

Power Plate® pro6™ Toning

This total body Acceleration Training™ workout uses proMOTION™ Dynamic Vibration Technology to build muscle strength and tone. It uses supersets to intensify the workout, add a cardiovascular element and accelerate the results.

Power Plate Level: Intermediate to Advanced



Modalities:	Number of Exercises
Stretch	4
Balance	2
Core	4
Strength	8
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: Dynamic

 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: Dynamic

 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. Back Mobilizer

Execution: Dynamic

 30Hz

 30-60 Sec

 Low

Procedure: Kneel on the platform, hand and knees wide apart. Draw the stomach in slowly and arch the spine. Hold position for 1-2 seconds and return slowly to the start position

Coaching Key:

- Keep arms and shoulders relaxed



4. Single Leg Hamstring Stretch

Execution: Static

 30Hz

 30 Sec

 Low

Procedure: Place the heel of one foot on the platform and the other foot, wide apart, on the floor. Keep knee 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 with Excursion

Execution: Dynamic

 30Hz

 30 Sec

 Low

Procedure: Stand with one foot on the platform, knee slightly bent. Move the outer leg in a semi-circle

Coaching Key:

- Engage abdominals and keep shoulders relaxed
- 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 supporting knee slightly bent

3. Core

Core strength in the hip, trunk and shoulder is essential for every movement. Benefits of core training include improved stability and core function, reduced risk of injury and enhanced performance.

Perform each exercise in the superset, then rest for 30 seconds. Repeat each superset twice.

SUPERSET ONE



1. Front Plank

Execution: Static



35Hz



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. Ball Roll Out

Execution: Dynamic



35Hz



45 Sec



Low

Procedure: Knees bent on the platform, place forearms and elbows on the swiss ball. Roll forward slowly, hold for 1-2 seconds, and return to start position.

Coaching Key:

- Keep back straight
- Engage abdominals



SUPERSET TWO



1. Glute Bridge with Adduction

Execution: Static



35Hz



45 Sec



Low

Procedure: Place heels on the platform, hip width apart. With medicine ball between knees, push hips upward. Push knees inwards to create tension.

Coaching Key:

- Engage hamstrings and glutes

2. 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 side.

Coaching Key:

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



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 in the superset and then rest for 30 seconds. Repeat each superset twice.**

SUPERSET ONE



1. Squat to Shoulder Press with proMOTION™

Execution: Dynamic

35Hz

45 Sec

Low

Procedure: Stand on the platform, feet wide apart. Sit back by flexing hips and knees. Holding the handgrips, knuckles facing the ceiling, push up and raise arms above the head.

Coaching Key:

- Maintain good posture
- Keep elbows slightly bent and chest lifted
- Engage abdominals
- **proMOTION Setting:** ▲ Low/High



2. Pectoral Fly with proMOTION

Execution: Dynamic

35Hz

45 Sec

Low

Procedure: Stand on the floor, back facing the machine. Hold handgrips at chest height with arms outstretched and palms facing inwards. Draw arms inwards so that hands meet. Hold position. Repeat.

Coaching Key:

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

SUPERSET TWO



1. Reverse Woodchop – Single Arm with proMOTION Execution: Dynamic

35Hz

45 Sec

Low

Procedure: Stand on the platform, feet hip width apart. Sit back by flexing the hips and knees. Holding the right handgrip in the left hand, return to start position, pulling the handgrip upwards so that the arm extends above the left shoulder. Repeat on other side.

Coaching Key:

- Maintain neutral spine and relaxed shoulders
- Maintain tension in arms and engage abdominal muscles
- **proMOTION Setting:** ▲ Low/High



2. Lunge to Front Raise with proMOTION Execution: Dynamic

35Hz

45 Sec

Low

Procedure: Stand with one foot on platform and one foot on floor. Holding handgrips at hip height, knuckles facing the ceiling, bend at the hips, knees, and ankles and raise arms up over the head.

Coaching Key:

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

4. Strength Continued

SUPERSET THREE



1. Dead Lift with Straps

Execution: Static

 35Hz

 45 Sec

 Low

Procedure: Stand on the platform, knees slightly bent. Fix arms in position, driving hips up.

Coaching Key:


- Maintain a good posture
- Engage abdominal muscles
- Keep chest lifted throughout



2. Push Up

Execution: Dynamic

 35Hz

 45 Sec

 Low

Procedure: Place hands approximately shoulder width apart and bend elbows to lower the body

Coaching Key:

- Back straight, bend elbows to engage chest muscles
- Engage abdominals and chest muscles

SUPERSET FOUR



1. Bent Over Row with proMOTION™

Execution: Dynamic

 35Hz

 45 Sec

 Low

Procedure: Stand on the floor, facing the machine, feet wide apart. Pull handgrips up towards the side of the torso

Coaching Key:

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



2. Tricep Kick Back with proMOTION

Execution: Dynamic

 35Hz

 45 Sec

 Low

Procedure: Stand on the floor, feet hip width apart, facing the platform. With palms facing inwards, hold the handgrips at a ninety degree angle. Extend the cables back.

Coaching Key:

- Back straight, knees slightly bent
- Tuck elbows in
- Engage abdominals
- **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



High

Coaching Key:

- Roll legs slowly and push down into platform



2. Hamstring Massage

Execution: Relaxed



40Hz



60 Sec



High

Coaching Key:

- Roll legs slowly and push down into platform



3. Calf Massage

Execution: Relaxed



40Hz



60 Sec



High

Coaching Key:

- Roll legs slowly and push down into platform



4. Seated Glute Massage

Execution: Relaxed



40Hz



60 Sec



Low

Coaching Key:

- Roll slowly, pushing glutes down into platform