**POWER PLATE® BASIC WORKOUT**

Get a complete, full body workout in less time.

**STEP 1**
**STRETCH** | **TIME:** 30 Sec | **SETTING:** Low

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

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

**STEP 2**
**BALANCE** | **TIME:** 30 Sec | **SETTING:** Low

- **Single Leg Balance**
  - Stand on platform & bend knee. Lift other leg & keep chest up. Hold for 30 seconds. Repeat with other leg.

**STEP 3**
**STRENGTH** | **TIME:** 60 Sec | **SETTING:** Low

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

- **Static Chest Push Up**
  - Place hands on platform & feet on floor. Lower body until elbows are bent at a 90 degree angle.

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

- **Static Bicep Hold with Straps**
  - Stand on platform & keep chest up. Adjust straps to elbow height. Curl & maintain constant tension.

**STEP 4**
**CORE** | **TIME:** 30 Sec | **SETTING:** Low

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

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

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

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

**STEP 5**
**MASSAGE** | **TIME:** 60 Sec | **SETTING:** High

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**POWER PLATE® INTERMEDIATE WORKOUT**

Get a complete, full body workout in less time.

**STEP 1**
**STRETCH** | **TIME:** 30 Sec | **SETTING:** Low

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

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

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

**STEP 2**
**BALANCE** | **TIME:** 30 Sec | **SETTING:** Low

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

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

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

**STEP 3**
**STRENGTH** | **TIME:** 60 Sec | **SETTING:** Low

- **Static Tricep Dip With Legs Extended**
  - Face away from Power Plate, place hands on platform edge & extend legs out in front of you. Drop to a 90 degree elbow bend hold.

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

**STEP 4**
**CORE** | **TIME:** 30 Sec | **SETTING:** Low

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

- **Alternate Single Leg Static Glute Bridge**
  - Lie face up on floor with glute near Power Plate, but not on it. Place both legs on platform, straighten & relax.

**STEP 5**
**MASSAGE** | **TIME:** 60 Sec | **SETTING:** High

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

- **Calf Massage**
  - Lie face up on the floor. Place lower half of legs on platform and relax. Flex toes towards you.
POWER PLATE®
ADVANCED WORKOUT
Get a complete, full body workout in less time.

STEP 1
STRETCH | TIME: 30 Sec | SETTING: Low

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

- **Hip Flexor stretch with Arm Raised**
  Place toes on platform & tighten glute. Push hips forward until tension is felt. Hold for 20 seconds. Repeat with other leg.

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

STEP 2
BALANCE | TIME: 30 Sec | SETTING: Low

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

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

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

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

STEP 3
STRENGTH | TIME: 60 Sec | SETTING: Low

- **Alternate Single Arm/Single Leg Static Front Plank**
  Place forearms on platform, with arms & feet shoulder-width apart. Make fists and press down through forearms, not elbows. Extend right arm out. Lift left leg slightly off the ground & hold for 2 seconds, return to start position & alternate arms & legs. Repeat.

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

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

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

STEP 4
CORE | TIME: 30 Sec | SETTING: Low

- **Power Plate® ADVANCED WORKOUT**
  Get a complete, full body workout in less time.

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

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

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

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

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

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