

EASIER OPTION



**Push up Feet on Step**

HARDER OPTION

## Exercise: 5 - 1 Leg Tricep Dip



**Sets/Duration**  
2 x 45 seconds  
**Frequency/Amplitude**  
30-35 Hz / Low  
**Rest**  
45 sec between sets  
**Execution**  
Static or Dynamic



**Tricep Dip**

EASIER OPTION

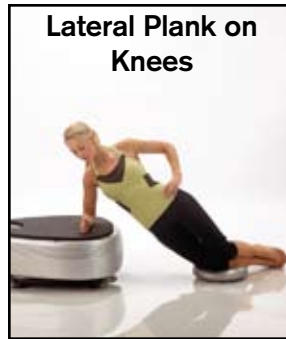


# CORE AND PILLAR

## Exercise: 6 - Lateral Plank



**Sets/Duration**  
2 x 45 seconds  
**Frequency/Amplitude**  
30-35 Hz / Low  
**Rest**  
45 sec between sets  
**Execution**  
Static



**Lateral Plank on  
Knees**

EASIER OPTION



**Lateral Plank & Hip  
Abduction**

HARDER OPTION

# MASSAGE

## Massage: 1 - Inner Thigh Massage



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

## Massage: 2 - Lateral Hip & Thigh Massage



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

## Massage: 3 - Low Back Massage



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