



PERSONAL SOLUTIONS

Power Plate® is the global leader in vibrating platforms that help you:

Prepare Faster
Perform Better
Recover Quicker

It helps you move & feel better by stimulating natural reflexes increasing muscle activation & improving circulation

Power Plate enhances ANY movement, simple or complex, typically performed on the ground



powerplate.com/personal

PREPARE FASTER



30-60 sec L/H



Hip Flexor Stretch

Drive knee and pelvis forwards lifting the chest.

Maintain Stretch:

1. Drive pelvis forward and back
 2. Drive pelvis side to side
 3. Twist pelvis and trunk right to left
 - For an advanced stretch: reach your arms overhead stretching upwards
- Prepare Faster



Adductor Stretch

Tip pelvis and shoulders toward stretch leg. (Variations: Standing or Kneeling)

Maintain Stretch:

1. Drive pelvis forward and back
2. Drive pelvis side to side
3. Twist pelvis and trunk right to left



Hamstring Stretch

Pull toes up and back. Lift chest and tip forwards at the pelvis.

Maintain Stretch:

1. Drive pelvis forward and back
2. Drive pelvis side to side
3. Twist pelvis and trunk right to left

PREPARE FASTER



30-60 sec



L/H



Achilles-Hip Stretch

Stagger feet and drive back heel toward the ground off back of platform.

Maintain Stretch:

1. Drive pelvis forward and back
2. Drive pelvis side to side
3. Twist pelvis and trunk right to left



Pigeon Stretch

Cross one leg in front, knee in line with the hip, and drive chest up and forward.

Maintain Stretch:

1. Drive pelvis up/forward and back
2. Drive pelvis side to side
3. Twist pelvis and trunk right to left



“Prayer” Stretch

Sit bottom back towards heels.

Maintain Stretch:

1. Drive pelvis forward and back
2. Drive pelvis side to side
3. Twist pelvis and trunk right to left

PERFORM BETTER



30-60 sec



L/H



7 Squat Positions

Perform a squat to a self-selected depth



1. Neutral - shoulder width



2. Right foot forward



3. Left foot forward



4. Wide



5. Narrow



6. Feet turned in



7. Feet turned out



3D Lunges

Lunge to plate:

1. Anterior: Forwards
2. Lateral: right and left
3. Rotational: right and left

PERFORM BETTER



30-60 sec L/H



Dynamic Biceps Curl

1. Hold straps taught and perform a squat with fixed arms
2. Position hands rotated outwards
3. Alternate a rowing motion



Shoulder Exercises

Hold straps taught and perform a squat with fixed arms

1. Lateral Raise
2. Front Raise: Squat or Split-squat



Deadlift

Hold straps taught and perform a fixed squat with fixed arms pulling upwards

1. Double Leg
2. Single Leg
3. Variation: Hold position and move hips forward and back; side to side, and then a small twist

PERFORM BETTER



30-60 sec



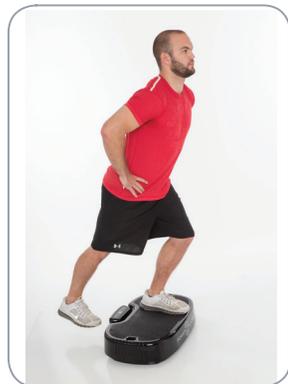
L/H



Single Leg Balance: 3D Pivot-Shift

Stand on one leg, toe touch as needed:

1. Pivot free leg forward and back
2. Pivot free leg out to side, then across in front
3. Pivot rotating free leg across your body, then open to the same side



Single Leg Balance: 3D Leg Reaches

Standing on one leg, perform a single leg squat reaching leg:

1. Anterior - forward
2. Posterior - backward
3. Laterally- to the side
4. Rotationally - open hips reaching away (select safe distance)

PERFORM BETTER



30-60 sec



L/H

Position: Supine



Bridge: 3D Hip Driver

Place both feet on the platform, and lift hips to a comfortable height.

Maintaining a bridge position:

1. Drive hips slightly up and down
2. Shift hips side to side
3. Perform hip circles right and left



Bridge: 3D Leg Driver

Place both feet on the platform, and lift hips to a comfortable height.

Maintaining a bridge position:

1. Drive legs slightly up and down
2. Shift legs side to side
3. Perform leg circles right and left



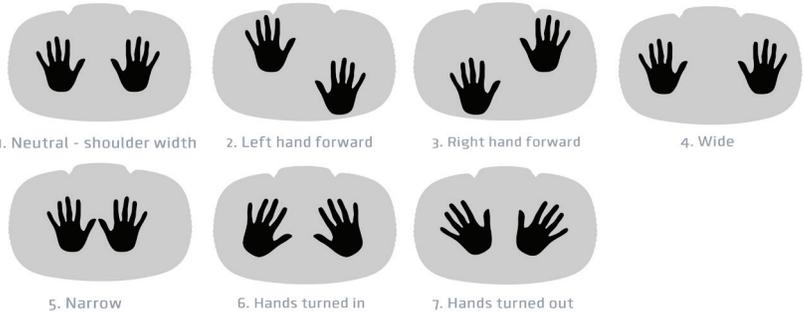
PERFORM BETTER



30-60 sec L/H

Pushup Variations

Perform a pushup to a self-selected depth



Traveling Pushup

(Change hand positions as listed above)



PERFORM BETTER



30-60 sec L/H

Position: Prone
Plank Variations



RECOVER QUICKER



30-60 sec L/H



Upper Trap Stretch with Static Strap

1. Hold strap handle below hip height
2. Lock stretch arm to your side
3. Lightly grasp top of head and slowly bring your ear toward your shoulder away from strap



Cross Arm Massage/ Stretch

1. Palm / Forearm facing up
2. Palm / Forearm facing down



Seated Glute & Upper Trap Massage Combo

1. Seated on the platform grasp static straps over both shoulders and lightly pull down on handles
2. Hold shoulders down (relax)

RECOVER QUICKER



30-60 sec



High



Calf Massage



Quad Massage



Piriformis Massage

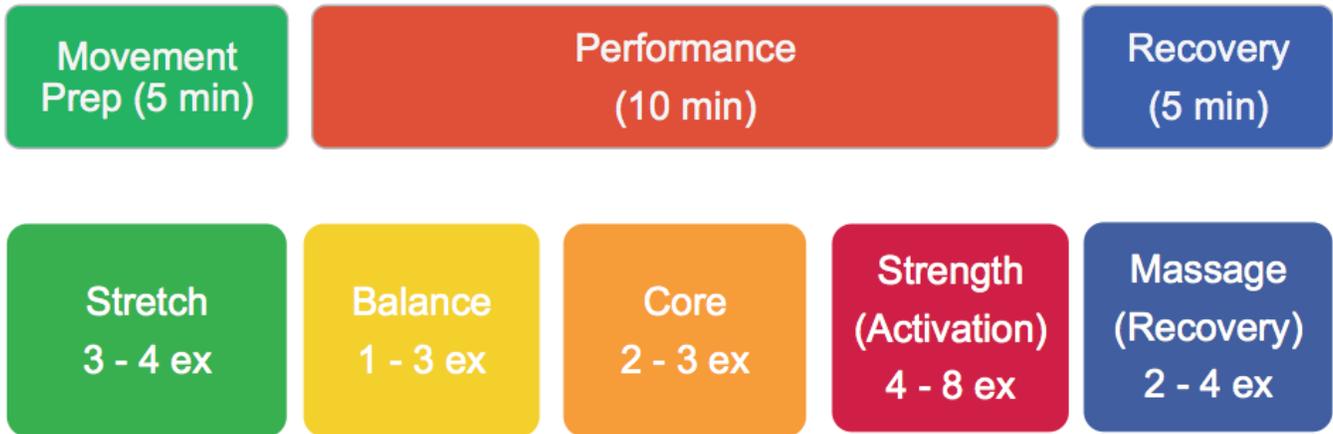


IT Band Massage



Adductor Massage

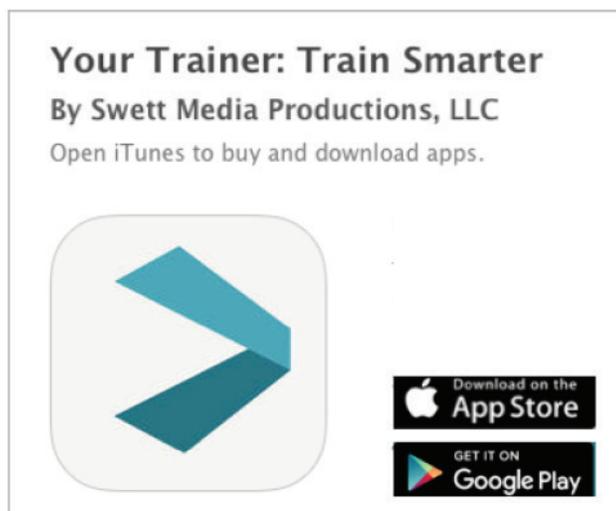
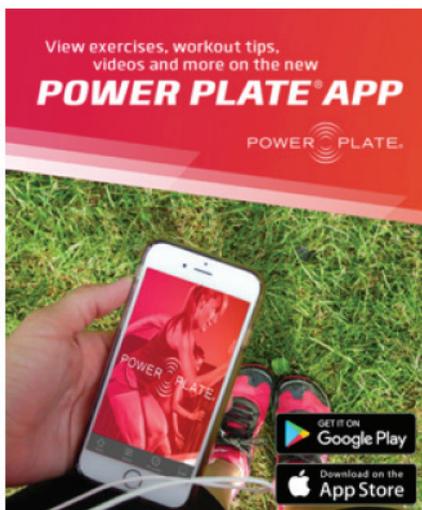
BASIC PROGRAM EXAMPLE



- 1st Time Use: Start on the lowest setting on Power Plate (35Hz / Low) then adjust the amplitude (L/H) and time (30/60sec) settings based on personal tolerance and comfort.
- Based on your individual needs and ability, feel free to add or remove exercises from any category to create the right program to meet your goals.
- Based on your fitness level, we recommend initially performing one set of each exercise; then progress to multiple sets.
- Feel free to add your own equipment to increase the difficulty: dumbbells, resistance bands, medicine ball, etc. (Power Plate enhances any exercise typically performed on the ground!)
- Personalize and design your own workout to Prepare Faster, Perform Better and Recover Quicker!

ONGOING SUPPORT

Individual Apps:



Visit our website
powerplate.com



Movement Applications:

Power Plate Vibration Channel: Powered by Gray Institute®

36 Videos hosted at:

<https://www.grayinstitute.com/videos/subcategories/158>

