

PERSONAL PLATE MANUAL



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1. INTRODUCTION

The Power Plate works by way of vibrations, or pulses. The body subconsciously uses a variety of different muscles in order to stay balanced despite these vibrations. This constant muscle tensing is what makes training with the Power Plate so effective.

This type of training – vibration training – was discovered in the former Soviet Union. Astronauts who were faced with considerable osteoporosis after their time out in space appeared to greatly benefit from vibration training. Their bone quality was soon improved without overloading them. Their muscles also soon became bigger and stronger. Scientists studied all effects associated with vibration training during the 1970's, where they noted an increase in muscular strength, flexibility, bone density, circulation and recuperative power, to name but a few. This new form of (power) training wasn't discovered and further developed in Western Europe until after the fall of the Iron Curtain, with the Power Plate being the eventual result. It is now possible, therefore, to enjoy intensive training without the need to add extra weights; therefore without overloading the body. Training with the Power Plate is therefore suitable for everybody from high-level, high-performance athletes and sportspeople, the elderly, those experiencing circulatory or osteoporosis-related problems, all those simply wishing to improve their general health and fitness levels.

EFFECTIVE SAFE EASY USER FRIENDLY

The Power Plate is **effective**. Leading scientific research has shown that even after a short period of time both power and flexibility increases and metabolism and circulation are greatly improved. You will find a complete list of effects on page 8.

The Power Plate is **safe**.

Many millions of vibration minutes have already been safely 'absorbed' on a world-wide scale, without incident. Various different research institutes describe training with the Power Plate as safe.

The Power Plate is **easy**.

The exercises are simple and can be done by anyone without using any heavy weights. Actual training time is short (15 minutes, 3 times a week is sufficient).

The Power Plate is **user friendly**.

The equipment doesn't take up a great deal of space and hardly needs any maintenance. Operation is simple.

POWER PLATE INTERNATIONAL

Power Plate International is the market leader in the vibration training field and continuously the further developing this innovative training method. Stimulating and initiating scientific research is seen as a very important factor in this development.

The Power Plate may be found in sports schools, at physiotherapists, in hospitals, revalidation centres and beauty centres. Many high-profile athletes have elected to train with the Power Plate. Please refer to our website, www.powerplateusa.com for an extensive reference list.

PERSONAL PLATE

The combination of work, family life and social activities can sometimes make regular visits to the fitness centre hard to fit in. And, of course, not everyone feels completely at ease in such surroundings. Thankfully this is now a thing of the past due to the development of the Personal Plate: the Power Plate for use at home. The Personal Plate allows you to train wherever and whenever you choose.





2. WHAT THE PERSONAL PLATE CAN DO FOR YOU

Training with the Personal Plate will result in various positive effects. Whilst your muscles will receive an excellent workout, as a result of the vibrations which the equipment generates, this in itself worthwhile, many other important processes are also stimulated partly as a result of this high level of muscle activity: the production of collagen will increase, resulting in skin which is much more supple and tight; Blood circulation will also be greatly improved.

A LIST OF ALL EFFECTS:

- Increases the fat burning process
- Reduces cellulite
- Results in more beautiful and tighter skin
- Causes fast muscle build up
- Increases flexibility
- Activates blood circulation
- Improves co-ordination
- Increases bone density



THE PERSONAL PLATE IS SUITABLE FOR EVERYONE



In theory the Personal Plate can be used by absolutely everyone. You can adjust training to your own level and any burden on your joints, tendons and ligaments is minimal. This makes this type of training very suitable for elderly people or people coping with injuries or other physical limitations.



PERSONAL PLATE HELPDESK

UK

02 7

USA

1-877-87 PLATE

3.

FOR WHOM IS THE PERSONAL POWER PLATE NOT SUITABLE?

In some cases it may be advisable to contact your physician or specialist before training with the Personal Plate. Should one of the contra-indications apply to you this doesn't necessarily mean you cannot train with the Personal Plate. However, to be on the safe side, we would advise against training with the Personal Plate until you have consulted your physician or trainer. If you would like to obtain some advice with regards to your own personal situation or additional information about the Personal Plate you, or your physician, are always more than welcome to contact our helpdesk.

CONTRA-INDICATIONS FOR TRAINING WITH THE PERSONAL PLATE

- Pregnancy
- Acute thrombosis conditions
- Serious heart- and vascular diseases
- Fresh wounds resulting from an operation or surgical intervention
- Hip- and knee transplants
- Acute hernia, discopathy, spondylolysis
- Serious diabetes
- Epilepsy
- New inflammation
- Heavy migraine
- Carrying a pacemaker
- Carrying recently fitted coils, metal pins, bolts or plates
- Tumours



4 ■ HOW TO TRAIN WITH THE PERSONAL PLATE

BEFORE YOU START

We would advise you to drink at least 300 ml of fruit juice or a sports drink about half an hour before you start training with the Personal Plate. The training will result in moisture loss and because of the increased lymph drainage this effect will be much stronger than with many other sports. Your blood sugar will also quickly deplete through training with the Personal Plate.

REQUIREMENTS

During exercises in which you stand on the Personal Plate we recommend that you wear shoes with a rubber sole. During exercises where part of your body comes into contact with the Personal Plate you need to use at least one rubber mat.

POSITION AND BALANCE

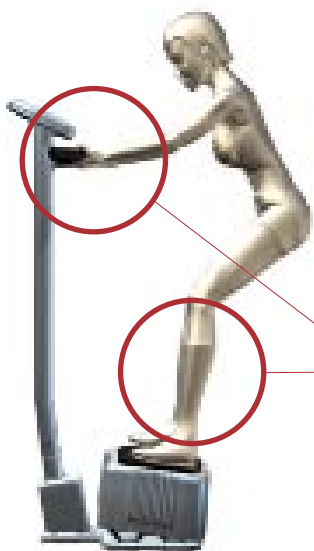
To ensure the vibrations caused by the Personal Plate are correctly absorbed by the body and muscles you need to adopt an active position with every exercise. Don't lean on your heels too much and don't 'lock' your joints. Try to emulate the exercise demonstration diagrams.

You always need to be well-balanced when standing on the Personal Plate. Never hang on to the handles and don't lean forward too much. Your knees should never extend further than your toes.



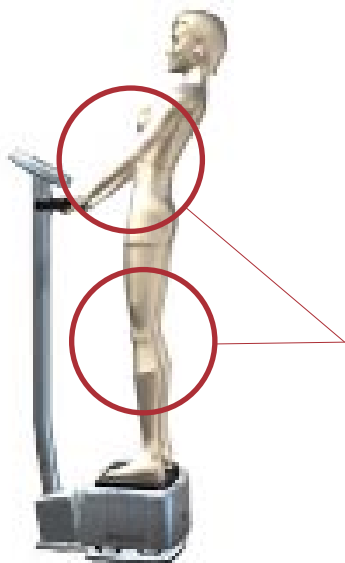
WRONG

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



WRONG

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



WRONG

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

OPERATING THE PERSONAL PLATE

Once you become familiarised with the basic operation of the Power Plate you can commence your training. The Personal Plate is very easy to operate: there is a **START & STOP** button and a **HIGH & LOW** switch.

Press the START button once you have positioned yourself on the Personal Plate correctly (see exercises). The Personal Plate will start vibrating after 1 minute. Should you wish to stop before the programme finishes simply press the STOP button. During training programmes where the schedule states you need to vibrate for 20 or 30 seconds you need to press the STOP button after the indicated amount of time has lapsed.



VARIATIONS IN INTENSITY

The Personal Plate allows you to train at differing intensity levels. This means that both committed sports people as well as less can make use of the equipment. Frequent users, can vary the vibration intensity in combination by using the mats and the HIGH/LOW button. The mats dampen the vibrations resulting in the vibrations varying from very low to very high. The HIGH/LOW button changes the amplitude of the Personal Plate's movement. The combination of mats and the HIGH/LOW button results in a range of permutations.



I **THIN** (1)

II **MEDIUM** (2)

III **THICK** (3)

VARIATION TABLE

TRAINING WEEK	RUBBER MAT	HIGH/LOW
1 + 2	1, 2 & 3	low
3 + 4	2 & 3	low
5 + 6	1 & 3	low
7 + 8	3	low
9 + 10	1 & 2	low
11 + 12	2	low
13 + 14	1	low
15 + 16	None	low
17 + 18	1, 2 & 3	high
19 + 20	2 & 3	high
21 + 22	1 & 3	high
23 + 24	3	high
25 + 26	1 & 2	high
27 + 28	2	high
29 + 30	1	high
31 + 32	None	high

ATTENTION:

- 1 ONLY STANDING EXERCISES SHOULD BE PERFORMED WITHOUT A MAT. DURING EXERCISES WHERE YOUR SHOES ARE NOT PLACED ON THE PLATE YOU NEED TO USE AT LEAST ONE MAT.**
- 2 EXERCISES WHILST LYING DOWN OR SITTING UP SHOULD ALWAYS BE DONE AT “LOW” INTENSITY AND USING AT LEAST ONE MAT.**

BUILDING UP THE INTENSITY

The correct step-by-step build up of intensity is extremely important for the training to be carried out both efficiently and responsibly. This is done as follows and in this specific order:

- **Increase the duration per exercise.**
(from 30, via 45 to 60 seconds)
- **Reduce rest times between exercises.**
(from 60 via 45 and 30 to 0 seconds)
- **Increase the number of exercises.**
- **Use fewer mats**
(see variation table on page 17)
- **Switch from the LOW to the HIGH position.**
(see variation table on page 17) PLEASE NOTE: Exercises whilst lying down or sitting up should always be done at the 'low' intensity level.
- **Increase the number of training sessions per week.**
- **Increase the muscle tension by changing the angle of the joint or, e.g., by performing the exercise whilst standing on one leg.**
- **Complete the exercises dynamically.**
- **Complete the exercises with extra weights, e.g. with a weight vest or dumbbells.**

The standard training schedules in this booklet have been built up in accordance with the above principle.

PERSONAL ADAPTATION

Training on the Personal Plate is just like any other type of training: commencing with light and short training sessions once accustomed, you can begin gradually increasing your program. You will experience an increasingly harder workout and you will consequently become much stronger. In the exercise schedules we provide in this manual we describe a build-up in exercise routine, appropriate to many people. We recommend, however, that you engage a Power Plate certified personal trainer to compose exercise routines specific to your individual requirements. Our most important advice is to always listen to what your own body is telling you.

IF IT HURTS, YOU ARE WORKING TOO HARD; IF YOU DON'T FEEL ANYTHING, YOU ARE NOT WORKING HARD ENOUGH. OPTIMAL TRAINING SHOULD BE TIRING WITHOUT BEING PAINFUL.

Another important aspect is ensuring that you rest for long enough between the training sessions to fully recover. We normally recommend two days of rest after a training session. It is our experience that one day's rest after training with the Personal Plate is often sufficient, but everybody is different and you will have to find out what works best for you. If you feel the schedules are too easy or too hard for you once you have completed the settling in period, then adjust them to what you feel is best for you.

IF IN DOUBT

If you don't feel well during a training session stop immediately. In the event of your feeling ill or your suffering from an injury we recommend that you complete only the massage exercises and that you resume training only after consulting your physician.

5 ■ TRAINING SCHEDULES

Included are a number of standard schedules specially developed to meet common training objectives.

We advise people who have not used the Power Plate before, those recommencing training after a period of rest, to follow the beginners' schedule for the first 2 weeks.

The pictures and description of the exercises can be found in chapter 6 (page 30).

A. STRENGTH SECTION

B. STRETCH SECTION

C. MESSAGE SECTION

D. RELAXATION SECTION

ATTENTION!

BEFORE YOU START TRAINING REFER ONCE MORE TO CHAPTER 4 FOR THE “DO’S & DON’TS” OF TRAINING ON THE PERSONAL PLATE. HOW TO BUILD UP YOUR TRAINING PROGRAM AND HOW TO VARY THE INTENSITY IS ALSO DESCRIBED IN THAT CHAPTER (PAGE 18).

BEGINNERS' SCHEDULE

Three training sessions per week

Relax for one minute in between exercises

Use mats and HIGH/LOW according to variation table (page 17)

	EXERCISE	SERIES / TIME	COMMENTS
A.	5	1 x 30 seconds	
	1	2 x 30 seconds	
	2	2 x 30 seconds	
B.	1	1 x 30 seconds	
	2	1 x 30 seconds	Use mat
C.	1	1 x 60 seconds	Use mat
	3	1 x 60 seconds	Use mat
	4	1 x 60 seconds	Use mat
	5	1 x 60 seconds	Use mat
	6	1 x 60 seconds	Use mat

FAT BURNING SCHEDULE

Three training sessions per week

Alternate exercise and rest every 15 seconds

Use mats and HIGH/LOW according to variation table (page 17)

EXERCISE	SERIES / TIME	COMMENTS
A. 5	2 - 4 times	15 sec active, 15 sec rest
1	2 - 4 times	15 sec active, 15 sec rest
2	2 - 4 times	15 sec active, 15 sec rest
3	2 - 4 times	15 sec active, 15 sec rest
4	2 - 4 times	15 sec active, 15 sec rest
6	2 - 4 times	15 sec active, 15 sec rest
7	2 - 4 times	15 sec active, 15 sec rest
8	2 - 4 times	15 sec active, 15 sec rest
9	2 - 4 times	15 sec active, 15 sec rest
10	2 - 4 times	15 sec active, 15 sec rest
11	2 - 4 times	15 sec active, 15 sec rest
12	2 - 4 times	15 sec active, 15 sec rest
13	2 - 4 times	15 sec active, 15 sec rest
14	2 - 4 times	15 sec active, 15 sec rest
15	2 - 4 times	15 sec active, 15 sec rest
17	2 - 4 times	15 sec active, 15 sec rest
18	2 - 4 times	15 sec active, 15 sec rest

**INTENSIFY BY ALTERNATING EVERY 20 SECONDS, UP TO 30 SECONDS.
IF SO DESIRED, EXERCISES CAN BE PERFORMED DYNAMICALLY**

CONTINUED: FAT BURNING SCHEDULE

	EXERCISE	SERIES / TIME	COMMENTS
C.	1	1 x 60 seconds	Use mat
	2	1 x 60 seconds	Use mat
	3	1 x 60 seconds	Use mat
	4	1 x 60 seconds	Use mat
	5	1 x 60 seconds	Use mat
	6	1 x 60 seconds	Use mat

ANTI-CELLULITE SCHEDULE

Three training sessions per week

Relax for one minute in between exercises

Use mats and HIGH/LOW according to variation table (page 17)

	EXERCISE	SERIES / TIME	COMMENTS
A.	5	1 x 30 seconds	
	1	1 x 30 seconds	
	2	1 x 30 seconds	
	3	1 x 30 seconds	
	4	1 x 30 seconds	
	6	1 x 30 seconds	

C.	1	2 x 60 seconds	Use mat
	3	2 x 60 seconds	Use mat
	4	2 x 60 seconds	Use mat
	5	2 x 60 seconds	Use mat
	6	2 x 60 seconds	Use mat

STRENGTH SCHEDULE

3 training sessions per week

Relax for one minute in between exercises

Use mats and HIGH/LOW according to variation table (page 17)

	EXERCISE	SERIES / TIME	COMMENTS	
A.	5	1 x 30 seconds		
	1	1 x 30 seconds		
	2	1 x 30 seconds		
	3	1 x 30 seconds		
	4	1 x 30 seconds		
	6	1 x 30 seconds		
	7	1 x 30 seconds		
	8	1 x 30 seconds		
	9	1 x 30 seconds		
	10	1 x 30 seconds		
	11	1 x 30 seconds		
	12+13+14	3 x 20 seconds	No rest in between	
	15	1 x 30 seconds		
	16	1 x 30 seconds		
	17	1 x 30 seconds		
	18	1 x 30 seconds		
	C.	1	1 x 60 seconds	Use mat
		2	1 x 60 seconds	Use mat
3		1 x 60 seconds	Use mat	
4		1 x 60 seconds	Use mat	
5		1 x 60 seconds	Use mat	
6		1 x 60 seconds	Use mat	

ENDURANCE SCHEDULE

Three training sessions per week

Relax for 30 seconds between exercises

Use mats and HIGH/LOW according to variation table (page 17)

	EXERCISE	SERIES / TIME	COMMENTS	
A.	5	1 x 30 seconds	Perform dynamically	
	1	1 x 30 seconds	Perform dynamically	
	2	1 x 30 seconds	Perform dynamically	
	3	1 x 30 seconds	Perform dynamically	
	4	1 x 30 seconds	Perform dynamically	
	6	1 x 30 seconds	Perform dynamically	
	7	1 x 30 seconds	Perform dynamically	
	8	1 x 30 seconds	Perform dynamically	
	9	1 x 30 seconds	Perform dynamically	
	10	1 x 30 seconds		
	11	1 x 30 seconds		
	12+13+14	3 x 20 seconds	No rest in between	
	15	1 x 30 seconds	Perform dynamically	
	16	1 x 30 seconds	Perform dynamically	
	17	1 x 30 seconds		
	18	1 x 30 seconds	Perform dynamically	
	C.	1	1 x 60 seconds	Use mat
		3	1 x 60 seconds	Use mat
4		1 x 60 seconds	Use mat	
5		1 x 60 seconds	Use mat	
6		1 x 60 seconds	Use mat	

CIRCULATION SCHEDULE

Three training sessions per week

Relax for 30 seconds between exercises

Use mats and HIGH/LOW according to variation table (page 17)

	EXERCISE	SERIES / TIME	COMMENTS
A.	5	2 x 30 seconds	
	1	2 x 30 seconds	
	2	2 x 30 seconds	

C.	1	1 x 60 seconds	Use mat
	2	1 x 60 seconds	Use mat
	3	1 x 60 seconds	Use mat
	4	1 x 60 seconds	Use mat
	5	1 x 60 seconds	Use mat
	6	1 x 60 seconds	Use mat

D.	1	1 x 30 seconds	Use mat
	2	1 x 30 seconds	Use mat
	3	1 x 30 seconds	Use mat
	4	1 x 30 seconds	Use mat

RELAXATION SCHEDULE

Three training sessions per week

Relax for 1 minute in between exercises

Use mats and HIGH/LOW according to variation table (page 17)

C.

OEFENING	SERIES / TIJDSDUUR	OPMERKING
1	1 x 60 seconds	Use mat
2	1 x 60 seconds	Use mat
3	1 x 60 seconds	Use mat
4	1 x 60 seconds	Use mat
5	1 x 60 seconds	Use mat
6	1 x 60 seconds	Use mat

Repeat entire massage section if so desired

D.

1	1 x 30 seconds	Use mat
2	1 x 30 seconds	Use mat
3	1 x 30 seconds	Use mat
4	1 x 30 seconds	Use mat

Repeat entire massage section if so desired

FLEXIBILITY SCHEDULE

Three training sessions per week

Relax for 1 minute in between exercises

Use mats and HIGH/LOW according to variation table (page 17)

	EXERCISE	SERIES / TIME	COMMENTS
B.	1	1 x 30 seconds	
	2	1 x 30 seconds	Use mat
	3	1 x 30 seconds	
	4	1 x 30 seconds	
	5	1 x 30 seconds	
	6	1 x 30 seconds	
Repeat entire stretch section if so desired			

C.	1	1 x 60 seconds	Use mat
	2	1 x 60 seconds	Use mat
	3	1 x 60 seconds	Use mat
	4	1 x 60 seconds	Use mat
	5	1 x 60 seconds	Use mat
	6	1 x 60 seconds	Use mat

OSTEOPOROSIS SCHEDULE

Three training sessions per week

Relax for one minute between exercises

Use mats and HIGH/LOW according to variation table (page 17)

	OEFFNING	SERIES / TIJDSDUUR	OPMERKING
A.	5	1 x 30 seconds	
	1	1 x 30 seconds	
	2	1 x 30 seconds	
	3	1 x 30 seconds	
	4	1 x 30 seconds	
	8	1 x 30 seconds	
	9	1 x 30 seconds	
	10	1 x 30 seconds	
	11	1 x 30 seconds	
	12+13+14	3 x 20 seconds	No rest in between
	17	1 x 30 seconds	
C.	1	1 x 60 seconds	Use mat
	2	1 x 60 seconds	Use mat
	3	1 x 60 seconds	Use mat
	4	1 x 60 seconds	Use mat
	5	1 x 60 seconds	Use mat
	6	1 x 60 seconds	Use mat

6 ■ POWER PLATE PERSONAL EXERCISES

A ■ SECTION STRENGTH



A-01: Squat

POSITION / STRAPS

Feet in the middle, slightly apart

POSTURE

Knees lightly bent, back straight, balance on the ball of the foot, keep weight mostly on forefoot

TENSION

Legs, buttocks, back

VARIATIONS

Bounce lightly, perform dynamically

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 or dynamically

A-03: Wide Stance Squat



POSITION / STRAPS

Feet flat, toes outward, bend the knees about 100 degrees

POSTURE

Back straight, knee directly above the foot

TENSION

Buttocks, upper legs, upper leg inside, back

VARIATIONS

Perform lightly bouncing, dynamically

A-04: Lunge



POSITION / STRAPS

Feet in the middle,
bend the knee about 90 degrees

POSTURE

Back straight, don't let knees extend beyond the toes, push down front leg

TENSION

Front leg, buttocks

VARIATIONS

Perform lightly bouncing or dynamically



A-05: Calves

POSITION / STRAPS

Feet in the middle, balance on the ball of the foot, knees lightly bent

POSTURE

Back straight, tense abdominals

TENSION

Calves

VARIATIONS

Bend the knees 90 degrees
Knees stretched

A-06: Pelvis Bridge

POSITION / STRAPS

Feet flat at hip width,
bend the knees less than 90 degrees

POSTURE

Back straight,
pull heels toward the upper body

TENSION

Leg flexors and buttock muscles

VARIATIONS

Perform on one leg or dynamically



A-07: Lattissimus Dip

POSITION / STRAPS

Place handles in the middle at shoulder
width, hips straight and loose

POSTURE

Wrists and arms straight,
bring shoulders down

TENSION

Shoulders, arms, upper torso

VARIATIONS

Move legs straight forward



A-08: Push Up



POSITION / STRAPS

Hands pointing inward at shoulder width, bring chest above hands

POSTURE

Tense abdominal muscles, back straight

TENSION

Chest, front shoulder, triceps

VARIATIONS

Legs and knees straight, place hands closer together, perform lightly bouncing or dynamically

A-09: Triceps Dip



POSITION / STRAPS

Hands at shoulder width on the edge of the mat, fingers pointing forward

POSTURE

Arms bent slightly, keep buttocks off the ground and keep shoulders down

TENSION

Upper arms and shoulders

VARIATIONS

Legs straight, perform lightly bouncing or dynamically

A-10: Biceps Curl



POSITION / STRAPS

Place feet slightly under plate, long straps, keep hands together, knees slightly bent

POSTURE

Back and wrists straight
Tense arms strongly upward

TENSION

Upper arms and shoulders

VARIATIONS

Move hands slightly outward, perform while standing on the plate

A-11: Bent Over Pull



POSITION / STRAPS

Place feet slightly under plate, long straps, keep hands beside the body, knees slightly bent

POSTURE

Chest forward, shoulders back, pull straps backward strongly

TENSION

Back, shoulders

VARIATIONS

Extend upper body, move slightly forward and perform while standing on the plate

A-12: Shoulder Press



POSITION / STRAPS

Hands at shoulder width, place feet close to the plate, legs straight

POSTURE

Back straight, shoulders above hands, keep head in line with spinal column, arms slightly bent, push hands towards plate

TENSION

Shoulders, upper arms

VARIATIONS

Keep arms straight, perform lightly bouncing or dynamically

A-13: Front Raise



POSITION / STRAPS

Place feet in front of the plate at hip width, long straps and arms forward,

POSTURE

Back straight, arms slightly bent, wrists straight, move arms upward

TENSION

Shoulders, torso

VARIATIONS

Perform while standing on the plate

A-14: Lateral Side Raise



POSITION / STRAPS

Place feet slightly under plate, hip width, long straps

POSTURE

Shoulders back, back and wrists straight, arms slightly bent, keep elbows up

TENSION

Upper torso

VARIATIONS

Perform while standing on the plate

A-15: Abdominal Crunch



POSITION / STRAPS

Set back-pillow* in the middle of the plate, convex side up, lie down with lower back on pad

POSTURE

Lift legs, slightly bent, move chest toward legs, tense abdominals, tilt pelvis

TENSION

Abdominals and lower torso

VARIATIONS

Perform lightly bouncing or dynamically

*Supplied as an optional extra.

A-16: Lower Abdominals



POSITION / STRAPS

Position fingers over the edge of the plate, lower arms flat on the plate

POSTURE

Lift hips, back straight, pull feet towards plate

TENSION

Abdominals and lower torso

VARIATIONS

Perform while kneeling

A-17: Standing Abdominals



POSITION / STRAPS

Stand in the middle of the plate, hands at chest height

POSTURE

Legs slightly bent, back straight, tense abdominals, push upper body down

TENSION

Abdominals and lower torso

VARIATIONS

Bend arms more, bend upper body deeper

A-18: Lateral Abdominals

POSITION / STRAPS

Elbow in the middle of the plate,
position feet one behind the other

POSTURE

Head, torso and legs straight,
shoulders down,
tense torso on the low side

TENSION

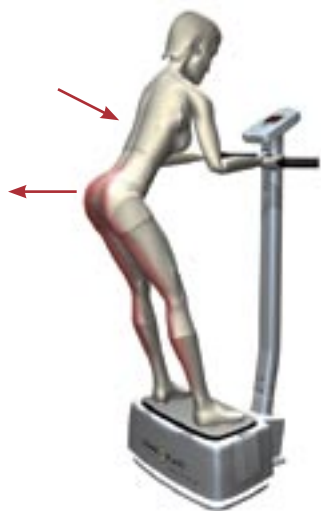
Abdominals and lower torso

VARIATIONS

Change sides, push hip upward



B. STRETCH SECTION



B-01: Hamstring Stretch

POSITION / STRAPS

Feet wide apart in the middle of the plate, hold on to handlebar

POSTURE

Legs almost straight, hips up and stretched backward, push back down, bend upper torso forward

STRETCH

Back of upper legs, buttocks and lower back

VARIATIONS

Bend upper body down as far as possible, allow upper body and arms to hang loose.

B-02: Quadriceps Stretch



POSITION / STRAPS

Put shin on plate, keep foot horizontal, stabilise

POSTURE

Upper torso straight, tense abdominals, back straight, push hip forward

STRETCH

Upper legs, front of the hips and pelvis

VARIATIONS

Change sides, lift hind leg and hold foot.



B-03: Calf Stretch

POSITION / STRAPS

Feet lengthwise, wide apart, one behind the other

POSTURE

Stand up straight, bend forward leg, back leg straight, push back heel into plate

STRETCH

Calves

VARIATIONS

Change sides, push hips and upper body forward keeping back straight

B-04: Adductor Stretch



POSITION / STRAPS

Stand sideways next to the plate, put one leg straight close to console, other knee slightly bent

POSTURE

Upper torso straight, push hips down slowly

STRETCH

Inside upper leg, groin

VARIATIONS

Change sides

B-05: Shoulder Stretch



POSITION / STRAPS

Face away from the plate, connect straps to front, strap slightly under hip length, legs slightly bent

POSTURE

Back straight, grab opposite strap with left hand, right arm pushes head slightly right, move upper torso slowly to the left

STRETCH

Shoulder and neck

VARIATIONS

Change sides

B-06: Pectoral Stretch**POSITION / STRAPS**

Sit facing away from the plate, put both arms on the plate slightly bent and pull legs up slightly

POSTURE

Push shoulders down, chest forward, neck and back straight, push arms down and push upper body away from the plate

STRETCH

Chest and front of shoulders

VARIATIONS

Connect straps to sides, grab straps and pull lightly

C ■ MASSAGE SECTION

C-01: Calves Massage

POSITION / STRAPS

Lie down face up with upper body in front of the plate, calves on the plate

POSTURE

Relaxed, toes pointed upward

VARIATIONS

Turn legs and feet slightly outward



C-02: Upper Arm Massage



POSITION / STRAPS

Lie down sideways in front of the plate (no contact), legs slightly bent, put mat slightly over edge of plate

POSTURE

Put entire arm on the mat and relax

VARIATIONS

Change sides

C-03: Quadriceps Massage



POSITION / STRAPS

Set step in front of plate, rest entire upper leg on plate, support upper body with arms on the step

POSTURE

Back straight, tense abdominals, lower legs slightly bent and relax

VARIATIONS

Perform without step

C-04: Adductor Massage



POSITION / STRAPS

Lie down sideways in front of the plate (no contact), put mat slightly over edge of plate, place entire leg slightly bent on the plate

POSTURE

Lower leg slightly bent and relax

VARIATIONS

Change sides

C-05: Abductor Massage



POSITION / STRAPS

Sit lengthwise on the plate, resting entire side of the leg on the plate, legs bent, support upper body

POSTURE

Back straight and relax
Do not bend the spinal column

VARIATIONS

Change sides,
support upper body with step

C-06: Hamstring Massage

POSITION / STRAPS

Put step in front of the plate, face up and position entire leg on the plate, relax and support upper body with step

POSTURE

Back straight

VARIATIONS

Move forward to include hip area in massage



D. RELAXATION SECTION

D-01: Shoulder and Neck Relaxer

POSITION / STRAPS

Sit down in front of the plate, put hands on plate with arms straight

POSTURE

Back and neck straight, divide weight over hands and arms and hang back

RELAXATION

Shoulders and neck

VARIATIONS

Bend arms, place lower arms on plate



D-02: Lower Back Relaxer

POSITION / STRAPS

Sit facing away from the plate, legs straight, clamp mat between upper body and plate, pull mat around back and shoulders

POSTURE

Back and neck straight

RELAXATION

Lower back

VARIATIONS

Legs slightly bent, push body against plate more intensely



D-03: Upper Body Relaxer

POSITION / STRAPS

Sit facing away from the plate, legs slightly bent, leaning on the elbows

POSTURE

Back and neck straight, shoulders back, light pressure on elbows

RELAXATION

Back, shoulders and neck

VARIATIONS

Lift hips
(strength exercise for the back)



D-04: Back Relaxer



POSITION / STRAPS

Place pad in the middle,
sit down on pad, legs slightly bent

POSTURE

Allow upper body to hang forward with
back rounded

RELAXATION

Back and neck

VARIATIONS

Perform with back straight
(strength exercise for the back)

D-05: First step



POSITION / STRAPS

Put (wheel) chair before the plate
(use brakes if necessary),
place feet on the plate

POSTURE

Back and neck straight

TENSION

Calves and legs

VARIATIONS

Press upper body against chair seat,
use hands to exert pressure on upper
legs

D-06: Sitting Pull



POSITION / STRAPS

Put (wheel) chair close to the plate, (use brakes if necessary), connect straps to the front at arm's length, put feet against the edge of the plate

POSTURE

Back and neck straight, pull towards the plate, arms slightly bent

TENSION

Calves, legs, arms and shoulders

VARIATIONS

Hold arms higher and wider apart

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■ HELPDESK: PERSONAL POWER PLATE

In case of questions, uncertainties, breakdowns and/or other problems please call our helpdesk on number:

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