

# POWER FIRMING 2



## POWER FIRMING CLASS:

As part of our Power Flex Series, this class is designed to combat cellulite. This unique class format uses spot-specific strength training exercises to really focus on cellulite prone areas, as added muscle tone lessens the appearance of cellulite. It utilizes the flexibility and massage benefits of Power Plate® training to increase circulation and flush toxins, making this a complete and effective way to feel fantastic and full of confidence.

## FITNESS LEVEL: BEGINNER/INTERMEDIATE

### Class Format:

Movement Preparation x 3

Combined Strength & Massage Circuits x 12

Massage x 4

### 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

## MOVEMENT PREPARATION

Preparation 1: Single Leg Hamstring Stretch



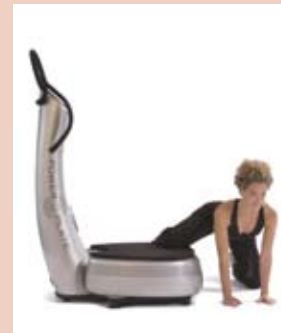
**Sets/Duration**  
1 x 30 seconds  
**Frequency/Amplitude**  
30 Hz/Low

Preparation 2: Calf Stretch



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

Preparation 3: Kneeling Inner Thigh Stretch



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

## COMBINED STRENGTH & MASSAGE CIRCUITS

CIRCUIT ONE

Strength Exercise 1: One Leg Glute Bridge



**Sets/Duration**  
1 x 30 seconds  
**Frequency/Amplitude**  
30–35 Hz/Low

Strength Exercise 2: Side Plank



**Sets/Duration**  
1 x 30 seconds  
**Frequency/Amplitude**  
30–35 Hz/Low

Massage Exercise 3: Glute Massage



**Sets/Duration**  
1 x 60 seconds  
**Frequency/Amplitude**  
30–35 Hz/Low or High

Massage Exercise 4: Lateral Hip and Thigh Massage



**Sets/Duration**  
1 x 60 seconds  
**Frequency/Amplitude**  
30–35 Hz/Low or High

# COMBINED STRENGTH & MASSAGE CIRCUITS

CIRCUIT TWO

## Strength Exercise 1: Split Squat



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

## Strength Exercise 2: Front Squat



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

## Massage Exercise 3: Quad & Hip Massage



**Sets/Duration**  
1 x 60 seconds  
**Frequency/Amplitude**  
30–35 Hz/Low or High

## Massage Exercise 4: Hamstring Massage



**Sets/Duration**  
1 x 60 seconds  
**Frequency/Amplitude**  
30–35 Hz/Low or High

## 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



my body, my time™

## COMBINED STRENGTH & MASSAGE CIRCUITS

CIRCUIT THREE

Strength Exercise 1: Tricep Dip



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

Strength Exercise 2: Bicep Curl



**Sets/Duration**  
1 x 45 seconds  
**Frequency/Amplitude**  
30–35 Hz/Low  
**Execution**  
Static

Massage Exercise 3: Chest & Arm Massage



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

Massage Exercise 4: Low Back Massage



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

## MASSAGE & RELAXATION

Exercise 1: Hamstring 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

Exercise 3: IT Band Massage



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