

POWER CARDIO 4



POWER CARDIO CLASS:

As part of our Power Slim series, this class continues to burn calories. It combines Power Plate® strength training exercises with cardiovascular aerobic intervals to keep the heart rate elevated and your workout efficient.

FITNESS LEVEL: INTERMEDIATE

Class Format:

Movement Preparation x 3

Strength & Power x 9

Massage x 2

Terminology Key:

Sets/Duration: Number of times exercise is performed and the amount of time each exercise is executed

Frequency/Amplitude: The number of Hz to set your machine and the level of amplitude, either low or high

Execution Options:

Passive: Relaxed

Static: No joint angle movement

Dynamic: Continuous movement of the joint angle during an exercise

Format Options:

Station: Performing a selected exercise to completion, then moving on to perform a new exercise, with a rest between each

Circuit: Completing a number of different exercises in order, and then completing all exercises again in the same order to complete the circuit

Active Interval: Performed on the floor; can be anything including: Step-ups, Slide Boards, Jumping Rope, Jumping Jacks, or Jump Squats. The goal is to keep moving without using the vibration from the Power Plate® machine.



my body, my time™

MOVEMENT PREPARATION

Preparation 1: One Leg Deadlift



Sets/Duration
1 x 30 seconds
Frequency/Amplitude
30 Hz/Low

Preparation 2: Inner Thigh with Reach



Sets/Duration
1 x 30 seconds
Frequency/Amplitude
30 Hz/Low

Preparation 3: Push-up with Rotation



Sets/Duration
1 x 30 seconds
Frequency/Amplitude
30 Hz/Low



GENERAL CLASS GUIDELINES

- 1. PROGRESSION:** All exercises must be progressed slowly.
How to progress an exercise:
 1. Change the joint angle
 2. Phase out handle use
 3. Increase time duration of exercise
 4. Decrease rest period
 5. Increase frequency (Hz)
 6. Increase amplitude (low or high)
 7. Add extra weight (load)
- 2. HYDRATION:** Remember to always stay hydrated. Drink plenty of water before, during, and after exercises.
- 3. SETTINGS RECOMMENDATIONS:**
 - **Movement Preparation** recommended settings are usually 30 Hz for 30 seconds on Low Amplitude
 - **Massage** recommended settings are usually 35-40 Hz for 60 seconds on either High or Low Amplitude

STRENGTH & POWER CIRCUIT

CIRCUIT ONE

Exercise 1: One Leg Squat



Sets/Duration
2 x 30 seconds
Frequency/Amplitude
30–35 Hz/Low
Execution
Static

Exercise 2: Step Down



Sets/Duration
2 x 30 seconds
Frequency/Amplitude
30–35 Hz/Low
Execution
Dynamic
Rest
45 seconds

Exercise 3: Active Interval



Examples
Step-up, Side Boards, or
Jumping Jacks
Sets
4
Duration
15 seconds on /
15 seconds off
Total Active Duration
2 minutes

CIRCUIT TWO

Exercise 1: Push-up with Rotation



Sets/Duration
2 x 60 seconds
Frequency/Amplitude
30–35 Hz/Low
Execution
Dynamic
Rest
45 seconds

Exercise 2: Standing Split Squat with Front Raise



Sets/Duration
2 x 60 seconds
Frequency/Amplitude
30–35 Hz/Low
Execution
Static or Dynamic

Exercise 3: Active Interval



Examples
Step-up, Side Boards, or
Jumping Jacks
Sets
4
Duration
15 seconds on /
15 seconds off
Total Active Duration
2 minutes

CIRCUIT THREE

Exercise 1: Side Plank



Sets/Duration
2 x 30 seconds
Frequency/Amplitude
30–35 Hz/Low
Execution
Static
Rest
45 seconds

Exercise 2: Squat with Scaption



Sets/Duration
2 x 30 seconds
Frequency/Amplitude
30–35 Hz/Low
Execution
Static or Dynamic
Rest
45 seconds

Exercise 3: Active Interval



Examples
Step-up, Side Boards, or
Jumping Jacks
Sets
4
Duration
15 seconds on /
15 seconds off
Total Active Duration
2 minutes

MASSAGE & RELAXATION

Exercise 1: IT Band Massage



Sets/Duration
1 x 60 seconds
Frequency/Amplitude
35–40 Hz/Low or High

Exercise 2: Inner Thigh Massage



Sets/Duration
1 x 60 seconds
Frequency/Amplitude
35–40 Hz/Low or High

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