POWER STRETCH 1

Power Stretch Class:
As a part of our Power Flex series, this class uses various approaches to increase flexibility with techniques used by the world's top athletes. The class will relieve muscle tension and increase relaxation throughout the body.

Fitness Level: All

Class Format:
Movement Preparation x 7
Massage x 6

Terminology Key:
Sets/Duration: Number of times exercise is performed and the amount of time you set the machine for
Frequency/Amplitude: The number of Hz to set your machine and the level of amplitude, either low or high
Execution: Passive: Relaxed
Static: Tensing the muscle without making any actual movement; hold the exercise position
Static Variable: Changing or varying the joint angle of the exercise while in a static position
Dynamic: Physically moving throughout the exercise.
MOVEMENT PREPARATION

1. Chest & Shoulder Stretch
   - Sets/Duration: 2 x 30 seconds
   - Frequency/Amplitude: 30 Hz/Low

2. Lat Stretch
   - Sets/Duration: 2 x 30 seconds
   - Frequency/Amplitude: 30 Hz/Low

3. Lateral Hip Stretch
   - Sets/Duration: 2 x 30 seconds
   - Frequency/Amplitude: 30 Hz/Low

4. Inner Thigh & Groin Stretch
   - Sets/Duration: 2 x 30 seconds
   - Frequency/Amplitude: 30 Hz/Low

5. Kneeling Hip & Quad Stretch
   - Sets/Duration: 2 x 30 seconds
   - Frequency/Amplitude: 30 Hz/Low

6. 2 Leg Hamstring Stretch
   - Sets/Duration: 2 x 30 seconds
   - Frequency/Amplitude: 30 Hz/Low

7. Calf Stretch
   - Sets/Duration: 2 x 30 seconds
   - Frequency/Amplitude: 30 Hz/Low

GENERAL CLASS GUIDELINES:

- Movement Prep settings recommendations are 30 Hz for 30 seconds on Low Amplitude.

How to progress an exercise:
1. Change the joint angle
2. No 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)

- Recovery and Regeneration settings recommendations are 35 Hz for 60 seconds on either High or Low Amplitude.
MASSAGE

Massage: 1 - ITB Massage
Sets/Duration: 1 x 60 seconds
Frequency/Amplitude: 35-40 Hz/High
Execution: Passive

Massage: 2 - Hip & Quad Massage
Sets/Duration: 2 x 60 seconds
Frequency/Amplitude: 35-40 Hz/High
Execution: Passive

Massage: 3 - Hamstring Massage
Sets/Duration: 2 x 60 seconds
Frequency/Amplitude: 35-40 Hz/High
Execution: Passive

Massage: 4 - Glute Massage
Sets/Duration: 1 x 60 seconds
Frequency/Amplitude: 35-40 Hz/Low
Execution: Passive
MASSAGE (CONTINUED)

Massage: 5 - Lower Back Massage

Sets/Duration
1 x 60 seconds

Frequency/Amplitude
30-40 Hz / Low

Execution
Passive

Massage: 6 - Forearm Flexors & Extensors Massage

Sets/Duration
1 x 60 seconds

Frequency/Amplitude
30-40 Hz / Low

Execution
Passive