

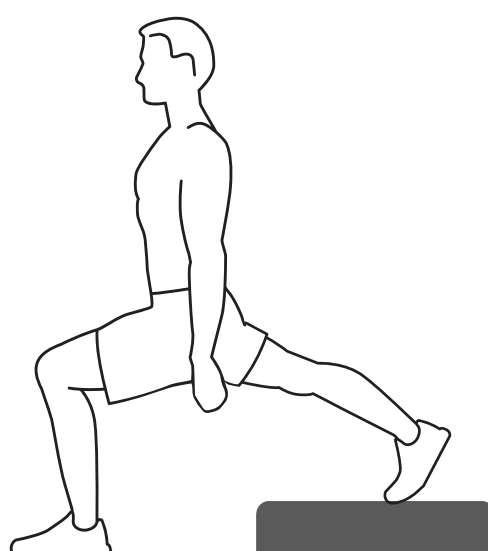
# MOVE BETTER FEEL BETTER LIVE BETTER



## WARM UP

30 Hz | TIME: 30 - 60 sec | SETTING: LOW

4-6 Exercises, daily

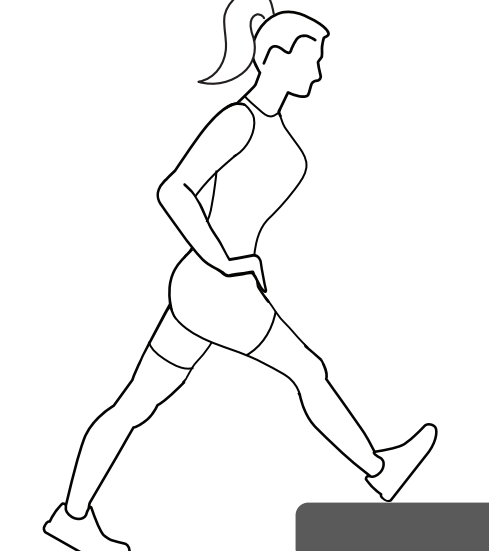


### Inner Thigh Stretch

**Muscles Targeted**  
Inner Thigh, Hip and Groin

**Procedure**  
Place one foot on the platform, leg straight. Bend standing knee. Sit back to reach desired tension.

**Coaching Key**  
- Maintain good posture and relax your shoulders



### Single Leg Hamstring Stretch

**Muscles Targeted**  
Hamstrings, Glutes

**Procedure**  
Place one heel on the platform and sit back slowly to reach desired tension. For support, hold on to the handlebar.

**Coaching Key**  
- Back straight, supporting knee slightly bent  
- Flex toe to increase stretch

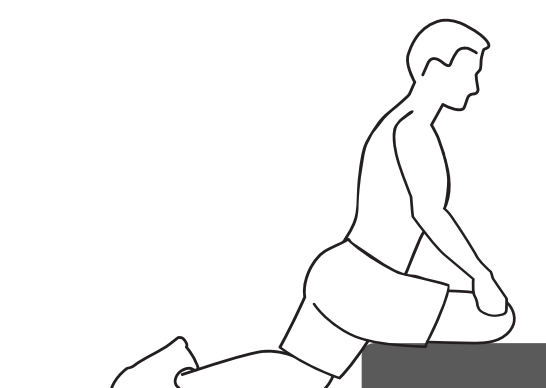


### Kneeling Hip & Quad Stretch

**Muscles Targeted**  
Hips, Quads

**Procedure**  
Place one leg forward and the other bent back on the platform.

**Coaching Key**  
- Back straight, shoulders relaxed  
- Push hips forward to create tension in the hip  
- Raise arms to increase the stretch

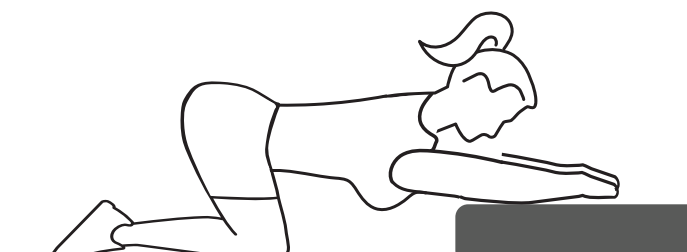


### 90/90 Stretch

**Muscles Targeted**  
Hips, Glutes

**Procedure**  
Sit parallel to the machine, place one bent leg on the platform, setting the hips, knee and foot at right angles. Lean towards the bent knee. For support, hold onto the handlebars.

**Coaching Key**  
- Push hips forward  
- Maintain good posture

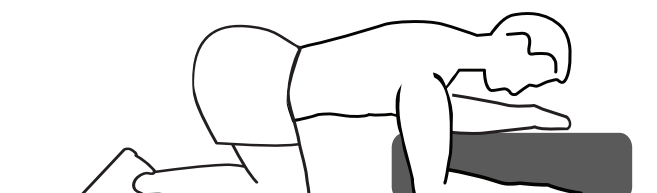


### Kneeling Lat Stretch

**Muscles Targeted**  
Lats, Shoulders

**Procedure**  
Kneel on the floor, knees hip width apart, facing the platform. Place both arms on the platform and push chest down towards the floor.

**Coaching Key**  
- Maintain neutral spine  
- Reach forward with arms and push hips back to reach desired tension

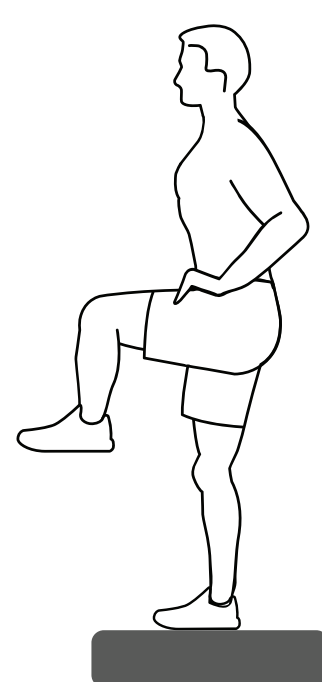


### Kneeling Chest Stretch

**Muscles Targeted**  
Chest, Shoulders

**Procedure**  
Kneel on the floor, parallel to the machine, knees hip width apart. Place forearm on the platform.

**Coaching Key**  
- Maintain neutral spine  
- Push chest down towards the floor

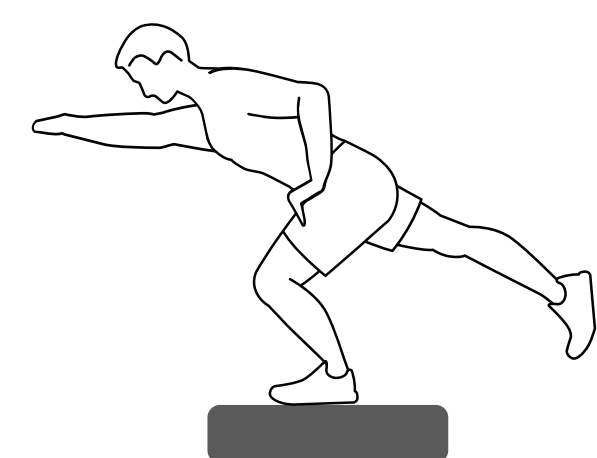


### Single Leg Balance

**Muscles Targeted**  
Legs

**Procedure**  
Stand with one foot on the platform and slightly bend the standing knee.

**Coaching Key**  
- Engage abdominals and relax shoulders  
- Maintain stability in knee and ankle

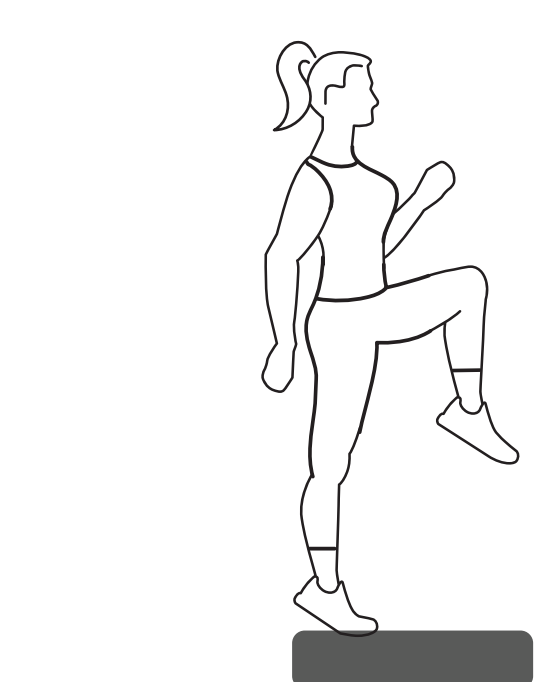


### Single Leg Balance with Reach

**Muscles Targeted**  
Legs

**Procedure**  
Stand with one foot on the platform and slightly bend the standing knee. Reach down toward the standing leg with the opposite arm. Return to start position. Repeat.

**Coaching Key**  
- Engage abdominals and relax shoulders  
- Maintain stability in knee and ankle

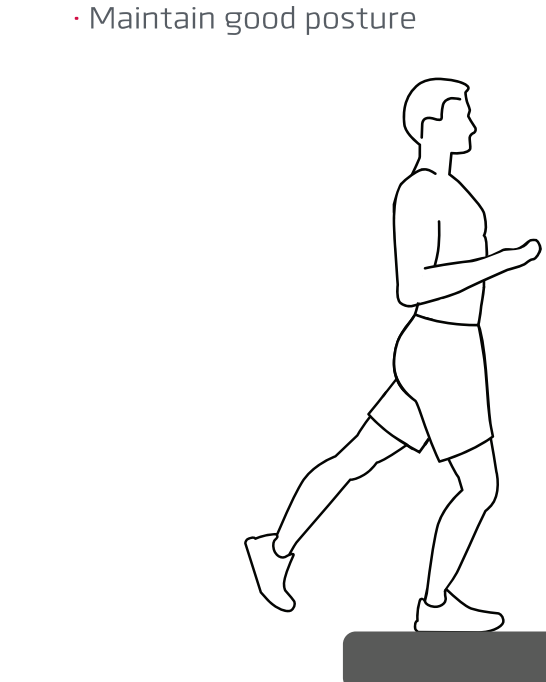


### Step Up to Balance

**Muscles Targeted**  
Legs

**Procedure**  
Step up onto the platform with one leg. Hold position for 2-3 seconds and return to start position. Repeat.

**Coaching Key**  
- Maintain neutral spine  
- Keep standing knee slightly bent

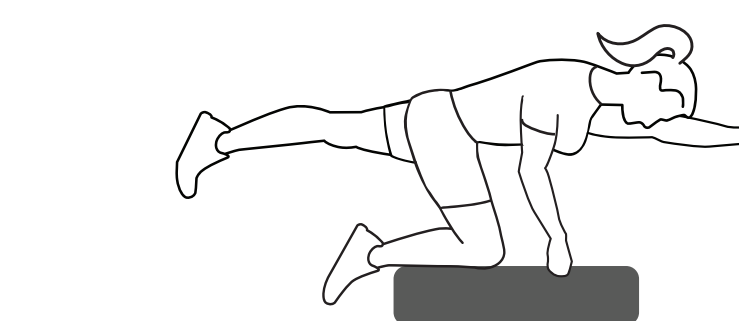


### Single Leg Balance with Excursion

**Muscles Targeted**  
Legs

**Procedure**  
Stand with one foot on the platform, knee slightly bent. Move the outer leg in a semi-circle.

**Coaching Key**  
- Engage abdominals  
- Keep shoulders relaxed  
- Maintain stability in knee and ankle  
- Keep fluid motion

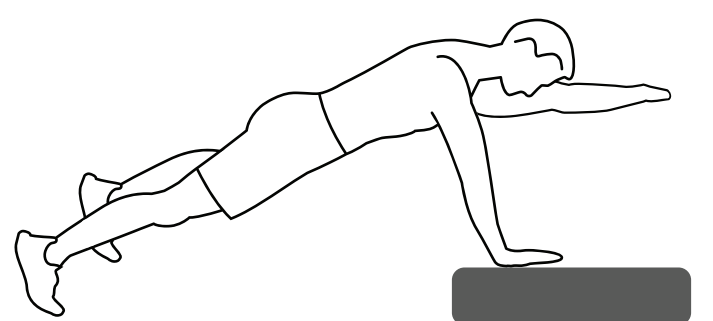


### 4-Point Stance - Diagonal

**Muscles Targeted**  
Abdominals, Legs

**Procedure**  
Kneel on the platform. Extend one arm and the opposite leg so that they are hip height and parallel with the floor.

**Coaching Key**  
- Maintain neutral spine  
- Engage abdominals



### Push Up to Balance

**Muscles Targeted**  
Chest, Shoulders

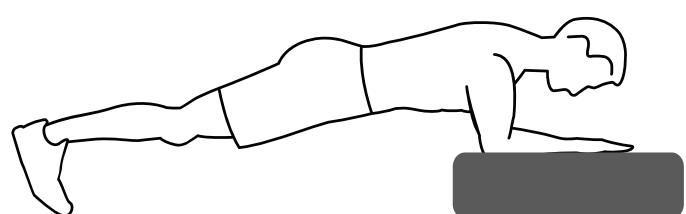
**Procedure**  
Place hands wide apart on the platform and bend elbows to lower the body. Return to the start position, raising one hand off the platform. Hold position for 1-2 seconds. Repeat.

**Coaching Key**  
- Keep back straight at all times  
- Move fluidly between positions

## WORKOUT

30 Hz | TIME: 30+ sec | SETTING: LOW

6-8 Exercises, 2-3 times/week

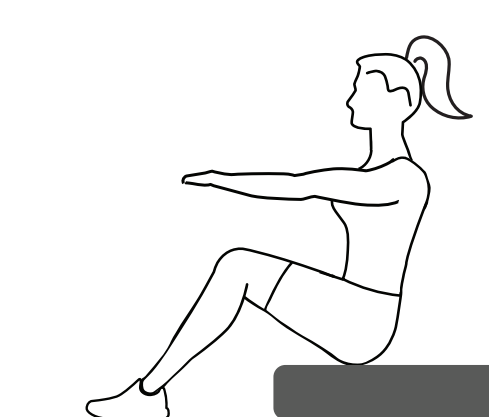


### Front Plank

**Muscles Targeted**  
Abdominals, Hips and Shoulders

**Procedure**  
Place bent elbows on the platform, feet hip width apart. Keep hands relaxed.

**Coaching Key**  
- Keep back straight, shoulders relaxed  
- Align from neck to feet, drawing hips inwards  
- Engage abdominals

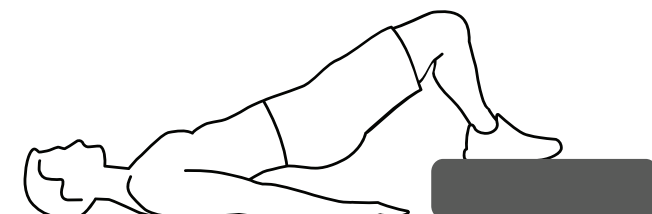


### V-Sit

**Muscles Targeted**  
Abdominals

**Procedure**  
Sit on the platform. Lean back slightly.

**Coaching Key**  
- Keep back straight,  
- Engage abdominals



### Glute Bridge

**Muscles Targeted**  
Legs, Glutes, and Back

**Procedure**  
Place heels on the platform, hip width apart. Push hips upwards.

**Coaching Key**  
- Engage hamstrings and glutes  
- Pull heels towards the body

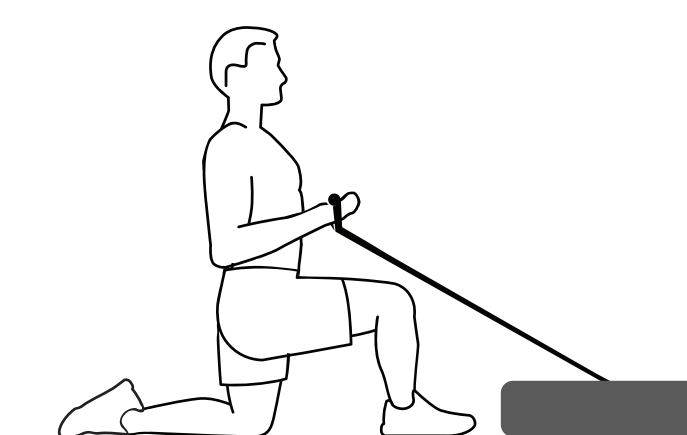


### Kneeling Back Extension

**Muscles Targeted**  
Lower Back, Abdominals

**Procedure**  
Kneel on the platform, back facing the column, knees wide apart. Sit back slightly and hold the position.

**Coaching Key**  
- Maintain neutral spine  
- Engage abdominals

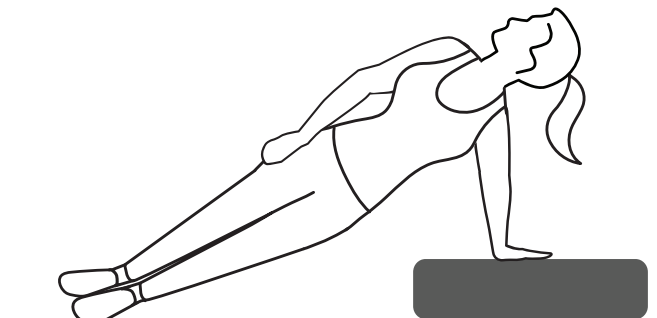


### Kneeling Wood Chop

**Muscles Targeted**  
Abdominals, Arms and Shoulders

**Procedure**  
Start in a half-kneeling position, lateral to the machine. Holding the strap with both hands, rotate upper body until the strap is taut.

**Coaching Key**  
- Pull on strap to reach desired tension  
- Relax shoulders and engage abdominals

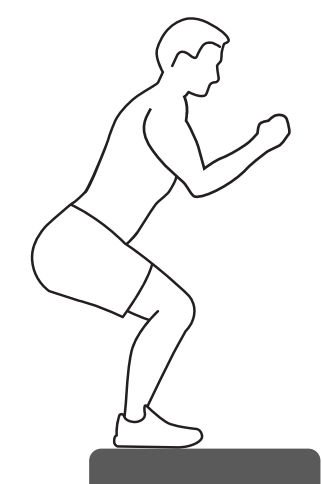


### Side Plank

**Muscles Targeted**  
Side Abdominals, Hips and Shoulders

**Procedure**  
Place hand on the platform and feet stacked on the floor. Raise hips upwards.

**Coaching Key**  
- Keep back straight, shoulders relaxed  
- Align from neck to feet  
- Engage abdominals

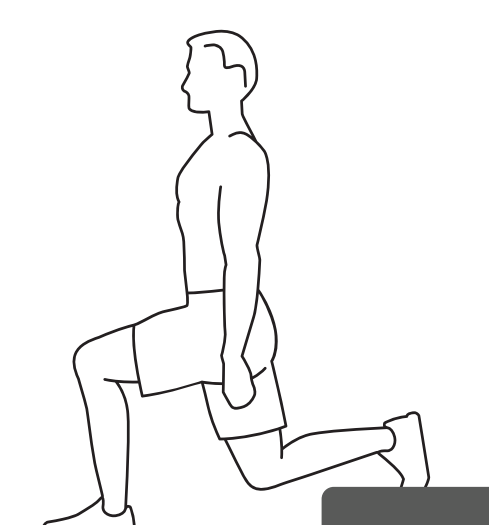


### Deep Squat

**Muscles Targeted**  
Legs

**Procedure**  
Stand on the platform, feet hip width apart. Sit back by flexing the hips and knees. For support, hold on to the handlebars.

**Coaching Key**  
- Maintain neutral spine and relaxed shoulders  
- Bend knees until desired depth is reached  
- Engage abdominals

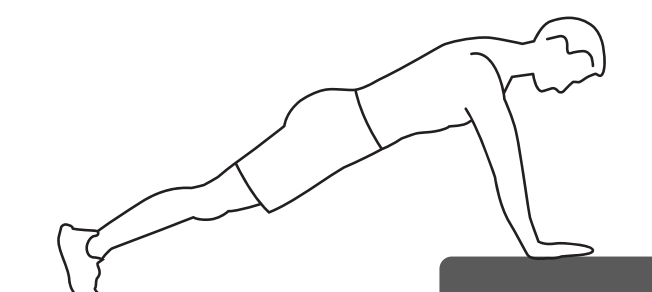


### Lunge

**Muscles Targeted**  
Legs

**Procedure**  
Stand with one foot on platform and one foot on the floor or a step deck. Bend at the hips and knees.

**Coaching Key**  
- Maintain neutral spine  
- Bend standing knee to reach desired tension  
- Relax shoulders and engage abdominals

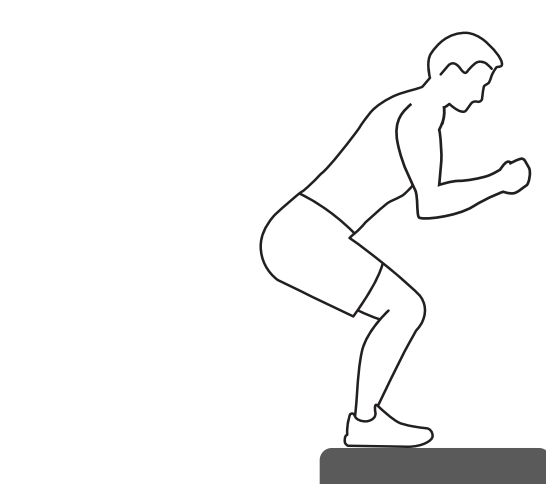


### Push Ups

**Muscles Targeted**  
Chest, Shoulders

**Procedure**  
Place hands shoulder width apart and bend elbows to lower the body.

**Coaching Key**  
- Keep back straight  
- Engage chest muscles and abdominals

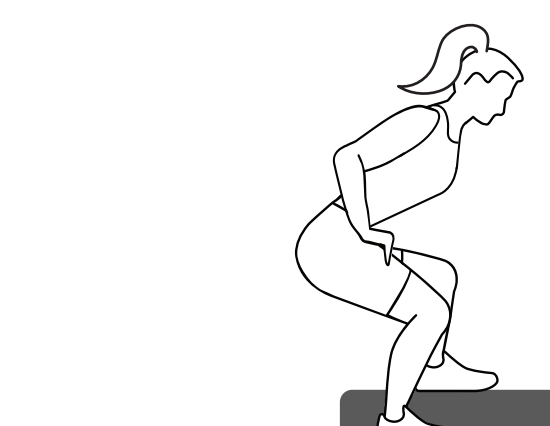


### Wide Stance Squat

**Muscles Targeted**  
Legs

**Procedure**  
Stand on the platform, feet wide apart, elbows by flexing hips and knees.

**Coaching Key**  
- Maintain neutral spine  
- Bend knees until desired depth is reached  
- Keep chest lifted throughout  
- Engage abdominals



### Lateral Lunge

**Muscles Targeted**  
Legs

**Procedure**  
Stand diagonally to the machine. Place one foot on the platform and one foot on the floor. Bending at the hips and knees, lean towards the machine.

**Coaching Key**  
- Maintain neutral spine  
- Relax shoulders and engage abdominals

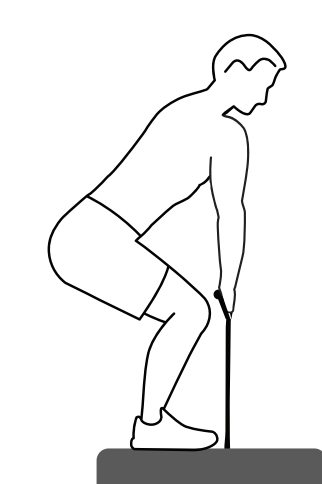


### Bent Over Row

**Muscles Targeted**  
Upper Back and Shoulders

**Procedure**  
Stand on the floor, facing the machine, feet hip width apart. Hold the straps, palms facing inwards and pull.

**Coaching Key**  
- Keep neutral spine  
- Maintain neutral spine  
- Avoid leaning into the straps  
- Squeeze upper back muscles and abdominals



### Deadlift

**Muscles Targeted**  
Legs, Back, Abdominals and Upper Body

**Procedure**  
Stand on the platform, feet wide apart and knees slightly bent. Fix arms in position and drive hips up.

**Coaching Key**  
- Engage abdominal muscles  
- Maintain good posture  
- Keep chest lifted



### Kneeling Shoulder Press

**Muscles Targeted**  
Shoulders, Arms

**Procedure**  
Kneel laterally beside the machine. Holding the strap with one hand, push up towards the ceiling, elbow bent at a 90° angle.

**Coaching Key**  
- Keep strap pulled tight  
- Relax shoulders and engage abdominals

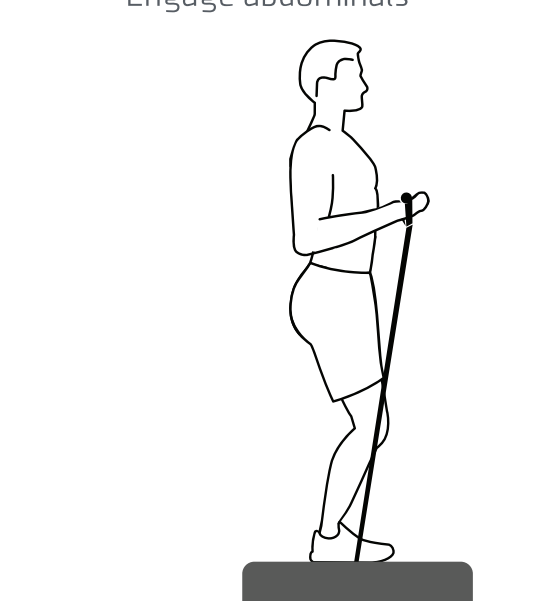


### Tricep Dips

**Muscles Targeted**  
Upper Arms, Shoulders

**Procedure**  
Sit on the platform, back facing the machine, feet on the floor. Curl fingers around edge of platform, hands shoulder width apart. Lower the body slowly by bending upper arms.

**Coaching Key**  
- Back straight, feet hip width apart  
- Keep hips close to the machine  
- Engage abdominals

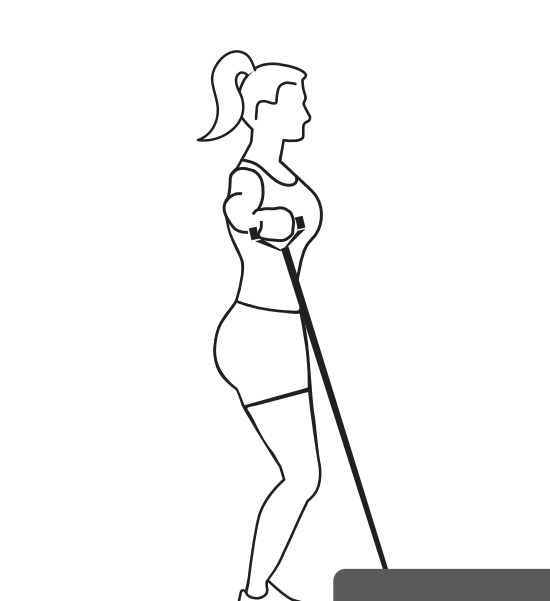


### Bicep Curl

**Muscles Targeted**  
Arms

**Procedure**  
Stand on the platform facing the column. Hold straps, palms facing upwards. Elbows set at a 90° angle, pull straps up.

**Coaching Key**  
- Keep upper arms close to the torso  
- Keep knees slightly bent  
- Engage bicep muscles and abdominals

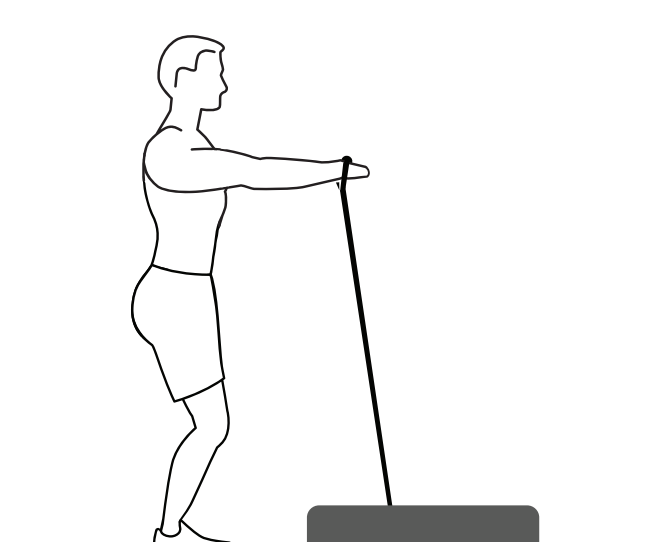


### Side Raise

**Muscles Targeted**  
Shoulders, Arms

**Procedure**  
Stand on the floor, facing the platform. Hold straps at shoulder height at the side of the body, palms facing down.

**Coaching Key**  
- Keep elbows and knees slightly bent  
- Maintain good posture  
- Engage abdominals



### Front Raise

**Muscles Targeted**  
Shoulders, Arms

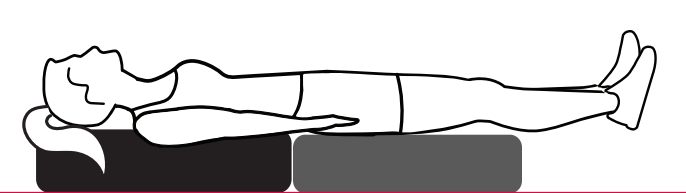
**Procedure**  
Stand on the floor, feet hip width apart, facing the machine. In a shallow squat position, hold the straps at shoulder height, arms extended out straight, palms facing down.

**Coaching Key**  
- Push back gently into platform  
- Maintain relaxed shoulders

## COOL DOWN

40 Hz | TIME: 60 sec | SETTING: HIGH

3-5 Exercises, daily

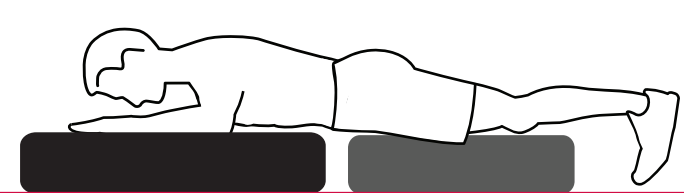


### Hamstring Massage

No muscle tension

**Procedure**  
Place hamstrings and calves on the platform.

**Coaching Key**  
- Roll legs slowly and push down into platform

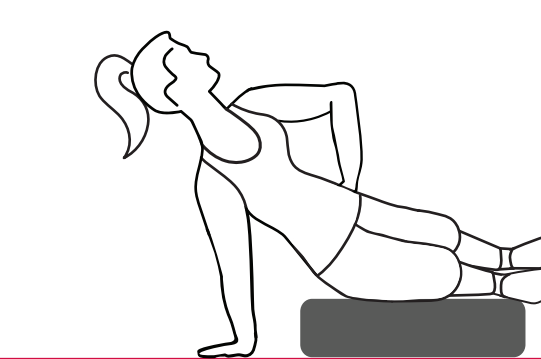


### Quad Massage

No muscle tension

**Procedure**  
Place front of thighs on the platform.

**Coaching Key**  
- Roll legs slowly and push down into platform

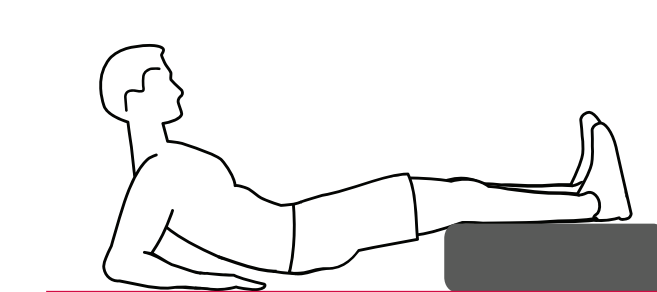


### Outer Thigh Massage

No muscle tension

**Procedure**  
Place outer thigh on the platform at a 90° angle.

**Coaching Key**  
- Roll hip joint slowly and push down into platform

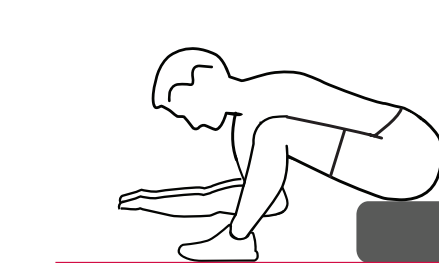


### Calves Massage

No muscle tension

**Procedure**  
Place calves on the platform.

**Coaching Key**  
- Roll legs slowly and push down into platform



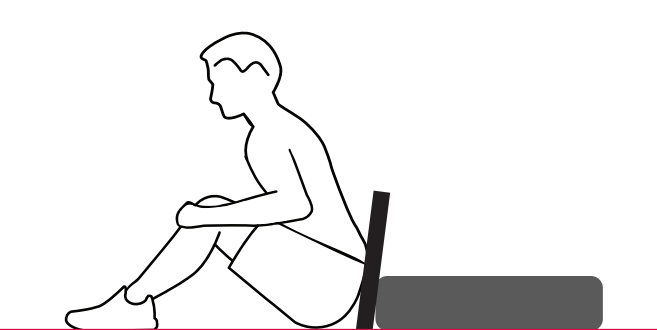
### Back Relaxer

No muscle tension

**Procedure**  
Sit on the platform, feet wide apart.

**Coaching Key**  
- Relax upper body

We recommend setting the amplitude to low



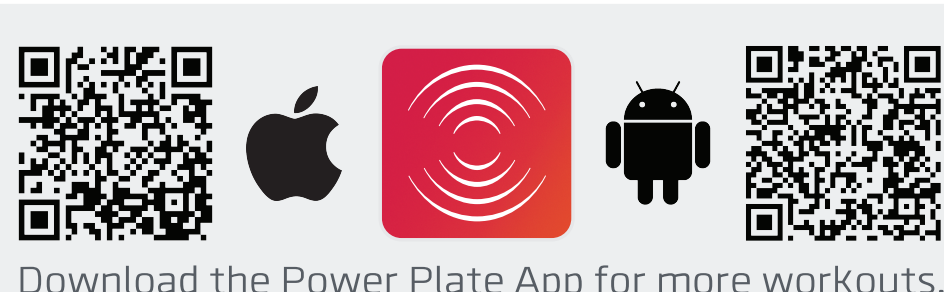
### Lower Back Massage

No muscle tension

**Procedure**  
Sit on the floor with back against the platform and mat behind you.

**Coaching Key**  
- Push back gently into platform  
- Maintain relaxed shoulders

We recommend setting the amplitude to low



Download the Power Plate App for more workouts.