

PERSONAL POWER PLATE - PROGRAM CARD

For lower body muscle stimulation, improved circulation, pain relief & swelling reduction

These programs have been carefully designed to offer progression, allowing each user to improve slowly based on their individual goals, needs and ability. The initial program is done from a seated position where the feet are in contact with the Power Plate, taking advantage of the comfortable vibration to stimulate muscles in the lower body, increase circulation and significantly reduce pain and swelling in the lower limbs.

The program progresses still with the user in the seated position, introducing graduated lower limb movement, beginning with simple heel and toe raises and then adding alternating patterns that closely relate to walking gait being 'driven' by the hips. The next phase uses additional resistance from the straps and other simple accessories while in a seated position to introduce movement into the upper body through the core and limbs. The final program progresses to supported standing, improving lower body strength, balance, proprioception and confidence.

Success starts with small steps and we recommend starting slowly to get used to the vibration. Do not feel that you need to progress too quickly. All programs should be comfortable with you feeling the stretch or movement in the relevant part or parts of your body. The aim is not necessarily to progress through all of the programs but to find the one that best suits and enjoy it.

Seated Muscle Stimulation & Circulation



120 sec



low



Seated Feet Flat

Push down through feet to create tension in legs. If available, helper to apply additional hands on pressure as required at knee and foot.

Seated Muscle Stimulation, Circulation, Movement



60 sec



low



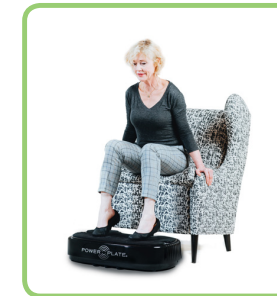
Knees In - Out

Slowly roll legs inwards to self selected range bringing knees towards each other. Then push knees outwards and maintain full foot contact throughout the movement. Repeat continuously.



Toes Up Knees In - Out

Extend legs, place both heels onto the plate with toes pointing up. Slowly roll toes outwards to a wide position then back inwards. Repeat continuously.



Heel and Toe Raise

Alternate between raising both heels and planting the toes, to then raising both toes and planting the heels. Repeat movement continuously for duration.

POWER PLATE

PERSONAL
POWER PLATE®

Seated Movement & Activation 1



30 sec



low



Alternating Heel Raises

Alternate between raising each heel in turn, remembering to plant the toes. Heel Taps. Repeat for duration.



Alternating Toe Raises

Alternate between raising the toes in turn, remembering to plant the heels. Toe Taps. Repeat for duration.



March in Place - Neutral

With feet hip width apart, lift one foot of the platform to a comfortable height. Lower to start position and lift other foot. Continue this 'marching' motion throughout.



March in Place - Wide

With feet in a wide stance, lift one foot off the platform to a comfortable height. Lower to start position and lift other foot. Continue this 'marching' motion throughout.



March in Place - Narrow

With feet in a narrow stance, lift one foot off the platform to a comfortable height. Lower to start position and lift other foot. Continue this 'marching' motion throughout.

Seated Movement & Activation 2



60 sec



low



March in Place - Neutral

With feet hip width apart, lift one foot off the platform to a comfortable height. Lower to start position and lift other foot. Continue this 'marching' motion throughout.



Lean Side to Side (Straps)

With feet hip width apart, hold the straps under tension in an underhand grip. Slowly pull up to an upright seated position, then lean from side to side touching each arm rest with your elbows alternately.



Overhand Fly (Straps)

With feet hip width apart, hold the straps in an overhand grip under tension. Slowly pull up to an upright position, then extend the arms out at shoulder width apart then spread both hands out wide keeping arms as straight as possible. Bring hands back to the starting point and repeat for the duration.



Lean Forward to Back (Straps)

With feet hip width apart, hold the straps under tension in an underhand grip. Slowly pull up into an upright seated position, then return slowly to the start position. Repeat for the duration.



Underhand Punches (Straps)

With feet hip width apart, hold the straps under tension in an underhand grip. Slowly pull up to an upright seated position, then alternate punches into full arm extension.

Seated Movement & Activation 3



Ball Squeeze

With feet flat on the plate, hold a ball in between your knees. Coming to an upright seated position, slowly squeeze, holding briefly then releasing gently (Without dropping the ball) and repeating for the duration. Maintain full foot contact with the platform throughout the movement.



Ball Squeeze with Trunk Twist

With feet flat on the plate, hold a ball in between your knees. Coming to an upright seated position, slowly squeeze, while twisting to the left, returning to the middle and then twisting to the right. Keep your hands crossed over your chest. Maintain full foot contact with the platform throughout the movement.



Band Stretch

With feet flat on the plate, hip width apart, tie an exercise resistance band around the knees until taut. Coming to an upright seated position, slowly push knees apart, holding briefly before slowly returning to the start position. Repeat for the duration maintaining full foot contact with the platform throughout the movement.

Standing Movement & Activation



Supported Lunge with Lean (Right)

In a standing lunge, place right foot forward onto platform keeping the back leg straight. Push the right knee forward until level with your toes, then return to the starting position. Continue for the duration, using appropriate hand-held support.



Supported Lunge with Lean (Left)

In standing lunge, place left foot forward onto platform keeping the back leg straight. Push the left knee forward until level with your toes, then return to the starting position. Continue for the duration, using appropriate hand-held support.



Supported Squat

Stand on the plate with feet hip width apart and knees slightly bent. Lower slowly into a comfortable squat position, then return to the start position. Continue for the duration, using appropriate hand-held support.

Power Plate Basic Workout

Stretch



Hamstring Stretch

Place heel on platform. Keep leg straight, toe flexed, & chest up. Lean toward toes. Hold for 30 seconds. Repeat with other leg.



Hip Flexor Stretch

Place toes on platform & tighten glute. Push hips forward until tension is felt. Hold for 30 seconds. Repeat with other leg.

Balance



Single Leg Balance

Stand on platform & bend knee. Lift other leg & keep chest up. Hold for 30 seconds. Repeat with other leg.

Strength



Static Squat

Stand on platform & sit back by flexing hips & knees. Pretend you are sitting in a chair.



Static Chest Push Up

Place hands on platform & feet on floor. Lower body until elbows are bent at a 90 degree angle.



Static Tricep Dip

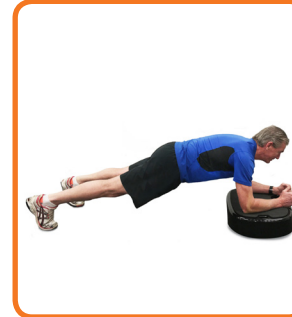
Face away from Power Plate, place hands on platform edge & extend legs out in front of you. Drop to a 90 degree elbow bend & hold.



Static Bicep Hold with Straps

Stand on platform & keep chest up. Adjust straps to elbow height. Curl & maintain constant tension.

Core



Static Front Plank

Place forearms on platform, arms & feet shoulder-width apart. Make fists & press down through forearms.



Static Glute Bridge

Lie face up on the floor in front of Power Plate, flex toes & drive heels into platform. Lift hips to a 45 degree angle & hold.

Massage



Hamstring Massage

Lie face up on floor with glute near Power Plate, but not on it. Place both legs on platform, straighten & relax.



Calf Massage

Lie face up on the floor. Place lower half of legs on platform and relax. Flex toes towards you.

Stretch



Hamstring stretch

Place heel on platform. Keep leg straight, toe flexed, & chest up. Lean toward toes. Repeat with other leg.



Hip Flexor stretch with Arm Reach

Place toes on platform & tighten glute. Reach your arms out front & push hips forward until tension is felt. Hold for 30 seconds. Repeat with other leg.

Balance



Single RDL Leg Balance

With one leg in soft-lock position, pivot so chest is parallel to floor & raise other leg. Reach out. Hold for 30 seconds. Repeat with other leg.

Strength



Alternate Step Lunge

Face the Power Plate & begin with feet on floor. Keeping chest up, step forward with left leg & bend back leg. Hold for 2 seconds & return left leg to floor. Continue for 30 seconds. Repeat with other leg.



Alternate Single Leg Static Chest Push Up

Place hands on platform & feet on floor. Lower body until elbows are bent at a 90 degree angle. Raise left leg slightly off ground. Hold for 30 seconds. Repeat with other leg.



Static Tricep Dip With Legs Extended

Face away from Power Plate, place hands on platform edge & extend legs out in front of you. Drop to a 90 degree elbow bend hold.



Static Lateral Raise With Straps

Stand on platform. Adjust straps to be taut when arms are just below shoulder height. Use overhand grip & lift the straps up, out, & away from body, maintaining tension.

Core



Alternate Single Arm Static Front Plank

Place forearms on platform, with arms & feet shoulder-width apart. Make fists and press down through forearms, not elbows. Raise left arm out, hold for 2 seconds, return to start position & alternate arms. Repeat.



Alternate Single Leg Static Glute Bridge

Lie face up on floor in front of machine, flex toes & drive heels into platform. Lift hips to 45 degree angle. Straighten right leg in the air & hold for 15 seconds. Repeat with other leg.

Massage



Hamstring Massage

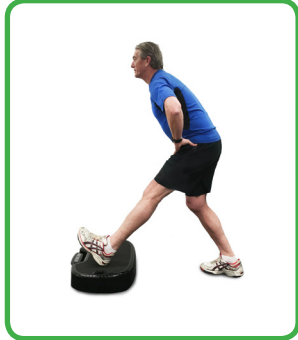
Lie face up on floor with glute near Power Plate, but not on it. Place both legs on platform, straighten & relax.



Calf Massage

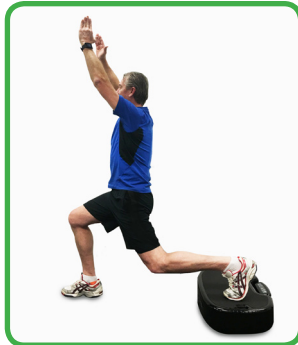
Lie face up on the floor. Place lower half of legs on platform and relax. Flex toes towards you.

Stretch



Hamstring stretch

Place heel on platform. Keep leg straight, toe flexed, & chest up. Lean toward toes. Repeat with other leg.



Hip Flexor Stretch with Arms Raised

Place toes on platform & tighten glute. Push hips forward until tension is felt. Hold for 20 seconds. Repeat with other leg.

Balance



Single Leg Balance with Arms Out

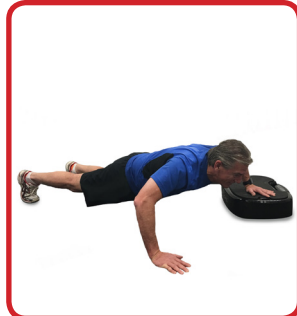
With one leg in soft-lock position, pivot so chest is parallel to floor & raise other leg. Reach out. Hold for 30 seconds. Repeat with other leg.

Strength



Alternate Lateral Step Lunge

Begin on floor with left side facing machine. Keep chest up & left leg bent. Step onto platform with left foot & bend into squat. Hold 2 seconds & return leg to floor. Repeat for 30 seconds. Repeat sequence with other leg.



Alternate Walking Chest Push Up

Place hands on machine & feet on floor. Lower body until elbows are bent at a 90 degree angle. Walk left hand to right side of machine & then return. Repeat with right hand. Repeat for duration of exercise.



Tricep Dip with Raised Leg

Face away from machine, place hands on platform edge & extend legs in front of you. Drop to a 90 degree elbow bend, lift left leg slightly off the ground & hold for 30 seconds. Repeat with other leg.



Static Lateral Raise with Straps

Stand on platform. Adjust straps to be taut when arms are just below shoulder height. Use overhand grip & lift the straps up, out, & away from body, maintaining tension.

Core



Alternate Single Arm/Single Leg Static Front Plank

Place forearms on platform, with arms & feet shoulder-width apart. Make fists and press down through forearms, not elbows. Extend right arm out, lift left leg slightly off the ground & hold for 2 seconds, return to start position & alternate arms & legs. Repeat.



Alternate Single Leg Static Glute Bridge

Lie face up on floor in front of machine, flex toes & drive heels into platform. Lift hips to 45 degree angle. Straighten right leg in the air & hold for 15 seconds. Repeat with other leg.

Massage



Hamstring Massage

Lie face up on floor with glute near Power Plate, but not on it. Place both legs on platform, straighten & relax.



Calf Massage

Lie face up on the floor. Place lower half of legs on platform and relax.