

Power Plate® pro6™ Beginner

This program is designed to introduce your clients to Acceleration Training™ exercise and proMOTION™ Dynamic Vibration Technology. It is a 25 minute total body workout made up of the five elements of Power Plate training: Stretch, Balance, Core, Strength and Massage.

Power Plate Level: Beginner



POWER PLATE®

Modalities:	Number of Exercises
Stretch	4
Balance	2
Core	4
Strength	6
Massage	4

General Class Guidelines

All exercises must be progressed slowly.

How to progress an exercise:

1. Change the joint angle
2. Phase out 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)

Hydration

Remember to always stay hydrated. Drink plenty of water before, during and after exercises.

We advise all users to contact their physician or specialist before using the Power Plate machine and recommend that they do not start training without first obtaining medical clearance to exercise. N.B. Post Natal clients must obtain medical clearance to exercise before embarking on this training program.

Definitions:

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:	Hold the exercise position indicated without creating muscle tension
Static:	Hold the exercise position indicated at the point where most muscle tension is created
Dynamic:	Move throughout the exercise
Explosive:	Move rapidly throughout the exercise
Relaxed:	Adopt position and relax muscles
Format Options:	
Station:	Rest after each exercise is performed
Circuit:	Complete each exercise in the order indicated
Super Set:	Perform each exercise in the superset without rest

1. Stretch

Stretch is the essential way to start any workout as it helps prepare the body's systems for optimal movement, as well as mentally preparing you for training. It can also help reduce muscle stiffness and the risk of injury.



1. Kneeling Hip & Quad Stretch with Reach

Execution: Static



30Hz



30 Sec



Low

Procedure: Place one leg forward and the other bent on the platform.

Coaching Key:

- Back straight, relax shoulders
- Push hips forward until tension is felt in the hip
- Raise arms to increase the stretch



2. Inner Thigh Stretch

Execution: Static



30Hz



30 Sec



Low

Procedure: Place one foot on the platform, leg straight. Bend standing knee. Sit back to reach desired tension.

Coaching Key:

- Keep a good posture, relaxed shoulders
- Sit back to reach desired tension



3. Kneeling 2 Arm Lat Stretch

Execution: Static



30Hz



30 Sec



Low

Procedure: Kneel on the floor, knees hip width apart, facing the platform. Place both arms on the platform.

Coaching Key:

- Maintain neutral spine
- Reach forward with arms and push hips back to reach desired tension



4. Hamstring Stretch

Execution: Static



30Hz



30 Sec



Low

Procedure: Stand on the platform, hip width apart, knees slightly bent.

Coaching Key:

- Back straight, push hips back to reach desired tension in the hamstrings and glutes

2. Balance

Balance exercises keep the body's proprioceptive system functioning optimally. This helps to reduce the risk of falling, by improving the body's ability to control and maintain posture and position, whether moving or stationary.



1. Single Leg Balance

Execution: Static



30Hz



30 Sec



Low

Procedure: Stand with one foot on the platform, standing knee slightly bent.

Coaching Key:

- Engage abdominals and relax shoulders
- Maintain stability in knee and ankle



2. Step Up to Balance

Execution: Dynamic



30Hz



30 Sec



Low

Procedure: Step up onto the platform with one leg. Hold position for 2-3 seconds. Repeat

Coaching Key:

- Maintain neutral spine
- Keep standing knee slightly bent

3. Core

Core strength is the foundation for all movement. Good stability in the hip, core and shoulder provide a central axis from which to move. Benefits of core training include: improved stability and core function, reduced risk of injury and enhanced performance.

Perform each exercise one to two times.



1. Front Plank

Execution: Static



35Hz



30-45 Sec



Low

Procedure: Place bent elbows on the platform, feet hip width apart. Keep hands relaxed.

Coaching Key:

- Keep back straight and shoulders relaxed
- Align from neck to feet, drawing hips inwards
- Engage abdominals



2. Lateral Plank

Execution: Static



35Hz



30-45 Sec



Low

Procedure: Laterally place forearm on the platform and feet stacked on the floor. Raise hips.

Coaching Key:

- Keep back straight, relax shoulders
- Align from neck to feet
- Engage abdominals



3. Glute Bridge

Execution: Static



35Hz



30-45 Sec



Low

Procedure: Place heels on the platform, hip width apart. Push hips upward.

Coaching Key:

- Engage hamstrings and glutes



4. 4-Point Stance – Diagonal

Execution: Dynamic



35Hz



30-45 Sec



Low

Procedure: Kneel on the platform. Extend the opposite arm and leg, and hold. Repeat on the other side.

Coaching Key:

- Maintain neutral spine and engage abdominals

4. Strength

Strength is defined as the ability of your muscles to produce force. Strength training can help you maintain function in later life, improve bone density and cope better with the demands of daily life.

Perform each exercise one to two times.



1. Loaded Squat with proMOTION™

Execution: Dynamic



35Hz



45 Sec



Low

Procedure: Stand on the platform, feet hip width apart. Holding the handgrips, hands at shoulder height, sit back by flexing the hips and knees.

Coaching Key:

- Maintain neutral spine and relaxed shoulders
- Bend knees until desired depth is reached
- Keep chest lifted throughout
- Engage abdominal muscles
- **proMOTION Setting:** ▲ Low/High



2. Chest Press with proMOTION

Execution: Dynamic



35Hz



45 Sec



Low

Procedure: Stand on the floor, back facing the platform. Knees bent, feet hip width apart. Holding handgrips at the chest, palms facing down, push forward until arms are nearly straight.

Coaching Key:

- Engage chest and abdominal muscles
- **proMOTION Setting:** ▲ Low/High



3. Lunge with Shoulder Side Raises with proMOTION

Execution: Dynamic



35Hz



45 Sec



Low

Procedure: Stand with one foot on platform and one foot on floor. Holding handgrips to the side of the thighs, bend at the hips, knees, and ankles, raising arms up and out to shoulder height.

Coaching Key:

- Keep elbows and knees slightly bent
- Maintain neutral spine
- Engage abdominals
- Keep chest lifted throughout
- **proMOTION Setting:** ▲ Low/High



4. Bent Over Row with proMOTION

Execution: Dynamic



35Hz



45 Sec



Low

Procedure: Stand on the floor, facing the machine, feet hip width apart. Pull handgrips up to the sides of the chest.

Coaching Key:

- Maintain neutral spine
- Engage upper back, shoulder and arm muscles
- Engage abdominals
- **proMOTION Setting:** ▲ Low/High

4. Strength Continued



5. Shoulder Press with proMOTION™

Execution: Dynamic

 35Hz

 45 Sec

 Low

Procedure: Stand on the floor, facing the machine. Hold handgrips at shoulder height at a 90 degree angle. Push cables upwards until arms are extended above the head

Coaching Key:

- Keep elbows and knees slightly bent
- Engage abdominals
- **proMOTION Setting:** ▲ Low/High



6. Standing Woodchop with proMOTION™

Execution: Dynamic

 35Hz

 45 Sec

 Low

Procedure: Stand on the platform, feet wide apart. Hold the handgrip with both hands. Slowly pull the cable upwards, rotating the upper body to the opposite upper side

Coaching Key:

- Maintain tension in arms
- Engage abdominals
- Maintain neutral spine
- **proMOTION Setting:** ▲ Low/High

5. Massage

Massage is the essential way to end any workout. It can help dissolve lactic acid and reduce the potential for delayed onset muscle soreness (DOMS), as well as encouraging the heart rate to return to its normal resting rate. Massage can also help increase circulation and reduce cellulite. Massage exercises can be performed daily on the Power Plate® machine.



1. Quad Massage

Execution: Relaxed



40Hz



60 Sec



Low/High

Coaching Key:

- Roll legs slowly and push down into platform.



2. Hamstring Massage

Execution: Relaxed



40Hz



60 Sec



Low/High

Coaching Key:

- Roll legs slowly and push down into platform.



3. Calf Massage

Execution: Relaxed



40Hz



60 Sec



Low/High

Coaching Key:

- Roll legs slowly and push down into platform.



4. Inner Thigh Massage

Execution: Relaxed



40Hz



60 Sec



Low/High

Coaching Key:

- Roll leg and push inner thigh into the platform.