

POWER CARDIO 2



Power Cardio Class:

Burn fat and tone your body with this blend of cardio and Power Plate® strength-training exercises. As a part of our Power Slim series, this class uses a variety of equipment to get a strong and sleek body.

Fitness Level: Beginner/Intermediate

Class Format:

Movement Preparation x 3
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.

Active Interval Circuit: 1 exercise + 1 exercise + Active Interval for 30 seconds. Active Intervals are completed on the floor, and can be anything from Jumping Jacks, Jumping Rope, Jump Squats, Step Lunges, or Step ups. The goal is to keep moving without using the vibration from the Power Plate machine

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



my body, my time™

MOVEMENT PREPARATION

Preparation: 1 - Lateral Hip Stretch



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

Preparation: 2 - Single Leg Dead Lift



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

Preparation: 3 - Anterior Hip with Reach



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 - WITH ACTIVE INTERVALS CIRCUIT

Exercise: 1 - Lunge



Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-40 Hz/Low
Execution
Static, Static Variable
or Dynamic

Exercise: 2 - Bent Over Row



Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-40 Hz/Low
Execution
Static, Static Variable
or Dynamic

Exercise: 3 - Active Interval

Please choose 1 of the following:
Jumping Jacks, Jumping Rope,
Jump Squats, Step Lunges, Step ups, Slide
Board or alternate cardio vascular exercise.
Sets/Duration
2 x 30 seconds

Exercise: 4 - Push up



Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-40 Hz/Low
Execution
Static, Static Variable
or Dynamic

Exercise: 5 - Dead Lift



Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-40 Hz/Low
Execution
Static, Static Variable
or Dynamic

Exercise: 6 - Active Interval

Please choose 1 of the following:
Jumping Jacks, Jumping Rope,
Jump Squats, Step Lunges, Step ups, Slide
Board or alternate cardio vascular exercise.
Sets/Duration
2 x 30 seconds

Exercise: 7 - Shoulder Press



Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-40 Hz/Low
Execution
Static, Static Variable
or Dynamic

Exercise: 8 - Active Interval

Please choose 1 of the following:
Jumping Jacks, Jumping Rope,
Jump Squats, Step Lunges, Step ups, Slide
Board or alternate cardio vascular exercise.
Sets/Duration
2 x 30 seconds

CORE AND PILLAR

Exercise: 9 - Plank & Hip Extension

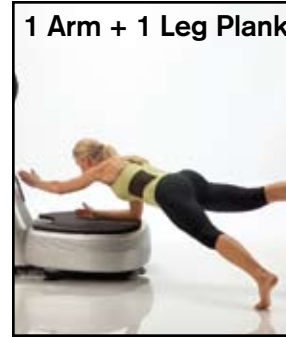


Sets/Duration
2 x 30 seconds
Frequency/Amplitude
30-40 Hz/Low
Rest
30 sec between sets
Execution
Static or Static Variable



Plank

EASIER OPTION



1 Arm + 1 Leg Plank

HARDER OPTION



Exercise: 10 - Glute Bridge & Medicine Ball



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



Glute Bridge

EASIER OPTION



Single Leg Glute Bridge

HARDER OPTION

MASSAGE

Massage: 1 - Glute Massage



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

Massage: 2 - Inner Thigh Massage



Inner Thigh

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

Massage: 3 - Low Back Massage



Low Back

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