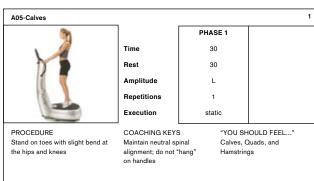
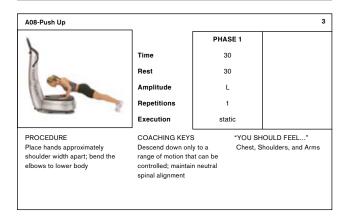


WORK OUT



-		PHASE 1	
	Time	30	
	Rest	30	
	Amplitude	L	
1877	Repetitions	1	
	Execution	static	
PROCEDURE	COACHING KEYS	"YOU SH	OULD FEEL"
Sit back by flexing hips, knees,	Maintain neutral spin		Quads, and
and ankles until desired depth is reached	alignment; do not "ha on handles	ing" Hamstrin	gs



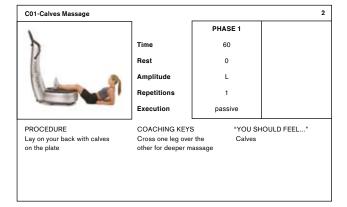


COOLING DOWN



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





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

PHASE 1 60 0 Amplitude н Execution passive

PHASE 1

30

0

statio

PHASE 1

30

60

static

PHASE 1

30

30

static

COACHING KEYS Rotate hips to emphasize inner or outer leg

"YOU SHOULD FEEL ... " Hamstrings and Calves

PHASE 2

60

0

н

passive

PHASE 2

30

0

static

PHASE 2

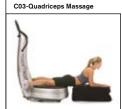
60

60

Н

dvnamic

3



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

Time Rest Amplitude Repetitions Execution

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

"YOU SHOULD FEEL ... " Quadriceps

PHASE 2

60

0

Н

passive

PHASE 1

60

0

н

passive



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

Time Rest Amplitude Repetitions Execution

COACHING KEYS Move slowly and with

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



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

Time Amplitude Repetitions Execution

COACHING KEYS Move slowly and with

PHASE 1 PHASE 2 30 30

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

WORK OUT



Press feet into machine while pushing the hips upward

Time Repetitions

Execution

Engage glutes and hamstrings as primary

muscles

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

A16-Lower Abdominals



In prone position, place flexed elbows on the plate; engage abs, glutes, and hamstrings as Time Amplitude Repetitions

Execution COACHING KEYS Move slowly and with

PHASE 1 PHASE 2 30 60 60 60 Н static static

"YOU SHOULD FEEL..."

A01-Squat
4
- 2
TI III
11
11.4
16.4
1
-

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

Time Amplitude Repetitions

on handles

Execution COACHING KEYS alignment; do not "hang"

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

A02-Deep Squat	

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

Time Amplitude Repetitions Execution

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

60 60 Н dynamic

PHASE 2

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



A0	1-Lunge			
	7	-	9	
	18	1	1	
	130			Y

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

Time
Rest
Amplitude
Repetitions
Execution

COACHING KEYS Maintain neutral spinal alignment and control during descent

30 30 60 L Н static dynamic

PHASE 1

PHASE 1

30

30

static

5

PHASE 2

PHASE 2

60

60

Н

dynamic

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



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

Rest Amplitude Repetitions Execution

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

30 60 60 30 Н L dynamic "YOU SHOULD FEEL ... "

Glutes, Quads, and

Hamstrings

PHASE 1

PHASE 1

30

30

static

PHASE 1

60

0

passive

6

8

2

PHASE 2

60

0

Н

passive

PHASE 2

60

60

Н

dynamic

PHASE 2

A08-Push Up



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

Time Rest Amplitude Repetitions Execution

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



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

Time Rest Amplitude Repetitions Execution

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

"YOU SHOULD FEEL..." Triceps and Shoulders

COOLING DOWN



PROCEDURE Start in prone position with front of thighs on the machine Time Rest Amplitude Repetitions

PHASE 1 PHASE 2 60 60 0 0 Н Н Execution passive passive

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

"YOU SHOULD FEEL..." Quadriceps

3

PHASE 2

60

0

Н

passive

C01-Calves Massage



PROCEDURE Lay on your back with calves on the plate

Time Rest Amplitude Repetitions

Execution

COACHING KEYS Cross one leg over the other for deeper massage

"YOU SHOULD FEEL..." Calves

C06-Hamstring Massage



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

Time Rest Amplitude Repetitions

Execution COACHING KEYS

Rotate hips to emphasize inner or outer leg

PHASE 1

60

0

Н

passive

"YOU SHOULD FEEL..." Hamstrings and calves





PROCEDURE Place upper arm on the machine and hold passively

Rest Amplitude Repetitions Execution

COACHING KEYS

Do not overstretch shoulder

PHASE '

30

0

passive

PHASE 1

30

30

static

PHASE 1 PHASE 2 0 0 Н Н passive

> "YOU SHOULD FEEL ... " Shoulders and Arms

B05-Shoulder Stretch



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

Rest Amplitude Repetitions Execution

COACHING KEYS Stand near machine and maintain balance at all times "YOU SHOULD FEEL ... " Front of Shoulder

PHASE 2

0

passive

PHASE 1

30

passive

B06-Pectoral Stretch



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

Time Rest Amplitude Repetitions Execution

alignment

COACHING KEYS Maintain neutral spinal

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

PHASE 2

30

0

passive

PHASE 2

60

30

dvnamic

WORK OUT



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

Time Rest Repetitions

Execution

COACHING KEYS Move slowly and with

"YOU SHOULD FEEL ... "

A18-Lateral Abdominals



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

A08-Push Up

Time Rest Repetitions Execution

COACHING KEYS Maintain stability and optimal alignment from neck to feet

PHASE 1 PHASE 2 30 60 30 30 static dynamic

PHASE 1

30

30

static

"YOU SHOULD FEEL..." Side Abdominals, Hips, and

PHASE 2

60

Н

dynamic

2

A07-Lattisimus Dip



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

Time Rest Repetitions

PHASE 1 PHASE 2 30 60 30 30 Н Execution static dvnamic

COACHING KEYS maintain neutral neck and "YOU SHOULD FEEL ... "

PROCEDURE shoulder width apart; bend the elbows to lower body

Rest Frequency Amplitude Repetitions Execution

COACHING KEYS Descend down only to a range of motion that can be spinal alignment

"YOU SHOULD FEEL ... "





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

Time
Rest
Amplitude
Repetitions
Execution

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

"YOU SHOULD FEEL ... "

PHASE 1

30 30

L

PHASE 1

30

30

static

PHASE 1

30

30

statio

5

PHASE 2

30

Н

dynamic

PHASE 2

60

30

н

static

PHASE 2

60

30

Н

A11-Bent Over Pull

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

Rest Amplitude Repetitions PHASE 1

30

PHASE 1

30

30

PHASE 1

30

30

PHASE 1

60

Execution COACHING KEYS Maintain neutral spina alignment; avoid excessive

arm elevation

"YOU SHOULD FEEL ... "

PHASE 2

30

Н

8

10

PHASE 2

60

30

Н

PHASE 2

60

30

Н

A10-Bicep Curl



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

Time Rest Amplitude Repetitions Execution

COACHING KEYS Maintain neutral spinal alignment; avoid excessive arm elevation

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

A12-Shoulder Press



Place hands on plate, with hips flexed and legs almost straight; bend the elbows to lower body Rest Amplitude Repetitions Execution

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

static static "YOU SHOULD FEEL..." Shoulders and Arms

A13-Front Raise



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

Time Amplitude Repetitions Execution

COACHING KEYS Adjust straps or body position to alter range of spinal alignment

"YOU SHOULD FEEL..."

A14-Lateral Side Raise



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

Time Rest Amplitude Repetitions

Execution

COACHING KEYS Adjust straps or body position to alter range of spinal alignment

static static "YOU SHOULD FEEL ... "

COOLING DOWN

C02-Upper Arm Massage
Ø
40
1

PROCEDURE Place upper arm on the plate and hold passively

Time Rest Amplitude Repetitions

PHASE 1 PHASE 2 60 60 0 0 Execution nassive passive

COACHING KEYS

"YOU SHOULD FEEL..."

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

Time Amplitude Repetitions

Execution

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

L passive nassive

PHASE 2

60

0

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



D03-Upper Body Relaxor			3
0		PHASE 1	PHASE 2
) m)	Time	60	60
1	Rest	0	0
11 4	Amplitude	L	L
	Repetitions	1	1
The same of the sa	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 if needed		IOULD FEEL"







PROCEDURE Start in prone position with front of thigh on the plate Time Rest Repetitions Execution

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

"YOU SHOULD FEEL..." Quadriceps

PHASE 2

60

0

passive

PHASE 2

30

0

ī

passive

PHASE 2

3

PHASE 2

30

0

PHASE 1

60

0

passive

PHASE 1

0

passive

PHASE 1

PHASE 1

30

30

static



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

PHASE 1 Time 60 Rest 0 Repetitions Execution passive

COACHING KEYS Rotate hips to emphasize inner or outer leg

"YOU SHOULD FEEL..." Hamstrings and Calves

2

PHASE 2

60

0 Н

passive

B01-Hamstring Stretch



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

Rest Amplitude Repetitions Execution

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

PHASE 1 PHASE 2 30 0 0 ī ī

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

passive

passive

WORK OUT



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

Time Rest Repetitions Execution

COACHING KEYS Maintain neutral spinal

30 30 30 30 Н static dynamic

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

Time Rest Repetitions

Execution

COACHING KEYS Maintain neutral spinal alignment and control during descent

2 PHASE 1 PHASE 2 30 30 30 30 Н static dynamic

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

A02-Deep Squat



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

Time Rest Repetitions

Execution

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

dvnamic "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

Time Rest Repetitions

Execution

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

4 PHASE 1 PHASE 2 30 30 30 30 Н static dvnamic

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



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

	PHASE 1	PHASE 2
ne	30	30
st	30	30
nplitude	L	н
petitions	1	1
ecution	static	dynamic

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

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

A06	-Pelvic Bri	dge		
30				
1				
1)				
13				
13	1	NA		
13	1		-	-
V	-		~	

PROCEDURE Press feet into plate while pushing the hips upward

Time Amplitude Repetitions Execution

PHASE 1 PHASE 2 30 30 30 30 L Н static dynamic

"YOU SHOULD FEEL..." COACHING KEYS Engage glutes and Glutes, Hamstrings and Lower Back hamstrings as prime movers

PHASE 1

60

0

nassive

COOLING DOWN

C01	-Calves Mas	ssage	
1			
1)		
- 1	1		3
١		Tana	
	-		

PROCEDURE Lay on your back with calves on the plate

PHASE 1 PHASE 2 Time 60 60 0 35 Н Amplitude Repetitions Execution

COACHING KEYS Cross one leg over the other for deeper massage "YOU SHOULD FEEL..."

3

C03-Quadriceps Massage



PROCEDURE Start in prone position with front of thighs on the plate Time Rest Amplitude Repetitions

Execution COACHING KEYS Slowly flex knee for more emphasis on lower quad;

upper body should be off the plate

"YOU SHOULD FEEL..."

2

PHASE 2

60

35

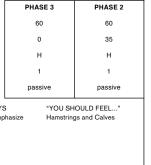
passive

C06-Hamstring Massage



PROCEDURE Hamstrings and calves on the plate and upper body on step Rest Amplitude Repetitions Execution

COACHING KEYS Rotate hips to emphasize inner or outer leg





CELLULITE CONDITIONING



PROCEDURE Lay on your back with calves on the plate Time
Rest
Amplitude
Repetitions
Execution

COACHING KEYS Cross one leg over the other for deeper massage "YOU SHOULD FEEL..."
Calves

PHASE 2

60

0

passive

PHASE 2

60

0

н

passive

PHASE 2

60

0

н

passive

5

PHASE 1

60

0

passive

C03-Quadriceps Massage

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

 PHASE 1
 PHASE 2

 Time
 60
 60

 Rest
 0
 0

 Amplitude
 L
 H

 Repetitions
 1
 1

 Execution
 passive
 passive

PHASE 1

0

ī.

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

PHASE 1

60

0

passive

COACHING KEYS Use step if more "YOU SHOULD FEEL..."
Adductor (Inner Thigh)

C05-Abductor Massage



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

Time
Rest
Amplitude
Repetitions
Execution

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

passive passive

"YOU SHOULD FEEL..."

Abductor (Outer Thigh)

PHASE 2

60

0 H

C06-Hamstring Massage



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

Time
Rest
Amplitude
Repetitions

Execution

COACHING KEYS

Rotate hips to emphasize

inner or outer leg

"YOU SHOULD FEEL..." Hamstrings and Calves







PROCEDURE Lay on your back with calves on the plate

Rest Amplitude Repetitions

COACHING KEYS

Cross one leg over the

other for deeper massage

PHASE 1 PHASE 2 0 0 н н passive

PHASE 1

30

0

passive

PHASE 1

"YOU SHOULD FEEL..."

PHASE 2

30

0

passive

0

L

2

passive

C06-Hamstring Massage



PROCEDURE Place hamstrings and calves on the plate and upper body on step Rest Amplitude Repetitions

COACHING KEYS

inner or outer leg

PHASE 1 PHASE 2 60 0 Н passive passive

30

٥

PHASE 1

passive

"YOU SHOULD FEEL..." Rotate hips to emphasize Hamstrings and Calves

0

Н

30

٥

passive

PHASE 2

passive

6



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

Time Rest Amplitude Repetitions

Execution COACHING KEYS Stand near plate and maintain balance at all times

"YOU SHOULD FEEL..." Front of Shoulder

D01-Shoulder and Neck Relaxon



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

Time Rest Amplitude Repetitions

Execution passive 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



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

Rest Amplitude Repetitions

60 0 L Execution passive

COACHING KEYS Support head and neck if needed

"YOU SHOULD FEEL..." Upper Back

D02-Lower Back Relaxor



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

Rest Amplitude Repetitions Execution

COACHING KEYS Adjust position to get desired contact point

0 0 L 2

> "YOU SHOULD FEEL..." Lower 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

Time Amplitude Repetitions

Execution

PHASE 1 PHASE 2 60 60 L 2 passive passive

COACHING KEYS Use range of motion that is comfortable

"YOU SHOULD FEEL..." Back and Hips









PROCEDURE the plate and upper body on step Rest Amplitude Repetitions

COACHING KEYS

inner or outer leg

PHASE 1 PHASE 2 60 0 0 Н Н passive

"YOU SHOULD FEEL...

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

Rest Amplitude Repetitions

COACHING KEYS comfortable

"YOU SHOULD FEEL..."

PHASE 2

0

L

passive

PHASE 2

30

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2

PHASE 1

0

L

PHASE 1

30

٥

WORK OUT



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

Time Rest Amplitude Repetitions

COACHING KEYS Maintain neutral spinal alignment

PHASE 1

30

0

passive

PHASE 1

30

0

PHASE 1 PHASE 2 30 30 0 0 2

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

> > 3

PHASE 2

30

0

passive

PHASE 2

30

0

2

nassive

B02-Quadriceps Stretch



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

Time Rest

Amplitude Repetitions Execution

COACHING KEYS

Move slowly and with

"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

Time Rest Amplitude Repetitions

Execution

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

Time Amplitude Repetitions Execution

COACHING KEYS Move slowly and with control

PHASE 1 PHASE 2 30 30 0 0 2 passive passive

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

PHASE 1

30

0

passive

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

Time Rest Amplitude Repetitions

Execution passive COACHING KEYS Stand near plate and maintain balance at all times

"YOU SHOULD FEEL..." Front of Shoulders

B06-Pectoral Stretch



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

Time Rest Amplitude Repetitions Execution

Maintain neutral spinal alignment

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

PHASE 2

30

0

2

nassive



COOLING DOWN

C03-Quadriceps Massage			
/			
1)	1		
69	F		
A	F		
	•		

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

Rest

Amplitude

Repetitions

Execution

COACHING KEYS

Slowly flex knee for more emphasis on lower quad;

upper body should be off the plate

PHASE 1 PHASE 2

60 60

0 0

H H

1 1

passive passive

"YOU SHOULD FEEL..." Quadriceps

C06-Hamstring Massage			
\			
D	1		
	F		
	1		
	F		
	1		

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

COACHING KEYS

Rotate hips to emphasize inner or outer leg

 PHASE 1
 PHASE 2

 60
 60

 0
 0

 H
 H

 1
 1

 passive
 passive

2

"YOU SHOULD FEEL..." Hamstrings and Calves



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

PHASE 1 60 0 Rest Н **Amplitude** Repetitions passive

PHASE 1

30

0

passive

PHASE 1

30

30

static

PHASE 1

COACHING KEYS Maintain neutral spinal alignment

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

PHASE 2

0

Н

passive

PHASE 2

30

0

passive

PHASE 2

30

30

Н

dynamic

PHASE 2

30

30

Н

dvnamic

C06-Hamstring Massage



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

Rest Amplitude Repetitions

COACHING KEYS

inner or outer leg

Rotate hips to emphasize

PHASE 1 PHASE 2 60 0 0 Н Н passive

> "YOU SHOULD FEEL..." Hamstrings and Calves



Push your hips forward until first

Time Rest Amplitude Repetitions

Execution

COACHING KEYS Move slowly and with

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



PROCEDURE Keeping leg on the plate and sit back

Time Rest Repetitions

Execution COACHING KEYS

Move slowly and with

30 30 ٥ Ω passive passive

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

WORK OUT



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

Time Rest Amplitude Repetitions

Execution COACHING KEYS

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

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

A02-Deep Squat



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

Rest Repetitions

Execution

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

PHASE ' PHASE 2 30 30 30 30 Н static dynamic

2

"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

Time Rest Amplitude Repetitions

30 30 Execution static

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

Time Rest Amplitude Repetitions Execution

COACHING KEYS Maintain neutral spinal alignment and control during descent

PHASE 1 PHASE 2 30 30 30 30 static dvnamic

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





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

Time	
Rest	
Amplitude	
Repetitions	
Execution	

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

 PHASE 1
 PHASE 2

 30
 30

 30
 30

 L
 H

 1
 1

 static
 dynamic

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

PHASE 2

30

30

н

dynamic



PROCEDURE
Hands approximately shoulder
width apart; bend the elbows to

 PHASE 1
 PHASE 2

 Time
 30
 30

 Rest
 30
 30

 Amplitude
 L
 H

 Repetitions
 1
 1

 Execution
 static
 dynamic

COACHING KEYS "YOU Chest range of motion that can be controlled; maintain neutral spinal alignment

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

18

A09-Triceps Dip

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

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

head alignment

"YOU SHOULD FEEL..."
Triceps and Shoulders

COOLING DOWN



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

 PHASE 1
 PHASE 2

 Time
 60
 60

 Rest
 0
 0

 Amplitude
 H
 H

 Repetitions
 1
 1

 Execution
 passive
 passive

PHASE 1

30

30

L

static

COACHING KEYS Rotate hips to emphasize inner or outer leg "YOU SHOULD FEEL..." Hamstrings and Calves



PROCEDURE Sit on floor facing away from plate; place mat between your middle back and the plate Time
Rest
Amplitude
Repetitions
Execution

COACHING KEYS Support head and neck if needed

> "YOU SHOULD FEEL..." Upper Back





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

Rest Amplitude Repetitions

COACHING KEYS

Slowly flex knee for more

emphasis on lower quad:

upper body should be off the plate

PHASE 1 PHASE 2 60 0 0 Н Н passive

"YOU SHOULD FEEL ... "

PHASE 2

30

0

passive

PHASE 2

30

0

Н

dynamic



PROCEDURE Place hamstrings and calves on the plate and upper body on step Rest Amplitude Repetitions

COACHING KEYS

inner or outer leg

Rotate hips to emphasize

60 0 0 Н Н passive

PHASE 1

"YOU SHOULD FEEL..." Hamstrings and Calves

PHASE 2



PROCEDURE Push your hips forward until first Time Rest Amplitude Repetitions Execution

COACHING KEYS Move slowly and with

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

PHASE 1

30

0

passive



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

Time Rest Amplitude Repetitions Execution

COACHING KEYS Keep back heel on plate

PHASE PHASE 2 30 30 0 0 passive passive

> "YOU SHOULD FEEL..." Calves

WORK OUT



Press feet into plate while pushing the hips upward

PHASE 1 Time Rest Repetitions

30 0 Execution static

Engage glutes and hamstrings as prime movers

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

A15-Abdominal Crunch



PROCEDURE Engage your abdominals as you flex your spine

Time Rest Repetitions

Execution

Stabilize neck if needed: throughout movement

2 PHASE 1 PHASE 2 30 30 0 0 Н static dynamic

> "YOU SHOULD FEEL..." Front of Abdominals

A16-Lower Abdominals			
\ .			
b			
1			
	1		

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

Time Amplitude Repetitions

PHASE 1 PHASE 2 30 30 Н Execution statio static

COACHING KEYS Move slowly and with control "YOU SHOULD FEEL..."

A02-Deep Squat

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

Time Rest Amplitude Repetitions Execution

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

PHASE1 PHASE 2 30 30 0 0 static dvnamic

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



A 04	-Lunge			
	1	-	1	
	18	1		
	T.	- 91	3	

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 Time
Rest
Amplitude
Repetitions
Execution

COACHING KEYS Maintain neutral spinal alignment and control during descent 1 tstatic dynamic

"YOU SHOULD FEEL..."

Glutes, Quads, and
Hamstrings

PHASE 2

30

0

Н

PHASE 2

0

н

dynamic

PHASE 2

30

0

н

dynamic

PHASE 2

30

0

static

PHASE 1

30

0

PHASE 1

0

L

static

PHASE 1

30

0

static



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

PHASE 2

30

0

Н

dynamic

A09-Triceps Dip



PROCEDURE Lift hips slightly off edge of plate, hands about shoulder width apart; lower slightly by bending elbows Time
Rest
Amplitude
Repetitions
Execution

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

"YOU SHOULD FEEL..." Triceps and Shoulders

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

Time
Rest
Amplitude
Repetitions
Execution

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

8 PHASE 1 PHASE 2

 ime
 30
 30

 est
 0
 0

 mplitude
 L
 H

static

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

dynamic

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

Time
Rest
Amplitude
Repetitions
Execution

COACHING KEYS
Maintain neutral spinal
alignment and control
during descent

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

A18-Lateral Abdominals



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

Time



COACHING KEYS
Maintain stability and
optimal alignment from
neck to feet

10

PHASE 1

30

0

0

L

1

1

static

PHASE 2

30

30

40

0

0

L

H

1

1

static

dynamic

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

A13-Front Raise



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

Time
Rest
Amplitude
Repetitions

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

"YOU SHOULD FEEL..." Shoulders and Core



COOLING DOWN



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

Time
Rest
Amplitude
Repetitions
Execution

COACHING KEYS

Adjust position to get desired contact point

 PHASE 1
 PHASE 2

 60
 60

 0
 0

 L
 L

 1
 1

 passive
 passive

"YOU SHOULD FEEL..." Lower Back

3

C01-Calv	es Massage
1	
D	
1	
18	
1	

PROCEDURE Lay on your back with calves on the plate
 PHASE 1
 PHASE 2

 Time
 60
 60

 Rest
 0
 0

 Amplitude
 H
 H

 Repetitions
 1
 1

 Execution
 passive
 passive

COACHING KEYS "YOU SHOULD FEEL..."

Cross one leg over the other for deeper massage

C03-Quadriceps Massage	1	PHASE 1	PHASE 2
7	Time	60	60
1	Rest	0	0
	Amplitude	н	н
	Repetitions	1	1
	Execution	passive	passive
PROCEDURE Start in prone position with front of thigh on the plate	COACHING KEY Slowly flex knee for emphasis on lowe upper body should the plate	or more Quadrice r quad;	HOULD FEEL"





PROCEDURE Lay on your back with calves on the plate Time
Rest
Amplitude
Repetitions
Execution

COACHING KEYS Cross one leg over the other for deeper massage

0
H
1
passive
"YOU SHOULD FEEL..."

PHASE 1

60

PHASE 1

30

0

passive

PHASE 1

30

30

L

PHASE 1

30

30 L

static



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

Time
Rest
Amplitude
Repetitions
Execution

COACHING KEYS
Stand near plate and
maintain balance at all times

PHASE 1
30
0
L
1
passive

2

"YOU SHOULD FEEL..." Front of Shoulder

B06-Pectoral Stretch



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

Time
Rest
Amplitude
Repetitions

Execution

COACHING KEYS
Maintain neutral spinal

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

3

WORK OUT



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

Time
Rest
Amplitude
Repetitions
Execution

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

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



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

Time
Rest
Amplitude
Repetitions
Execution

COACHING KEYS Maintain neutral spinal alignment and control during descent

2
PHASE 1
30
30
L
1
static

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

4

A08-Push Up



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

Time
Rest
Amplitude
Repetitions
Execution

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

3



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

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

head alignment

PHASE1

30

30

L

1

static

"YOU SHOULD FEEL..." Triceps and Shoulders

COOLING DOWN



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

PHASE 1

60

0

Н

passive

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

PROCEDURE Sit on floor facing away from plate; place mat between your middle back and the plate Time
Rest
Amplitude
Repetitions
Execution

COACHING KEYS Support head and neck if needed

2
PHASE 1
60
0
L
1
passive

"YOU SHOULD FEEL..." Upper Back

C03-Quadriceps Massage



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

Time
Rest
Amplitude
Repetitions
Execution

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

3



PROCEDURE Lay on your back with calves on the plate Time
Rest
Amplitude
Repetitions
Execution

COACHING KEYS
Cross one leg over the other for deeper massage

"YOU SHOULD FEEL..."
Calves

PHASE 1

60

0

Н

passive



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

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

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



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

PHASE 1 30 Rest 0 Amplitude L Repetitions Execution passive

Move slowly and with

control

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

2

WORK OUT / MASSAGE



PROCEDURE Lay on your back with calves on the plate

PHASE 1 Time 60 Rest 30 Amplitude Н Repetitions Execution passive

Calves

COACHING KEYS Cross one leg over the other for deeper massage

COACHING KEYS

control

Move slowly and with

"YOU SHOULD FEEL..."

3



PROCEDURE Place upper arm on the plate and hold passively

2 PHASE 1 Rest 30 Amplitude н Repetitions Execution passive COACHING KEYS "YOU SHOULD FEEL..."



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

PHASE 1 Time 60 Rest 30 Amplitude Н Repetitions Execution passive

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

"YOU SHOULD FEEL..." Quadriceps



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

Time Rest Amplitude Repetitions Execution

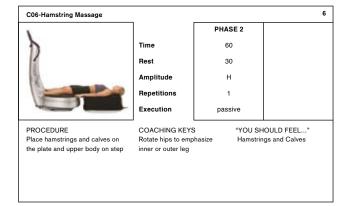
Do not overstretch shoulder

COACHING KEYS Use step if more comfortable

PHASE 1 60 30 passive "YOU SHOULD FEEL..." Adductors (Inner Thigh)

Shoulders and Arms

C05-Abductor Massage			5
0		PHASE 1	
) (Time	60	
91	Rest	30	
19	Amplitude	н	
	Repetitions	1	
	Execution	passive	
PROCEDURE Lay sideways on plate with knees bent and elbow resting on floor	COACHING KEYS Rotate body to emp different areas of le and hips	ohasize Abductor	IOULD FEEL" (Outer Thigh)







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

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