

Discover the Difference

## Set Your Workout to Vibrate

Shake up your routine by incorporating the five key elements of effective training — Stretch, Balance, Core, Strength and Massage — into a 30-minute total-body workout using Acceleration Training™ from Power Plate.

**It's like the best workout you've ever had, but on fast forward. ▶▶**



# Powerful Training



Advanced Vibration Technology™ works by stimulating your body's automatic muscle reactions—using up to 95 percent of muscle fibers, compared to as little as 20 percent with traditional gym equipment. It does this with the help of Newton's second law that  $\text{Force} = \text{Mass} \times \text{Acceleration}$ . While traditional exercises add mass, the Power Plate machine accelerates to generate force with more ease.

**Simple translation:** Acceleration Training™ is high intensity training unlike anything you've tried before. You'll burn fat, improve coordination and flexibility, and increase strength. Enhance your performance while reducing the amount of time you need to spend training, giving you a total-body workout—including massage—in only 30 minutes.

Do more, in less time, and put those “just-spent-2-hours-at-the-gym-but-don't-feel-like-I-actually-did-anything” days behind you.

**The future of your workout starts here.**

## Stepping up for the first time?

Take a look at our test drive section and we'll talk you through it.

## Already a Power Plate® pro?

Use the tabs to the right and take your workout to the next level.

The Advanced Vibration Technology concept behind Power Plate equipment was developed for Soviet cosmonauts in the 1960s to combat bone and muscle loss caused by zero gravity conditions in space. With the use of vibration, the cosmonauts were able to set a staggering record of 420 days in space, while Americans returned home after 120 days. What that means is that vibration training works.

An Olympic trainer adapted the technology for elite athletes in 1999. Power Plate technology has been backed by more than 10 years of practice-based evidence and scientific research. More than 180 studies have been published on Whole Body Vibration.



## Benefits

### Strength

Improves muscle tone, builds explosive power and endurance.

### Flexibility

Increases range of motion, coordination, balance and stability.

### Circulation

Improves and increases blood flow to strengthen the cardiovascular system.

### Weight Loss

Reduces body fat and enhances metabolism.

### Cellulite Reduction

Diminishes the appearance of cellulite.

### Build Bone Density

Increases bone mineral density and prevents bone loss related to aging.

### Alleviate Pain

Promotes faster recovery of damaged muscles and tendons, decreases pain and improves joint function.

# Time for a test drive. No license required.

Follow each step to experience what a simple hamstring stretch feels like — Power Plate® style.

## 1 Press Stretch

## 2 Get in Position

Face machine & place right heel on surface. Keep leg straight, toe flexed & chest up. Lean out toward toes.



## 3 Press Start

## 4 Press Repeat

Once the settings are programmed, you can restart the machine for each exercise simply by pressing Repeat. Press Repeat until you need to change the settings again.

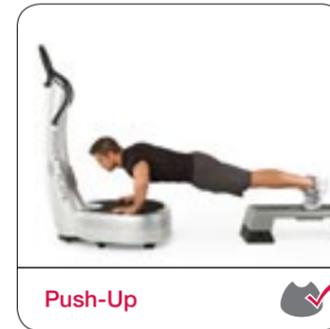
You'll be using the Stretch button for most exercises while you're new to Whole Body Vibration. You'll learn how to make your workouts more challenging and how to change the settings on your my3 in the Building Intensity section of this guide.

# Additional Exercises



### Stretch

Stand on machine & sit back by flexing hips & knees. If needed, use the handlebars for support.



### Stretch

Place hands on machine & feet on a step/floor. Lower body until elbows are bent at 90 degree angle. Hold this static position.



### Massage

Lie face-up on a step with glute near machine, but not on it. Place legs on machine's platform. Straighten legs & relax.

# Get Ready

You are equipped to experience the full-body workout. Use the tabs on the right to experience the five elements of training—Stretch, Balance, Core, Strength, and then end with an incredible Massage—all in 30 minutes.

## Before you do, remember:

- 1 Start on the settings provided and then build up.
- 2 Look out for these symbols:
  - Mat Recommended
  - Increased Vibration Travel
- 3 Try not to lock your elbows or knees—keep them slightly bent.
- 4 Stay hydrated.

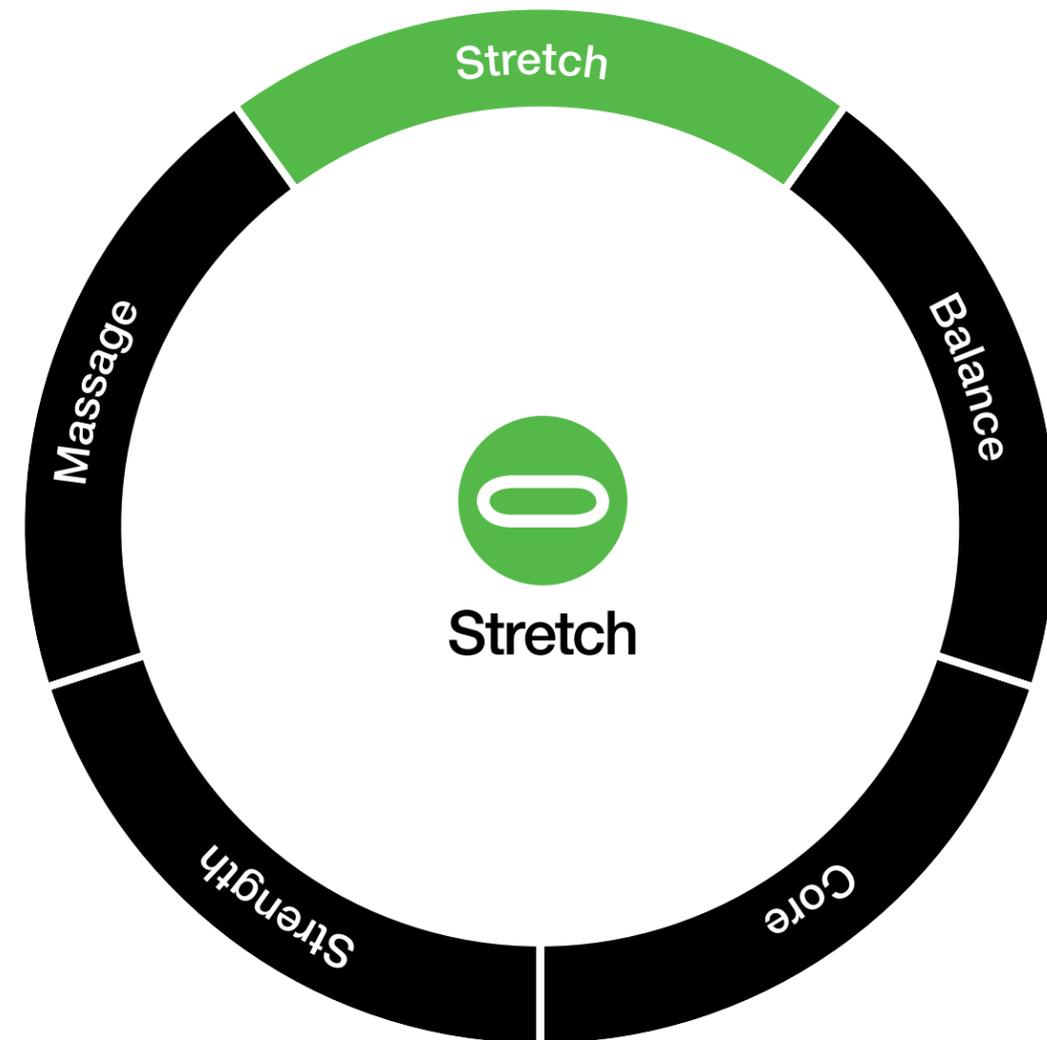


# Stretch



Increase blood flow, stimulate the nervous system, warm up connective tissue, and reduce the chance of injury.

## Settings



# Stretch—Choose up to 4



Settings:  Stretch



## Hip Flexor

Face away from machine, place toes on right foot on platform & tighten right glute. Push hips forward until tension is felt. Repeat with other leg.

**Muscles Targeted:** Hips, Quads



## Hamstring

Face machine & place right heel on surface. Keep leg straight, toe flexed & chest up. Lean out toward toes. Repeat with other leg.

**Muscles Targeted:** Hamstrings



## Calf



Face machine. Place right foot on platform & left foot on platform edge. Push down. Repeat with other leg. This can also be done with a foam roller, as shown.

**Muscles Targeted:** Calves



## Chest



With right side facing machine, place right forearm on platform with elbow bent at 90 degrees. Slowly lower body to floor until tension is felt in chest. Repeat with other arm.

**Muscles Targeted:** Chest



Mat Recommended



Increased Vibration Travel



## 90/90



Place right glute & leg, bent at a 45 degree angle, across platform. Use left leg for support. Lean into machine & keep chest up. Repeat with other leg.

**Muscles Targeted:** Glutes



## Inner Thigh

With right side facing machine, place right foot on platform. Keep leg straight. Bend into slight squat with left leg. Keep chest up & hold. Repeat with other leg.

**Muscles Targeted:** Inner Thighs



## Lats



Face machine & kneel on floor. Place arms straight across the machine's surface & lean back onto heels. Sink toward floor.

**Muscles Targeted:** Lats



## Shoulders



Kneel with right side facing machine. Place right hand on floor below center of chest. Reach left arm onto platform, rotating shoulder away from machine. Repeat with other arm.

**Muscles Targeted:** Shoulders



# Balance



Train like an elite athlete with multi-directional movement, which helps your nervous system recruit muscle fibers for improved balance and stability.

## Settings



# Balance—Choose up to 3

Settings:  Stretch



Opposite Arm/Leg



Place knees on step & hands on platform. Lift right arm & left leg off machine & hold straight out for two seconds; then alternate. Repeat.

**Muscles Targeted:** Glutes, Back, Shoulders



Single Leg Balance

Stand on platform & bend right knee. Lift left leg & keep chest up. If needed, use the handlebars for support. Repeat with other leg.

**Muscles Targeted:** Quads

 Mat Recommended

 Increased Vibration Travel



Single Leg Balance with Reach

Stand on platform & bend right knee. Lift left leg & slowly reach down with both hands. Bend at waist, not at knee. Repeat with other leg.

**Muscles Targeted:** Hamstrings, Glutes



Single Leg Balance with Rotation

Stand on platform & bend left knee. Lift right leg & slowly reach down across body. Bend at waist, not knee. Repeat with other leg.

**Muscles Targeted:** Hamstrings, Glutes



Step-Up to Balance



Step on platform with right foot. Extend hip & left knee at a 90 degree angle. Hold balance position 2–3 seconds & return raised leg to ground. Repeat for duration of exercise; repeat with other leg.

**Muscles Targeted:** Quads, Glutes



Single Leg RDL



Keep right leg in soft-lock position on platform. Pivot so chest is parallel to floor & raise left leg. Reach out with arms to challenge movement. Repeat with other leg.

**Muscles Targeted:** Glutes



Shoulder Stabilizer



Begin in push-up position with hands on platform & legs wide apart for support. Lift left arm up & out into “Y” position 2 seconds. Return left hand to platform & repeat with right arm.

**Muscles Targeted:** Shoulders, Triceps, Chest



Shoulder Stabilizer - Kneeling



Face machine & kneel. Place hands shoulder width apart on platform in push-up position, back straight. Lift left hand 2–3 inches off platform, hold 2 seconds, return left hand to platform & alternate. Repeat with other side.

**Muscles Targeted:** Shoulders, Triceps, Chest

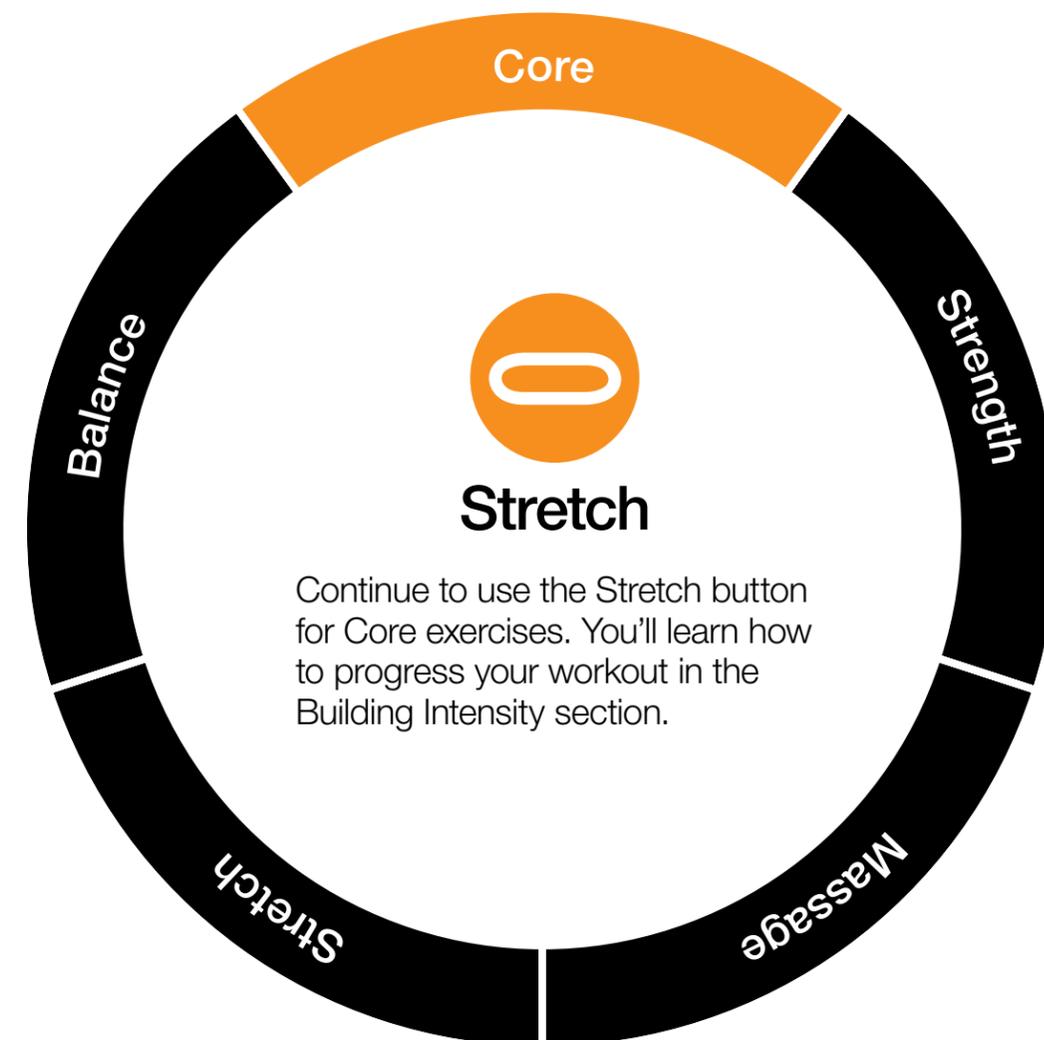


# Core



The Power Plate® machine is designed to safely engage and work the core in all planes of movement. It's also the perfect tool for injury prevention and rehabilitation. It's time to get more from your core.

## Settings



# Core—Choose up to 3

Settings:  Stretch



**Glute Bridge**

Lie face-up on a step/floor in front of machine, flex toes & drive heels into platform. Lift hips to a 45 degree angle & hold.

**Muscles Targeted:** Hamstrings, Glutes



**Single Leg Glute Bridge**

Lie face-up on a step/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 duration of exercise. Repeat with opposite leg.

**Muscles Targeted:** Hamstrings, Glutes



**Plank on a Stability Ball**



Place forearms on a stability ball & your knees or toes on platform. Make fists with both hands & stabilize. Hold for duration of exercise.

**Muscles Targeted:** Shoulders, Abdominals



**Side Plank**

With right side facing the machine, place left forearm on floor. Stack feet on platform & make a fist with left hand. Keep body straight & hips up. Hold. Repeat on other side.

**Muscles Targeted:** Shoulders, Abdominals



Mat Recommended



Increased Vibration Travel



**Front Plank**



Place forearms on platform, with arms & feet shoulder-width apart. Make fists & press down through forearms, not elbows. Hold for duration of exercise.

**Muscles Targeted:** Shoulders, Abdominals



**Single Arm Plank**



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

**Muscles Targeted:** Shoulders, Abdominals



**V-Sit**



Facing away from machine, sit on platform with arms crossed & lean back. Focus on keeping chest up while stabilizing. Lift feet off floor for added challenge. Hold for duration of exercise.

**Muscles Targeted:** Abdominals



**Elevated V-Sit**



Sit on platform, facing column. Hook feet under handlebars & lean back with arms reaching upward. Focus on keeping chest up & stabilize. Hold for duration of exercise.

**Muscles Targeted:** Abdominals

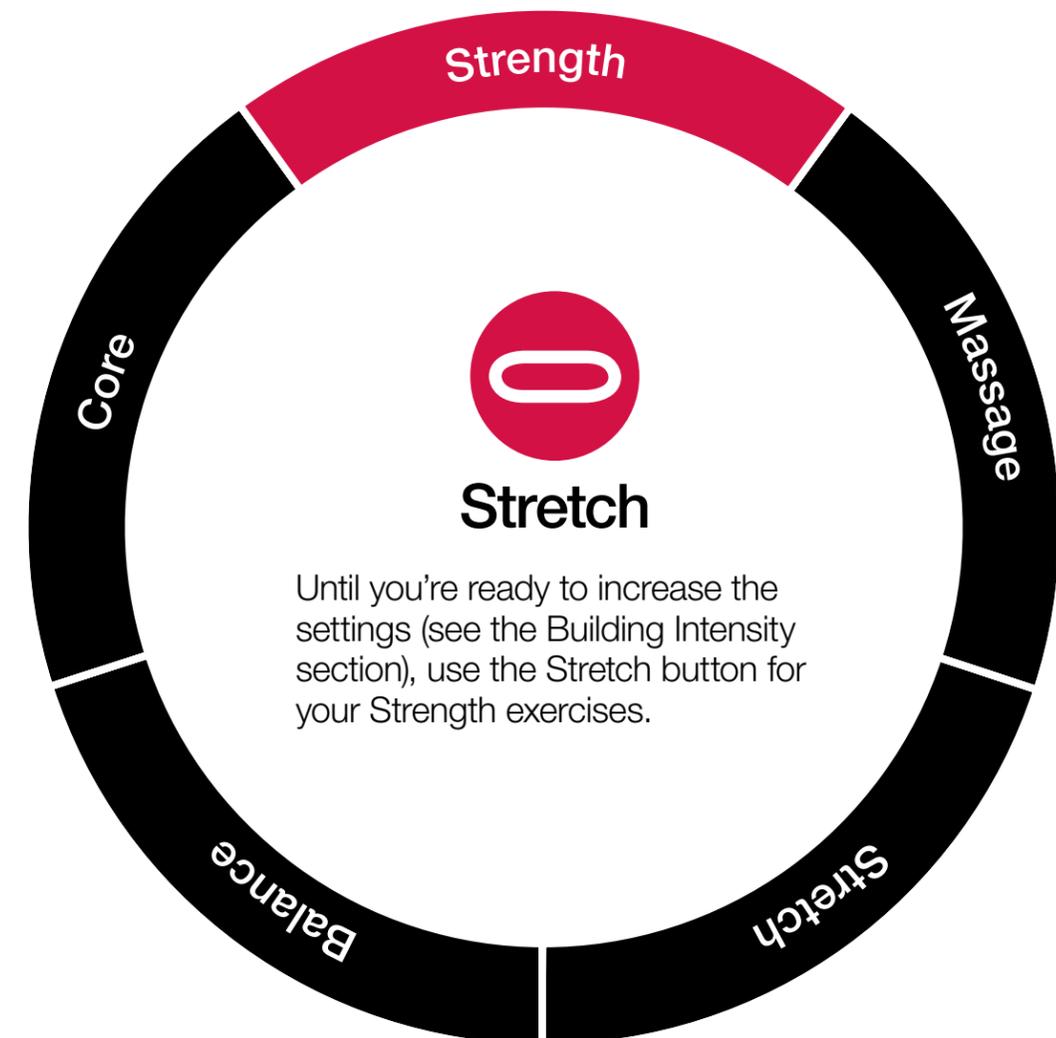


# Strength



Empower your workout with Acceleration Training™ for static, dynamic and explosive strength and a toned, sculpted physique.

## Starting Settings



# Strength Lower Body—Choose up to 4



Starting Settings:  Stretch

 Mat Recommended

 Increased Vibration Travel



### Squat

Stand on machine & sit back by flexing hips & knees. If needed, use the handlebars for support.

**Muscles Targeted:** Quads, Glutes



### Single Leg Squat

Bend into deep squat position & keep chest up. Lift left foot. Slowly stand up & then back down into a squat. Repeat for duration of exercise; repeat with other leg.

**Muscles Targeted:** Quads, Glutes



### Split Squat

Place right foot on platform & toes on left foot on a step. Keep chest up, maintaining a 45 degree bend in both knees. Repeat with other leg.

**Muscles Targeted:** Quads, Glutes



### Lateral Step Lunge

Begin on a step with right side facing machine. Keep chest up & left leg straight. Step onto platform with right foot & bend into squat. Hold 2 seconds & return leg to step. Repeat for duration. Repeat with other leg.

**Muscles Targeted:** Quads, Glutes



### Step Lunge

Face the machine & begin with feet on a step. Keeping chest up, step forward with left leg & bend into a squat. Hold for 2 seconds & return left leg to the step. Repeat for duration of exercise. Repeat with other leg.

**Muscles Targeted:** Quads, Glutes



### Transverse Step Lunge

Face away from machine & begin with feet on a step. Step onto platform with right leg, rotating so toes are facing out at a 45 degree angle. Squat; drive back to standing position. Repeat for duration of exercise. Repeat with other leg.

**Muscles Targeted:** Quads, Glutes, Hamstrings



### Deadlift

Face away from the machine & stand on platform. Squat down & grab the straps near base. Keep arms straight & inside knees. Lift & pull straps straight up, maintaining tension.

**Muscles Targeted:** Quads, Glutes, Hamstrings



### Single Leg RDL

With right side facing machine, place left foot on platform, keeping knee in soft-lock position. Lift right leg behind you & grab the strap halfway up with left hand. Keep arm straight & pull up, maintaining tension. Repeat on other side.

**Muscles Targeted:** Hamstrings, Glutes

# Strength Upper Body—Choose up to 4



Starting Settings:  Stretch



**Push-Up**



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

**Muscles Targeted:** Chest, Triceps



**Single Leg Push-Up**



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

**Muscles Targeted:** Chest, Triceps



**Shoulder Press**

With right side facing machine, place right knee on floor. Adjust strap length to be taut when elbow is bent just below 90 degrees. Use overhand grip & press up toward ceiling. Hold. Repeat on other side.

**Amplitude Setting:**  High  
**Muscles Targeted:** Shoulders, Triceps



**Lateral Raise**

Stand on floor facing machine. 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.

**Amplitude Setting:**  High  
**Muscles Targeted:** Shoulders



Mat Recommended



Increased Vibration Travel



**Row**

Facing machine, stand on floor & cross straps in front of you with neutral grip. Pull straps & hold, maintaining tension. Keep chest up & elbows bent.

**Amplitude Setting:**  High  
**Muscles Targeted:** Back, Biceps



**Integrated Row**

Stand on platform facing machine. Cross straps in front of you with neutral grip. Pull the straps & hold, maintaining tension. Keep chest up & elbows bent.

**Muscles Targeted:** Back, Biceps, Quads, Glutes



**Tricep Dip**



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

**Muscles Targeted:** Triceps



**Bicep Curl**

Stand on floor facing machine. With underhand grip, adjust strap length so it is taut when elbows are bent just below 90 degrees. Maintain tension in straps by pulling up for duration of exercise.

**Amplitude Setting:**  High  
**Muscles Targeted:** Biceps

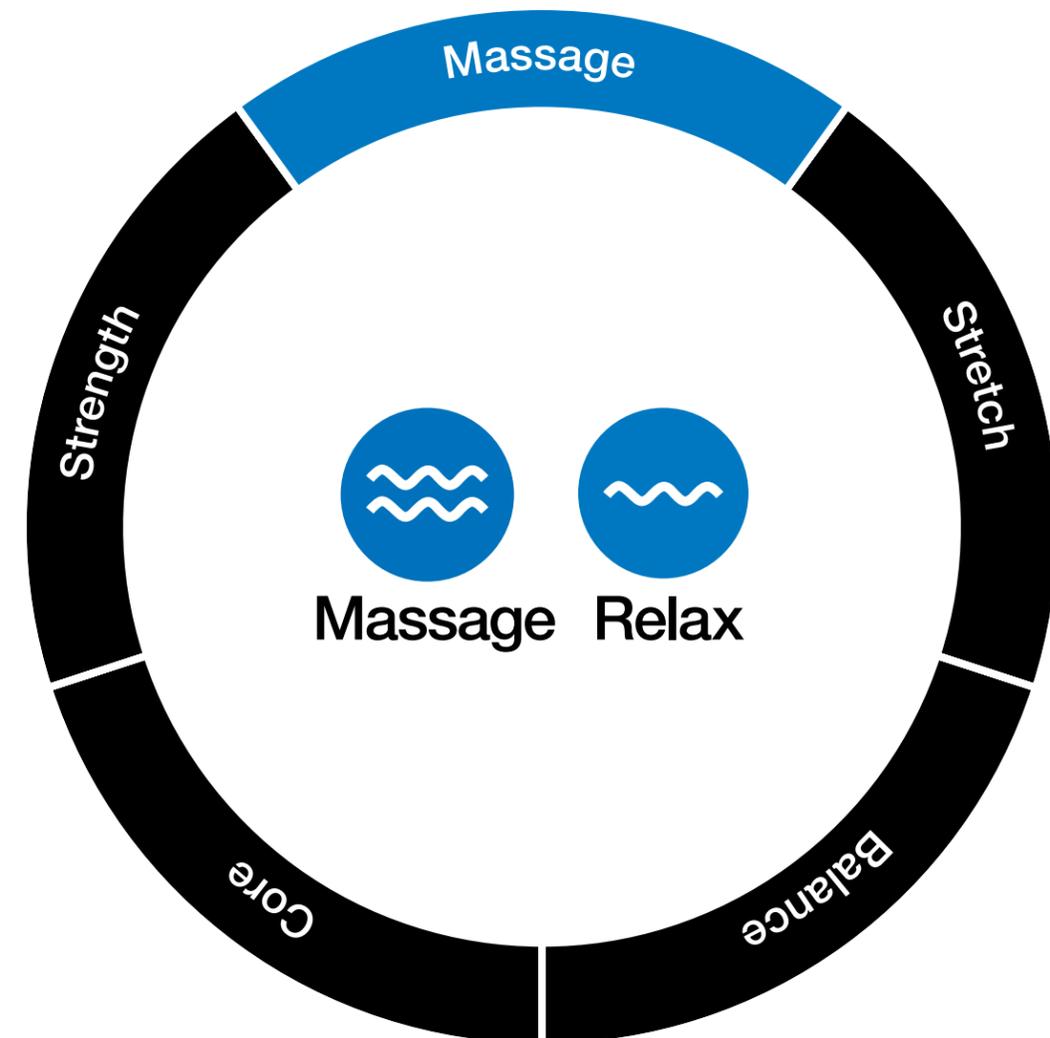


# Massage



...and relax. Lower the stress hormone Cortisol, release Serotonin, improve circulation and increase lymphatic flush. Reward and restore your body after all its hard work.

## Settings



# Massage—Choose up to 4

Settings:  **Massage**



**Quad**



Lie face-down on a step in front of machine. Place quadriceps on platform, keeping pelvic region off & relax.

**Muscles Targeted:** Quads



**Hamstring**



Lie face-up on a step with glute against front of machine, but not on it. Place both legs entirely on machine's platform. Straighten legs & relax.

**Muscles Targeted:** Hamstrings, Calves



**Calf**



Lie face-up on floor/step. Place lower half of legs on machine & relax.

**Muscles Targeted:** Calves



**Trap**

Face away from machine & sit on floor. Cross straps behind you & place them on the muscle of your upper back. Grasping straps, flex forward & curl, making sure back is not touching machine. Relax.

**Muscles Targeted:** Traps

 **Mat Recommended**

 **Increased Vibration Travel**



**IT Band**



Lie down on your side, placing hip directly on platform. Stack legs & bend them at a 45 degree angle. Rest arm on a step & relax. Repeat on other side.

**Muscles Targeted:** IT Band



**Piriformis**



With right side facing machine, sit on platform. Stack legs & bend them at a 45 degree angle. Bring legs up, locking ankles around machine & hold. Use a step for support. Repeat on other side.

**Muscles Targeted:** Glutes



**Lumbar**



Lie face-up on a step with lumbar/lower back region on platform. Place your feet against the handlebars & relax.

**Setting:**  **Relax**

**Muscles Targeted:** Low Back



**Back**



Face away from machine, sit on floor & place mat behind back. Choose to either lean back with hands behind head or lean forward on knees. Relax.

**Setting:**  **Relax**

**Muscles Targeted:** Mid/Upper Back



# Building Intensity

There are more than 200 exercises and infinite possibilities to keep your workout on the Power Plate® machine fresh and exciting. Challenge yourself and fast forward to the body you want.

**We recommend starting your exercise program at the settings we've shown for one month, exercising 2–3 times per week. After that, you can make your workout more challenging by following these steps.**

**Perform each progression for one month before moving to the next step.**

- 1** The first step for increasing the intensity of your workout is to perform more challenging exercises. Squat (using handles for support) → Squat (not using handles) → Squat with Bicep Curl → Single Leg Squat. See the Movement Executions section.
- 2** After performing more challenging exercises for one month, exercising 2–3 times per week, increase the number of times you perform each individual exercise. Each exercise 1 time → Each exercise 2 times → Each exercise 3 times.
- 3** Once you have progressed to performing each individual exercise three times for one month, increase the length of time you perform the exercise. See the Changing Settings section.  
🕒 30 Sec → 🕒 45 Sec → 🕒 60 Sec
- 4** After you have progressed to the most challenging exercises, performing each exercise three times for 60 seconds, the last step is to increase amplitude from Low to High. See the Changing Settings section.  
🎯 Low → 🎯 High



## Movement Executions

Perform any exercise in one of the following four ways. Initially, we recommend using the static technique for most exercises. As you progress, explore the other options to customize and accelerate your fitness level.

### Static



Get in deepest position, while remaining pain-free. Hold the exercise position indicated to the point where most muscle tension is created.

### Static Variable



Start in Static position. Move to a slightly lower position; pause. Move back to the Static position; pause. Move to a slightly higher position; pause. Return to the Static position. Repeat.

### Pulse



Start in the Static position. Perform controlled and shallow “pulse” movements, moving up and down. Do not pause.

### Dynamic



Start in Static position. Move through full comfortable range of movement. Do not pause or lock your knees or elbows. This movement will result in higher vibration travel.



## Changing Settings

When you're ready to progress your workout using the settings on the machine, you can decrease and increase the intensity of your Strength exercises by manually changing the settings.

- 1 Press the Strength button.
- 2 Press 30Hz, 35Hz or 40Hz button to set the frequency.
- 3 Press the Low / High button to set the amplitude (height of the vibration).
- 4 Press the 30 Sec / 60 Sec button to change the time.
- 5 Press the Start button.

When performing an exercise for 45 seconds, set the machine to 60 seconds and stop the exercise when there are 15 seconds left on the timer.



# Power Workouts



Overwhelmed with choices? Follow our pre-set 30-minute workouts that will lead to a new you. No thinking required.



# Power Basic



Regardless of your fitness level, this is where you begin if you are new to Acceleration Training™. Start with Stretch and follow the exercises—from left to right—through Balance, Core, Strength, and conclude with a relaxing Massage.

Work out at this level 2–3 times a week for four weeks before advancing to Power Intermediate. Use Static execution, but challenge the exercises as you progress using Static Variable and Pulse movements.

## Stretch



### Hip Flexor

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



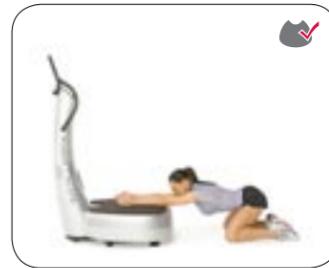
### Hamstring

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



### Inner Thigh

With side facing machine, place foot on platform. With leg straight, bend into squat & hold. Repeat with other leg.



### Lats

Face machine & kneel on floor. Place arms straight across the machine's surface & lean back onto heels. Sink toward floor.

## Balance



### Single Leg Balance

Stand on platform & bend knee. Lift other leg & keep chest up. Use handlebars for support. Repeat with other leg.



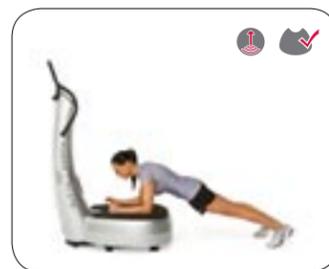
### Single Leg RDL

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



### Glute Bridge

Lie face-up on a step/floor in front of machine, flex toes & drive heels into platform. Lift hips to a 45 degree angle & hold.



### Front Plank

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

## Core



## Strength



### Split Squat

Place right foot on platform & left toes on step. Keep chest up & maintain a 45 degree bend in both knees. Repeat with other leg.



### Push-Up

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



### Squat

Stand on machine & sit back by flexing hips & knees. If needed, use the handlebars for support.



### Row

**Amplitude Setting:** High  
Stand on floor & cross straps in front of you. Pull straps & maintain tension. Keep chest up & elbows bent.



### Step-Up

Step on platform with left foot. Quickly raise right knee 90 degrees. Return right leg to ground. Repeat; then repeat with other leg.



### Shoulder Press

**Amplitude Setting:** High  
With side facing machine, place right knee on floor. Adjust strap length to be taut when elbow is bent just below 90 degrees. Press up toward ceiling.



### Row

**Amplitude Setting:** High  
Repeat Movement



### Lateral Step Lunge

Begin on step, side facing machine. Step on platform & bend into squat. Hold & return to step. Repeat. Repeat with other leg.

## Balance



## Core



## Massage



### Quad

Lie face-down on a step in front of machine. Place quadriceps on platform, keeping pelvic region off & relax.



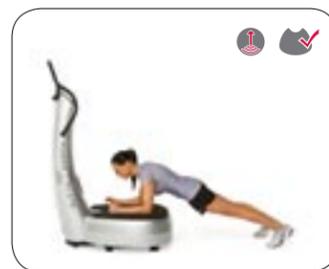
### Hamstring

Lie face-up on step with glute near machine, but not on it. Place both legs on platform, straighten & relax.



### IT Band

Lie down on one side, hip directly on platform. Stack legs & bend at a 45 degree angle. Rest arm on a step & relax. Repeat on other side.



### Back

**Setting:** Relax  
Sit on floor against machine with mat behind back. Lean back with hands behind head or forward onto knees. Relax.

# Power Intermediate



Healthier. Stronger. Feel increased power and mobility as your reward for being dedicated to Acceleration Training™. Now it is time to power up your skill level with higher frequency settings and varied executions.

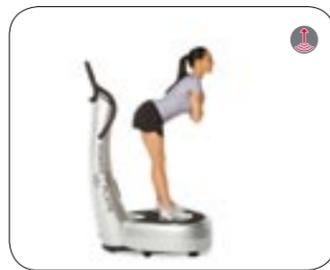
Work out for eight weeks, 2–3 times a week. Push yourself by incorporating all movement executions. Don't be afraid to get dynamic. It's worth it.

## Stretch



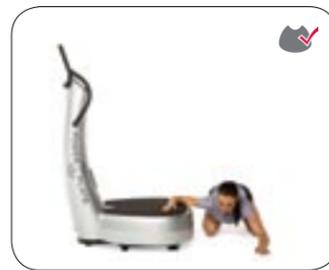
### Hip Flexor with Reach

Place right toes on platform, squeeze right glute, and lean away & into the stretch. Keep chest up & reach with right arm. Repeat on other side.



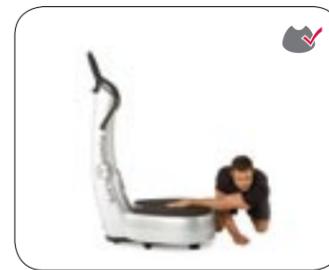
### Hamstring

Stand on platform. Keep feet flat with a soft lock in the knees. Cross arms & bow forward to activate hamstrings & glutes. Hold.



### Chest

With side facing machine, place forearm on platform with elbow bent. Lower body until tension is felt in chest. Repeat with other arm.



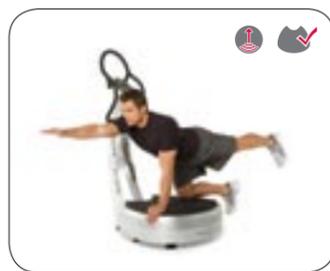
### Shoulders

Kneel. Place right hand on floor & reach left arm onto platform, rotating shoulder away from machine. Repeat with other arm.

## Balance



## Core



### Opposite Arm/Leg

Place knees & hands on platform. Lift right arm & left leg & hold straight out for two seconds; then alternate. Repeat.



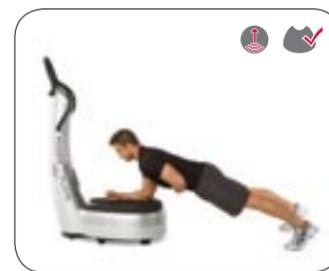
### Step-Up to Balance

Step on platform with right foot. Raise left knee to 90 degrees. Hold for 2 seconds & return leg to ground. Repeat; then repeat with other leg.



### Single Leg Glute Bridge

Lie face-up, flex toes & drive heels into platform. Lift hips to a 45 degree angle. Straighten right leg in the air & hold. Repeat with other leg.



### Single Arm Plank

Place forearms on platform. Press down through forearms, not elbows. Tuck right arm under chest, hold, return & alternate arms.

## Strength



### Squat with Bicep Curl

Get into squat position. Keep chest up. Adjust straps to elbow height. Curl and maintain constant tension.



### Single Leg Push-Up

Place hands on machine & feet on a step/floor. Lower body until elbows are bent at a 90 degree angle. Raise one leg slightly off ground. Repeat with other leg.



### Step Lunge

Face machine with feet on a step. Chest up. Step with left leg to platform & squat. Hold & return left leg to the step. Repeat; then repeat with other leg.



### Integrated Row

Shorten straps to waist height. With feet on platform, cross straps & pull. Keep chest at 45 degree angle. Pull with arms only.



### Lateral Raise

**Amplitude Setting:** High

Adjust straps to just below shoulder height. Use overhand grip & lift up, out & away from body, maintaining tension.



### Single Leg Push-Up

Repeat Movement



### Integrated Row

Repeat Movement



### Deadlift

Stand on platform. Squat & grab straps near base. Keep arms straight & inside knees. Pull straps straight up, maintaining tension.

## Massage



### Quad

Lie face-down on a step in front of machine. Place quadriceps on platform, keeping pelvic region off & relax.



### Hamstring

Lie face-up on step with glute near machine, but not on it. Place both legs on platform, straighten & relax.



### Piriformis

With right side facing machine, sit on platform. Stack legs & bend at a 45 degree angle. Bring knees up & hold. Repeat on other side.



### Lumbar

**Setting:** Relax

Lie face-up on a step with lumbar/lower back region on platform. Place your feet against the handlebars & relax.

# Power Advanced



A minimum of three months Acceleration Training™ is recommended for Power Advanced. This isn't about how big your muscles are. The machine gets its powerful results from having the ability to train you at a neuromuscular level.

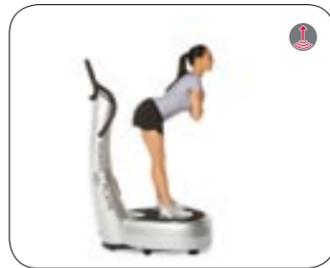
Meaning: work up to this. You will enjoy the results and the process if you build up. You say you are ready? Focus on strength and power. Challenge your movement executions. We've given you the tools. The rest is up to you. Discover the difference.

## Stretch



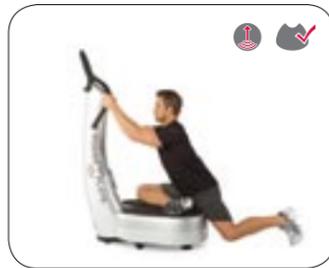
### Hip Flexor with Reach

Place right toes on platform, squeeze right glute, and lean away & into the stretch. Keep chest up & reach with right arm. Repeat on other side.



### Hamstring

Stand on platform. Keep feet flat with a soft lock in the knees. Cross arms & bow forward to activate hamstrings & glutes. Hold.



### Pigeon

Place right glute & leg, bent at a 45 degree angle, across platform. Use left leg for support. Lean in with chest up. Repeat with other leg.



### Calf

Stand on platform. Bend left leg. Move right leg back so heel drops off edge. Keeping right leg straight, press down. Repeat with other leg.

## Balance

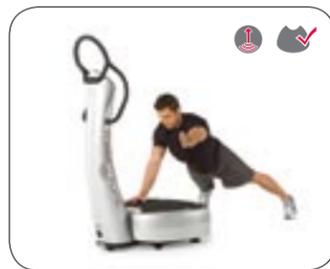


## Core



### Single Leg Balance with Rotation

Stand on platform. Bend left knee. Lift right leg & reach down across body. Bend at waist, not knee. Repeat with other leg.



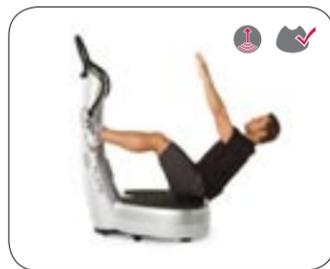
### Shoulder Stabilizer

Begin in push-up position. Lift left arm up & out into "Y" position for 2 seconds. Return hand to platform & repeat with other arm.



### Side Plank

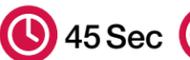
With right side facing the machine, place left forearm on floor. Stack feet on platform. Keep body straight & hips up. Hold.



### Elevated V-Sit

Sit on platform, facing column. Hook feet under handlebars & lean back with arms reaching up. Keep chest up & stabilize. Hold.

## Strength



### Single Leg Squat

Bend into deep squat & keep chest up. Lift right foot. Slowly pulse up & down. Repeat for duration of exercise; repeat with other leg.



### Power Push-Up

Lower yourself to the bottom phase of the push-up movement, then explode up, lifting your hands from the platform. Bend your elbows as you return and slowly lower. Repeat.



### Transverse Step Lunge

Start with feet on a step, back facing platform. Step backwards with right leg and rotate so end position faces forward. Drive back to start position. Repeat; repeat on other side.



### Integrated Row

Shorten straps to waist height. With feet on platform, cross straps & pull. Keep chest at 45 degree angle. Pull with arms only.



### Split Squat Shoulder Press

Bend into lunge position on floor. Shorten strap so it is eye level. Grab strap and press to ceiling, maintaining constant tension.



### Single Leg RDL

Place left foot on platform, with knee in soft-lock position. Lift right leg behind & grab strap halfway up with left hand. Keep arm straight & pull up, maintaining tension.



### Row

Stand on floor & cross straps in front of you. Pull straps & maintain tension. Keep chest up & elbows bent.



### Deadlift

Stand on platform. Squat & grab straps near base. Keep arms straight & inside knees. Pull straps straight up, maintaining tension.

## Massage



### Quad

Lie face-down on a step in front of machine. Place quadriceps on platform, keeping pelvic region off & relax.



### Hamstring

Lie face-up on step with glute near machine, but not on it. Place both legs on platform, straighten & relax.



### IT Band

Lie down on one side, hip directly on platform. Stack legs & bend at a 45 degree angle. Rest arm on a step & relax. Repeat on other side.



### Trap

Sit on floor. Cross straps behind you & place on the muscle of upper back. Grasp straps & curl forward, with back not touching machine. Relax.

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