



Power Plate®

Basic Fitness Academy Training

**Training**



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Contra-Indications

## Contra-Indications

### Absolute Contra-Indications

Acute diseases / Inflammation processes  
Wearing a pacemaker, stents  
Acute thrombosis conditions  
Fresh wounds resulting from an operation or surgical intervention  
Pregnancy, epilepsy  
Osteoporosis in an advanced stage

### Non-absolute Contra-Indications

Migraine  
Acute hernia, discopathy, spondylolysis  
Cardio-vascular disease  
Wearing recently fitted i.u. coils, metal pins, bolts or plates  
Gall and kidney stones  
Synthetic joints

**Before beginning any exercise program, please consult your physician for a complete physical examination. If any discomfort should arise from your use of the Power-Plate, stop exercising and consult your physician. When in doubt, always consult your physician before using the Power-Plate. Further information is available for your physician from the company upon request.**



Training

## First impression

- Short explanation of the principle
- Give instruction to put one foot on the Power-Plate
- Change posture / position
- Give order to lay one hand on the quadriceps of the neighbor



### Test exercises:

- If there is only little time
- We recommend 3 exercises
- Restrict to 15 minutes (discussion included)

**Short, noticeable „wow!“ program**



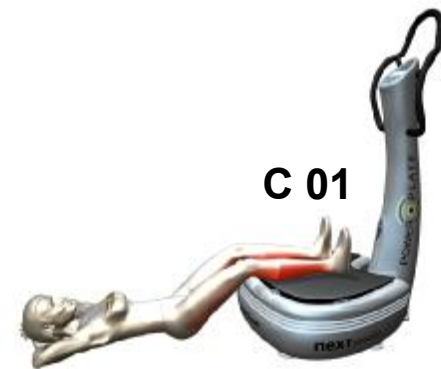
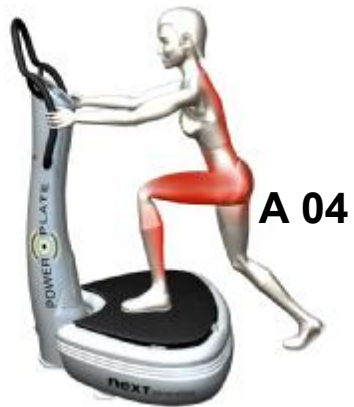
Training

## The test exercises

Women



Men





Training

## The 4 application areas of Power-Plate



Strengthening



Stretching



Massage



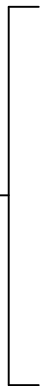
Relaxation



Training

# The exercise poster of Power-Plate I

A: Strengthening



→ B: Stretching

→ C: Massage

→ D: Relaxation




Training

## The exercise poster of Power-Plate II

- Classification in several sections A, B, C & D
- The muscles or muscle groups which are stimulated during the exercise are shaded in the red
- A short description:
  - Regarding the position of the person
  - Usage of the straps
  - Body position, tension, variations
- Explain all this to the user so that he also himself can will use the exercise poster in an effective manner

**A 02**      **Deep Squat**



Position/Straps: Feet flat in the middle, slightly apart, don't let knees extend beyond the toes, bend the knees about 100 degrees

Posture: Back straight, upper body slightly forward, keep your balance

Tension: Legs, buttocks, back

Variations: Perform on one leg, bouncing lightly



Training

## Exercise plans I

### FAT BURNING SCHEDULE

Three training sessions per week

Alternate exercise and rest every 15 seconds

	EXERCISE	SERIES / TIME	SETTINGS
A.	5	2 - 4 times	35 Hz / high
	1	2 - 4 times	35 Hz / high
	2	2 - 4 times	35 Hz / high
	3	2 - 4 times	35 Hz / high
	4	2 - 4 times	35 Hz / high
	6	2 - 4 times	40 Hz / low
	7	2 - 4 times	40 Hz / low
	8	2 - 4 times	40 Hz / low
	9	2 - 4 times	40 Hz / low
	10	2 - 4 times	35 Hz / high
	11	2 - 4 times	35 Hz / high
	12	2 - 4 times	40 Hz / low
	13	2 - 4 times	40 Hz / low
	14	2 - 4 times	40 Hz / low
	15	2 - 4 times	40 Hz / low
	17	2 - 4 times	40 Hz / low
	18	2 - 4 times	40 Hz / low

Increase intensity by making series of  
**20 seconds active, 15 seconds rest**  
**30 seconds active, 15 seconds rest**

If so desired the exercises may be performed dynamically.

### Ready-made Power-Plate exercise plans for:

1. BEGINNER level
2. INTERMEDIATE level
3. ADVANCED level
4. FAT BURNING
5. ANTI-CELLULITE
6. STRENGTH
7. ENDURANCE
8. CIRCULATION
9. RELAXATION
10. FLEXIBILITY
11. OSTEOPOROSIS



Training

## The 3 wrong positions on the Power-Plate



**WRONG**

You always need to be balanced when standing on the Power-Plate. Never hang on to the handles but only use these to maintain balance.



**WRONG**

Don't lean on your heels too much. Balance your weight predominantly on the front of your feet.



**WRONG**





Adopt an active position with every exercise. When training with the Power-Plate don't 'lock' any joints, such as your knees and elbows, but keep them slightly bent.



Training

## Combination of Power-Plate with cardio-training

- Cardio training is important as well as Power-Plate training
- Cardio training should be arranged with Power-Plate training in the following way:
  - cardio training not directly before using the Power-Plate
  - probably the best way is to separate the two training systems on different days
  - there are individual differences
- Power-Plate training always in a rested condition

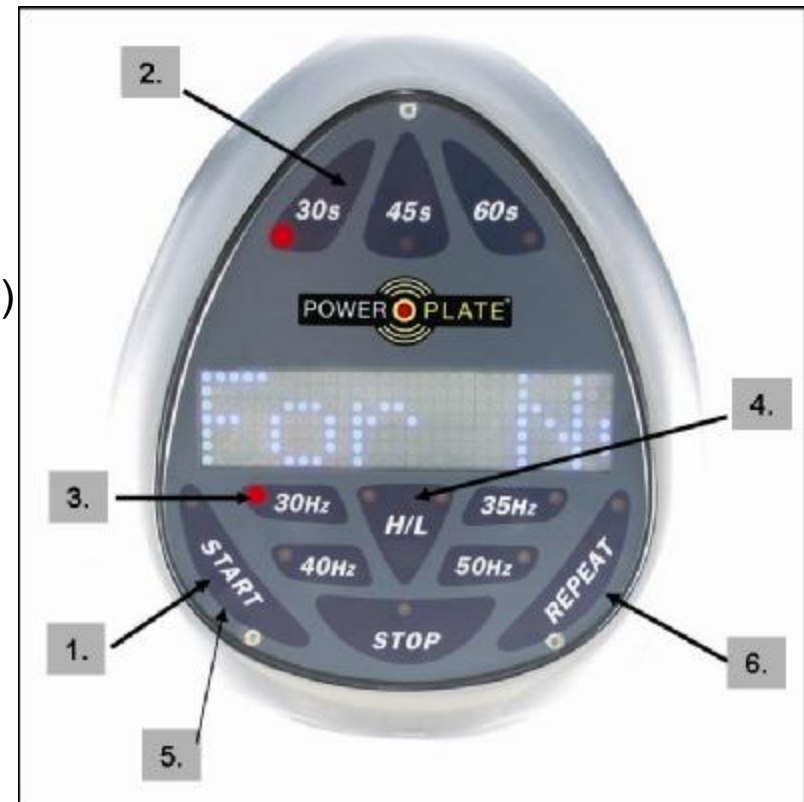
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						



PP- Handling

## Handling Power-Plate NG

1. Press Start
2. Select the duration (30 sec, 45 sec, 60 sec)
3. Select the frequency (30 Hz, 35 Hz, 40 Hz, 50 Hz)
4. Select the amplitude (Low, High)
5. Press Start again to start the program
6. Press Repeat for the last program





PP-Handling

## Accessory

- Standard accessory:

- Transmission straps
- mat
- training poster



- Optionally accessory:

- Lordosis cushion
- Handles
- Step





PP-Handling

## The 5 do's & don'ts for the use of Power-Plate

1. Always check the contra-indications!
2. Take care of enough liquid fluids in your body system!
3. Always respect at least 48 hours of time for regeneration in case of strengthening!
4. Never place head, cervical / complete spine, belly and chest on the Power-Plate!
5. Always execute the program with the mat except those exercises with the handles and standing positions (shoes)!