




ADJUSTMENT AND ADAPTATION


WARMING UP


C06-Hamstring Massage		1	
	Time	PHASE 1	
	Rest	60	
	Amplitude	0	
	Repetitions	H	
	Execution	1	
		passive	
PROCEDURE Place hamstrings and calves on the plate and upper body on step	COACHING KEYS Rotate hips to emphasize inner or outer leg	"YOU SHOULD FEEL..." Hamstrings and Calves	


C03-Quadriceps Massage		2	
	Time	PHASE 1	
	Rest	60	
	Amplitude	0	
	Repetitions	H	
	Execution	1	
		passive	
PROCEDURE Start in prone position with front of thighs on the plate	COACHING KEYS Slowly flex knee for more emphasis on lower quad; upper body should be off the machine	"YOU SHOULD FEEL..." Quadriceps	

B02-Quadriceps Stretch		3	
	Time	PHASE 1	
	Rest	30	
	Amplitude	0	
	Repetitions	L	
	Execution	1	
		static	
PROCEDURE Push your hips forward until first point of tension is felt in the hip	COACHING KEYS Move slowly and with control	"YOU SHOULD FEEL..." Front of Hip and Quads	


WORK OUT


A05-Calves		1	
	Time	PHASE 1	
	Rest	30	
	Amplitude	30	
	Repetitions	L	
	Execution	1	
		static	
PROCEDURE Stand on toes with slight bend at the hips and knees	COACHING KEYS Maintain neutral spinal alignment; do not "hang" on handles	"YOU SHOULD FEEL..." Calves, Quads, and Hamstrings	

A01-Squat		2	
	Time	PHASE 1	
	Rest	30	
	Amplitude	30	
	Repetitions	L	
	Execution	1	
		static	
PROCEDURE Sit back by flexing hips, knees, and ankles until desired depth is reached	COACHING KEYS Maintain neutral spinal alignment; do not "hang" on handles	"YOU SHOULD FEEL..." Glutes, Quads, and Hamstrings	

A08-Push Up		3	
	Time	PHASE 1	
	Rest	30	
	Amplitude	30	
	Repetitions	L	
	Execution	1	
		static	
PROCEDURE Place hands approximately shoulder width apart; bend the elbows to lower body	COACHING KEYS Descend down only to a range of motion that can be controlled; maintain neutral spinal alignment	"YOU SHOULD FEEL..." Chest, Shoulders, and Arms	


COOLING DOWN


C03-Quadriceps Massage		1	
	Time	60	
	Rest	0	
	Amplitude	L	
	Repetitions	1	
	Execution	passive	
PROCEDURE Start in prone position with front of thighs on the machine	COACHING KEYS Slowly flex knee for more emphasis on lower quad; upper body should be off the machine	"YOU SHOULD FEEL..." Quadriceps	


C01-Calves Massage		2	
	Time	60	
	Rest	0	
	Amplitude	L	
	Repetitions	1	
	Execution	passive	
PROCEDURE Lay on your back with calves on the plate	COACHING KEYS Cross one leg over the other for deeper massage	"YOU SHOULD FEEL..." Calves	


WEIGHT LOSS

WARMING UP


C06-Hamstring Massage		1	
	Time	PHASE 1 60	PHASE 2 60
	Rest	0	0
	Amplitude	H	H
	Repetitions	1	1
	Execution	passive	passive
PROCEDURE Place hamstrings and calves on the machine and upper body on step	COACHING KEYS Rotate hips to emphasize inner or outer leg	"YOU SHOULD FEEL..." Hamstrings and Calves	


C03-Quadriceps Massage		2	
	Time	PHASE 1 60	PHASE 2 60
	Rest	0	0
	Amplitude	H	H
	Repetitions	1	1
	Execution	passive	passive
PROCEDURE Start in prone position with front of thighs on the machine	COACHING KEYS Slowly flex knee for more emphasis on lower quad; upper body should be off the plate	"YOU SHOULD FEEL..." Quadriceps	


B02-Quadriceps Stretch		3	
	Time	PHASE 1 30	PHASE 2 30
	Rest	0	0
	Amplitude	L	L
	Repetitions	1	1
	Execution	static	static
PROCEDURE Push your hips forward until first point of tension is felt in the hip	COACHING KEYS Move slowly and with control	"YOU SHOULD FEEL..." Front of Hip and Quads	


B04-Adductor Stretch		4	
	Time	PHASE 1 30	PHASE 2 30
	Rest	0	0
	Amplitude	L	L
	Repetitions	1	1
	Execution	static	static
PROCEDURE Keeping leg on the machine straight, lean into opposite leg and sit back	COACHING KEYS Move slowly and with control	"YOU SHOULD FEEL..." Adductors (Inner Thigh)	

WORK OUT


A06-Pelvic Bridge		1	
	Time	PHASE 1 30	PHASE 2 60
	Rest	60	60
	Amplitude	L	H
	Repetitions	1	1
	Execution	static	dynamic
PROCEDURE Press feet into machine while pushing the hips upward	COACHING KEYS Engage glutes and hamstrings as primary muscles	"YOU SHOULD FEEL..." Glutes, Hamstrings and Lower Back	

A16-Lower Abdominals		2	
	Time	PHASE 1 30	PHASE 2 60
	Rest	60	60
	Amplitude	L	H
	Repetitions	1	1
	Execution	static	static
PROCEDURE In prone position, place flexed elbows on the plate; engage abs, glutes, and hamstrings as you extend	COACHING KEYS Move slowly and with control	"YOU SHOULD FEEL..." Abdominals	

A01-Squat		3	
	Time	PHASE 1 30	
	Rest	30	
	Amplitude	L	
	Repetitions	1	
	Execution	static	
PROCEDURE Sit back by flexing hips, knees, and ankles until desired depth is reached	COACHING KEYS Maintain neutral spinal alignment; do not "hang" on handles	"YOU SHOULD FEEL..." Glutes, Quads, and Hamstrings	

A02-Deep Squat		4	
	Time		PHASE 2 60
	Rest		60
	Amplitude		H
	Repetitions		1
	Execution		dynamic
PROCEDURE Sit back by flexing hips, knees, and ankles until desired depth is reached	COACHING KEYS Allow for normal spinal movement under control; do not "hang" on handles	"YOU SHOULD FEEL..." Glutes, Quads, and Hamstrings	

A04-Lunge 5




	PHASE 1	PHASE 2
Time	30	60
Rest	30	60
Amplitude	L	H
Repetitions	1	1
Execution	static	dynamic

PROCEDURE
Standing with one foot on plate, one foot on floor; bend at the hips, knees, and ankles and lower slowly until desired depth is reached

COACHING KEYS
Maintain neutral spinal alignment and control during descent

"YOU SHOULD FEEL..."
Glutes, Quads, and Hamstrings

A03-Wide Stance Squat 6




	PHASE 1	PHASE 2
Time	30	60
Rest	30	60
Amplitude	L	H
Repetitions	1	1
Execution	static	dynamic

PROCEDURE
Start with feet wider than shoulder width; sit back by flexing hips, knees, and ankles until desired depth is reached

COACHING KEYS
Maintain neutral spinal alignment; do not "hang" on handles

"YOU SHOULD FEEL..."
Glutes, Quads, and Hamstrings

A08-Push Up 7




	PHASE 1	PHASE 2
Time	30	60
Rest	30	60
Amplitude	L	H
Repetitions	1	1
Execution	static	dynamic

PROCEDURE
Place hands approximately shoulder width apart; bend the elbows to lower body

COACHING KEYS
Descend down only to a range of motion that can be controlled; maintain neutral spinal alignment

"YOU SHOULD FEEL..."
Chest, Shoulders, and Arms

A09-Triceps Dip 8



	PHASE 1	PHASE 2
Time	30	60
Rest	30	60
Amplitude	L	H
Repetitions	1	1
Execution	static	dynamic


PROCEDURE
Lift hips slightly off edge of machine, hands about shoulder width apart; lower slightly by bending elbows

COACHING KEYS
Keep hips close to machine, maintain neutral neck and head alignment

"YOU SHOULD FEEL..."
Triceps and Shoulders

COOLING DOWN

C03-Quadriceps Massage 1




	PHASE 1	PHASE 2
Time	60	60
Rest	0	0
Amplitude	H	H
Repetitions	1	1
Execution	passive	passive

PROCEDURE
Start in prone position with front of thighs on the machine

COACHING KEYS
Slowly flex knee for more emphasis on lower quad; upper body should be off the plate

"YOU SHOULD FEEL..."
Quadriceps

C01-Calves Massage 2




	PHASE 1	PHASE 2
Time	60	60
Rest	0	0
Amplitude	H	H
Repetitions	1	1
Execution	passive	passive

PROCEDURE
Lay on your back with calves on the plate

COACHING KEYS
Cross one leg over the other for deeper massage

"YOU SHOULD FEEL..."
Calves

C06-Hamstring Massage 3



	PHASE 1	PHASE 2
Time	60	60
Rest	0	0
Amplitude	H	H
Repetitions	1	1
Execution	passive	passive


PROCEDURE
Place hamstrings and calves on the machine and upper body on step


COACHING KEYS
Rotate hips to emphasize inner or outer leg


"YOU SHOULD FEEL..."
Hamstrings and calves

UPPER BODY STRENGTH


WARMING UP


C02-Upper Arm Massage		1	
	Time	PHASE 1 60	PHASE 2 60
	Rest	0	0
	Amplitude	H	H
	Repetitions	1	1
	Execution	passive	passive
PROCEDURE Place upper arm on the machine and hold passively		COACHING KEYS Do not overstretch shoulder	
		"YOU SHOULD FEEL..." Shoulders and Arms	


B05-Shoulder Stretch		2	
	Time	PHASE 1 30	PHASE 2 30
	Rest	0	0
	Amplitude	L	L
	Repetitions	1	1
	Execution	passive	passive
PROCEDURE Face away from machine; hold on to one strap with arm at the side; outwardly rotate shoulder and let arm extend back; lean forward slightly		COACHING KEYS Stand near machine and maintain balance at all times	
		"YOU SHOULD FEEL..." Front of Shoulder	


B06-Pectoral Stretch		3	
	Time	PHASE 1 30	PHASE 2 30
	Rest	0	0
	Amplitude	L	L
	Repetitions	1	1
	Execution	passive	passive
PROCEDURE Place arm on plate with elbow bent at 90 degrees; slowly lower your body to the floor until tension felt in chest muscles		COACHING KEYS Move slowly and with control	
		"YOU SHOULD FEEL..." Chest and Front of Shoulders	

WORK OUT


A16-Lower Abdominals		1	
	Time	PHASE 1 30	PHASE 2 60
	Rest	30	30
	Amplitude	L	H
	Repetitions	1	1
	Execution	static	dynamic
PROCEDURE In prone position, place flexed elbows on the plate; engage abs, glutes, and hamstrings as you extend		COACHING KEYS Move slowly and with control	
		"YOU SHOULD FEEL..." Abdominals	

A18-Lateral Abdominals		2	
	Time	PHASE 1 30	PHASE 2 60
	Rest	30	30
	Amplitude	L	H
	Repetitions	1	1
	Execution	static	dynamic
PROCEDURE Lay on side; place flexed elbow on plate, stacked feet on floor; push hips up		COACHING KEYS Maintain stability and optimal alignment from neck to feet	
		"YOU SHOULD FEEL..." Side Abdominals, Hips, and Shoulders	

A07-Lattissimus Dip		3	
	Time	PHASE 1 30	PHASE 2 60
	Rest	30	30
	Amplitude	L	H
	Repetitions	1	1
	Execution	static	dynamic
PROCEDURE Seated on edge of plate, place hands shoulder width apart and keep knees bent; lift hips off plate with straight arms and press shoulders down		COACHING KEYS Keep hips close to plate, maintain neutral neck and head alignment	
		"YOU SHOULD FEEL..." Upper and Middle Back	

A08-Push Up		4	
	Time	PHASE 1 30	PHASE 2 60
	Rest	30	30
	Frequency	L	H
	Amplitude	L	H
	Repetitions	1	1
Execution	static	dynamic	
PROCEDURE Place hands approximately shoulder width apart; bend the elbows to lower body		COACHING KEYS Descend down only to a range of motion that can be controlled; maintain neutral spinal alignment	
		"YOU SHOULD FEEL..." Chest, Shoulders, and Arms	

A09-Triceps Dip 5




	PHASE 1	PHASE 2
Time	30	60
Rest	30	30
Amplitude	L	H
Repetitions	1	1
Execution	static	dynamic

PROCEDURE
Lift hips slightly off edge of plate, hands about shoulder width apart; lower slightly by bending elbows

COACHING KEYS
Keep hips close to plate, maintain neutral neck and head alignment

"YOU SHOULD FEEL..."
Triceps and Shoulders

A11-Bent Over Pull 6




	PHASE 1	PHASE 2
Time	30	60
Rest	30	30
Amplitude	L	H
Repetitions	1	1
Execution	static	static

PROCEDURE
Activate mid back muscles; pull the straps to increase tension in the straps and the back and arms

COACHING KEYS
Maintain neutral spinal alignment; avoid excessive arm elevation

"YOU SHOULD FEEL..."
Mid / Upper Back and Arms

A10-Bicep Curl 7




	PHASE 1	PHASE 2
Time	30	60
Rest	30	30
Amplitude	L	H
Repetitions	1	1
Execution	static	static

PROCEDURE
Activate the biceps and forearms with the intention to "curl" the straps up

COACHING KEYS
Maintain neutral spinal alignment; avoid excessive arm elevation

"YOU SHOULD FEEL..."
Biceps, Shoulder and Forearms

A12-Shoulder Press 8




	PHASE 1	PHASE 2
Time	30	60
Rest	30	30
Amplitude	L	H
Repetitions	1	1
Execution	static	static

PROCEDURE
Place hands on plate, with hips flexed and legs almost straight; bend the elbows to lower body

COACHING KEYS
Descend down only to a range of motion that can be controlled; maintain neutral spinal alignment

"YOU SHOULD FEEL..."
Shoulders and Arms

A13-Front Raise 9




	PHASE 1	PHASE 2
Time	30	60
Rest	30	30
Amplitude	L	H
Repetitions	1	1
Execution	static	static

PROCEDURE
Hold straps with straight arms and flex shoulders to desired range; actively pull on straps to increase tension

COACHING KEYS
Adjust straps or body position to alter range of motion; maintain neutral spinal alignment

"YOU SHOULD FEEL..."
Shoulders and Core

A14-Lateral Side Raise 10



	PHASE 1	PHASE 2
Time	30	60
Rest	30	30
Amplitude	L	H
Repetitions	1	1
Execution	static	static


PROCEDURE
Hold straps with straight arms, and rotate shoulders to desired range; actively pull on straps to increase tension

COACHING KEYS
Adjust straps or body position to alter range of motion; maintain neutral spinal alignment

"YOU SHOULD FEEL..."
Shoulders and Arms

COOLING DOWN

C02-Upper Arm Massage 1




	PHASE 1	PHASE 2
Time	60	60
Rest	0	0
Amplitude	H	H
Repetitions	1	1
Execution	passive	passive

PROCEDURE
Place upper arm on the plate and hold passively

COACHING KEYS
Do not overstretch shoulder

"YOU SHOULD FEEL..."
Shoulders and Arms

D01-Shoulder and Neck Relaxor 2




	PHASE 1	PHASE 2
Time	60	60
Rest	0	0
Amplitude	L	L
Repetitions	1	1
Execution	passive	passive

PROCEDURE
Slowly flex shoulder to comfortable range; while keeping arms in place on the plate, slowly move with intention of pulling hips away from hands horizontally

COACHING KEYS
Move slowly and with control; reduce shoulder range of motion if feeling in front of shoulder only; do not let head touch the plate

"YOU SHOULD FEEL..."
Stretch in Back and Shoulders

D03-Upper Body Relaxor 3



	PHASE 1	PHASE 2
Time	60	60
Rest	0	0
Amplitude	L	L
Repetitions	1	1
Execution	passive	passive

PROCEDURE
 Sit on floor facing away from plate; place mat between your middle back and the plate

COACHING KEYS
 Support head and neck if needed


"YOU SHOULD FEEL..."
 Upper Back



LOWER BODY STRENGTH

WARMING UP

C03-Quadriceps Massage 1




	PHASE 1	PHASE 2
Time	60	60
Rest	0	0
Amplitude	H	H
Repetitions	1	1
Execution	passive	passive

PROCEDURE
Start in prone position with front of thigh on the plate

COACHING KEYS
Slowly flex knee for more emphasis on lower quad; upper body should be off the plate

"YOU SHOULD FEEL..."
Quadriceps

C06-Hamstring Massage 2




	PHASE 1	PHASE 2
Time	60	60
Rest	0	0
Amplitude	H	H
Repetitions	1	1
Execution	passive	passive

PROCEDURE
Place hamstrings and calves on the plate and upper body on step

COACHING KEYS
Rotate hips to emphasize inner or outer leg

"YOU SHOULD FEEL..."
Hamstrings and Calves

B01-Hamstring Stretch 3




	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Amplitude	L	L
Repetitions	1	1
Execution	passive	passive

PROCEDURE
Keeping your legs straight but not locked, anteriorly tilt your pelvis and push your hips back gently

COACHING KEYS
Maintain neutral spinal alignment

"YOU SHOULD FEEL..."
Glutes, Hamstrings, and Calves

B02-Quadriceps Stretch 4



	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Amplitude	L	L
Repetitions	1	1
Execution	passive	passive


PROCEDURE
Push your hips forward until first point of tension is felt in the hip

COACHING KEYS
Move slowly and with control

"YOU SHOULD FEEL..."
Front of Hip and Quads

WORK OUT

A01-Squat 1




	PHASE 1	PHASE 2
Time	30	30
Rest	30	30
Amplitude	L	H
Repetitions	1	1
Execution	static	dynamic

PROCEDURE
Sit back by flexing hips, knees, and ankles until desired depth is reached

COACHING KEYS
Maintain neutral spinal alignment; do not "hang" on handles

"YOU SHOULD FEEL..."
Glutes, Quads, and Hamstrings

A04-Lunge 2




	PHASE 1	PHASE 2
Time	30	30
Rest	30	30
Amplitude	L	H
Repetitions	1	1
Execution	static	dynamic

PROCEDURE
Standing with one foot on plate, one foot on floor; bend at the hips, knees, and ankles and lower slowly until desired depth is reached

COACHING KEYS
Maintain neutral spinal alignment and control during descent

"YOU SHOULD FEEL..."
Glutes, Quads, and Hamstrings

A02-Deep Squat 3




	PHASE 1	PHASE 2
Time	30	30
Rest	30	0
Amplitude	L	H
Repetitions	1	1
Execution	static	dynamic

PROCEDURE
Sit back by flexing hips, knees, and ankles until desired depth is reached

COACHING KEYS
Allow for normal spinal movement under control; do not "hang" on handles

"YOU SHOULD FEEL..."
Glutes, Quads, and Hamstrings

A03-Wide Stance Squat 4




	PHASE 1	PHASE 2
Time	30	30
Rest	30	30
Amplitude	L	H
Repetitions	1	1
Execution	static	dynamic

PROCEDURE
Start with feet wider than shoulder width; sit back by flexing hips, knees, and ankles until desired depth is reached

COACHING KEYS
Maintain neutral spinal alignment; do not "hang" on handles

"YOU SHOULD FEEL..."
Glutes, Quads, and Hamstrings

A05-Calves 5




	PHASE 1	PHASE 2
Time	30	30
Rest	30	30
Amplitude	L	H
Repetitions	1	1
Execution	static	dynamic

PROCEDURE
Stand on toes with slight bend at the hips and knees

COACHING KEYS
Maintain neutral spinal alignment; do not "hang" on handles

"YOU SHOULD FEEL..."
Calves, Quads, and Hamstrings

A06-Pelvic Bridge 6



	PHASE 1	PHASE 2
Time	30	30
Rest	30	30
Amplitude	L	H
Repetitions	1	1
Execution	static	dynamic


PROCEDURE
Press feet into plate while pushing the hips upward

COACHING KEYS
Engage glutes and hamstrings as prime movers

"YOU SHOULD FEEL..."
Glutes, Hamstrings and Lower Back

COOLING DOWN

C01-Calves Massage 1




	PHASE 1	PHASE 2
Time	60	60
Rest	0	35
Amplitude	H	H
Repetitions	1	1
Execution	passive	passive

PROCEDURE
Lay on your back with calves on the plate

COACHING KEYS
Cross one leg over the other for deeper massage

"YOU SHOULD FEEL..."
Calves

C03-Quadriceps Massage 2




	PHASE 1	PHASE 2
Time	60	60
Rest	0	35
Amplitude	H	H
Repetitions	1	1
Execution	passive	passive

PROCEDURE
Start in prone position with front of thighs on the plate

COACHING KEYS
Slowly flex knee for more emphasis on lower quad; upper body should be off the plate

"YOU SHOULD FEEL..."
Quadriceps

C06-Hamstring Massage 3



	PHASE 3	PHASE 2
Time	60	60
Rest	0	35
Amplitude	H	H
Repetitions	1	1
Execution	passive	passive


PROCEDURE
Hamstrings and calves on the plate and upper body on step


COACHING KEYS
Rotate hips to emphasize inner or outer leg


"YOU SHOULD FEEL..."
Hamstrings and Calves


CELLULITE REDUCTION


CELLULITE CONDITIONING

C01-Calves Massage		1	
	Time	PHASE 1	PHASE 2
	Rest	60	60
	Amplitude	0	0
	Repetitions	L	H
	Execution	1	1
		passive	passive
PROCEDURE Lay on your back with calves on the plate		COACHING KEYS Cross one leg over the other for deeper massage	
		"YOU SHOULD FEEL..." Calves	

C03-Quadriceps Massage		2	
	Time	PHASE 1	PHASE 2
	Rest	60	60
	Amplitude	0	0
	Repetitions	L	H
	Execution	1	1
		passive	passive
PROCEDURE Start in prone position with front of thighs on the plate		COACHING KEYS Slowly flex knee for more emphasis on lower quad; upper body should be off the plate	
		"YOU SHOULD FEEL..." Quadriceps	


C04-Adductor Massage		3	
	Time	PHASE 1	PHASE 2
	Rest	60	60
	Amplitude	0	0
	Repetitions	L	H
	Execution	1	1
		passive	passive
PROCEDURE Place inner thigh on plate with opposite leg resting on the floor		COACHING KEYS Use step if more comfortable	
		"YOU SHOULD FEEL..." Adductor (Inner Thigh)	

C05-Abductor Massage		4	
	Time	PHASE 1	PHASE 2
	Rest	60	60
	Amplitude	0	0
	Repetitions	L	H
	Execution	1	1
		passive	passive
PROCEDURE Lay sideways on plate with knees bent and elbow resting on floor		COACHING KEYS Rotate body to emphasize different areas of legs and hips	
		"YOU SHOULD FEEL..." Abductor (Outer Thigh)	

C06-Hamstring Massage		5	
	Time	PHASE 1	PHASE 2
	Rest	60	60
	Amplitude	0	0
	Repetitions	L	H
	Execution	1	1
		passive	passive
PROCEDURE Place hamstrings and calves on the plate and upper body on step		COACHING KEYS Rotate hips to emphasize inner or outer leg	
		"YOU SHOULD FEEL..." Hamstrings and Calves	

ANTI-STRESS CONDITIONING

C01-Calves Massage 1




	PHASE 1	PHASE 2
Time	60	60
Rest	0	0
Amplitude	H	H
Repetitions	1	1
Execution	passive	passive

PROCEDURE
Lay on your back with calves on the plate

COACHING KEYS
Cross one leg over the other for deeper massage

"YOU SHOULD FEEL..."
Calves

C06-Hamstring Massage 2




	PHASE 1	PHASE 2
Time	60	60
Rest	0	0
Amplitude	H	H
Repetitions	1	1
Execution	passive	passive

PROCEDURE
Place hamstrings and calves on the plate and upper body on step

COACHING KEYS
Rotate hips to emphasize inner or outer leg

"YOU SHOULD FEEL..."
Hamstrings and Calves

B05-Shoulder Stretch 3




	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Amplitude	L	L
Repetitions	1	1
Execution	passive	passive

PROCEDURE
Face away from plate; hold on to one strap with arm at the side; outwardly rotate shoulder and let arm extend back; lean forward slightly

COACHING KEYS
Stand near plate and maintain balance at all times

"YOU SHOULD FEEL..."
Front of Shoulder

D01-Shoulder and Neck Relaxor 4




	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Amplitude	L	L
Repetitions	1	2
Execution	passive	passive

PROCEDURE
Slowly flex shoulder to comfortable range; while keeping arms in place on the plate, slowly move with intention of pulling hips away from hands horizontally

COACHING KEYS
Move slowly and with control; reduce shoulder range of motion if feeling in front of shoulder only; do not let head touch the plate

"YOU SHOULD FEEL..."
Back and Shoulders

D03-Upper Body Relaxor 5




	PHASE 1	PHASE 2
Time	60	60
Rest	0	0
Amplitude	L	L
Repetitions	1	2
Execution	passive	passive

PROCEDURE
Sit on floor facing away from plate; place mat between your middle back and the plate

COACHING KEYS
Support head and neck if needed

"YOU SHOULD FEEL..."
Upper Back

D02-Lower Back Relaxor 6




	PHASE 1	PHASE 2
Time	60	60
Rest	0	0
Amplitude	L	L
Repetitions	1	2
Execution	passive	passive

PROCEDURE
Place pad or mat between your back and the plate; flatten your Lower back against the plate

COACHING KEYS
Adjust position to get desired contact point

"YOU SHOULD FEEL..."
Lower Back

D04-Back Relaxor 7



	PHASE 1	PHASE 2
Time	60	60
Rest	0	0
Amplitude	L	L
Repetitions	1	2
Execution	passive	passive

PROCEDURE
Place mat on the plate, feet on the floor, knees bent; slowly exhale and bend forward, allowing your back to round

COACHING KEYS
Use range of motion that is comfortable


"YOU SHOULD FEEL..."
Back and Hips



STRETCHING AND FLEXIBILITY

WARMING UP

C06-Hamstring Massage 1




	PHASE 1	PHASE 2
Time	60	60
Rest	0	0
Amplitude	H	H
Repetitions	1	1
Execution	passive	passive

PROCEDURE
Place hamstrings and calves on the plate and upper body on step

COACHING KEYS
Rotate hips to emphasize inner or outer leg

"YOU SHOULD FEEL..."
Hamstrings and Calves

D04-Back Relaxor 2



	PHASE 1	PHASE 2
Time	60	60
Rest	0	0
Amplitude	L	L
Repetitions	1	1
Execution	passive	passive


PROCEDURE
Place mat on the plate, feet on the floor, knees bent; slowly exhale and bend forward, allowing your back to round

COACHING KEYS
Use range of motion that is comfortable

"YOU SHOULD FEEL..."
Back and Hips

WORK OUT

B01-Hamstring Stretch 1




	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Amplitude	L	L
Repetitions	1	2
Execution	passive	passive

PROCEDURE
Keeping your legs straight but not locked, anteriorly tilt your pelvis and push your hips back gently

COACHING KEYS
Maintain neutral spinal alignment

"YOU SHOULD FEEL..."
Glutes, Hamstrings, and Calves

B02-Quadriceps Stretch 2




	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Amplitude	L	L
Repetitions	1	2
Execution	passive	passive

PROCEDURE
Push your hips forward until first point of tension is felt in the hip

COACHING KEYS
Move slowly and with control

"YOU SHOULD FEEL..."
Front of Hip and Quads

B03-Calf Stretch 3




	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Amplitude	L	L
Repetitions	1	2
Execution	passive	passive

PROCEDURE
Lunge forward slightly, keep the back leg straight while pushing the heel into the plate

COACHING KEYS
Keep back heel on plate

"YOU SHOULD FEEL..."
Calves

B04-Adductor Stretch 4




	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Amplitude	L	L
Repetitions	1	2
Execution	passive	passive

PROCEDURE
Keeping leg on the plate straight, lean into opposite leg and sit back

COACHING KEYS
Move slowly and with control

"YOU SHOULD FEEL..."
Adductors (Inner Thigh)

B05-Shoulder Stretch 5




	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Amplitude	L	L
Repetitions	1	2
Execution	passive	passive

PROCEDURE
Face away from plate; hold on to one strap with arm at the side; outwardly rotate shoulder and let arm extend back; lean forward slightly

COACHING KEYS
Stand near plate and maintain balance at all times

"YOU SHOULD FEEL..."
Front of Shoulders

B06-Pectoral Stretch 6




	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Amplitude	L	L
Repetitions	1	2
Execution	passive	passive


PROCEDURE
Place arm on plate with elbow bent at 90 degrees; slowly lower your body to the floor until tension felt in chest muscles

COACHING KEYS
Maintain neutral spinal alignment

"YOU SHOULD FEEL..."
Chest and Front of Shoulders

COOLING DOWN


C03-Quadriceps Massage		1	
	Time	60	60
	Rest	0	0
	Amplitude	H	H
	Repetitions	1	1
	Execution	passive	passive
<p>PROCEDURE Start in prone position with front of thigh on the plate</p>	<p>COACHING KEYS Slowly flex knee for more emphasis on lower quad; upper body should be off the plate</p>	<p>"YOU SHOULD FEEL..." Quadriceps</p>	

C06-Hamstring Massage		2	
	Time	60	60
	Rest	0	0
	Amplitude	H	H
	Repetitions	1	1
	Execution	passive	passive
<p>PROCEDURE Place hamstrings and calves on the plate and upper body on step</p>	<p>COACHING KEYS Rotate hips to emphasize inner or outer leg</p>	<p>"YOU SHOULD FEEL..." Hamstrings and Calves</p>	

BONE MINERAL DENSITY

WARMING UP

B06-Pectoral Stretch 1




	PHASE 1	PHASE 2
Time	60	60
Rest	0	0
Amplitude	H	H
Repetitions	1	1
Execution	passive	passive

PROCEDURE
Place arm on plate with elbow bent at 90 degrees; slowly lower your body to the floor until tension felt in chest muscles

COACHING KEYS
Maintain neutral spinal alignment

"YOU SHOULD FEEL..."
Chest and Front of Shoulders

C06-Hamstring Massage 2




	PHASE 1	PHASE 2
Time	60	60
Rest	0	0
Amplitude	H	H
Repetitions	1	1
Execution	passive	passive

PROCEDURE
Place hamstrings and calves on the plate and upper body on step

COACHING KEYS
Rotate hips to emphasize inner or outer leg

"YOU SHOULD FEEL..."
Hamstrings and Calves

B02-Quadriceps Stretch 3




	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Amplitude	L	L
Repetitions	1	1
Execution	passive	passive

PROCEDURE
Push your hips forward until first point of tension is felt in the hip

COACHING KEYS
Move slowly and with control

"YOU SHOULD FEEL..."
Front of Hip and Quads

B04-Adductor Stretch 4



	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Amplitude	L	L
Repetitions	1	1
Execution	passive	passive


PROCEDURE
Keeping leg on the plate straight, lean into opposite leg and sit back

COACHING KEYS
Move slowly and with control

"YOU SHOULD FEEL..."
Adductors (Inner Thigh)

WORK OUT

A01-Squat 1




	PHASE 1	PHASE 2
Time	30	30
Rest	30	30
Amplitude	L	H
Repetitions	1	1
Execution	static	dynamic

PROCEDURE
Sit back by flexing hips, knees, and ankles until desired depth is reached

COACHING KEYS
Maintain neutral spinal alignment; do not "hang" on handles

"YOU SHOULD FEEL..."
Glutes, Quads, and Hamstrings

A02-Deep Squat 2




	PHASE 1	PHASE 2
Time	30	30
Rest	30	30
Amplitude	L	H
Repetitions	1	1
Execution	static	dynamic

PROCEDURE
Sit back by flexing hips, knees, and ankles until desired depth is reached

COACHING KEYS
Allow for normal spinal movement under control; do not "hang" on handles

"YOU SHOULD FEEL..."
Glutes, Quads, and Hamstrings

A03-Wide Stance Squat 3




	PHASE 1	PHASE 2
Time	30	30
Rest	30	30
Amplitude	L	H
Repetitions	1	1
Execution	static	dynamic

PROCEDURE
Start with feet wider than shoulder width; sit back by flexing hips, knees, and ankles until desired depth is reached

COACHING KEYS
Maintain neutral spinal alignment; do not "hang" on handles

"YOU SHOULD FEEL..."
Glutes, Quads, and Hamstrings

A04-Lunge 4




	PHASE 1	PHASE 2
Time	30	30
Rest	30	30
Amplitude	L	H
Repetitions	1	1
Execution	static	dynamic

PROCEDURE
Standing with one foot on plate, one foot on floor; bend at the hips, knees, and ankles and lower slowly until desired depth is reached

COACHING KEYS
Maintain neutral spinal alignment and control during descent

"YOU SHOULD FEEL..."
Glutes, Quads, and Hamstrings

A05-Calves 5




	PHASE 1	PHASE 2
Time	30	30
Rest	30	30
Amplitude	L	H
Repetitions	1	1
Execution	static	dynamic

PROCEDURE
Stand on toes with slight bend at the hips and knees

COACHING KEYS
Maintain neutral spinal alignment; do not "hang" on handles

"YOU SHOULD FEEL..."
Calves, Quads, and Hamstrings

A08-Push Up 6




	PHASE 1	PHASE 2
Time	30	30
Rest	30	30
Amplitude	L	H
Repetitions	1	1
Execution	static	dynamic

PROCEDURE
Hands approximately shoulder width apart; bend the elbows to lower body

COACHING KEYS
Descend down only to a range of motion that can be controlled; maintain neutral spinal alignment

"YOU SHOULD FEEL..."
Chest, Shoulders, and Arms

A09-Triceps Dip 7



	PHASE 1	PHASE 2
Time	30	30
Rest	30	30
Amplitude	L	H
Repetitions	1	1
Execution	static	dynamic


PROCEDURE
Lift hips slightly off edge of plate, hands about shoulder width apart, lower slightly by bending elbows

COACHING KEYS
Keep hips close to plate, maintain neutral neck and head alignment

"YOU SHOULD FEEL..."
Triceps and Shoulders

COOLING DOWN

C06-Hamstring Massage 1




	PHASE 1	PHASE 2
Time	60	60
Rest	0	0
Amplitude	H	H
Repetitions	1	1
Execution	passive	passive

PROCEDURE
Place hamstrings and calves on the plate and upper body on step

COACHING KEYS
Rotate hips to emphasize inner or outer leg

"YOU SHOULD FEEL..."
Hamstrings and Calves

D03-Upper Body Relaxor 2



	PHASE 1	PHASE 2
Time	60	60
Rest	0	0
Amplitude	L	L
Repetitions	1	1
Execution	passive	passive

PROCEDURE
Sit on floor facing away from plate; place mat between your middle back and the plate


COACHING KEYS
Support head and neck if needed

"YOU SHOULD FEEL..."
Upper Back

ENDURANCE

WARMING UP

C03-Quadriceps Massage 1




	PHASE 1	PHASE 2
Time	60	60
Rest	0	0
Amplitude	H	H
Repetitions	1	1
Execution	passive	passive

PROCEDURE
Start in prone position with front of thigh on the plate

COACHING KEYS
Slowly flex knee for more emphasis on lower quad; upper body should be off the plate

"YOU SHOULD FEEL..."
Quadriceps

C06-Hamstring Massage 2




	PHASE 1	PHASE 2
Time	60	60
Rest	0	0
Amplitude	H	H
Repetitions	1	1
Execution	passive	passive

PROCEDURE
Place hamstrings and calves on the plate and upper body on step

COACHING KEYS
Rotate hips to emphasize inner or outer leg

"YOU SHOULD FEEL..."
Hamstrings and Calves

B02-Quadriceps Stretch 3




	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Amplitude	L	L
Repetitions	1	1
Execution	passive	passive

PROCEDURE
Push your hips forward until first point of tension is felt in the hip

COACHING KEYS
Move slowly and with control

"YOU SHOULD FEEL..."
Front of Hip and Quads

B03-Calf Stretch 4



	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Amplitude	L	L
Repetitions	1	1
Execution	passive	passive


PROCEDURE
Lunge forward slightly, keep the back leg straight while pushing the heel into the plate

COACHING KEYS
Keep back heel on plate

"YOU SHOULD FEEL..."
Calves

WORK OUT

A06-Pelvic Bridge 1




	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Amplitude	L	H
Repetitions	1	1
Execution	static	dynamic

PROCEDURE
Press feet into plate while pushing the hips upward

COACHING KEYS
Engage glutes and hamstrings as prime movers

"YOU SHOULD FEEL..."
Glutes, Hamstrings and Lower Back

A15-Abdominal Crunch 2




	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Amplitude	L	H
Repetitions	1	1
Execution	static	dynamic

PROCEDURE
Engage your abdominals as you flex your spine

COACHING KEYS
Stabilize neck if needed; maintain spinal control throughout movement

"YOU SHOULD FEEL..."
Front of Abdominals

A16-Lower Abdominals 3




	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Amplitude	L	H
Repetitions	1	1
Execution	static	static

PROCEDURE
In prone position, place flexed elbows on the plate; engage abs, glutes, and hamstrings as you extend

COACHING KEYS
Move slowly and with control

"YOU SHOULD FEEL..."
Abdominals

A02-Deep Squat 4




	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Amplitude	L	H
Repetitions	1	1
Execution	static	dynamic

PROCEDURE
Sit back by flexing hips, knees, and ankles until desired depth is reached

COACHING KEYS
Allow for normal spinal movement under control; do not "hang" on handles

"YOU SHOULD FEEL..."
Glutes, Quads, and Hamstrings

A04-Lunge 5




	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Amplitude	L	H
Repetitions	1	1
Execution	static	dynamic

PROCEDURE
Standing with one foot on plate, one foot on floor; bend at the hips, knees, and ankles and lower slowly until desired depth is reached

COACHING KEYS
Maintain neutral spinal alignment and control during descent

"YOU SHOULD FEEL..."
Glutes, Quads, and Hamstrings

A08-Push Up 6




	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Amplitude	L	H
Repetitions	1	1
Execution	static	dynamic

PROCEDURE
Hands approximately shoulder width apart; bend the elbows to lower body

COACHING KEYS
Descend down only to a range of motion that can be controlled; maintain neutral spinal alignment

"YOU SHOULD FEEL..."
Chest, Shoulders, and Arms

A09-Triceps Dip 7




	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Amplitude	L	H
Repetitions	1	1
Execution	static	dynamic

PROCEDURE
Lift hips slightly off edge of plate, hands about shoulder width apart; lower slightly by bending elbows

COACHING KEYS
Keep hips close to plate, maintain neutral neck and head alignment

"YOU SHOULD FEEL..."
Triceps and Shoulders

A03-Wide Stance Squat 8




	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Amplitude	L	H
Repetitions	1	1
Execution	static	dynamic

PROCEDURE
Start with feet wider than shoulder width; sit back by flexing hips, knees, and ankles until desired depth is reached

COACHING KEYS
Maintain neutral spinal alignment; do not "hang" on handles

"YOU SHOULD FEEL..."
Glutes, Quads, and Hamstrings

A04-Lunge 9




	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Amplitude	L	H
Repetitions	1	1
Execution	static	dynamic

PROCEDURE
Standing with one foot on plate, one foot on floor; bend at the hips, knees, and ankles and lower slowly until desired depth is reached

COACHING KEYS
Maintain neutral spinal alignment and control during descent

"YOU SHOULD FEEL..."
Glutes, Quads, and Hamstrings

A18-Lateral Abdominals 10




	PHASE 1	PHASE 2
Time	30	30
Rest	0	0
Amplitude	L	H
Repetitions	1	1
Execution	static	dynamic

PROCEDURE
Lay on side; place flexed elbow on plate, stacked feet on floor; push hips up

COACHING KEYS
Maintain stability and optimal alignment from neck to feet

"YOU SHOULD FEEL..."
Lateral Abdominals, Hips, and Shoulders

A13-Front Raise 11




	PHASE 2
Time	30
Rest	0
Amplitude	H
Repetitions	1
Execution	static


PROCEDURE
Hold straps with straight arm and flex shoulder to desired range; actively pull on straps to increase tension


COACHING KEYS
Adjust straps or body position to alter range of motion; maintain neutral spinal alignment

"YOU SHOULD FEEL..."
Shoulders and Core

COOLING DOWN


D02-Lower Back Relaxor		1	
	Time	PHASE 1 60	PHASE 2 60
	Rest	0	0
	Amplitude	L	L
	Repetitions	1	1
	Execution	passive	passive
PROCEDURE Place pad or mat between your back and the plate; flatten your Lower back against the plate		COACHING KEYS Adjust position to get desired contact point	
		"YOU SHOULD FEEL..." Lower Back	


C01-Calves Massage		2	
	Time	PHASE 1 60	PHASE 2 60
	Rest	0	0
	Amplitude	H	H
	Repetitions	1	1
	Execution	passive	passive
PROCEDURE Lay on your back with calves on the plate		COACHING KEYS Cross one leg over the other for deeper massage	
		"YOU SHOULD FEEL..." Calves	


C03-Quadriceps Massage		3	
	Time	PHASE 1 60	PHASE 2 60
	Rest	0	0
	Amplitude	H	H
	Repetitions	1	1
	Execution	passive	passive
PROCEDURE Start in prone position with front of thigh on the plate		COACHING KEYS Slowly flex knee for more emphasis on lower quad; upper body should be off the plate	
		"YOU SHOULD FEEL..." Quadriceps	

RECOVERY


WARMING UP


C01-Calves Massage		1	
	Time	60	
	Rest	0	
	Amplitude	H	
	Repetitions	1	
	Execution	passive	
PROCEDURE Lay on your back with calves on the plate	COACHING KEYS Cross one leg over the other for deeper massage	"YOU SHOULD FEEL..." Calves	


B05-Shoulder Stretch		2	
	Time	30	
	Rest	0	
	Amplitude	L	
	Repetitions	1	
	Execution	passive	
PROCEDURE Face away from plate; hold on to one strap with arm at the side; outwardly rotate shoulder and let arm extend back; lean forward slightly	COACHING KEYS Stand near plate and maintain balance at all times	"YOU SHOULD FEEL..." Front of Shoulder	


B06-Pectoral Stretch		3	
	Time	30	
	Rest	0	
	Amplitude	L	
	Repetitions	1	
	Execution	passive	
PROCEDURE Place arm on plate with elbow bent at 90 degrees; slowly lower your body to the floor until tension felt in chest muscles	COACHING KEYS Maintain neutral spinal alignment	"YOU SHOULD FEEL..." Chest and Front of Shoulders	

WORK OUT


A02-Deep Squat		1	
	Time	30	
	Rest	30	
	Amplitude	L	
	Repetitions	1	
	Execution	static	
PROCEDURE Sit back by flexing hips, knees, and ankles until desired depth is reached	COACHING KEYS Allow for normal spinal movement under control; do not "hang" on handles	"YOU SHOULD FEEL..." Glutes, Quads, and Hamstrings	


A04-Lunge		2	
	Time	30	
	Rest	30	
	Amplitude	L	
	Repetitions	1	
	Execution	static	
PROCEDURE Standing with one foot on plate, one foot on floor; bend at the hips, knees, and ankles and lower slowly until desired depth is reached	COACHING KEYS Maintain neutral spinal alignment and control during descent	"YOU SHOULD FEEL..." Glutes, Quads, and Hamstrings	


A08-Push Up		3	
	Time	30	
	Rest	30	
	Amplitude	L	
	Repetitions	1	
	Execution	static	
PROCEDURE Place hands approximately shoulder width apart; bend the elbows to lower body	COACHING KEYS Descend down only to a range of motion that can be controlled; maintain neutral spinal alignment	"YOU SHOULD FEEL..." Chest, Shoulders, and Arms	


A09-Triceps Dip		4	
	Time	30	
	Rest	30	
	Amplitude	L	
	Repetitions	1	
	Execution	static	
PROCEDURE Lift hips slightly off edge of plate, hands about shoulder width apart; lower slightly by bending elbows	COACHING KEYS Keep hips close to plate, maintain neutral neck and head alignment	"YOU SHOULD FEEL..." Triceps and Shoulders	

COOLING DOWN

D01-Shoulder and Neck Relaxor		1	
	Time	60	
	Rest	0	
	Amplitude	L	
	Repetitions	1	
	Execution	passive	
<p>PROCEDURE Slowly flex shoulder to comfortable range; while keeping arms in place on the plate, slowly move with intention of pulling hips away from hands horizontally</p>	<p>COACHING KEYS Move slowly and with control; reduce shoulder range of motion if feeling in front of shoulder only; do not let head touch the plate</p>	<p>"YOU SHOULD FEEL..." Back and Shoulders</p>	


D03-Upper Body Relaxor		2	
	Time	60	
	Rest	0	
	Amplitude	L	
	Repetitions	1	
	Execution	passive	
<p>PROCEDURE Sit on floor facing away from plate; place mat between your middle back and the plate</p>	<p>COACHING KEYS Support head and neck if needed</p>	<p>"YOU SHOULD FEEL..." Upper Back</p>	


C03-Quadriceps Massage		3	
	Time	60	
	Rest	0	
	Amplitude	H	
	Repetitions	1	
	Execution	passive	
<p>PROCEDURE Start in prone position with front of thighs on the plate</p>	<p>COACHING KEYS Slowly flex knee for more emphasis on lower quad; upper body should be off the plate</p>	<p>"YOU SHOULD FEEL..." Quadriceps</p>	

C01-Calves Massage		4	
	Time	60	
	Rest	0	
	Amplitude	H	
	Repetitions	1	
	Execution	passive	
<p>PROCEDURE Lay on your back with calves on the plate</p>	<p>COACHING KEYS Cross one leg over the other for deeper massage</p>	<p>"YOU SHOULD FEEL..." Calves</p>	


CIRCULATION


WARMING UP


B02-Quadriceps Stretch		1					
	Time	30	<table border="1"> <thead> <tr> <th>PHASE 1</th> <th></th> </tr> </thead> <tbody> <tr> <td></td> <td></td> </tr> </tbody> </table>	PHASE 1			
	PHASE 1						
	Rest	0					
	Amplitude	L					
Repetitions	1						
Execution	passive						
<p>PROCEDURE Push your hips forward until first point of tension is felt in the hip</p>	<p>COACHING KEYS Move slowly and with control</p>	<p>"YOU SHOULD FEEL..." Front of Hip and Quads</p>					


B04-Adductor Stretch		2					
	Time	30	<table border="1"> <thead> <tr> <th>PHASE 1</th> <th></th> </tr> </thead> <tbody> <tr> <td></td> <td></td> </tr> </tbody> </table>	PHASE 1			
	PHASE 1						
	Rest	0					
	Amplitude	L					
Repetitions	1						
Execution	passive						
<p>PROCEDURE Keeping leg on the plate straight, lean into opposite leg and sit back</p>	<p>COACHING KEYS Move slowly and with control</p>	<p>"YOU SHOULD FEEL..." Adductors (Inner Thigh)</p>					


WORK OUT / MASSAGE


C01-Calves Massage		1					
	Time	60	<table border="1"> <thead> <tr> <th>PHASE 1</th> <th></th> </tr> </thead> <tbody> <tr> <td></td> <td></td> </tr> </tbody> </table>	PHASE 1			
	PHASE 1						
	Rest	30					
	Amplitude	H					
Repetitions	1						
Execution	passive						
<p>PROCEDURE Lay on your back with calves on the plate</p>	<p>COACHING KEYS Cross one leg over the other for deeper massage</p>	<p>"YOU SHOULD FEEL..." Calves</p>					

C02-Upper Arm Massage		2					
	Time	60	<table border="1"> <thead> <tr> <th>PHASE 1</th> <th></th> </tr> </thead> <tbody> <tr> <td></td> <td></td> </tr> </tbody> </table>	PHASE 1			
	PHASE 1						
	Rest	30					
	Amplitude	H					
Repetitions	1						
Execution	passive						
<p>PROCEDURE Place upper arm on the plate and hold passively</p>	<p>COACHING KEYS Do not overstretch shoulder</p>	<p>"YOU SHOULD FEEL..." Shoulders and Arms</p>					

C03-Quadriceps Massage		3					
	Time	60	<table border="1"> <thead> <tr> <th>PHASE 1</th> <th></th> </tr> </thead> <tbody> <tr> <td></td> <td></td> </tr> </tbody> </table>	PHASE 1			
	PHASE 1						
	Rest	30					
	Amplitude	H					
Repetitions	1						
Execution	passive						
<p>PROCEDURE Start in prone position with front of thigh on the plate</p>	<p>COACHING KEYS Slowly flex knee for more emphasis on lower quad; upper body should be off the plate</p>	<p>"YOU SHOULD FEEL..." Quadriceps</p>					

C04-Adductor Massage		4					
	Time	60	<table border="1"> <thead> <tr> <th>PHASE 1</th> <th></th> </tr> </thead> <tbody> <tr> <td></td> <td></td> </tr> </tbody> </table>	PHASE 1			
	PHASE 1						
	Rest	30					
	Amplitude	H					
Repetitions	1						
Execution	passive						
<p>PROCEDURE Place inner thigh on plate with opposite leg resting on the floor</p>	<p>COACHING KEYS Use step if more comfortable</p>	<p>"YOU SHOULD FEEL..." Adductors (Inner Thigh)</p>					

C05-Abductor Massage		5	
	Time Rest Amplitude Repetitions Execution	PHASE 1 60 30 H 1 passive	
	PROCEDURE Lay sideways on plate with knees bent and elbow resting on floor	COACHING KEYS Rotate body to emphasize different areas of legs and hips	"YOU SHOULD FEEL..." Abductor (Outer Thigh)

C06-Hamstring Massage		6	
	Time Rest Amplitude Repetitions Execution	PHASE 2 60 30 H 1 passive	
	PROCEDURE Place hamstrings and calves on the plate and upper body on step	COACHING KEYS Rotate hips to emphasize inner or outer leg	"YOU SHOULD FEEL..." Hamstrings and Calves



POWER PLATE® EXERCISES

STRENGTH

A01-Squat



PROCEDURE
Sit back by flexing hips, knees, and ankles until desired depth is reached

COACHING KEYS
Maintain neutral spinal alignment; do not "hang" on handles

"YOU SHOULD FEEL..."
Glutes, Quads, and Hamstrings

A02-Deep Squat



PROCEDURE
Sit back by flexing hips, knees, and ankles until desired depth is reached

COACHING KEYS
Allow for normal spinal movement under control; do not "hang" on handles

"YOU SHOULD FEEL..."
Glutes, Quads, and Hamstrings

A03-Wide Stance Squat



PROCEDURE
Start with feet wider than shoulder width; sit back by flexing hips, knees, and ankles until desired depth is reached

COACHING KEYS
Maintain neutral spinal alignment; do not "hang" on handles

"YOU SHOULD FEEL..."
Glutes, Quads, and Hamstrings

A04-Lunge



PROCEDURE
Standing with one foot on plate, one foot on floor; bend at the hips, knees, and ankles and lower slowly until desired depth is reached

COACHING KEYS
Maintain neutral spinal alignment and control during descent

"YOU SHOULD FEEL..."
Glutes, Quads, and Hamstrings

A05-Calves




PROCEDURE
Stand on toes with slight bend at the hips and knees

COACHING KEYS
Maintain neutral spinal alignment; do not "hang" on handles

"YOU SHOULD FEEL..."
Calves, Quads, and Hamstrings

A06-Pelvic Bridge




PROCEDURE
Press feet into plate while pushing the hips upward

COACHING KEYS
Engage glutes and hamstrings as primary muscles

"YOU SHOULD FEEL..."
Glutes, Hamstrings and Lower Back

A07-Lattisimus Dip




PROCEDURE
Seated on edge of plate, hands about shoulder width apart; keep knees bent; lift hips off plate with straight arms; press shoulders down

COACHING KEYS
Keep hips close to plate; maintain neutral neck and head alignment

"YOU SHOULD FEEL..."
Upper and Middle Back

A08-Push Up




PROCEDURE
Place hands approximately shoulder width apart; bend the elbows to lower body

COACHING KEYS
Descend down only to a range of motion that can be controlled; maintain neutral spinal alignment

"YOU SHOULD FEEL..."
Chest, Shoulders, and Arms

A09-Triceps Dip




PROCEDURE
Lift hips slightly off edge of plate, hands about shoulder width apart; lower slightly by bending elbows

COACHING KEYS
Keep hips close to plate; maintain neutral neck and head alignment

"YOU SHOULD FEEL..."
Triceps and Shoulders

A10-Bicep Curl



PROCEDURE
Activate the biceps and forearms with the intention to "curl" the straps up

COACHING KEYS
Maintain neutral spinal alignment; avoid excessive arm elevation

"YOU SHOULD FEEL..."
Biceps, Shoulder and Forearms

A11-Bent Over Pull




PROCEDURE
Activate mid back muscles; pull the straps to increase tension in the straps and the back and arms

COACHING KEYS
Maintain neutral spinal alignment; avoid excessive arm elevation

"YOU SHOULD FEEL..."
Mid / Upper Back and Arms

A12-Shoulder Press



PROCEDURE
Place hands on plate, with hips flexed and legs almost straight; bend the elbows to lower body

COACHING KEYS
Descend down only to a range of motion that can be controlled; maintain neutral spinal alignment

"YOU SHOULD FEEL..."
Shoulders and Arms

A13-Front Raise




PROCEDURE
Hold straps with straight arm and flex shoulder to desired range; actively pull on straps to increase tension

COACHING KEYS
Adjust straps or body position to alter range of motion; maintain neutral spinal alignment

"YOU SHOULD FEEL..."
Shoulders and Core

A14-Lateral Side Raise




PROCEDURE
Hold straps with straight arms, and abduct shoulder to desired range; actively pull on straps to increase tension

COACHING KEYS
Adjust straps or body position to alter range of motion; maintain neutral spinal alignment

"YOU SHOULD FEEL..."
Shoulders and Arms

A15-Abdominal Crunch




PROCEDURE
Engage your abdominals as you flex your spine

COACHING KEYS
Stabilize neck if needed; maintain spinal control throughout movement

"YOU SHOULD FEEL..."
Abdominals

A16-Lower Abdominals




PROCEDURE
In prone position, place flexed elbows on the plate; engage abs, glutes, and hamstrings as you extend

COACHING KEYS
Maintain stability and optimal alignment from neck to feet

"YOU SHOULD FEEL..."
Abdominals

A17-Standing Abdominals




PROCEDURE
Engage abdominal wall and arms with the intention of extending or pulling the shoulders back

COACHING KEYS
Maintain stability and optimal alignment from neck to feet

"YOU SHOULD FEEL..."
Abdominals and Lats

A18-Lateral Abdominals



PROCEDURE
Lay on side; place flexed elbow on plate, stacked feet on floor; push hips up

COACHING KEYS
Maintain stability and optimal alignment from neck to feet

"YOU SHOULD FEEL..."
Lateral Abdominals, Hips, and Shoulders

STRETCH

B01-Hamstring Stretch



PROCEDURE
Keeping your legs straight but not locked, anteriorly tilt your pelvis and push your hips back gently

COACHING KEYS
Maintain neutral spinal alignment

"YOU SHOULD FEEL..."
Glutes, Hamstrings, and Calves

B02-Quadriceps Stretch



PROCEDURE
Push your hips forward until first point of tension is felt in the hip

COACHING KEYS
Move slowly and with control

"YOU SHOULD FEEL..."
Front of Hip and Quads

B03-Calf Stretch



PROCEDURE
Lunge forward slightly, keep the back leg straight while pushing the heel into the plate

COACHING KEYS
Keep back heel on plate

"YOU SHOULD FEEL..."
Calves

B04-Adductor Stretch



PROCEDURE
Keeping leg on the plate straight, lean into opposite leg and sit back

COACHING KEYS
Move slowly and with control

"YOU SHOULD FEEL..."
Adductors (Inner Thigh)

B05-Shoulder Stretch



PROCEDURE
Face away from plate; hold on to one strap with arm at the side; outwardly rotate shoulder and let arm extend back; lean forward slightly

COACHING KEYS
Stand near plate and maintain balance at all times

"YOU SHOULD FEEL..."
Front of Shoulder

B06-Pectoral Stretch



PROCEDURE
Arm on plate with elbow bent at 90 degrees; slowly lower your body to the floor until tension felt in chest muscles

COACHING KEYS
Maintain neutral spinal alignment

"YOU SHOULD FEEL..."
Chest and Front of Shoulders

MASSAGE

C01-Calves Massage



PROCEDURE
Lay on your back with calves on the plate

COACHING KEYS
Cross one leg over the other for deeper massage

"YOU SHOULD FEEL..."
Calves

C02-Upper Arm Massage



PROCEDURE
Place upper arm on the plate and hold passively

COACHING KEYS
Do not overstretch shoulder

"YOU SHOULD FEEL..."
Shoulders and Arms

C03-Quadriceps Massage



PROCEDURE
Start in prone position with front of thigh on the plate

COACHING KEYS
Slowly flex knee for more emphasis on lower quad; upper body should be off the plate

"YOU SHOULD FEEL..."
Quadriceps

C04-Adductor Massage



PROCEDURE
Place inner thigh on plate with opposite leg resting on the floor

COACHING KEYS
Use step if more comfortable

"YOU SHOULD FEEL..."
Adductors (Inner Thigh)

C05-Abductor Massage



PROCEDURE
Lay sideways on plate with knees bent, and elbow resting on floor

COACHING KEYS
Rotate body to emphasize different areas of legs and hips

"YOU SHOULD FEEL..."
Abductor (Outer Thigh)

C06-Hamstring Massage



PROCEDURE
Place hamstrings and calves on the plate and upper body on step

COACHING KEYS
Rotate hips to emphasize inner or outer leg

"YOU SHOULD FEEL..."
Hamstrings and Calves

RELAXATION

D01-Shoulder and Neck Relaxor



PROCEDURE
Slowly flex shoulder to comfortable range; while keeping arms in place on the plate, slowly move with intention of pulling hips away from hands horizontally

COACHING KEYS
Move slowly and with control; reduce shoulder range of motion if feeling in front of shoulder only; do not let head touch the plate

"YOU SHOULD FEEL..."
Stretch in Back and Shoulders

D02-Lower Back Relaxor



PROCEDURE
Place pad or mat between your back and the plate; flatten your Lower back against the plate

COACHING KEYS
Adjust position to get desired contact point

"YOU SHOULD FEEL..."
Lower Back

D03-Upper Body Relaxor



PROCEDURE
Sit on floor facing away from plate; place mat between your middle back and the plate

COACHING KEYS
Support head and neck if needed

"YOU SHOULD FEEL..."
Upper Back

D04-Back Relaxor



PROCEDURE
Place mat on the plate, feet on the floor, knees bent; slowly exhale and bend forward, allowing your back to round

COACHING KEYS
Use range of motion that is comfortable

"YOU SHOULD FEEL..."
Back and Hips