

POWER PERFORMANCE 2



Power Performance Class:

As a part of our Power Fitness series, in this class you will be training the body to move, jump, push and pull with more intensity and endurance. Focus on strengthening the core and developing the power and skills needed to perform in the game of life or sport using practical applications of performance and functional training.

Fitness Level: Intermediate/Advanced

Class Format:

Movement Preparation x 3
Stability and Coordination x 1
Strength and Power x 6
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.

Load: Added weight with medicine ball, dumbbells or kettlebell; general load is 30% of the maximum weight you could lift for 1 repetition

Power Complex Contrast: Combining Power Plate exercises and conventional exercises



my body, my time™

MOVEMENT PREPARATION

Preparation: 1 - Standing Hip & Quad Stretch



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

Preparation: 2 - Inner Thigh & Groin Stretch



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

Preparation: 3 - Push up Rotation



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

STABILITY AND COORDINATION

Exercise: 1 - 4 Point & 1 Arm & 1 Leg Raise



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



4 Point Stance
EASIER OPTION



4 Point Stance
Dynamic
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 - POWER COMPLEX CONTRAST

Exercise: 2 - Squat



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

Exercise: 3

Please choose 1 of the following:
Squat Jumps (Floor) or Dynamic Leg Exercises.
Repetitions/Duration
6-8 or 30 seconds

Rest
1 minute between Power Complex Contrast Exercise Sets

Exercise: 4 - Bent Row



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

Exercise: 5

Please choose 1 of the following:
Medicine Ball Throw Downs or Alternate Back Exercise.
Repetitions/Duration
6-8 or 30 seconds

Rest
1 minute between Power Complex Contrast Exercise Sets

Exercise: 6 - Lunge



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

Exercise: 7

Please choose 1 of the following:
Lunge Cycle Jumps or Dynamic Leg Exercise.
Repetitions/Duration
6-8 or 30 seconds

Rest
1 minute between Power Complex Contrast Exercise Sets

STRENGTH AND POWER - POWER COMPLEX CONTRAST - CONTINUED

Exercise: 8 - Push up



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

Exercise: 9

Please choose 1 of the following:
Medicine Ball Chest Pass or Alternate Chest
Exercise.
Repetitions/Duration
6-8 or 30 seconds

Rest
1 minute between Power Complex Contrast
Exercise Sets

CORE AND PILLAR

Exercise: 10 - 1 Arm Plank



Exercise: 13
Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-40 Hz/Low
Rest
45 sec between sets
Execution
Static



1 Leg Plank

EASIER OPTION



1 Arm & 1 Leg Plank

HARDER OPTION

MASSAGE

Massage: 1 - Hip & Quad Massage



Exercise: 14
Sets/Duration
1 x 60 seconds
Frequency/Amplitude
35-40 Hz/High
None
Execution
Passive

Massage: 2 - Hamstrings Massage



Exercise: 15
Sets/Duration
1 x 60 seconds
Frequency/Amplitude
35-40 Hz/High
Rest
None
Execution
Passive

Massage: 3 - Chest Massage



Exercise: 16
Sets/Duration
1 x 60 seconds
Frequency/Amplitude
35-40 Hz/High
Rest
None
Execution
Passive