

Basic Program Design

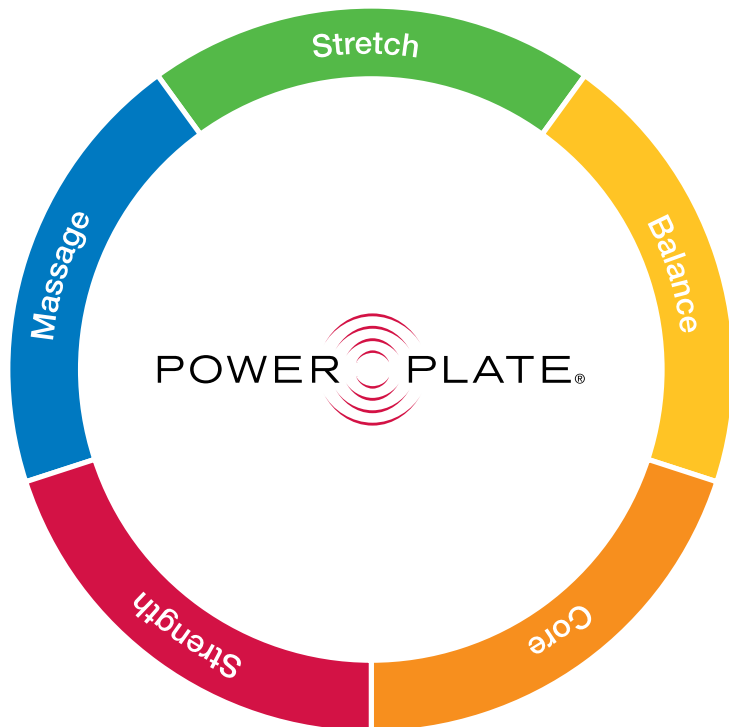


Every Power Plate training session is made up of Five Elements of effective training: **Stretch**, **Balance**, **Core**, **Strength** and **Massage**.

We recommend a basic 30-minute Power Plate workout consisting of:

- Stretch:** 3–4 exercises
- Balance:** 1–2 exercises
- Core:** 2–3 exercises
- Strength:** 4–8 exercises
- Massage:** 2–4 exercises

This basic program design is a very general outline and depending on you or your clients' needs, you may wish to incorporate more exercises in one of the elements and less from another. For example, if your goal is improved balance, you would possibly perform more exercises in the balance section and fewer in the strength portion.



Symbols



Frequency



Time



Amplitude



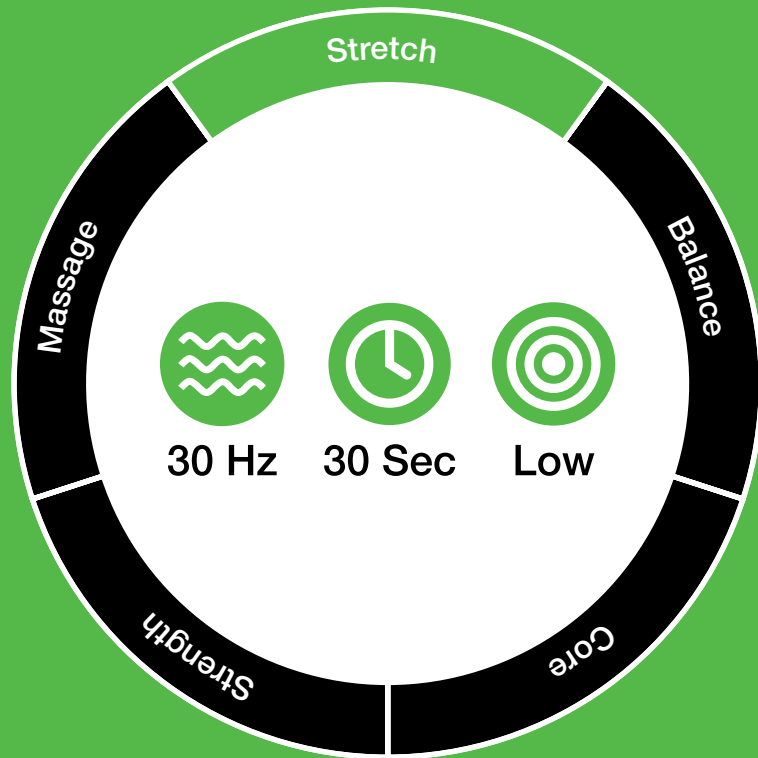
proMOTION™



Mat Recommended



Increased Vibration Travel



Stretch, or movement preparation, is the foundation for improving mobility in three-dimensional space. “Stretch” refers to the preparation of your body and it’s required systems to adapt to our dynamic environment. Without the ability to eccentrically load and store energy, the body will not reach optimal levels of power, strength, or muscle endurance during unloading. Every chain reaction occurring in the human body is loaded and unloaded in three planes of motion; therefore we must functionally feed our proprioceptors, and prepare joints, muscles, tendons, and ligaments through dynamic stretching to improve motor learning. Loss of flexibility as a product of aging, lifestyle, diet and hydration, directly correlates with compromised movement performance, loss of active range of motion, arthritic degeneration, balance deficits, and safety.

Dynamic (functional) flexibility three-dimensionally feeds the proprioceptors to maintain gains in muscle length for dramatically authentic carry-over into everyday task specific movements and activities. When we correct the body’s position, its function changes, and in order to authentically create an environment for success, our stretching techniques must emulate the activity or actions we intend to perform.

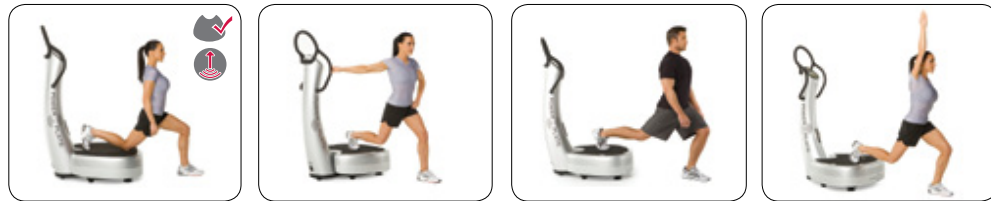
Movement Preparation on Power Plate:

- **Increases blood flow to passive and active structures.**
- **Excites the neuromuscular system.**
- **Prepares muscle and connective tissue rapidly, comfortably, and continually.**

Kneeling Quad / Hip Flexor Stretch with Support



Variations



Kneeling Quad / Hip Flexor Stretch

Standing Quad / Hip Flexor Stretch with Support

Standing Quad / Hip Flexor Stretch

Standing Quad / Hip Flexor Stretch with Reach

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	30 Sec	Low	1-2	N/A

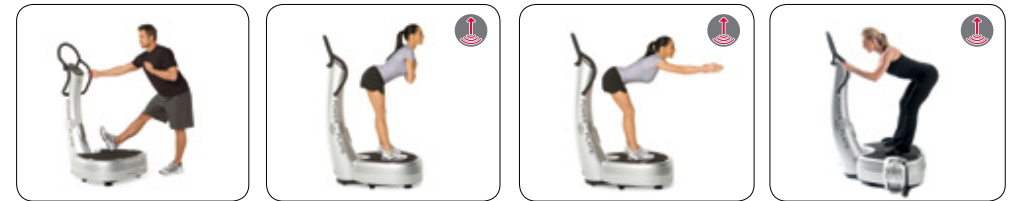
Coaching Tips

Hold on to the handlebars with your right hand and place your right knee on the platform with your toes in a flexed position. Lean away from the machine until you feel a comfortable stretch in your hip flexor and quad. Keep your chest up and stay engaged.

Standing Single Leg Hamstring Stretch



Variations



Standing Single Leg Hamstring Stretch with Support

Standing Double Leg Hamstring Stretch

Standing Double Leg Stretch with Reach

Standing Double Leg Hamstring Stretch with Support

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	30 Sec	Low	1-2	N/A

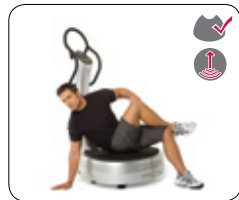
Coaching Tips

Facing the machine, place the heel of your right foot on the platform, flexing the toes. Keep your chest up and lean forward.

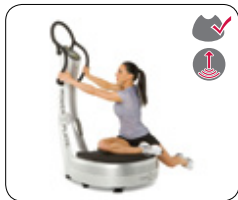
Seated Glute / Hip Stretch



Variations



Seated Glute / Hip Cross Over Stretch



Seated Glute / Hip Stretch with Rotation

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	30 Sec	Low	1-2	N/A

Coaching Tips

Place your right glute and leg, bent at 45 degree angle, across the platform. Using your left leg for support, lean forward into the machine. Keep your chest up, and your hips square and level.

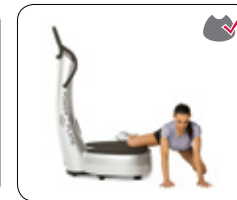
Standing Groin / Inner Thigh Stretch



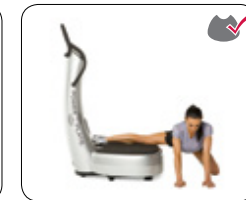
Variations



Standing Groin / Inner Thigh Stretch with Reach



Kneeling Bent Knee Groin / Inner Thigh Stretch



Kneeling Straight Leg Groin/Inner Thigh Stretch

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	30 Sec	Low	1-2	N/A

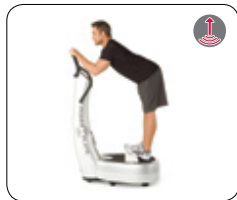
Coaching Tips

Place your right foot on platform, keeping your right leg straight. Bend into a slight squat with your left leg. Keep your chest up and your weight distributed evenly between both legs.

Calf Stretch



Variations



Calf Stretch with Foam Roller

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	30 Sec	Low	1-2	N/A

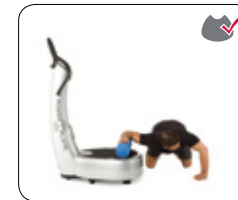
Coaching Tips

Standing on the platform, drop your right heel off the machine. Your right leg should be straight and your left leg should be bent. Lean forward and hold on to the handlebars for support.

Kneeling Chest Stretch



Variations



Kneeling Chest Stretch with Foam Roller

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	30 Sec	Low	1-2	N/A

Coaching Tips

With your right side facing the machine, place your right forearm on the platform with your elbow bent at 90 degrees. Slowly lower your body to the floor until you feel a comfortable stretch.

Kneeling Lat Stretch



Variations



Kneeling Lat Stretch with bent Elbows

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	30 Sec	Low	1-2	N/A

Coaching Tips

Kneel on the floor and place both arms on the platform, keeping them straight. Slowly sit back onto your heels. Sink chest toward the floor.

Kneeling Posterial Shoulder Stretch



Variations



Kneeling Shoulder Cross Stretch



Standing Shoulder / Neck Stretch



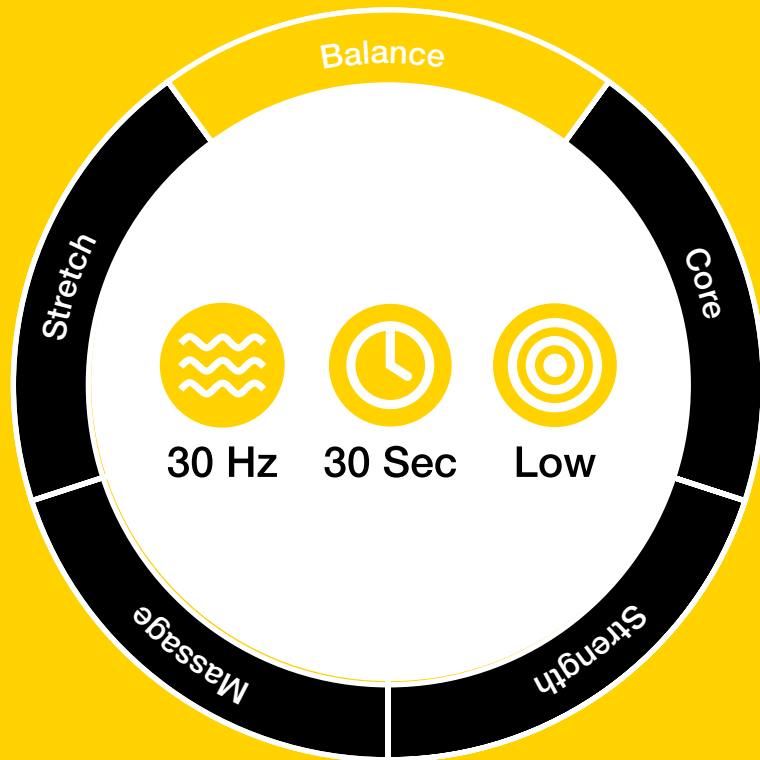
Standing External Rotation

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	30 Sec	Low	1-2	N/A

Coaching Tips

With your right side facing the machine, place your left forearm on the platform. Slowly lower your body to the floor until you feel a comfortable stretch.



Power Plate offers a fast and clinically effective way to stimulate our proprioceptive system (position sense), coordinating neuromusculoskeletal excitation with our vestibular system. This activates our conscious and subconscious orientation to space through reflexive stabilization of our core stabilizers. Provoking the potential of reflex activation of the entire neuromuscular system in synergy, is a vital and life changing application of Power Plate to positively influence balance.

Reflexive stabilization through Power Plate, utilizes triplane feedback to simulate the body's reaction to gravity and ground reaction forces, thus simulating real life interactions with our dynamic and changing environment. Creating stability with mobility is achieved through activation and consistent repetition of the Tonic Vibration Reflex and R3.

Balance on Power Plate:

- Improves reflexive, subconscious firing rates of stabilizing musculature.
- Elicits reflexive alterations within our core and center of gravity (COG) to react to the dynamic environment.
- Simulates authentic activation of the neuromuscular system for faster timing and increased muscle fiber recruitment.
- Adaptive postural control allows the individual to subconsciously interpret sensory and motor feedback for enhanced muscle memory.

Four Point Stance with Diagonal Reach



Variations



Four Point Stance with Leg Raise



Four Point Stance with Diagonal Hand and Knee Lift



Four Point Stance with Hand Lift

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	30 Sec	Low	1-2	1 : 2

Coaching Tips

Place your hands and knees on the platform. Raise your right arm and left leg for a two-count, return and alternate. Avoid rotating or shifting hips and shoulders.

Single Leg Balance



Variations



Single Leg Balance with Excursion



Single Leg Balance with Reach



Single Leg Balance with Rotational Reach

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	30 Sec	Low	1-2	1 : 2

Coaching Tips

Stand on the platform and bend your right knee. Lift your left leg, keeping your chest up. If needed, use the handlebars to regress the movement.

Single Leg RDL with Reach



Variations



Single Leg RDL with Support

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	30 Sec	Low	1-2	1 : 2

Coaching Tips

Standing on the platform, keep your right leg in a soft-lock position. Bend forward at the hips so your chest is parallel to the floor and hold. Raise your left leg and reach out with both arms. Your hips should be parallel to the floor.

Push-up / Press-up to Stabilization



Variations



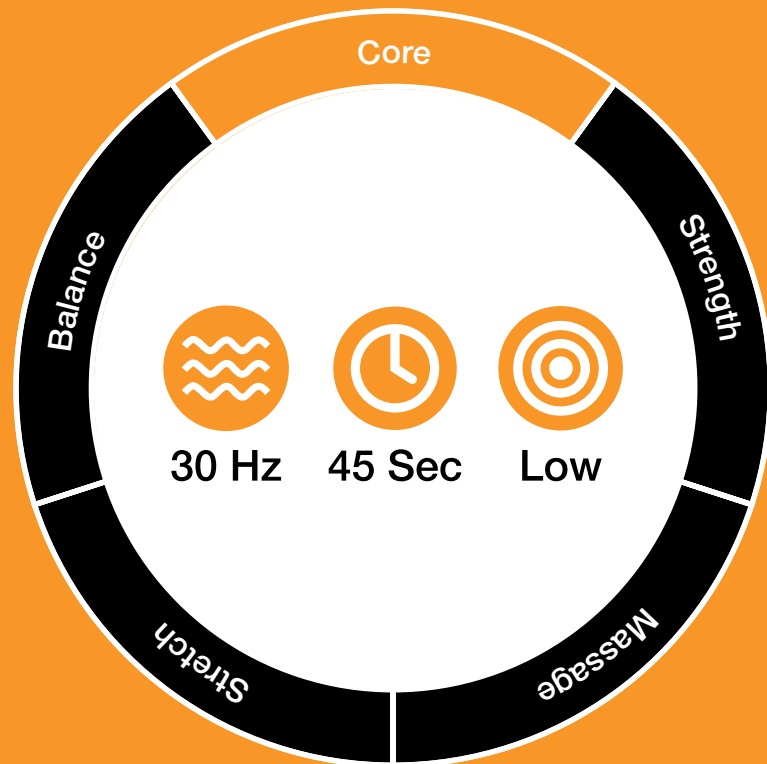
Kneeling Push-up / Press-up to Stabilization

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	30 Sec	Low	1-2	1 : 2

Coaching Tips

Begin in a push-up position with your hands on the platform and your legs wide apart for support. Lift your left arm up and out into a "Y" position for a two-count, return and alternate. Keep your chest up and try not to sink into your shoulder.



“Core Stability” is defined as the ability to control the position and motion of the trunk over the pelvis to allow optimum production, transfer and control of force, mass and momentum. The core integrates mobility and stability through the extremities in respect to the task we wish to accomplish, and motions we perform achieve the task. The core provides reflexive, subconscious, optimal position, velocity and timing for accurate and intentional function. To truly train the core, we must understand that the four walls of the common “core” are your abdominals (front wall), paraspinals (back wall), respiratory diaphragm (the roof) and your pelvic floor (the base). All of these components relate to posture and core dynamic stabilizers via the alignment and positioning of the body in relation to gravity, ground reaction forces, and base of support. All components are dynamically and authentically driven by movement and enhanced through Power Plate.

Through reflexive stabilization, Power Plate generates rapid reflex reactions, ensuring that all movements engage the entire core. Whole body vibration is the optimal stimulus to enhance core stability and activation in the sagittal, frontal and transverse planes of motion.

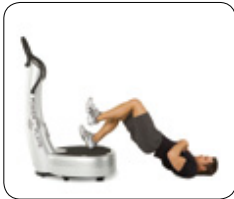
Core exercises on Power Plate:

- Through reflexive stabilization, Power Plate generates chain reactive tonic vibration reflex reactions, ensuring that all movements engage the entire core.
- Harmonic Vibration is optimally designed to condition the core safely in the sagittal, frontal and transverse planes.
- Enhances intermuscular communication, mobility and stability.

Glute Bridge



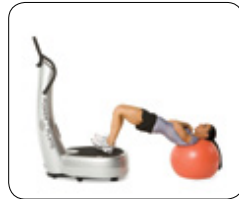
Variations



Glute Bridge with March



Single Leg Glute Bridge



Glute Bridge on a Stability Ball

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	45 Sec	Low	1-2	1 : 2

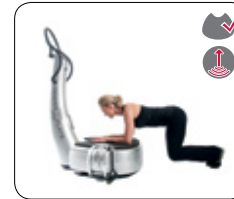
Coaching Tips

Lie supine on a step in front of the machine, flex your toes, dorsiflex your ankles and drive your heels into the platform. Lift your hips to a 45 degree angle and hold. Your arms can be crossed or up in the air. Avoid overextension in the lumbar spine.

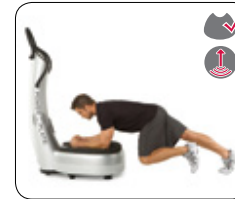
Plank



Variations



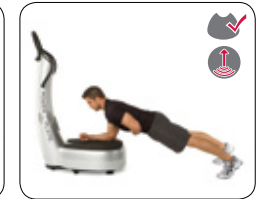
Plank with Bent Knee



Plank with Hip Flexion



Plank with Hip Extension



Single Arm Plank

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	45 Sec	Low	1-2	1 : 2

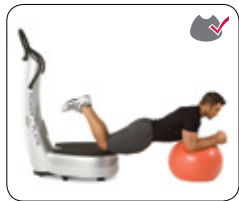
Coaching Tips

Place your forearms on the platform, making a fist with each hand. Place feet shoulder-width apart on the floor. Squeeze your glutes, push out of your shoulders and hold. Emphasis should be in forearms, not elbows.

Plank on the Floor



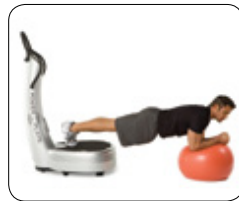
Variations



Kneeling Plank on the Floor with Stability Ball



Kneeling Plank on the Floor with Stability Ball Rollout



Plank on the Floor with Stability Ball

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	45 Sec	Low	1-2	1 : 2

Coaching Tips

Place your toes on the platform and your forearms on the floor, making a fist with each hand. Squeeze your glutes and sit back on your heels. Keeping your back flat, push out of your shoulders and hold.

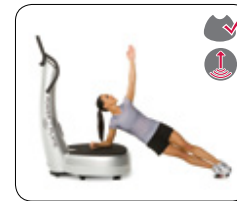
Side Plank with Staggered Stance



Variations



Kneeling Side Plank



Side Plank with Reach



Reverse Side Plank

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	45 Sec	Low	1-2	1 : 2

Coaching Tips

With your right side facing the machine, place your right forearm on the platform, making a fist with your right hand. Stagger your ankles, lift your hips to a 45 degree angle and hold.

V-Sit with Feet on the Floor



Variations



V-Sit with Support

V-Sit with Bicycle

V-Sit on the Machine

V-Sit with Raised Feet

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	45 Sec	Low	1-2	1 : 2

Coaching Tips

Sit on the platform, lean back to a comfortable position and hold. Keep your chest up.

Wood Chop on the Floor



Variations



Wood Chop on the Machine

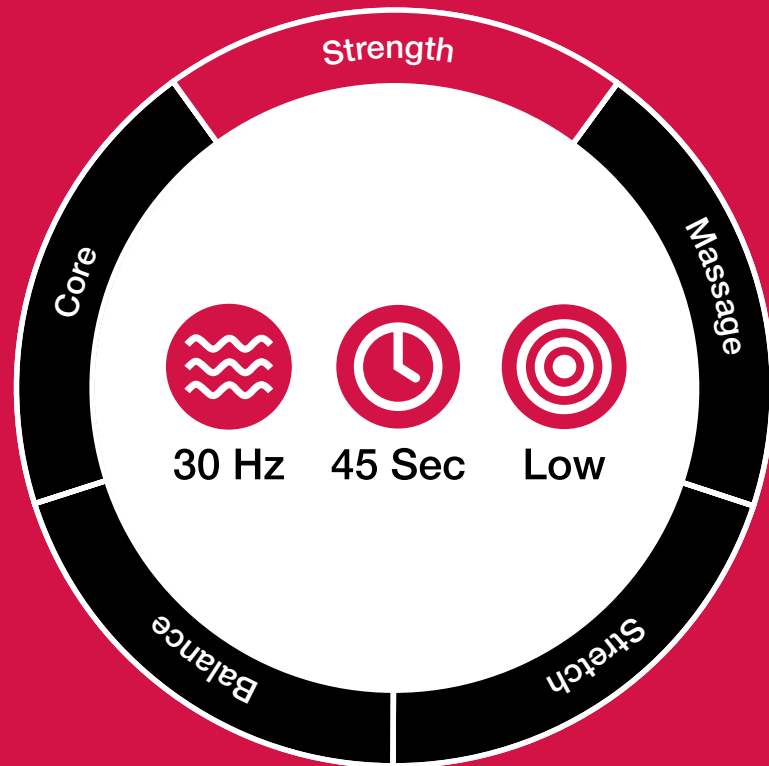
Wood Chop with Lateral Lunge

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	45 Sec	Low	1-2	1 : 2

Coaching Tips

Facing the machine, hold onto the right side proMOTION cable with both hands, keeping a slight bend in both knees. Pull the cable from low on the right to up on the left, allowing your torso and hips to pivot following the path of the arms. Return to your starting position and repeat.



Reflexive stabilization training on Power Plate has been proven to significantly enhance static and dynamic neuromuscular activation, both acutely and over time. Strength is the force exerted by a muscle or group of muscles to overcome a resistance using submaximal to maximal effort. Muscle power is work produced per unit of time, or the product of strength and speed. Muscle endurance is the ability of the muscle to contract repeatedly over time without fatigue. All three of these elements are united and enhanced using Power Plate.

Strength exercises on Power Plate:

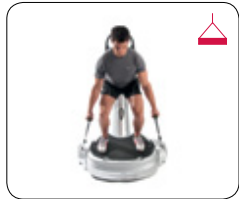
Activation of intra-muscular and inter-muscular connections are critical for optimal muscle performance. This means the body must recruit more muscle fibers, at the right time, in the right order, and at the right speed in a chain reaction throughout the entire system. Due to the rapid speed of muscle activation through Power Plate, the body is able to recruit its most powerful muscle fibers generating greater force production. Greater functional strength can be achieved through reflexive activation training on Power Plate, enhanced by the addition of mass, functional tools, or external load.

- Due to the rapid speed of muscle contractions (TVR), the body is able to recruit the entire kinetic chain generating greater force production.
- Enhances our nervous system's capacity for motor learning improving muscle memory.
- Reflexive recruitment of stabilizing muscles to proficiently maintain postural/core control.
- Research demonstrates significant decreases in recovery time and regeneration via improved circulation, recovery hormone release, and lymphatic drainage of metabolic waste.

Squat



Variations



Loaded Squat with Straight Arms



Loaded Squat



Overhead Squat



Plyo Squat

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	45 Sec	Low	1-3	1 : 1½

Coaching Tips

Stand on the platform and lower down into a squat position by flexing your hips and knees. Keep your chest up and your weight equally distributed between both feet. If needed, use the handlebars for support.

Single Leg Squat



Variations



Single Leg Squat with Bicep Curl



Single Leg Squat with Lateral Raise

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	45 Sec	Low	1-3	1 : 1½

Coaching Tips

Stand on the platform and sit back into a squat position by flexing your hips and knees. Keeping your chest up, lift one foot off of the platform. Slowly stand up without locking your knees, then move back into a squat.

Step Lunge



Variations



Reverse Step Lunge



Lateral Step Lunge



Transverse Step Lunge

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	45 Sec	Low	1-3	1 : 1½

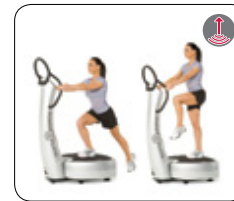
Coaching Tips

Facing the machine, begin with both feet on a step. Keeping your chest up, step forward with your left leg and bend into a lunge. Hold for a two-count and return your left leg to the step.

Step Up



Variations



Step Up with Support



Transverse Step Down

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	45 Sec	Low	1-3	1 : 1½

Coaching Tips

Facing the machine, place your right foot on the platform. Bend both knees and lower down into a lunge, keeping your shoulders directly over your hips. Push off of your back left foot as you step up onto the platform on your right foot and pull your left knee up. Return to your starting position by stepping back onto the floor with your left foot, bending both knees into a lunge. Repeat the movement.

Split Squat



Variations



Split Squat with Bicep Curl



Split Squat with Front Raise



Split Squat with Shoulder Press



Split Squat with a Stability Ball

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	45 Sec	Low	1-3	1 : 1½

Coaching Tips

Place your right foot on the platform and the toes on your left foot on a step. Keep your chest up, maintaining a 45 degree bend in both knees.

Calf Raise



Variations



Bent Knee Calf Raise

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	45 Sec	Low	1-3	1 : 1½

Coaching Tips

Stand on the platform facing the machine. Hold on to the handlebars, bend at the waist, lift your heels and return.

Single Leg RDL with Support



Variations



Single Leg RDL with Reach

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	45 Sec	Low	1-3	1 : 1½

Coaching Tips

With your right side facing the machine, place your left foot on the platform, keeping your knee in a soft-lock position. Hold the handlebars with your right hand for stability. Lift your right leg behind you and grab the strap halfway up with your left hand. Keep arm straight and pull up, maintaining tension in the strap.

Deadlift



Variations



Single Leg Deadlift



Single Arm Deadlift



Dynamic Deadlift

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	45 Sec	Low	1-3	1 : 1½

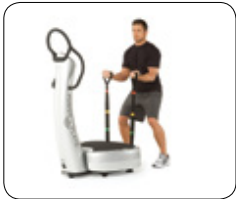
Coaching Tips

Facing away from the machine, stand on the platform with a wide stance. Get into a squat position and grab the straps with a neutral grip at the base. Keeping your arms straight and inside of your knees, pull the straps straight up. Maintain tension in the straps.

Bicep Curl on the Floor



Variations



Static Bicep Curl on the Floor



Static Bicep Curl on the Machine

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	45 Sec	Low	1-3	1 : 1½

Coaching Tips

Facing the machine, hold one proMOTION cable in each hand in an underhand grip. Flex at the elbows and come into a bicep curl. Keep your elbows stable and at your sides while your chest stays lifted. Lower your forearms back down to their starting position and repeat.

Kneeling Shoulder Press



Variations



Kneeling Single Arm Shoulder Press



Standing Shoulder Press



Squat to Shoulder Press

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	45 Sec	Low	1-3	1 : 1½

Coaching Tips

Kneel facing the machine and hold one proMOTION cable in each hand with your elbows bent at 90 degrees and arms parallel to your body. Extend at your elbows as arms travel upward. Keep your chest lifted and directly over your hips. Return to your starting position by flexing at the elbows and lowering your arms and repeat.

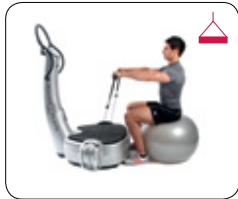
Standing Front Raise



Variations



Integrated Front Raise



Seated Front Raise

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	45 Sec	Low	1-3	1 : 1½

Coaching Tips

Stand facing the machine and hold one proMOTION cable in each hand in a pronated grip. Slightly bend your knees, and with straight arms, flex at your shoulders to lift your arms straight out in front of you. Raise your arms to shoulder height, then return to your starting position and repeat. Keep your shoulders directly over your hips.

Standing Lateral Raise



Variations



Static Lateral Raise



Integrated Lateral Raise



Integrated Single Leg Lateral Raise

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	45 Sec	Low	1-3	1 : 1½

Coaching Tips

Stand facing the machine and hold one proMOTION cable in each hand in a neutral grip. Slightly bend your knees and arms as you abduct at your shoulders to lift your arms straight out to the side. Raise your arms to shoulder height, then return to your starting position and repeat. Keep your shoulders directly over your hips.

Standing Chest Fly

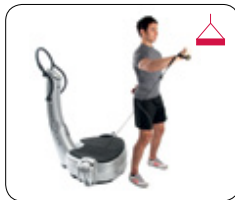


Variations



Seated Chest Fly

Do not progress to High Amplitude.



Single Arm Chest Fly



Integrated Chest Fly with Raised Feet

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	45 Sec	Low	1-3	1 : 1½

Coaching Tips

Stand facing away from the machine and hold one proMOTION cable in each hand in a neutral grip. Slightly bend at your knees with your arms out to your side at shoulder height slightly bent. Horizontally adduct your arms so that they meet in front of your chest and remain at shoulder height. Return to your starting position and repeat. Keep your shoulders directly over your hips.

Standing Chest Press



Variations

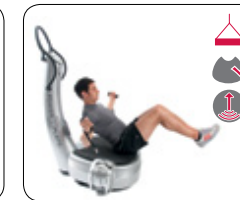


Seated Chest Press

Do not progress to High Amplitude.



Single Arm Chest Press



Integrated Chest Press with Raised Feet

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	45 Sec	Low	1-3	1 : 1½

Coaching Tips

Stand facing away from the machine and hold one proMOTION cable in each hand in a pronated grip. Slightly bend at your knees with your arms out to your side at shoulder level and bent at 90 degrees. Extend at your elbows to straighten your arms so that they meet in front of your chest and remain at shoulder height. Flex at your elbow to return to your starting position and repeat. Keep your shoulders directly over your hips.

Bent Over Reverse Fly



Variations



Standing Reverse Fly



Bent Over Single Arm Reverse Fly



Integrated Reverse Fly

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	45 Sec	Low	1-3	1 : 1½

Coaching Tips

Stand facing the machine and hold one proMOTION cable in each hand in a neutral grip. Bend at your knees and waist to lower your chest toward the platform. Keep a flat back and arms down in front of your chest. With slightly bent arms, abduct at your shoulders and retract your scapula so that they end at shoulder height. Return to your starting position by adducting your shoulders and repeat.

Low Row



Variations



Static Low Row



High Row



Integrated Row



Integrated Single Arm Row

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	45 Sec	Low	1-3	1 : 1½

Coaching Tips

Stand facing the machine and hold one proMOTION cable in each hand in a neutral grip. Slightly bend at your knees with your feet hip-width apart and bend forward slightly at your waist. Flex at your elbows as you pull the cables toward you and retract at the scapula. Avoid hyperextension in the lumbar spine and neck. Return to your starting position and repeat.

Tricep Dip



Variations



Elevated Tricep Dip



Tricep Kick Back



Overhead Tricep Extension

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	45 Sec	Low	1-3	1 : 1½

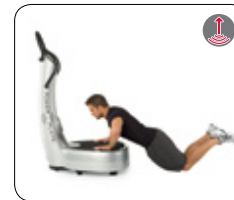
Coaching Tips

Facing away from the machine, place your hands on the edge of the platform. Extend your legs in front of you. Drop to a 90 degree bend in your elbows and hold.

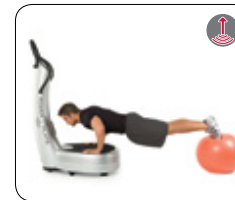
Push-up / Press-up



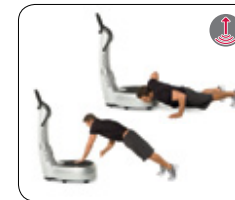
Variations



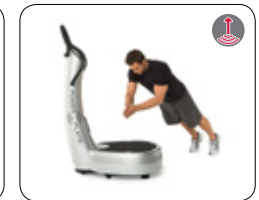
Kneeling Push-up / Press-up



Push-up / Press-up with a Stability Ball



Cross Over Push-up / Press-up



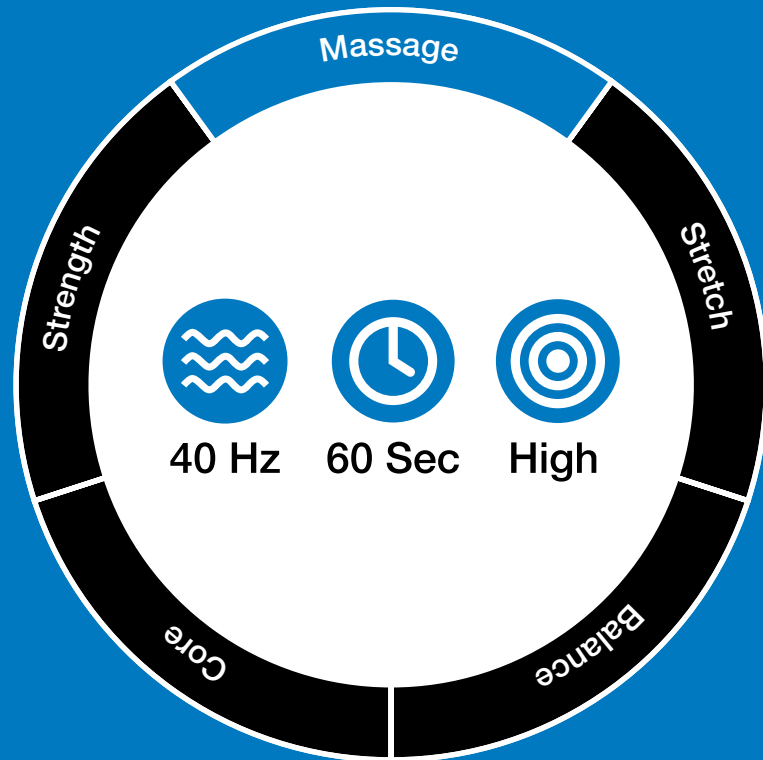
Power Push-up / Press-up

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
30 Hz	45 Sec	Low	1-3	1 : 1½

Coaching Tips

Place your hands on the platform and your feet on the floor. Lower your body until your elbows are bent at 90 degrees. Hold this static position and squeeze your chest muscles.



Performing massage on Power Plate is an evidence-based method to revitalize the body creating a natural environment for healing to take place.

Prior to exercise, performing massage aids in soft tissue preparation increasing circulation, soft tissue elasticity allowing for better range of motion, improves muscle tone, stimulates the function of skin and organ systems, as well as promotes nervous system function. Assistive tools, such as a foam rollers or trigger point devices, may be used in conjunction with whole body vibration.

Following exercise, the circulatory (including the lymphatic system), metabolic, connective, nervous, and hormonal systems need revitalization. Positive benefits of massage after activity includes: enhancement of the immune system, reduction in blood pressure, relief from pain and muscle tension, improves mood through release of natural serotonin while decreasing cortisol levels, elevates intellectual reasoning and job performance.

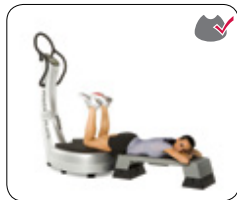
Massage on Power Plate:

- Relieves soft tissue adhesions and tightness.
- Lowers stress hormones like cortisol.
- Increases blood flow and lymphatic circulation.
- Relaxes the nervous system and promotes release of serotonin and endorphins.
- Naturally stimulates release of growth hormone (GH), which has significant impact on regeneration, recovery, and neurological health.

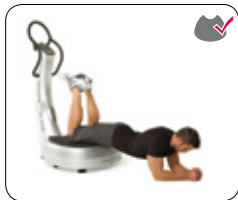
Quad Massage with Step



Variations



Quad Massage with Ankles Elevated



Quad Massage



Quad Massage with Foam Roller

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
40 Hz	60 Sec	High	1-2	N/A

Coaching Tips

Lie face-down on a step. Place as much of your quads on the platform as possible while keeping the pelvis area off. Close your eyes and relax.

Hamstring Massage with Step



Variations



Hamstring Massage



Hamstring Massage with Foam Roller

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
40 Hz	60 Sec	High	1-2	N/A

Coaching Tips

Lying face-up on a step, place your glutes against the front of the machine. Straighten your legs across the platform, close your eyes and relax.

Lateral Thigh Massage with Step



Variations



Lateral Thigh Massage



Lateral Thigh Massage with Foam Roller

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
40 Hz	60 Sec	High	1-2	N/A

Coaching Tips

Place your left hip on the platform, stacking your legs at a 45 degree angle. Use your left arm support your body and relax.

Piriformis Massage



Variations



Seated Cross Over Massage



Seated Cross Over Massage with Foam Roller

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
40 Hz	60 Sec	High	1-2	N/A

Coaching Tips

Place your left hip on the platform, stacking your leg at a 45 degree angle. Pivot your ankles, bring your knees up and hold.

Calf Massage



Variations



Calf Massage with Foam Roller

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
40 Hz	60 Sec	High	1-2	N/A

Coaching Tips

Lie on the floor with the lower half of your leg on the platform. Close your eyes and relax.

Lumbar Massage



Variations



Lumbar Massage with Rotation

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
40 Hz	60 Sec	Low	1-2	N/A

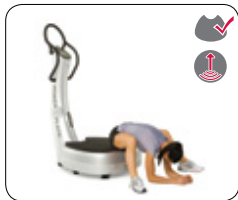
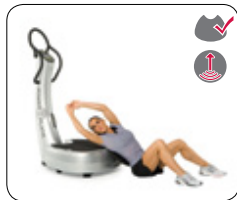
Coaching Tips

Lie face-up on a step, placing your lumbar region on the platform. Place your feet against the handlebars, close your eyes and relax.

Mid / Low Back Massage



Variations



Mid / Low Back Massage with Rotation

Back Relaxer

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
40 Hz	60 Sec	Low	1-2	N/A

Coaching Tips

Sit on the floor, placing the mat between you and the machine. Lean back against the machine and flex forward.

Chest Massage



Settings

Frequency	Time	Amplitude	Sets	Work : Rest
40 Hz	60 Sec	High	1-2	N/A

Coaching Tips

Kneel on the floor in front of the machine. Place your chest and shoulder on the platform. Keep your weight over your shoulder.

Trap Massage



Settings

Frequency	Time	Amplitude	Sets	Work : Rest
40 Hz	60 Sec	High	1-2	N/A

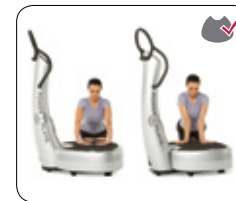
Coaching Tips

Sit on the floor in front of the machine. Cross the straps and place on the tight part of your neck. Flex forward and curl, pulling the straps tight. Make sure you are not touching the machine.

Forearm Extensor Massage



Variations



Wrist Flexion / Extension Massage

Settings

Frequency	Time	Amplitude	Sets	Work : Rest
40 Hz	60 Sec	High	1-2	N/A

Coaching Tips

Place the top of your left forearm on the platform with your palm facing up. Provide manual pressure with your right hand. When time runs out, flip your left arm so that your palm is facing down.

Power Plate Workouts



Power Basic Workout



Stretch

30 Hz 30 Sec Low



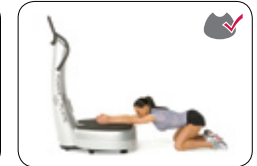
Standing Quad/Hip Flexor Stretch (page 15)



Standing Single Leg Hamstring Stretch with Support (page 16)



Standing Groin / Inner Thigh Stretch (page 18)



Kneeling Lat Stretch (page 21)

Balance

30 Hz 30 Sec Low



Single Leg Balance (page 26)



Single Leg RDL with Support (page 45)



Glute Bridge (page 31)



Plank (page 32)

Core

30 Hz 45 Sec Low

Strength

30 Hz 45 Sec Low



Split Squat (page 43)



Push-up / Press-up (page 56)



Squat (page 35)



Static Low Row (page 54)
High Amplitude



Step Up (page 42)



Single Knee Shoulder Press (page 48)
High Amplitude



Static Low Row (page 54)
High Amplitude



Lateral Step Lunge (page 41)

Massage

40 Hz 60 Sec High



Quad Massage (page 59)



Hamstring Massage (page 60)



Lateral Thigh Massage (page 61)



Mid / Low Back Massage (page 65)
Low Amplitude

Power Basic Workout with proMOTION™



Stretch

30 Hz 30 Sec Low



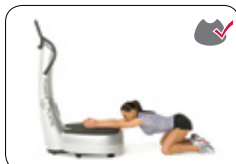
Standing Quad/Hip Flexor Stretch (page 15)



Standing Single Leg Hamstring Stretch with Support (page 16)



Standing Groin / Inner Thigh Stretch (page 18)



Kneeling Lat Stretch (page 21)

Balance

30 Hz 30 Sec Low



Single Leg Balance (page 26)



Single Leg RDL with Support (page 27)



Glute Bridge (page 31)



Plank (page 32)

Core

30 Hz 45 Sec Low

Strength

30 Hz 45 Sec Low



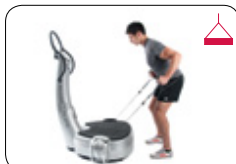
Split Squat (page 43)



Push-up / Press-up (page 56)



Loaded Squat (page 39)



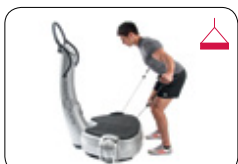
Standing Low Row (page 54)



Step Up (page 42)



Standing Chest Fly (page 51)



Bent Over Reverse Fly (page 53)



Deadlift (page 46)

Massage

40 Hz 60 Sec High



Quad Massage (page 58)



Hamstring Massage (page 59)



Lateral Thigh Massage (page 61)



Mid / Low Back Massage (page 65) *Low Amplitude*

Power Intermediate Workout



Stretch

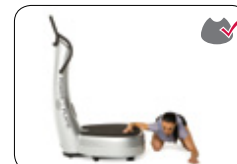
30 Hz 30 Sec Low



Standing Quad/Hip Flexor Stretch with Reach (page 15)



Standing Double Leg Hamstring Stretch (page 16)



Kneeling Chest Stretch (page 20)



Kneeling Posterial Shoulder Stretch (page 22)

Balance

30 Hz 30 Sec Low



Four Point Stance with Diagonal Reach (page 25)



Single Leg Balance (page 26)



Single Leg Glute Bridge (page 31)



Single Arm Plank (page 32)

Core

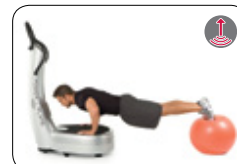
30 Hz 45 Sec Low

Strength

45 Hz 45 Sec Low



Static Bicep Curl on the Floor (page 47)



Push-up / Press-up with a Stability Ball (page 56)



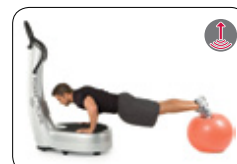
Step Lunge (page 41)



Integrated Row (page 54)



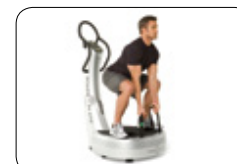
Static Lateral Raise (page 50)



Push-up / Press-up with a Stability Ball (page 56)



Integrated Row (page 54)



Deadlift (page 46)

Massage

40 Hz 60 Sec High



Quad Massage (page 58)



Hamstring Massage (page 59)



Piriformis Massage (page 62)



Lumbar Massage (page 64) *Low Amplitude*

Power Intermediate Workout with proMOTION™



Stretch

30 Hz 30 Sec Low



Standing Quad/Hip Flexor Stretch (page 15)



Standing Single Leg Hamstring Stretch with Support (page 16)



Standing Groin / Inner Thigh Stretch (page 18)



Kneeling Lat Stretch (page 20)

Balance

30 Hz 30 Sec Low



Single Leg Balance (page 26)



Single Leg RDL with Y (page 27)



Single Leg Glute Bridge (page 31)



Wood Chop on the Floor (page 36)

Core

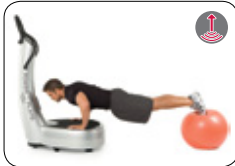
30 Hz 45 Sec Low

Strength

40 Hz 45 Sec Low



Loaded Squat (page 38)



Push-up / Press-up with a Stability Ball (page 56)



Step Up (page 42)



Low Row (page 54)



Lateral Step Lunge (page 41)



Single Arm Chest Fly (page 51)



Single Leg RDL (page 45)



Bent Over Reverse Fly (page 53)

Massage

40 Hz 60 Sec High



Quad Massage (page 59)



Hamstring Massage (page 60)



Lateral Thigh Massage (page 61)



Mid / Low Back Massage (page 65) *Low Amplitude*

Power Advanced Workout



Stretch

30 Hz 30 Sec Low



Standing Quad/Hip Flexor Stretch with Reach (page 15)



Standing Double Leg Hamstring Stretch (page 16)



Seated Glute / Hip Stretch (page 17)



Calf Stretch (page 19)

Balance

30 Hz 30 Sec Low



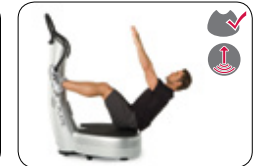
Single Leg Balance with Rotational Reach (page 26)



Push-up / Press-up to Stabilization (page 28)



Reverse Side Plank (page 30)



V-Sit on the Machine (page 35)

Core

30 Hz 30 Sec Low

Strength

40 Hz 45 Sec Low



Single Leg Squat (page 40)



Power Push-up / Press-up (page 56)



Transverse Step Lunge (page 41)



Integrated Row (page 54)



Single Knee Shoulder Press (page 48)



Single Leg RDL (page 45)



Integrated Row (page 54)



Deadlift (page 46)

Massage

40 Hz 60 Sec High



Quad Massage (page 59)



Hamstring Massage (page 60)



Piriformis Massage (page 62)



Trap Massage (page 67) *Low Amplitude*

Power Advanced Workout with proMOTION™



Stretch

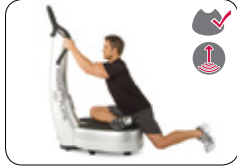
30 Hz 30 Sec Low



Standing Quad/Hip Flexor Stretch with Reach (page 15)



Standing Double Leg Hamstring Stretch (page 16)



Seated Glute / Hip Stretch (page 17)



Calf Stretch (page 19)

Balance

30 Hz 30 Sec Low



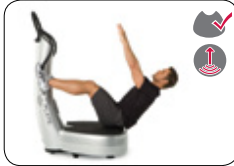
Single Leg Balance with Rotational Reach (page 26)



Push-up / Press-up to Stabilization (page 28)



Wood Chop on the Machine (page 36)



V-Sit on the Machine (page 35)

Strength

40 Hz 45 Sec Low



Split Squat with Shoulder Raise (page 43)



Power Push-up / Press-up (page 56)



Transverse Step Lunge (page 41)



Low Row (page 54)



Loaded Squat (page 38)



Standing Chest Fly (page 51)



Bent Over Reverse Fly (page 53)



Dynamic Deadlift (page 46)

Massage

40 Hz 60 Sec Low Amplitude



Quad Massage (page 59)



Hamstring Massage (page 60)



Piriformis Massage (page 62)



Trap Massage (page 67)
Low Amplitude

Power Plate Strength Solutions



Designed in conjunction with Athletes' Performance, the following two pages compare a traditional strength and conditioning regimen with Power Plate training techniques as a method to solicit high-level adaption through the entire strength and conditioning program.

Stretch (Movement Preparation)

A series of exercises designed to increase core temperature, increase circulation to working musculature, increase extensibility and AROM of working musculature, and prepare the nervous system for the demand of the upcoming session.

Core (Pillar Strength)

Exercises designed to solicit activation of the musculature of the hips, thorax and shoulders.

Strength Methods

Hypertrophy

A lifting program designed to solicit a hypertrophic effect within the working musculature.

Maximal Strength

A lifting program designed to increase the maximum amount of force that can be developed in a single effort.

Maximal Power (75% 1RM - velocity emphasis)

A lifting program designed to increase the maximum amount of power that can be developed in a single effort.

Pre-Activation/Complex Training

A lifting program designed to activate a maximal amount of muscle tissue by contrasting a heavy movement with a complimentary explosive movement.

Massage (Soft Tissue)

Exercises designed to aid in recovery from the day's training session.

D = Dynamic

E = Explosive

S = Static

FC = Functional Capacity

Traditional Solution

Warm-Up (Movement Preparation)	Sets	Reps
Single Leg RDL	1	4
Lateral Squat	1	4
Standing Quad Stretch	1	4
Walking Lunges	1	4
1/2 Kneeling Hip Flexor Stretch	1	4
Overhead Squat	1	4
Knee Hugs	1	4

Core (Pillar Strength)	Sets	Reps
Crunches	1-3	10
Russian Twists	1-3	10
Medicine Ball Rotational Throw	1-3	10

Strength Methods	Sets	Reps
<i>Hypertrophy</i>		
Bench Press	4-6	12-15
Front Squat	4-6	12-15
Deadlift	4-6	12-15
Bent over Row	4-6	12-15

<i>Maximal Strength</i>		
Bench Press	4-6	6-1
Front Squat	4-6	6-1
Deadlift	4-6	6-1
Bent over Row	4-6	6-1

<i>Maximal Power (75% 1RM - velocity emphasis)</i>		
Bench Press	4-6	6-1
Front Squat	4-6	6-1
Deadlift	4-6	6-1
Bent over Row	4-6	6-1

<i>Pre-Activation/Complex Training</i>		
BB Bench Press	4-6	6-1
Explosive Push-Ups	4-6	3-5
BB Front Squat	4-6	6-1
Squat Jumps	4-6	3-5
2 Arm 2 Leg BB RDL	4-6	6-1
DB Swings	4-6	3-5
Pull-Ups	4-6	6-1
Medicine ball Slams	4-6	3-5

Massage (Soft Tissue)	Sets	Time
Trigger Point	1-2	30 - 45 Sec
Foam Roll	1-2	30 - 45 Sec
Stretching	1-2	20 - 30 Sec

Powered by:



Power Plate Strength Solutions



Warm-Up	Time / Reps	Frequency	Amplitude	Sets	Execution
Standing Hamstring Stretch	30 Sec / 6 Reps	30 Hz	Low	1	S - D
Kneeling Inner Thigh Stretch	30 Sec / 6 Reps	30 Hz	Low	1	S - D
Standing Glute Stetch	30 Sec / 6 Reps	30 Hz	Low	1	S - D
Standing Hip Flexor Stretch	30 Sec / 6 Reps	30 Hz	Low	1	S - D
Standing Neck Stretch	30 Sec / 6 Reps	30 Hz	Low	1	S - D
Kneeling Chest and Shoulder Stretch	30 Sec / 6 Reps	30 Hz	Low	1	S - D
Single Arm Lat Stretch	30 Sec / 6 Reps	30 Hz	Low	1	S - D

Core	Time / Reps	Frequency	Amplitude	Sets	Execution
Side Plank with Straight Leg	30-45 Sec / 8-10	30 Hz	Low	1-3	S - D
Glute Bridge with Single Leg Raise	30-45 Sec / 8-10	30 Hz	Low	1-3	D
Plank with Arm/Leg Extension	30-45 Sec / 8-10	30 Hz	Low	1-3	D

Strength Methods	Time / Reps	Frequency	Amplitude	Sets	Execution
<i>Hypertrophy (As Primary, +External Load @ 60-70% FC)</i>					
Push-Up	30-60 Sec / 12-15	35-40 Hz	High	4-6	S - D
Squat	30-60 Sec / 12-15	35-40 Hz	High	4-6	S - D
Deadlift	30-60 Sec / 12-15	35-40 Hz	High	4-6	S - D
Bent Over Row	30-60 Sec / 12-15	35-40 Hz	High	4-6	S - D

<i>Hypertrophy (As Complimentary)</i>					
ALT DB Bench Press	12-15 Reps			4-6	
Push-Up ISO hold	30 Sec	35-40 Hz	High	4-6	S
Front Squat/ALT DB Lunges	12-15 Reps			4-6	
Split Squat ISO hold	30 Sec	35-40 Hz	High	4-6	S
2 Arm 2 Leg BB RDL	12-15 Reps			4-6	
2 Arm 2 Leg ISO hold	30 Sec	35-40 Hz	High	4-6	S
Bent Over BB Row	12-15 Reps			4-6	
Bent Over Row ISO Hold	30 Sec	35-40 Hz	High	4-6	S

<i>Maximal Strength (+External Load @ 85-95% FC)</i>					
Push-Up	30-60 Sec / 6-2	35-40 Hz	High	4-6	S - D
Squat	30-60 Sec / 6-2	35-40 Hz	High	4-6	S - D
Deadlift	30-60 Sec / 6-2	35-40 Hz	High	4-6	S - D
Bent Over Row	30-60 Sec / 6-2	35-40 Hz	High	4-6	S - D

<i>Maximal Power</i>					
Push up	30-45 Sec / 6-2	30-40 Hz	High	4-6	E
Split Squat (Front Foot Elevated)	30-45 Sec / 6-2	30-40 Hz	High	4-6	E

<i>Pre-Activation/Complex Training (Complete 2-3 sets on the PP before complimenting movement)</i>					
Push-Up	10 Sec	40 Hz	High	2-3	S
BB Bench (@ 85 - 100% FC)	6-1 Reps			3-6	
Squat	10 Sec	40 Hz	High	2-3	S
BB Front Squat	6-1 Reps			3-6	
Deadlift	10 Sec	40 Hz	High	2-3	S
2 Arm 2 Leg BB RDL	6-1 Reps			3-6	
Bent Over Row	10 Sec	40 Hz	High	2-3	S
DB Bent over Row	6-1 Reps			3-6	

Massage (Soft Tissue)	Time	Settings	Settings	Sets	Execution
Outer Thigh	30-60	30-40 Hz	High	1-2	N/A
Inner Thigh	30-60	30-40 Hz	High	1-2	N/A
Quadriцеп	30-60	30-40 Hz	High	1-2	N/A
Calf	30-60	30-40 Hz	High	1-2	N/A
Shoulder	30-60	30-40 Hz	High	1-2	N/A
Trigger Point	30-60	30-40 Hz	High	1-2	N/A
Foam Roll	30-60	30-40 Hz	High	1-2	N/A

Power Plate Golf Solutions Workout Phase 1 – General Prep



Designed in conjunction with Athletes' Performance, the following two workouts show how you can incorporate Power Plate training into a golf program.

Movement Prep

Exercise	Time/Reps	Frequency	Amplitude	Sets
Lateral Lunge	30 Sec	30 Hz	Low	1
Inverted Hamstring	30 Sec	30 Hz	Low	1
Sumo Squat	30 Sec	30 Hz	Low	1
Downward Dog	30 Sec	30 Hz	Low	1
World's Greatest Stretch	30 Sec	30 Hz	Low	1
Total Body #1	30 Sec	30 Hz	Low	1
Total Body #2	30 Sec	30 Hz	Low	1

Core/Balance

Exercise	Time/Reps	Frequency	Amplitude	Sets
Prone Pillar	30 Sec	30 Hz	Low/High	1-2
Side Pillar	30 Sec	30 Hz	Low/High	1-2
Glute Bridge	30 Sec	30 Hz	Low/High	1-2
Single Leg Balance	30 Sec	30 Hz	Low	1-2

Strength Training

Exercise	Time/Reps	Frequency	Amplitude	Sets
Push Up	30 Sec	40 Hz	Low	2-3
Single Leg RDL	10 Reps			2-3
Stability Lift - Half Kneeling	10 Reps			2-3
Standing Pull Progression	30 Sec	40 Hz	Low	2-3
Squat	30 Sec	40 Hz	Low	2-3
Rotational Chop with Cable	8 Reps			1-2
Y-T-W External Rotation	8 Reps			1-2

Regeneration

Exercise	Time/Reps	Frequency	Amplitude	Sets
Hip & Quadricep Massage	60 Sec	35 Hz	High	1
Posterior Hip Massage	60 Sec	35 Hz	High	1
Lateral Thigh Massage	60 Sec	35 Hz	High	1
Quad/Hip Flexor Stretch	30 Sec	35 Hz	Low	1
90/90 Stretch with Arm Sweep	8 Reps			1
Thoracic Rotation - Heel Sit	8 Reps			1
Dowl Shoulder Rotation	8 Reps			1

Powered by:
Athletes
PERFORMANCE

Power Plate Golf Solutions Workout

Phase 2 – Hypertrophy



Movement Prep

Exercise	Time/Reps	Frequency	Amplitude	Sets
⌘ Lateral Lunge	30 Sec	30 Hz	Low	1
⌘ Inverted Hamstring	30 Sec	30 Hz	Low	1
⌘ Sumo Squat	30 Sec	30 Hz	Low	1
⌘ Downward Dog	30 Sec	30 Hz	Low	1
⌘ World's Greatest Stretch	30 Sec	30 Hz	Low	1
⌘ Total Body #1	30 Sec	30 Hz	Low	1
⌘ Total Body #2	30 Sec	30 Hz	Low	1

Core/Balance

Exercise	Time/Reps	Frequency	Amplitude	Sets
⌘ Prone Pillar	30 Sec	35 Hz	Low/High	1-2
⌘ Side Pillar	30 Sec	35 Hz	Low/High	1-2
⌘ Glute Bridge	30 Sec	35 Hz	Low/High	1-2
⌘ Stork Turns	30 Sec	35 Hz	Low	1-2

Strength Training

Exercise	Time/Reps	Frequency	Amplitude	Sets
⌘ Push Up	30 Sec	40 Hz	Low	1-2
Bench Press - Alt DB	8 Reps			2-3
Single Leg RDL	8 Reps			2-3
Alternating Pull Down	8 Reps			2-3
Stability Lift - Split Stance	8 Reps			2-3
⌘ Single Leg Squat	30 Sec	40 Hz	Low	2-3
Bent Over Row - 1 Arm, 1 Leg (Ipsi)	8 Reps			2-3
PB Leg Curl	8 Reps			2-3
Rotational Push/Pull with Cable	8 Reps			1-2
Y-T-W External Rotation	10 Reps			1-2

Regeneration

Exercise	Time/Reps	Frequency	Amplitude	Sets
⌘ Hip & Quadricep Massage	60 Sec	35 Hz	High	1
⌘ Posterior Hip Massage	60 Sec	35 Hz	High	1
⌘ Lateral Thigh Massage	60 Sec	35 Hz	High	1
⌘ Quad/Hip Flexor Stretch	30 Sec	35 Hz	Low	1
90/90 Stretch with Arm Sweep	8 Reps			1
Thoracic Rotation - Heel Sit	8 Reps			1
Dowl Shoulder Rotation	8 Reps			1

Powered by:



Power Plate Knee Rehab Workout



Designed in conjunction with Athletes' Performance, this workout shows you how you can use Power Plate training for activation and correction for knee injury prevention. This program can be performed within the transitional phase of a rehabilitation program or on regeneration day.

Movement Prep

Exercise	Time/Reps	Frequency	Amplitude	Sets	Execution
⌘ Trigger Point Release	30-60 Sec	30 Hz	Low	1 - 2	S - D
⌘ Foam Rolling	30-45 Sec	40 Hz	High	1	S - D
⌘ 90/90 Stretch (lying on back)	30 Sec / 6 Reps	30 Hz	Low	1	S - D
⌘ Kneeling Quad / Hip Flexor Stretch	30 Sec	30 Hz	Low	1	S
⌘ Adductor Stretch (lateral squat)	30 Sec / 6 Reps	30 Hz	Low	1	S - D
⌘ T-Hip Mobility	30 Sec	30 Hz	Low	1	D
⌘ CKC Dorsiflexion Stretch	30 Sec	30 Hz	Low	1	D

Core/Balance

Exercise	Time/Reps	Frequency	Amplitude	Sets	Execution
⌘ Leg Lock Glute Bridge	30 Sec	30 Hz	Low	1	S
⌘ Single Leg Lowering	30 Sec	30 Hz	Low	1	D
⌘ Plank w/ Alt Arm Extension	30 Sec	30 Hz	Low	1	S
⌘ Plank w/ Alt Leg Extension	30 Sec	30 Hz	Low	1	D
⌘ Side Plank	30 Sec	30 Hz	Low	1	S
⌘ Side Plank w/ Lateral Abduction	30 Sec	30 Hz	Low	1	D
⌘ Resisted Quadruped Diagonals	30 Sec	30 Hz	Low	1	S

Strength Training

Exercise	Time/Reps	Frequency	Amplitude	Sets	Execution
⌘ External Rotation with Miniband	30 Sec (per leg)	30 Hz	Low	1	D
⌘ Walk with Miniband	30 Sec	30 Hz	Low	1	D
⌘ Lateral step with Miniband	30 Sec	30 Hz	Low	1	D
⌘ Reverse Lunge w/ Opposite Hand Reach	30-45 Sec	30 Hz	Low	1	D
⌘ Inverted Hamstring	30 Sec	30 Hz	Low	1	D
⌘ Standing Hip Crossover	45 Sec	30 Hz	Low	1	D
⌘ Cook Squat	60 Sec	30 Hz	Low	1	D

Regeneration

Exercise	Time/Reps	Frequency	Amplitude	Sets
⌘ Glute	60 Sec	40Hz	High	1
⌘ Quadricep	60 Sec	40Hz	High	1
⌘ Hamstring	60 Sec	40Hz	High	1
⌘ Outter Thigh	60 Sec	40Hz	High	1
⌘ Inner Thigh	60 Sec	40Hz	High	1
⌘ Tib Anterior	60 Sec	40Hz	High	1

Powered by:



Lean Body Mass Workout



This intermediate workout is for the client who wants to pack on some muscle using traditional exercises in a non-traditional manner.

Warm-Up

Exercise	Time	Frequency	Amplitude	Sets	Execution
1. Kneeling Hip Flexor Mobilizer	60 Sec	30 Hz	Low	1	Keep movement rhythmical; switch sides at 30 sec.
2. Bent Over Hamstring Mobilizer	30 Sec	30 Hz	Low	1	Turn toes inward (pigeon-toed) and subtly sway hips laterally.
3. Push-ups with Staggered Hand Position	30 Sec	30 Hz	Low	1	
4. Wide Squat with MB Throw & Catch	30 Sec	30 Hz	Low	1	If no partner, swing MB side-side.

MB = medicine ball

Workout - Perform each group in a circuit.

Exercise	Time	Frequency	Amplitude	Sets	Execution
1. Squat to BL Hand Curl with proMOTION	30 Sec	35 Hz	High	3	
2. DB Stride-Stance Alternating Hands Curl	20 Sec			3	Use a weight that only allows for 20 seconds of motion.
3. Barbell Squats	20 Sec			3	Use a weight that only allows for 20 seconds of motion.
1. Step Up with Single-Hand Fly	30 Sec	35 Hz	High	2	Repeat on the other side.
2. DB Flat Bench Press	20 Sec			2	Use a weight that only allows for 20 seconds of motion.
3. Barbell Lateral Step Ups	20 Sec			2	Use a weight that only allows for 20 seconds of motion.
1. SLD with BL Hand Pull to Extend with proMOTION	30 Sec	35 Hz	High	3	
2. Barbell Bent-over Rows	20 Sec			3	
1. Stride-Stance Squat to Tricep Extension with proMOTION	30 Sec	35 Hz	High	3	Switch feet after 15 seconds.
2. DB Lying Alternating Hand Tricep Extension	20 Sec			3	
3. Barbell Anterior Lunges	20 Sec			3	Repeat on other leg.
1. Wide Squat with OH Press with proMOTION	30 Sec	35 Hz	High	3	
2. SLS to BL Hand Lateral Raise	20 Sec			3	

BL = Bilateral; DB = Dumbbell; SLD = Straight-leg Deadlift; OH = Overhead

Cool-Down

Exercise	Time	Frequency	Amplitude	Sets	Execution
1. Hamstring Massage	60 Sec	40Hz	High	1	
2. Medial Thigh Massage	60 Sec	40Hz	High	1	
3. Low/Mid-Back Massage	60 Sec	40Hz	Low	1	

Powered by:



Weight Loss Workout



This is 30-minute intermediate workout for the client who desires to drop a few pounds in a non-traditional manner.

Warm-Up

Exercise	Time	Frequency	Amplitude	Sets	Execution
1. Standing Hip Flexor Mobilizer	60 Sec	30 Hz	Low	1	Keep movement rhythmical and switch sides at 30 seconds.
2. Prone Functional Crawl	30 Sec	30 Hz	Low	1	Alternate foot motion.
3. Standing Balloon Taps	30 Sec	30 Hz	Low	1	Tap balloon back and forth.

Workout

Exercise	Time	Frequency	Amplitude	Sets	Execution
1. Battling Ropes, Alternating Vertical Lifts	30 Sec	35 Hz	Low	3	Alternate hand motion.
2. Lateral Shuffle with BL Hand Chest Press with proMOTION	45 Sec	40 Hz	High	3	If you do not have proMOTION, use a regular cable machine.
3. VIPR, Stride-Stance Thread the Needle Lift	30 Sec	35 Hz	Low	3	
4. Lateral Shuffle with BL Hand Pull with proMOTION	45 Sec	40 Hz	High	3	If you do not have proMOTION, use a regular cable machine.
5. Step-up with KB Reaches	60 Sec	35 Hz	Low	3	Alternate foot with each Step Up.
6. Single-Hand Frontal Plane Pull to Extend (Tricep Kickback)	30 Sec	40 Hz	High	3	If you do not have proMOTION, use a regular cable machine. Repeat on other side.
7. Squat to Alternating Hand Curl with proMOTION	30 Sec	35 Hz	Low	3	If you do not have proMOTION, use a regular cable machine.

BL = Bilateral; KB = Kettlebell

Cool-Down

Exercise	Time	Frequency	Amplitude	Sets	Coaching Tips
1. Calf Massage	60 Sec	40 Hz	High	1	
2. Lateral Thigh Massage	60 Sec	40 Hz	High	1	
3. Low/Mid-Back Massage	60 Sec	40 Hz	Low	1	

Powered by:



Wellness Workout



This is 30-minute intermediate workout for the wellness client who enjoys a variety of non-traditional movements.

Warm-Up

Exercise	Time	Frequency	Amplitude	Sets	Execution
Standing Hip Flexor Mobilizer	60 Sec	30 Hz	Low	1	Keep movement rhythmical. Switch sides after 30 seconds.
ViPR Anterior-Posterior Shuffle Tilt	30 Sec			1	
Prone Functional Crawl	30 Sec	30 Hz	Low	1	
Standing Balloon Taps	30 Sec	30 Hz	Low	1	
Stride-Stance ViPR Rowing	30 Sec			1	Row forward and backward.

Workout

Exercise	Time	Frequency	Amplitude	Sets	Coaching Tips
Squats with ViPR Anterior Press	30 Sec	35 Hz	Low	3	
Single-Hand Row to Fly with proMOTION	60 Sec	40 Hz	High	3	If you do not have proMOTION, use a regular cable machine. Repeat on other side.
Diagonal Step Up with OH Reach	30 Sec	35 Hz	Low	3	Alternate feet each Step Up.
Battling Ropes – Circles	30 Sec			3	Perform 15 second in each direction.
Wide-Stance Squats with MB Reach	30 Sec	35 Hz	Low	3	
ViPR Prone Posterior Drag	30 Sec			3	
Anterior Step, Curl Press with proMOTION	30 Sec	40 Hz	High	3	Perform standing on the ground. Alternate feet each Step Up.
Stride-Stance Squat to Rotational Lifts with proMOTION	30 Sec	35 Hz	Low	3	If you do not have proMOTION, use a regular cable machine. Repeat on other side.

OH = Overhead; MB = Medicine Ball

Cool-Down

Exercise	Time	Frequency	Amplitude	Sets	Coaching Tips
Caif Massage	60 Sec	40 Hz	High	1	
Hamstring Massage	60 Sec	40 Hz	High	1	
Low/Mid-Back Massage	60 Sec	40 Hz	Low	1	

Powered by:



Integration Program – Phase 1



This Phase 1 Integration Program, provided by NASM, focuses on stabilization endurance training. It includes a mix of Power Plate exercises and traditional exercises.

Warm-Up: Foam Rolling and Stretching

Exercise	Time/Reps	Frequency / Tempo	Amplitude	Sets	Execution
SMR: Calves	30 Sec			1	Use a foam roller.
SMR: TFL	30 Sec			1	Use a foam roller.
SMR: Lats	30 Sec			1	Use a foam roller.
Static: Calves	30 Sec			1	
Static: Kneeling Hip Flexor	30 Sec			1	
Static: Lats	30 Sec			1	

Core / Balance / Reactive Training

Exercise	Time/Reps	Frequency / Tempo	Amplitude	Sets	Execution
Core: Plank 4 Point	30 Sec	30 Hz	Low	1-2	
Core: Ball Bridge	15 Reps	Slow		1-2	
Balance: Balance Single Leg	30 Sec	30 Hz	Low	1-2	Perform exercise for 15 seconds on each leg.

Resistance Training

Exercise	Time/Reps	Frequency / Tempo	Amplitude	Sets	Execution
Total Body: Ball Wall Squat Curl to Press	15 Reps	Slow		1-2	
Chest: Push-Up	30 Sec	30 Hz	Low	1-2	
Back: Standing Cable Row	15 Reps	Slow		1-2	
Shoulders: Single-leg Overhead Press	15 Reps	Slow		1-2	
Legs: Step-Up to Balance	30 Sec	30 Hz	Low	1-2	

Cool-Down

Exercise	Time/Reps	Frequency / Tempo	Amplitude	Sets	Execution
Massage: Calves	60 Sec	35 Hz	High	1-2	
Massage: TFL/VL/ITB	60 Sec	35 Hz	High	1-2	
Static: Calves	30 Sec			1-2	
Static: Kneeling Hip Flexor	30 Sec			1-2	

Powered by:



Integration Program – Phase 2



This Phase 2 Integration Program, provided by NASM, focuses on strength endurance training. It includes a mix of Power Plate® exercises and traditional exercises.

Warm-Up: Foam Rolling and Stretching

Exercise	Time/Reps	Frequency/ Tempo	Amplitude	Sets	Execution
SMR: Calves	30 Sec			1	Use a foam roller.
SMR: TFL	30 Sec			1	Use a foam roller.
SMR: Lats	30 Sec			1	Use a foam roller.
Active: Calves	5-10 Reps			1	
Active: Kneeling Hip Flexor	5-10 Reps			1	
Active: Lats	5-10 Reps			1	Perform exercise with a stability ball.

Core / Balance / Reactive Training

Exercise	Time/Reps	Frequency/ Tempo	Amplitude	Sets	Execution
Core: Ball Crunch	12 Reps			2-3	
Balance: Single-Leg Squat	45 Sec	35 Hz	Low	2-3	With Mat
Reactive: Squat Jumps	10 Reps			2-3	

Resistance Training

Exercise	Time/Reps	Frequency/ Tempo	Amplitude	Sets	Execution
Total-Body: Iso Single Leg Quarter Squat w/ Scaption	45 Reps	40 Hz	Low	2-3	Perform exercise for 22 seconds on each leg.
Chest:					
1. Bench Press	12 Reps	Moderate	Low	2-3	Perform as a super set.
2. Push-Up	12 Reps	40 Hz		2-3	
Back:					
1. Iso Row (off the machine)	30 Sec	40 Hz	Low	2-3	Perform as a super set.
2. Single-Leg Cable Row	12 Reps	Slow		2-3	
Legs:					
1. Iso Deadlift	30 Sec	40 Hz	Low	2-3	Perform as a super set.
2. Side Lunge to Balance	12 Reps	Controlled		2-3	

Cool-Down

Exercise	Time/Reps	Frequency/ Tempo	Amplitude	Sets	Execution
Massage: Calves	60 Sec	40 Hz	High	1-2	
Massage: TFL/VL/ITB	60 Sec	40 Hz	High	1-2	
Static: Calves	30 Sec			1-2	

Powered by:



Integration Program – Phase 3



This Phase 3 Integration Program, provided by NASM, focuses on hypertrophy training. It includes a mix of Power Plate exercises and traditional exercises.

Warm-Up: Foam Rolling and Stretching

Exercise	Time/Reps	Frequency / Tempo	Amplitude	Sets	Execution
SMR: Calves	30 Sec			1	Use a foam roller.
SMR: TFL	30 Sec			1	Use a foam roller.
SMR: Lats	30 Sec			1	Use a foam roller.
Static: Calves	5-10 Reps			1	
Static: Kneeling Hip Flexor	5-10 Reps			1	
Static: Lats	5-10 Reps			1	

Core / Balance / Reactive Training

Exercise	Time/Reps	Frequency / Tempo	Amplitude	Sets	Execution
Core: Knee Ups	10 Reps			2	
Balance: Single-Leg Romanian Deadlift	30 Sec	40 Hz	Low	2	
Reactive: Lunge Jumps	10 Reps			2	

Resistance Training

Exercise	Time/Reps	Frequency / Tempo	Amplitude	Sets	Execution
Total-Body: Dynamic Squat to Curl	45 Reps	40 Hz	Low	3-4	
Chest: Bench Press	8 Reps	Moderate		3-4	
Back: Lat Pull-Down	8 Reps	Moderate		3-4	
Shoulders: Seated Shoulder Press	45 Reps	40 Hz	High	3-4	Sitting on a step in front of the Power Plate machine.
Legs: DB Lunge: Sagittal Plane	8 Reps	Moderate		3-4	

Cool-Down

Exercise	Time/Reps	Frequency / Tempo	Amplitude	Sets	Execution
Massage: Calves	60 Sec	40 Hz	High	1-2	
Massage: TFL/VL/ITB	60 Sec	40 Hz	High	1-2	
Static: Calves	30 Sec			1-2	
Static: Kneeling Hip Flexor	30 Sec			1-2	

Powered by:



Integration Program – Phase 4



This Phase 4 Integration Program, provided by NASM, focuses on maximal training. It includes a mix of Power Plate® exercises and traditional exercises.

Warm-Up: Foam Rolling and Stretching

Exercise	Time / Reps	Frequency / Tempo	Amplitude	Sets	Execution
SMR: Calves	30 Sec			1	Use a foam roller.
SMR: TFL	30 Sec			1	Use a foam roller.
SMR: Lats	30 Sec			1	Use a foam roller.
Active: Calves	5-10 Reps			1	
Active: Kneeling Hip Flexor	5-10 Reps			1	
Active: Lats	5-10 Reps			1	

Core / Balance / Reactive Training

Exercise	Time / Reps	Frequency / Tempo	Amplitude	Sets	Execution
Core: Seated V Crunch	30 Sec	40 Hz	Low	2	
Balance: Seated Lunge to Balance Lateral	30 Sec	40 Hz	Low	2	Use a step to create a level surface.
Reactive: Power Step-Ups	10 Reps			2	

Resistance Training

Exercise	Time / Reps	Frequency / Tempo	Amplitude	Sets	Execution
Chest: Bench Press	3-5 Reps	Controlled		4-6	Incorporate warm-up sets prior to heavy sets.
Back: Seated Cable Row	3-5 Reps	Controlled		4-6	Incorporate warm-up sets prior to heavy sets.
Shoulders: Seated Overhead Dumbbell Press	3-5 Reps	Controlled		4-6	Incorporate warm-up sets prior to heavy sets.
Legs: Barbell Squat	3-5 Reps	Controlled		4-6	Incorporate warm-up sets prior to heavy sets.

Cool-Down

Exercise	Time / Reps	Frequency / Tempo	Amplitude	Sets	Coaching Tip
Massage: Calves	60 Sec	40 Hz	High	1-2	With Mat
Massage: TFL/VL/ITB	60 Sec	40 Hz	High	1-2	With Mat
Static: Calves	30 Sec			1-2	
Static: Kneeling Hip Flexor	30 Sec			1-2	

Powered by:



Integration Program – Phase 5



This Phase 5 Integration Program, provided by NASM, focuses on power training. It includes a mix of Power Plate® exercises and traditional exercises.

Warm-Up: Foam Rolling and Stretching

Exercise	Time / Reps	Frequency / Tempo	Amplitude	Sets	Execution
SMR: Calves	30 Sec			1	Use a foam roller.
SMR: TFL	30 Sec			1	Use a foam roller.
SMR: Lats	30 Sec			1	Use a foam roller.
Dynamic: Resisted Side-Steps	30 Sec	30 Hz	Low	1	
Dynamic: Prisoner Squats	30 Sec	30 Hz	Low	1	
SMR: Calves	30 Sec			1	Use a foam roller.

Core / Balance / Reactive Training

Exercise	Time / Reps	Frequency / Tempo	Amplitude	Sets	Execution
Core: Ball Bridge	45 Sec	40 Hz	Low	2	
Core: Seated V Chest Pass	45 Sec	40 Hz	Low	2	
Balance: Single-leg Box Jump to Stabilization	10 Reps			2	

Resistance Training

Exercise	Time / Reps	Frequency / Tempo	Amplitude	Sets	Execution
Chest:					
1. Bench Press	6 Reps	Controlled		3-5	Perform as a super set.
2. Medicine Ball Chest Pass (on machine)	45 Sec	30 Hz	Low	3-5	
Back:					
1. Lat Pulldown	6 Reps	Controlled		3-5	Perform as a super set.
2. Soccer Throw Standing (on machine)	45 Sec	30 Hz	High	3-5	
Shoulders:					
1. Seated Overhead Press	6 Reps	Controlled		3-5	Perform as a super set.
2. Scoop Toss Standing (on machine)	45 Sec	30 Hz	High	3-5	
Legs:					
1. Deadlift	6 Reps	Controlled		3-5	Perform as a super set.
2. Box Jumps	10 Reps	Explosive		3-5	
Chest:					
1. Bench Press	6 Reps	Controlled		3-5	Perform as a super set.
2. Medicine Ball Chest Pass (on machine)	45 Sec	30 Hz	Low	3-5	

Cool-Down

Exercise	Time / Reps	Frequency / Tempo	Amplitude	Sets	Execution
Massage: Calves	60 Sec	40 Hz	High	1-2	
Massage: TFL/VL/ITB	60 Sec	40 Hz	High	1-2	
Static: Calves	60 Sec			1-2	

Powered by:



