

# POWER PILATES 1



## POWER PILATES CLASS:

As part of our Power Core Series, this class combines traditional Power Plate® exercises with basic pilates, in order to focus on the center. Adding the benefits of Acceleration Training™ to the postural reform and restructuring of pilates creates an intense and isolated workout.

## FITNESS LEVEL: BEGINNER/INTERMEDIATE

### Class Format:

Movement Preparation x 2

Strength & Power x 8

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

### 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

Super Set: Going back and forth between two exercises

## MOVEMENT PREPARATION

Preparation 1: Standing Hip & Quad with Reach



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

Preparation 2: Two Leg Hamstring Stretch



**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

POWER  PLATE®

my body, my time™

# STRENGTH & POWER SUPER SETS- REST 30 SECONDS BETWEEN SUPERSETS

## SUPERSET ONE

Exercise 1: Squat with Reach



**Sets/Duration**  
2 x 45 seconds  
**Frequency/Amplitude**  
30-35 Hz/Low  
**Execution**  
Static

Exercise 2: Side Knee Plank with Leg Lift



**Sets/Duration**  
2 x 45 seconds  
**Frequency/Amplitude**  
30-35 Hz/Low  
**Execution**  
Static

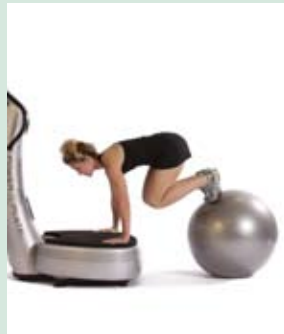
## SUPERSET TWO

Exercise 1: Glute Bridge on SB



**Sets/Duration**  
2 x 45 seconds  
**Frequency/Amplitude**  
30-35 Hz/Low  
**Execution**  
Static

Exercise 2: Knee Roll-up with SB



**Sets/Duration**  
2 x 45 seconds  
**Frequency/Amplitude**  
30-35 Hz/Low  
**Execution**  
Static

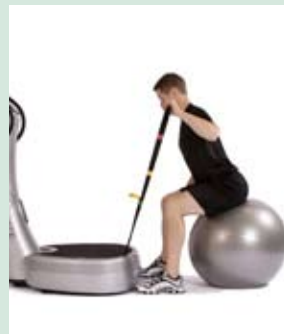
## SUPERSET THREE

Exercise 1: Tricep Dip



**Sets/Duration**  
2 x 45 seconds  
**Frequency/Amplitude**  
30-35 Hz/Low  
**Execution**  
Static

Exercise 2: SB Shoulder Pull



**Sets/Duration**  
2 x 45 seconds  
**Frequency/Amplitude**  
30-35 Hz/Low  
**Execution**  
Static

# STRENGTH & POWER SUPER SETS- REST 30 SECONDS BETWEEN SUPERSETS

## SUPERSET FOUR

Exercise 1: Front Plank (with SB roll-forward)



**Sets/Duration**  
2 x 45 seconds  
**Frequency/Amplitude**  
30-35 Hz/Low  
**Execution**  
Dynamic

Exercise 2: Straight Leg V-sit with Rotation



**Sets/Duration**  
2 x 45 seconds  
**Frequency/Amplitude**  
30-35 Hz/Low  
**Execution**  
Dynamic

## MASSAGE & RELAXATION

Exercise 1: Hamstring Massage



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

Exercise 2: 90:90 Massage



**Sets/Duration**  
1 x 30 seconds  
**Frequency/Amplitude**  
35-40 Hz/Low