

# POWER PLATE® BASIC WORKOUT



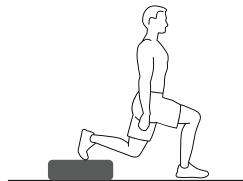
Get a complete, full body workout in less time.



**Hamstring Stretch**

A

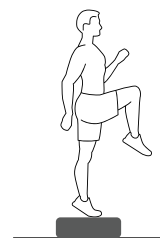
Place heel on platform. Keep leg straight, toe flexed, & chest up. Lean toward toes. Hold for 30 seconds. Repeat with other leg.



**Hip Flexor stretch**

A

Place toes on platform & tighten glute. Push hips forward until tension is felt. Hold for 30 seconds. Repeat with other leg.



**Single Leg Balance**

Stand on platform & bend knee. Lift other leg & keep chest up. Hold for 30 seconds. Repeat with other leg.

## STEP 1

STRETCH | TIME: 30 Sec | SETTING: Low

## STEP 2

BALANCE | TIME: 30 Sec | SETTING: Low



**Static Squat**

A

Stand on platform & sit back by flexing hips & knees. Pretend you are sitting in a chair.



**Static Chest Push Up**

B

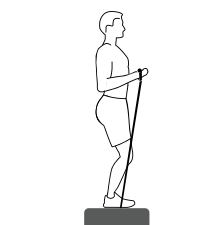
Place hands on platform & feet on floor. Lower body until elbows are bent at a 90 degree angle.



**Static Tricep Dip**

C

Face away from Power Plate, place hands on platform edge & extend legs out in front of you. Drop to a 90 degree elbow bend & hold.



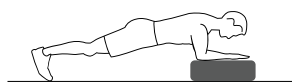
**Static Bicep Hold with Straps**

D

Stand on platform & keep chest up. Adjust straps to elbow height. Curl & maintain constant tension.

## STEP 3

STRENGTH | TIME: 60 Sec | SETTING: Low



**Static Front Plank**

A

Place forearms on platform, arms & feet shoulder-width apart. Make fists & press down through forearms.



**Static Glute Bridge**

B

Lie face up on the floor in front of Power Plate, flex toes & drive heels into platform. Lift hips to a 45 degree angle & hold.



**Hamstring Massage**

A

Lie face up on floor with glute near Power Plate, but not on it. Place both legs on platform, straighten & relax.



**Calf Massage**

B

Lie face up on the floor. Place lower half of legs on platform and relax. Flex toes towards you.

## STEP 4

CORE | TIME: 30 Sec | SETTING: Low

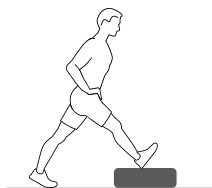
## STEP 5

MASSAGE | TIME: 60 Sec | SETTING: High

# POWER PLATE® INTERMEDIATE WORKOUT



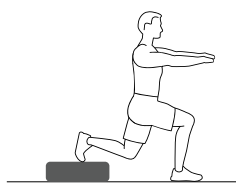
Get a complete, full body workout in less time.



**Hamstring Stretch**

A

Place heel on platform. Keep leg straight, toe flexed, & chest up. Lean toward toes. Repeat with other leg.



**Hip Flexor stretch with Arm Reach**

B

Place toes on platform & tighten glute. Reach your arms out front & push hips forward until tension is felt. Hold for 30 seconds. Repeat with other leg.



**Single RDL Leg Balance**

With one leg in soft-lock position, pivot so chest is parallel to floor & raise other leg. Reach out. Hold for 30 seconds. Repeat with other leg.

## STEP 1

**STRETCH | TIME: 30 Sec | SETTING: Low**

## STEP 2

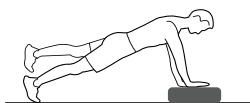
**BALANCE | TIME: 30 Sec | SETTING: Low**



**Alternate Step Lunge**

A

Face the Power Plate & begin with feet on floor. Keeping chest up, step forward with left leg & bend back leg. Hold for 2 seconds & return left leg to floor. Continue for 30 seconds. Repeat with other leg.



**Alternate Single Leg Static Chest Push Up**

B

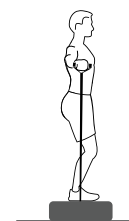
Place hands on platform & feet on floor. Lower body until elbows are bent at a 90 degree angle. Raise left leg slightly off ground. Hold for 30 seconds. Repeat with other leg.



**Static Tricep Dip With Legs Extended**

C

Face away from Power Plate, place hands on platform edge & extend legs out in front of you. Drop to a 90 degree elbow bend hold.



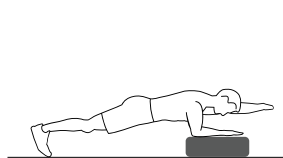
**Static Lateral Raise With Straps**

D

Stand on platform. Adjust straps to be taut when arms are just below shoulder height. Use overhand grip & lift the straps up, out, & away from body, maintaining tension.

## STEP 3

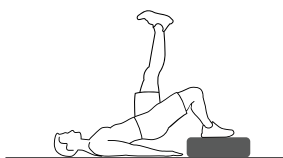
**STRENGTH | TIME: 60 Sec | SETTING: Low**



**Alternate Single Arm Static Front Plank**

A

Place forearms on platform, with arms & feet shoulder-width apart. Make fists and press down through forearms, not elbows. Raise left arm out, hold for 2 seconds, return to start position & alternate arms. Repeat.



**Alternate Single Leg Static Glute Bridge**

B

Lie face up on floor in front of machine, flex toes & drive heels into platform. Lift hips to 45 degree angle. Straighten right leg in the air & hold for 15 seconds. Repeat with other leg.



**Hamstring Massage**

A

Lie face up on floor with glute near Power Plate, but not on it. Place both legs on platform, straighten & relax.



**Calf Massage**

B

Lie face up on the floor. Place lower half of legs on platform and relax. Flex toes towards you.

## STEP 4

**CORE | TIME: 30 Sec | SETTING: Low**

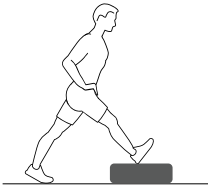
## STEP 5

**MASSAGE | TIME: 60 Sec | SETTING: High**

# POWER PLATE® ADVANCED WORKOUT



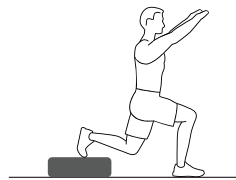
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**Hamstring Stretch**

A

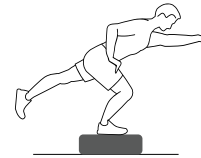
Place heel on platform. Keep leg straight, toe flexed, & chest up. Lean toward toes. Repeat with other leg.



**Hip Flexor stretch with Arm Raised**

B

Place toes on platform & tighten glute. Push hips forward until tension is felt. Hold for 20 seconds. Repeat with other leg.



**Single Leg Balance with Arms Out**

B

With one leg in soft-lock position, pivot so chest is parallel to floor & raise other leg. Reach out. Hold for 30 seconds. Repeat with other leg.

## STEP 1

STRETCH | TIME: 30 Sec | SETTING: Low

## STEP 2

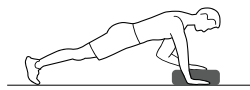
BALANCE | TIME: 30 Sec | SETTING: Low



**Alternate Lateral Step Lunge**

A

Begin on floor with left side facing machine. Keep chest up & left leg bent. Step onto platform with left foot & bend into squat. Hold 2 seconds & return leg to floor. Repeat for 30 seconds. Repeat sequence with other leg.



**Alternate Walking Chest Push Up**

B

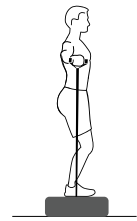
Place hands on machine & feet on floor. Lower body until elbows are bent at a 90 degree angle. Walk left hand to right side of machine & then return. Repeat with right hand. Repeat for duration of exercise.



**Static Tricep Dip With Raised Leg**

C

Face away from machine, place hands on platform edge & extend legs in front of you. Drop to a 90 degree elbow bend, lift left leg slightly off the ground & hold for 30 seconds. Repeat with other leg.



**Static Lateral Raise With Straps**

D

Stand on platform. Adjust straps to be taut when arms are just below shoulder height. Use overhand grip & lift the straps up, out, & away from body, maintaining tension.

## STEP 3

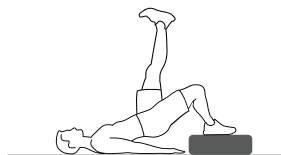
STRENGTH | TIME: 60 Sec | SETTING: Low



**Alternate Single Arm/Single Leg Static Front Plank**

A

Place forearms on platform, with arms & feet shoulder-width apart. Make fists and press down through forearms, not elbows. Extend right arm out, lift left leg slightly off the ground & hold for 2 seconds, return to start position & alternate arms & legs. Repeat.



**Alternate Single Leg Static Glute Bridge**

B

Lie face up on floor in front of machine, flex toes & drive heels into platform. Lift hips to 45 degree angle. Straighten right leg in the air & hold for 15 seconds. Repeat with other leg.



**Hamstring Massage**

A

Lie face up on floor with glute near Power Plate, but not on it. Place both legs on platform, straighten & relax.



**Calf Massage**

B

Lie face up on the floor. Place lower half of legs on platform and relax. Flex toes towards you.

## STEP 4

CORE | TIME: 30 Sec | SETTING: Low

## STEP 5

MASSAGE | TIME: 60 Sec | SETTING: High