**INTRODUCTION**

**GENERAL EDUCATION**

Power Plate® benefits are not limited to gains in flexibility. Whether you’re learning, instructing or playing golf, your time is precious and your body your most important tool. Just a few minutes on a Power Plate® machine three times per week, and your overall fitness and wellness can improve in many ways. To be ready to play your best golf game, you need stability, mobility, balance, and strength, as well as to be free from pain. The well conditioned golfer can produce more powerful and coordinated swings when warmed up properly and free from pain. Proven benefits of Power Plate® training include increased range of motion, better mobility, enhanced stability and balance, improved strength and power, and diminished pain.

**SEQUENCE OF PROPER PROGRESSION**

The following instructions are the proper sequence to increase your progress and development on the Power Plate®, while being both safe and effective.

1. Increase the Duration of exercises from 30 to 45 to 60 sec.
2. Increase the Number of Sets of each exercise from 1 to 2 to 3+.
3. Change the Work/Rest ratio (time spent working versus time spent resting) from 1:2 to 1:1 to 2:1 based on fitness goals.
   - Example: If you are training for endurance or weight loss goals, you should progressively extend the duration of training to multiple sets of 60 seconds each and cut the rest period to 30 seconds or less between subsequent sets.
   - Example: If your goal is to achieve maximum strength or power, you should do multiple sets of short duration, high “intensity” and take long rest periods, 1 minute up to 4 minutes.
4. Change Complexity of Movement or Add new movement.
5. Increase Frequency of vibration from 30 to 35, then 40Hz or in 1 step increments.
   - Every time Frequency is increased, Volume of exercise should decrease (Duration, Number of Sets) and Rest Period should increase proportionally. Through progression, previously mentioned variables should build back up.
6. Increase Amplitude from Low to High.
   - When Amplitude progresses from Low to High, Frequency and Volume of exercise should decrease and Rest Period should increase proportionally. Through progression, previously mentioned variables will build back up.
7. Add Load.
   - When external load is added to your exercises on the Power Plate® machine, Frequency, Amplitude and Volume of exercise should decrease and Rest Period should increase proportionally. Through progression, previously mentioned variables will build back up.
CONTRAINDICATIONS

YOU SHOULD CONSULT A PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM, INCLUDING A PROGRAM INVOLVING THE USE OF THE POWER PLATE® MACHINE.

IF YOU HAVE ANY KNOWN MEDICAL CONDITION, OR ANY PHYSICAL LIMITATIONS ON YOUR ABILITY TO EXERCISE, POWER PLATE STRONGLY RECOMMENDS THAT YOU SEEK THE ADVICE OF A PHYSICIAN BEFORE USING THE POWER PLATE MACHINE.

IF, WHILE USING THE POWER PLATE MACHINE, YOU FEEL DIZZY, FAINT, SHORT OF BREATH, OR ANY PAIN, STOP USING THE POWER PLATE MACHINE IMMEDIATELY, AND CONSULT A PHYSICIAN.

WARNINGS AND DISCLAIMERS

As with all forms of physical exercise, health-related injuries may result from the participation in this, or any, fitness regimen, the performance of the depicted and/or described techniques and exercises, the performance of similar techniques and exercises, and the incorrect or excessive use of your exercise equipment. You should and must consult a medical professional before undertaking any fitness regimen, exercise program or diet, including any exercises or techniques set forth in these materials. These Materials are for educational purposes only (i.e., they illustrate and explain various fitness-related and exercise techniques).

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SINGLE LEG HAMSTRING STRETCH

START POSITION
Standing next to the Power Plate® machine; side to the column.

PROCEDURE (I.E. FORM)
Take a step forward with one foot; bend back knee and point toes of front foot up. Moving from the hips, bend forward with neutral spine until stretch is felt on hamstring.

COACHING KEYS
Avoid rounding back, keep toe up.
“YOU SHOULD FEEL...”
Hamstring and calf of front leg.

VARIATIONS
Static; active.

QUAD/HIP FLEXOR

START POSITION
Back to the Power Plate® machine.

PROCEDURE (I.E. FORM)
Extend one hip back and rest knee on the Power Plate® surface. Slide and push hips forward until a stretch is felt in the hip of the rear leg. Reach up with the same side arm until a torso stretch is felt as well. Return to starting position.

COACHING KEYS
Avoid arching the back too much; squeeze back glute.
“YOU SHOULD FEEL...”
Hip flexors/quad of the posterior leg.

VARIATIONS
Static; active.

STANDING GROIN/INNER THIGH STRETCH

START POSITION
Stand next to the Power Plate® machine; inside leg up on the platform.

PROCEDURE (I.E. FORM)
With inside leg on the surface; keep your back flat, sit back and down until a stretch is felt in the inner thigh.

COACHING KEYS
Avoid rounding your back; maintain good posture.
“YOU SHOULD FEEL...”
Inner thigh/groin of abducted leg.

VARIATIONS
Static; active.

KNEELING SHOULDER GIRDLE

START POSITION
4 point position, side to the Power Plate® machine; use a mat on training surface to protect arm.

PROCEDURE (I.E. FORM)
Rest inside arm on machine surface or on a foam roller, form a 90 degree angle at the shoulder and again at the elbow. Lower chest down until a stretch is felt in the front of the chest, shoulder and arm.

COACHING KEYS
Maintain neutral spine and keep 90 degree angle.
“YOU SHOULD FEEL...”
Front of chest, shoulder and arm.

VARIATIONS
Inside arm extended at a 45 degree angle.
STABILITY AND COORDINATION

SINGLE LEG EXCURSIONS

START POSITION
Standing on the Power Plate® machine; side to the column.

PROCEDURE (I.E. FORM)
Grab handle; lift one foot off the machine; bend knee and hip of supporting leg; reach forward, sideways and backward with opposite leg.

COACHING KEYS
Maintain neutral spine; ensure that pelvis stays parallel to the floor.

“YOU SHOULD FEEL...”
Trunk and supporting leg muscles.

VARIATIONS
Unsupported (Do not hold handle).

STRENGTH

SQUAT, DYNAMIC

START POSITION
Standing on the Power Plate® machine.

PROCEDURE (I.E. FORM)
Maintaining neutral spine, sit down into squat position; hold static position for 2-3 seconds; return to starting position.

COACHING KEYS
Maintain weight evenly distributed between both feet; maintain neutral spine and abdominal activation; keep knees in line with feet.

“YOU SHOULD FEEL...”
Legs and trunk muscles.

VARIATIONS
Front squat.

STANDING PULL PROGRESSION

START POSITION
Standing off the Power Plate® machine facing the front edge of the platform.

PROCEDURE (I.E. FORM)
Slightly bend knees and hips; grab straps and pull with both arms, palms up; maintain back in upright position; ensure straps are taut.

COACHING KEYS
Maintain neutral spine and abdominal activation; keep knees hip-width apart.

“YOU SHOULD FEEL...”
Lats, traps, shoulders and biceps.

VARIATIONS
Change planes; single arm pull.

PUSH UP; STATIC & DYNAMIC

START POSITION
Hands on the Power Plate® machine; toes on the floor (straight line between shoulders, hips and feet); use a mat.

PROCEDURE (I.E. FORM)
Lower body while maintaining neutral spine and activate core; hold push-up position for desired amount of time; return to starting position.

COACHING KEYS
Hands are directly under shoulders; keep neck straight and neutral spine; ensure that hips and shoulders are parallel to the floor.

“YOU SHOULD FEEL...”
Chest, shoulders, arms and core.

VARIATIONS
From kneeling position; feet elevated on step; dynamic.
**STEP UP TO BALANCE**

**START POSITION**
Standing on the floor, facing the Power Plate® machine.

**PROCEDURE (I.E. FORM)**
Step with one foot onto the machine and fully extend hip and knee; flex hip, knee; hold balance position for 2-3 seconds; return opposite leg to the ground and step off the Power Plate® machine, repeat.

**COACHING KEYS**
Maintain neutral spine; ensure that pelvis stays parallel to the floor.

**“YOU SHOULD FEEL...”**
Trunk and supporting leg muscles.

**VARIATIONS**
Alternate legs; add to exercise upper body movement.

**SHOULDER SCAPITION**

**START POSITION**
Standing on the Power Plate® machine; back to the column.

**PROCEDURE (I.E. FORM)**
Slightly bend knees and hips; grab strap with one hand and perform side raise; ensure that strap is taut and hold position for desired amount of time; face the machine and perform front raise; hold for desired amount of time.

**COACHING KEYS**
Maintain neutral spine; keep elbows straight; ensure that straps stay taut.

**“YOU SHOULD FEEL...”**
Shoulders, arms and core.

**VARIATIONS**
Standing off the machine.

**CORE AND PILLAR**

**GLUTE BRIDGE**

**START POSITION**
On your back on the floor; feet on the Power Plate® machine.

**PROCEDURE (I.E. FORM)**
Flex ankles; push hips upward; hold position for desired amount of time.

**COACHING KEYS**
Squeeze glutes to push hips upward; maintain neutral spine; keep knees in line with hips.

**“YOU SHOULD FEEL...”**
Glutes, hamstrings, and core.

**VARIATIONS**
Dynamic; rest back on a step.

**FRONT PILLAR BRIDGE**

**START POSITION**
Prone position; elbows on the Power Plate® machine, toes on the floor; use a mat.

**PROCEDURE (I.E. FORM)**
Hold prone “plank” position, maintain alignment of shoulders, use a mat.

**COACHING KEYS**
Draw navel to spine; keep neck in line with spine; allow shoulders to slightly.

**“YOU SHOULD FEEL...”**
Glutes, hamstrings, shoulders and core.
RECOVERY AND REGENERATION

HIP & QUADRICEP MASSAGE

START POSITION
Face down with 2 thighs on the Power Plate® machine, use a mat.

PROCEDURE (I.E. FORM)
Rest elbows comfortably on the floor or on a step; relax leg; deep breathing is recommended to facilitate relaxation.

COACHING KEYS
Maintain neutral spinal alignment.

“YOU SHOULD FEEL...”
Quad and hip flexor muscles.

VARIATIONS
Flex knee and/or rotate hip; 2 leg massage.

LATERAL THIGH MASSAGE

START POSITION
Laying sideways on the Power Plate® machine, elbow resting on the floor or on a step; use a mat.

PROCEDURE (I.E. FORM)
Keep outside of thigh and leg in contact with Power Plate® machine; keep bottom leg straight and top leg crossed over; deep diaphragmatic breathing is recommended to facilitate relaxation.

COACHING KEYS
Maintain spinal alignment.

“YOU SHOULD FEEL...”
Lateral hips and leg muscles.

VARIATIONS
Stack legs for deeper massage.

POSTERIOR HIP ROTATOR MASSAGE

STARTING POSITION
Place mat on the Power Plate® machine; sit on the Plate. Bend one knee, and grab with opposite hand and pull across to other side; leave opposite leg straight.

PROCEDURE (I.E. FORM)
Slowly lean into side with crossed leg; passively site into external hip rotators; place hand on floor.

COACHING KEYS
Use control throughout movement.

“YOU SHOULD FEEL...”
Gentle massage in glutes and external rotators.

LOW BACK MASSAGE

STARTING POSITION
Sit on floor facing away from Power Plate® machine; place mat between you and the Plate; posteriorly rotate lumbar spine (flatten low back) against plate.

PROCEDURE (I.E. FORM)
Adjust your position to get to your desired muscle contact point.

COUCHING KEYS
Relax and breathe deeply.

“YOU SHOULD FEEL...”
Circulation increase in your lower back.
DOUBLE LEG RDL HAMSTRING STRETCH

START POSITION
Standing on the Power Plate® machine, side to the column.

PROCEDURE (I.E. FORM)
Unlock knees; moving from the hips, bend forward until a stretch is felt on both hamstrings; come back up to standing position.

COACHING KEYS
Hold perfect posture; avoid rounding low back when bending forward; avoid locking or bending excessively knees.

“You SHOULD FEEL...”
Hamstrings.

VARIATIONS
Static; active or dynamic.

DYNAMIC GROIN/INNER THIGH STRETCH

START POSITION
Standing off the Power Plate® machine, stand next to the plate, inside leg up on platform.

PROCEDURE (I.E. FORM)
Place inside leg on the machine; maintaining neutral spine, sit back and down until a stretch is felt in the inner thigh; return to starting position. Reach for outside foot with inside arm.

COACHING KEYS
Avoid hiking and rotating hips; avoid rounding low back; maintain good posture; maintain abdominals activated.

“You SHOULD FEEL...”
Inner thigh/groin of abducted leg.

VARIATIONS
Active; dynamic by lunging and reaching outside foot with inside arm.

KNEELING 4-POINT REACH

START POSITION
Get into a 4 point position with hands under shoulders and knees under hips. Reach with one arm across body and grab onto the Power Plate® machine.

PROCEDURE (I.E. FORM)
Moving from the hips, sit back onto heels, until a stretch is felt through low back, side of torso and shoulder. Hold for 3-5 seconds and return to start position.

COACHING KEYS
Concentrate on separating pelvis from shoulder. Avoid any uncomfortable range in back or shoulder. Do not let spine rotate.

“You SHOULD FEEL...”
Back and side of shoulder.

VARIATIONS
Static; active.

ACTIVE HIP & QUAD WITH ROTATION

START POSITION
Standing in front of the Power Plate® machine, one leg extended back on to surface on ball of foot.

PROCEDURE (I.E. FORM)
Slowly exhale and push your hips forward until first point of tension is felt in the hip; at the same time, rotate trunk to one side until deeper stretch is felt in hip; hold for 1-2 seconds and repeat with rotation in the other direction; repeat for recommended number of repetitions.

COACHING KEYS
Move slowly and with control; maintain neutral spinal alignment; relax & breathe deeply.

“You SHOULD FEEL...”
Stretch in anterior hip, quads, and core.
**STABILITY AND COORDINATION**

**SQUAT TO BALANCE**

**START POSITION**
Standing on the Power Plate® machine, weight distributed evenly between both feet.

**PROCEDURE (I.E. FORM)**
Sit back by flexing hips, knees, and ankles into deep squat; hold for 1 second at bottom; extend up and balance on 1 foot for 3 seconds; repeat on other side.

**COACHING KEYS**
Maintain neutral spine.

“YOU SHOULD FEEL...”
Challenge to glutes, quads, hamstrings and calves.

**STRENGTH**

**STANDING ONE ARM PULL**

**START POSITION**
Standing on floor with hips slightly bent; holding on to strap with one arm.

**PROCEDURE (I.E. FORM)**
Keeping elbow at your side, pull the strap to increase tension; hold statically for recommended duration & repeat with opposite arm.

**COACHING KEYS**
Maintain neutral alignment; can change body position to get tension at different points of the range; be sure to activate mid-back muscles, not just the arms.

“YOU SHOULD FEEL...”
Challenge to the back, shoulders, arms and core.

**PUSH UP WITH ROTATION**

**START POSITION**
Hands on the Power Plate® machine, feet on the floor (i.e. push up position).

**PROCEDURE (I.E. FORM)**
Lower body with neutral spine and abdominal activation; hold push-up position for 2-3 seconds; upon return, rotate trunk and hold for 2-3 seconds; return to starting position and repeat for the other side.

**COACHING KEYS**
Hands are directly under shoulders; keep shoulder, hip and feet in line.

“YOU SHOULD FEEL...”
Chest, shoulders, arms and core.

**DEADLIFT**

**START POSITION**
Standing on the Power Plate® machine, back to the column.

**PROCEDURE (I.E. FORM)**
Grab straps with both hands; while bending from the hips and knees, pull the straps upward with the legs and upper body; ensure that straps are taut.

**COACHING KEYS**
Maintain neutral spine and abdominal activation; ensure that shoulders and hips stay parallel to the floor; retract scapula for upper back activation.

“YOU SHOULD FEEL...”
Back and legs muscles.
**KNEELING 1 ARM SHOULDER PRESS**

**START POSITION**
Place mat on floor; kneeling on one knee facing sideways; adjust strap length accordingly.

**PROCEDURE (I.E. FORM)**
Hold strap with one hand and press overhead with elbow pointed forward; hold statically and maintain tension for recommended time.

**COACHING KEYS**
Maintain neutral spinal alignment; can change shoulder position to get tension at different points in the range.

"YOU SHOULD FEEL..."
Challenge to the shoulders and chest.

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**TRIPLE EXTENSION**

**START POSITION**
Step sideways onto the Power Plate® machine, bend at the hips, knees, and ankles and lower slowly until desired depth is reached; push back and hold single leg stance for 3 seconds; repeat for desired repetitions.

**PROCEDURE (I.E. FORM)**
Descend down only as far as optimal spinal alignment and control can be maintained; watch for hip, knee and ankle alignment. Then step up and balance on one leg.

**COACHING KEYS**
Maintain neutral spinal alignment.

"YOU SHOULD FEEL..."
Challenge to glutes, quads, hamstrings, and calves.

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**CORE AND PILLAR**

**FRONT PILLAR BRIDGE WITH HIP EXTENSION**

**START POSITION**
Face down; flexed elbows on the Power Plate® machine, toes on the floor; use a mat.

**PROCEDURE (I.E. FORM)**
Hold prone “plank” position while alternately lifting one limb at a time; ensure to maintain optimal spinal alignment, shoulder girdle and hips stability.

**COACHING KEYS**
Draw navel to spine; keep neck in line with spine; allow shoulders to slightly protract; contract glutes to extend hips.

"YOU SHOULD FEEL..."
Glutes, hamstrings, shoulders and core.

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**LATERAL PILLAR BRIDGE**

**START POSITION**
Lying on side; flexed elbow on the Power Plate® machine, feet stacked on the floor (extended legs); use a mat.

**PROCEDURE (I.E. FORM)**
Push hips up; maintain stability and optimal alignment from neck to feet; Raise top leg if able to maintain form.

**COACHING KEYS**
Use glutes to push hips up; maintain neutral lumbar and cervical spine; maintain hips alignment while lifting leg.

"YOU SHOULD FEEL..."
Core, shoulders, glutes, hip abductors & adductors.

**VARIATIONS**
Static; dynamic.
HIP & QUADRICEP MASSAGE

START POSITION
Face down with 2 thighs on the Power Plate® machine, use a mat.

PROCEDURE (I.E. FORM)
Rest elbows comfortably on the floor or on a step; relax leg; deep breathing is recommended to facilitate relaxation.

COACHING KEYS
Maintain neutral spinal alignment.

“You SHOULD FEEL...”
Quad and hip flexor muscles.

VARIATIONS
Flex knee and/or rotate hip; 2 leg massage.

LATERAL THIGH MASSAGE

START POSITION
Laying sideways on the Power Plate® machine, elbow resting on the floor or on a step; use a mat.

PROCEDURE (I.E. FORM)
Maintain lateral aspect of thigh and leg in a passive position on the machine; keep bottom leg straight and top leg crossed over; deep diaphragmatic breathing is recommended to facilitate relaxation.

COACHING KEYS
Maintain spinal alignment.

“You SHOULD FEEL...”
Lateral hips and leg muscles.

VARIATIONS
Stack legs for deeper massage.

POSTERIOR HIP ROTATOR MASSAGE

STARTING POSITION
Place mat on the plate; sit on the plate. Bend one knee and grab with opposite hand and pull across to other side; leave opposite leg straight.

PROCEDURE (I.E. FORM)
Slowly lean into side with crossed leg; passively site into external hip rotators; place hand on floor.

COACHING KEYS
Use control throughout movement

“You SHOULD FEEL...”
Gentle massage in glutes and external rotators.

LOW BACK MASSAGE

STARTING POSITION
Sit on floor facing away from plate; place mat between you and the plate; posteriorly rotate lumbar spine (flatten low back) against plate.

PROCEDURE (I.E. FORM)
Adjust your position to get to your desired muscle contact point.

COUCHING KEYS
Relax and breathe deeply.

“You SHOULD FEEL...”
Circulation increase in your lower back.
**TOTAL BODY #1**

**START POSITION**
With 1 foot on plate, stand in a split squat position, arms parallel to each other and the floor held at shoulder height.

**PROCEDURE (I.E. FORM)**
While lunging forward into stretch, rotate torso toward front leg. Hold for stretch for 2-3 seconds and return to start position. Repeat.

**COACHING KEYS**
Keep tall from hips to head. Only rotate as far as torso will allow with neutral spine.

**“YOU SHOULD FEEL...”**
Hip and quad on back leg; glutes and hamstrings on front leg; spine and shoulders.

**VARIATIONS**
Perform the same only reach arms to sky as lunging into stretch.

**TOTAL BODY #2**

**START POSITION**
With 1 foot on the plate stand in a split squat position.

**PROCEDURE (I.E. FORM)**
Drive up into a single leg stance and descend into a cross-over leg, seated position.

**COACHING KEYS**
Maintain a neutral spine position throughout.

**“YOU SHOULD FEEL...”**
Lateral thigh, posterior hip and pelvis.

**VARIATIONS**
Perform the same only reach arms to sky as lunging into stretch.

**DYNAMIC GROIN/INNER THIGH STRETCH**

**START POSITION**
Standing off the Power Plate® machine, to one side.

**PROCEDURE (I.E. FORM)**
Place inside leg on the machine; maintaining neutral spine, sit back and down until a stretch is felt in the inner thigh; return to starting position.

**COACHING KEYS**
Avoid hiking and rotating hips; avoid rounding low back; maintain good posture; maintain abdominals activated.

**“YOU SHOULD FEEL...”**
Inner thigh/groin of abducted leg.

**VARIATIONS**
Active; dynamic by lunging and reaching outside foot with inside arm.

**STABILITY AND COORDINATION**

**PUSH UP HOLD WITH ROTATION**

**START POSITION**
Assume a push up position with hands on the plate; hold this position.

**PROCEDURE (I.E. FORM)**
Remove 1 hand from the plate while maintaining perfect push position (static). Rotate across the supporting arm.

**COACHING KEYS**
Maintain perfect spinal alignment. Only rotate as far as shoulder can stabilize.

**“YOU SHOULD FEEL...”**
Arm, shoulder (supporting side) and torso.

**VARIATIONS**
As you rotate back to start take free arm into scaption.
STEP DOWN TO BALANCE

START POSITION
Start in single leg stance on the plate.

PROCEDURE (I.E. FORM)
Slowly lower free leg to floor while keeping support leg in contact with the plate. Return back to start position by driving through the back leg and hip.

COACHING KEYS
Load the hips and keep neutral spine.

“YOU SHOULD FEEL...”
Glutes, quads, and core.

VARIATIONS
Perform in a cross over (diagonal) pattern.

STRENGTH

SINGLE LEG SQUAT; DYNAMIC

START POSITION
Standing on the Power Plate® machine, side to the column.

PROCEDURE (I.E. FORM)
Grab handle; lift one foot off the machine; sit back into single leg squat position and hold it for 2-3 seconds; extend hip, knee and ankle of supporting leg.

COACHING KEYS
Back flat actuate core; keep hips, knees and toes in line; ensure that pelvis stays parallel to the floor.

“YOU SHOULD FEEL...”
Trunk and supporting leg muscles.

VARIATIONS
Unsupported; single leg squat with reach.

TRIPLE EXTENSION

START POSITION
Step sideways onto Power Plate® machine, bend at the hips, knees, and ankles and lower slowly until desired depth is reached; push back and hold single leg stance for 3 seconds; repeat for desired repetitions.

PROCEDURE (I.E. FORM)
Descend down only as far as optimal spinal alignment and control can be maintained; watch for hip, knee, and ankle alignment. Then step up and balance on one leg.

COACHING KEYS
Maintain neutral spinal alignment.

“YOU SHOULD FEEL...”
Challenge to glutes, quads, hamstrings, and calves.

STANDING, ONE ARM PULL

START POSITION
Standing on floor with hips slightly bent; holding on to strap with one arm.

PROCEDURE (I.E. FORM)
Keeping elbow at your side, pull the strap to increase tension; hold statically for recommended duration & repeat with opposite arm.

COACHING KEYS
Maintain neutral spinal alignment; can change body position to get tension at different points of the range; be sure to activate mid-back muscles, not just the arms.

“YOU SHOULD FEEL...”
Challenge to the back, shoulders, arms, and core.
**1 ARM OVERHEAD PRESS WITH DYNAMIC SPLIT SQUAT**

**START POSITION**
Place mat on floor; kneeling on one knee facing front; adjust strap length accordingly.

**PROCEDURE (I.E. FORM)**
Hold strap with one hand and press overhead with the elbow pointed to the side; hold statically and maintain tension for recommended time. Repeat with other arm.

**COACHING KEYS**
Maintain neutral spinal alignment; can change shoulder position to get tension at different points in the range.

*“YOU SHOULD FEEL...”*
Challenge to the shoulders and chest.

**PUSH UP WITH HIP EXTENSION**

**START POSITION**
Assume a push up position. Lift 1 leg by extending the hip.

**PROCEDURE (I.E. FORM)**
Perform a push up maintaining hip extension. Complete set on one leg and then repeat on the other.

**COACHING KEYS**
Avoid rotation at the spine, hip and pevis.

*“YOU SHOULD FEEL...”*
Torso, arms, shoulders and glutes.

**VARIATIONS**
Alternating hip extensions.

**CORE AND PILLAR**

**PELVIC BRIDGE SINGLE LEG STATIC**

**START POSITION**
With your back on the floor, place one foot on the plate. Keep the knees bent at 90 degrees.

**PROCEDURE (I.E. FORM)**
Press feet into plate while pushing the hips upward, and then extend one leg.

**COACHING KEYS**
Engage abs, back, glutes & hamstrings; do not allow opposite hip to drop.

*“YOU SHOULD FEEL...”*
Challenge to abs, glutes, adductors, abductors & hamstrings.

**VARIATIONS**
Move dynamically by dropping hips (#1 at upper left corner).

**SQUAT WITH ROTATION**

**START POSITION**
Standing on floor; grab strap with both hands.

**PROCEDURE (I.E. FORM)**
Activate abdominal wall; push hips back slightly; pull on strap with intention of rotation; hold statically for recommended duration.

**COACHING KEYS**
Maintain neutral spine; focus on rotating with core muscles, not arms; change body position to change emphasis.

*“YOU SHOULD FEEL...”*
Challenge to core, shoulders, and arms.
KNEELING BACK EXTENSION FRONT REACH

START POSITION
Kneeling on plate, Extend arms overhead.

PROCEDURE (I.E. FORM)
Start with hips flexed and spine neutral; hold position statically for recommended duration.

COACHING KEYS
Draw navel to spine; squeeze shoulder blades; keep neck in line with spine.
“YOU SHOULD FEEL...”
Challenge to core (esp. back extensors); posterior shoulders, glutes.

RECOVERY AND REGENERATION

HIP & QUADRICEP MASSAGE

START POSITION
Face down with 2 thighs on the Power Plate® machine, use a mat.

PROCEDURE (I.E. FORM)
Rest elbows comfortably on the floor or on a step; relax leg; deep breathing is recommended to facilitate relaxation.

COACHING KEYS
Maintain neutral spinal alignment.
“YOU SHOULD FEEL...”
Quad and hip flexor muscles.

VARIATIONS
Flex knee and/or rotate hip; 2 leg massage.

LATERAL THIGH MASSAGE

START POSITION
Lying sideways on the Power Plate® machine, elbow resting on the floor or on a step; use a mat.

PROCEDURE (I.E. FORM)
Maintain lateral aspect of thigh and leg in a passive position on the machine; keep bottom leg straight and top leg crossed over; deep diaphragmatic breathing is recommended to facilitate relaxation.

COACHING KEYS
Maintain spinal alignment.
“YOU SHOULD FEEL...”
Lateral hips and leg muscles.

VARIATIONS
Stack legs for deeper massage.

POSTERIOR HIP ROTATOR MASSAGE

STARTING POSITION
Place mat on the plate; sit on the plate. Bend one knee and grab with opposite hand and pull across to other side; leave opposite leg straight.

PROCEDURE (I.E. FORM)
Slowly lean into side with crossed leg; passively site into external hip rotators; place hand on floor.

COACHING KEYS
Use control throughout movement.
“YOU SHOULD FEEL...”
Gentle massage in glutes and external rotators.
Special thanks to Jeff Handler of Sport-Rx Performance, for his assistance in this project