

POWER  PLATE®



REV PROGRAMMING
SERIES ONE: CIRCUIT

CIRCUIT: PERFORMANCE 1

Prepare Faster - Warm Up

EXERCISE	SETS	TIME	TOTAL TIME
1 Unilateral medial hip stretch saggital w hip driver	1	30 sec each	4 mins
2 Unilateral hamstring stretch w saggital hip driver	1	30 sec each	
3 Kneeling lat stretch w hands on plate saggital chest driver	1	30 sec	
4 Sprinters start stretch*	1	30 sec each	

30 sec break to hydrate and preview next section.

Perform Better - Power Plate

EXERCISE	SETS	TIME	TOTAL TIME
B1 Dead lift w straps - static	5	30 secs	8 mins
B2 Squat w overhead press - dynamic cables (resistance tubing) 3/0/1	5	30 secs	
B3 Kneeling spinal extension - static	5	30 secs	

30 sec break to hydrate and preview

Perform Better - Power Bike

EXERCISE	SETS	TIME	TOTAL TIME
B1 Vibration - 80, 90, or 100 rpms steady state - perceived threshold	1	8 mins	8 mins

30 sec break to hydrate and preview

Recover Quicker - Massage

EXERCISE	SETS	TIME	TOTAL TIME
1 Seated unilateral posterior hip/glute massage	1	45 sec each	4.5 min
2 Unilateral standing Hip Flexor stretch w arm driver	1	45 sec each	
3 Unilateral side lying - IT Band massage/IT standing stretch	1	45 sec each	

TOTAL TIME: 25 Minutes

Circuit Goal - generate the greatest forces during the isometric efforts and increase LTCS duration and speed throughout

CIRCUIT: PERFORMANCE 2

Prepare Faster - Warm Up			
EXERCISE	SETS	TIME	TOTAL TIME
1 Unilateral medial hip stretch saggital w hip driver	1	30 sec each	4 mins
2 Unilateral hamstring stretch w saggital hip driver	1	30 sec each	
3 Kneeling lat stretch w hands on plate saggital chest driver	1	30 sec	
4 Sprinters start stretch*	1	30 sec each	
30 sec break to hydrate and preview next section.			

Perform Better - Power Plate			
EXERCISE	SETS	TIME	TOTAL TIME
B1 Bent over static strap row in 1/4 squat	3	30 secs	4 mins
B2 Crunch hold w feet anchored	3	30 secs	
B3 1/2 push-up hold	3	30 secs	
30 sec break to hydrate and preview			

Perform Better - Power Bike			
EXERCISE	SETS	TIME	TOTAL TIME
B1 Vibration - 80 rpms steady state - perceived threshold	1	4 mins	4 mins
30 sec break to hydrate and preview			

Recover Quicker - Massage			
EXERCISE	SETS	TIME	TOTAL TIME
1 Seated unilateral posterior hip/glute massage	1	45 sec each	4.5 min
2 Unilateral standing Hip Flexor stretch w arm driver	1	45 sec each	
3 Unilateral side lying - IT Band massage/IT standing stretch	1	45 sec each	

TOTAL TIME: 17 Minutes

Circuit Goal - increase force by increasing GF throughout and increase bike resistance weekly

CIRCUIT: Health 1

Prepare Faster - Warm Up

EXERCISE	SETS	TIME	TOTAL TIME
1 Unilateral medial hip stretch saggital w hip driver	1	30 sec each	4 mins
2 Unilateral hamstring stretch w saggital hip driver	1	30 sec each	
3 Kneeling lat stretch w hands on plate saggital chest driver	1	30 sec	
4 Sprinters start stretch*	1	30 sec each	

30 sec break to hydrate and preview next section.

Perform Better - Power Plate - ME-S

EXERCISE	SETS	TIME	TOTAL TIME
B1 Bent over static strap row in 1/4 squat	3	30 secs	2.5 mins
B2 Crunch hold w feet anchored	3	30 secs	

30 sec break to hydrate and preview

Perform Better - Power Bike

EXERCISE	SETS	TIME	TOTAL TIME
B1 Vibration - 80 rpms steady state	1	2 mins	2.5 mins

30 sec break to hydrate and preview

Recover Quicker - Massage

EXERCISE	SETS	TIME	TOTAL TIME
1 Seated unilateral posterior hip/glute massage	1	45 sec each	4.5 min
2 Unilateral standing Hip Flexor stretch w arm driver	1	45 sec each	
3 Unilateral side lying - IT Band massage/IT standing stretch	1	45 sec each	

TOTAL TIME: 14 Minutes

Goal: Sustain plate intensity/frequency and increase the resistance throughout

CIRCUIT: Health 2

Prepare Faster - Warm Up

EXERCISE	SETS	TIME	TOTAL TIME
1 Unilateral medial hip stretch saggital w hip driver	1	30 sec each	4 mins
2 Unilateral hamstring stretch w saggital hip driver	1	30 sec each	
3 Kneeling lat stretch w hands on plate saggital chest driver	1	30 sec	
4 Sprinters start stretch*	1	30 sec each	

30 sec break to hydrate and preview next section.

Perform Better - Power Plate - ME-S

EXERCISE	SETS	TIME	TOTAL TIME
B1 Kneeling to standing - down / ups R, L	2	60 secs	4 mins
B2 Walking push-up - Offset R, on plate, offset L	2	45 secs	

30 sec break to hydrate and preview

Perform Better - Power Bike

EXERCISE	SETS	TIME	TOTAL TIME
B1 Vibration - 80 rpms steady state	1	4 mins	4.5 mins

30 sec break to hydrate and preview

Recover Quicker - Massage

EXERCISE	SETS	TIME	TOTAL TIME
1 Seated unilateral posterior hip/glute massage	1	45 sec each	4.5 min
2 Unilateral standing Hip Flexor stretch w arm driver	1	45 sec each	
3 Unilateral side lying - IT Band massage/IT standing stretch	1	45 sec each	

TOTAL TIME: 17 Minutes

Goal: Sustain plate intensity/frequency and increase the resistance throughout

CIRCUIT: Biohacking 1

Prepare Faster - Warm Up

EXERCISE	SETS	TIME	TOTAL TIME
1 Unilateral medial hip stretch saggital w hip driver	1	30 sec each	4 mins
2 Unilateral hamstring stretch w saggital hip driver	1	30 sec each	
3 Kneeling lat stretch w hands on plate saggital chest driver	1	30 sec	
4 Sprinters start stretch*	1	30 sec each	

30 sec break to hydrate and preview next section.

Perform Better - Power Plate

EXERCISE	SETS	TIME	TOTAL TIME
B1 Athletic stance - standing	2	60 secs	12.5 mins
B2 Plank, hands on plate, alt arm lift in saggital plane	2	60 secs	
B3 Arms overhead, straight jump, pause on landing	2	60 secs	
B4 Reverse lunge from plate to saggital knee lift R,L	2	30 sec each	
B5 Lower to yoga squat and then return to standing unassisted	2	60 secs	
B6 Bent over row w dyn cables or resistance tubing	2	60 secs	

30 sec break to hydrate and preview next section.

Biohacking - Oxidative REHIT Power Bike Training

EXERCISE	SETS	TIME	TOTAL TIME
B1 Warm-up - no vibration	1	30 seconds	12.5 mins
B2 Sprint - 120 rpm - vibration	30	8 seconds	
B3 Recovery - no vibration	30	15 seconds	

30 sec break to hydrate and preview next section.

Recover Quicker - Massage

EXERCISE	SETS	TIME	TOTAL TIME
1 Seated unilateral posterior hip/glute massage	1	45 sec each	4.5 min
2 Unilateral standing Hip Flexor stretch w arm driver	1	45 sec each	
3 Unilateral side lying - IT Band massage/IT standing stretch	1	45 sec each	

TOTAL TIME: 24 Minutes

Goal- resonance, increase frequency on plate and power achieved during REHIT oxidative

CIRCUIT: Biohacking 2

Prepare Faster - Warm Up

EXERCISE	SETS	TIME	TOTAL TIME
1 Unilateral medial hip stretch saggital w hip driver	1	30 sec each	4 mins
2 Unilateral hamstring stretch w saggital hip driver	1	30 sec each	
3 Kneeling lat stretch w hands on plate saggital chest driver	1	30 sec	
4 Sprinters start stretch*	1	30 sec each	
30 sec break to hydrate and preview next section.			

Perform Better - Power Plate

EXERCISE	SETS	TIME	TOTAL TIME
B1 Athletic stance - standing	4	60 secs	24 mins
B2 Plank, hands on plate, alt arm lift in saggital plane	4	60 secs	
B3 Arms overhead, straight jump, pause on landing	4	60 secs	
B4 Reverse lunge from plate to saggital knee lift R,L	4	30 sec each	
B5 Lower to yoga squat and then return to standing unassisted	4	60 secs	
B6 Bent over row w dyn cables or resistance tubing	4	60 secs	
30 sec break to hydrate and preview next section.			

Biohacking - Oxidative REHIT Power Bike Training

EXERCISE	SETS	TIME	TOTAL TIME
B1 Warm-up - no vibration	1	30 seconds	24 mins
B2 Sprint - 120 rpm - vibration	60	8 seconds	
B3 Recovery - no vibration	60	15 seconds	
30 sec break to hydrate and preview next section.			

Recover Quicker - Massage

EXERCISE	SETS	TIME	TOTAL TIME
1 Seated unilateral posterior hip/glute massage	1	45 sec each	4.5 min
2 Unilateral standing Hip Flexor stretch w arm driver	1	45 sec each	
3 Unilateral side lying - IT Band massage/IT standing stretch	1	45 sec each	

TOTAL TIME: 32 Minutes

Goal- resonance, increase frequency on plate and power achieved during REHIT oxidative

CIRCUIT: 10 Minutes

Prepare Faster - Warm Up

EXERCISE	SETS	TIME	TOTAL TIME
#1 Unilateral Kneeling anterior hip stretch w arm driver	1	30 sec each	3 min
#2 Bear hold on top of the plate	1	30 sec	
#3 Bilateral hamstring stretch w hip driver	1	30 sec	
#4 Standing Unilateral IT band stretch w hip driver in frontal plane	1	30 sec each	
#5 Plank w hands on plate to down dog (Adho Mukha Svanasana), repeat	1	60 sec	
30 sec break to hydrate and preview next section.			

Perform Better - Resistance Training

EXERCISE	SETS	TIME	TOTAL TIME
B1 Alt lunge on to the plate from floor holding DBs	2	45 sec	3 min
B2 Kettlebell swings	2	45 sec	
30 sec break to hydrate and preview next section.			

Perform Better - Cardio Power Bike Training

EXERCISE	SETS	TIME	TOTAL TIME
B1 Vibration + 80-100 rpm	1	2 mins	3 min
45 sec break to hydrate and preview next section.			

Recover Quicker - Massage

EXERCISE	SETS	TIME	TOTAL TIME
1 Kneeling bilateral lat stretch w hands on plate frontal chest driver	1	30 sec	2 min
2 Bilateral seated hamstring massage	1	45 sec	
3 Bilateral prone quadricep massage	1	45 sec	

TOTAL TIME: 11 Minutes

CIRCUIT: 20 Minutes

Prepare Faster - Warm Up

EXERCISE	SETS	TIME	TOTAL TIME
1 ITB Unilateral stretch w frontal hip driver	1	30 sec each	4 mins
2 Bilateral hamstring stretch w hip driver	1	30 sec	
3 Kneeling anterior hip stretch w frontal arm driver	1	30 sec each	
4 Bear hold (hands on plate)	1	45 sec	

45 sec break to hydrate and preview next section.

Perform Better - Cardio Power Bike / Plate

EXERCISE	SETS	TIME	TOTAL TIME
B1 Vibration + 80-100 rpm	4	45 sec	10 min
B2 Static strap bent over bilateral pull (narrow row)	4	30 sec	
B3 Push-up hold w hands on plate	4	30 sec	
B4 Squats	4	30 sec	

1 min break to hydrate and preview next section.

Recover Quicker - Massage

EXERCISE	SETS	TIME	TOTAL TIME
1 Unilateral kneeling anterior hip stretch w arm driver	2	30 sec each	6 min
2 Bilateral prone quadricep massage	2	60 sec	
3 Bilateral seated or supine calf massage	2	60 sec	

TOTAL TIME: 20 Minutes

Prepare Faster - Warm Up

EXERCISE	SETS	TIME	TOTAL TIME
#1 ITB Unilateral stretch w frontal hip driver	1	30 sec each	3 min
#2 Bilateral hamstring stretch w hip driver	1	30 sec	
#3 Kneeling anterior hip stretch w frontal arm driver	1	30 sec each	
30 sec break to hydrate and preview next section.			

Perform Better - Plate

EXERCISE	SETS	TIME	TOTAL TIME
#1 Split stance to reach R,L - 30 sec each	2	60 sec	11 mins
#2 A. Walking Plank B. Tap down from platform	2	90 sec	
#3 A. Tricep dip B. Woodchop L, R	2	2 min	
#4 A. Walking Plank B. Tap down from platform	2	90 sec	
#5 Split stance to reach R,L - 30 sec each	2	60 sec	
30 sec break to hydrate and preview next section.			

Perform Better - Cardio Power Bike

EXERCISE	SETS	TIME	TOTAL TIME
#1 Vibration + 100 rpm	2	60 sec	11 min
#2 Vibration + 90 rpm	2	90 sec	
#3 Vibration + 80 rpm	2	2 min	
#4 Vibration + 90 rpm	2	90 sec	
#5 Vibration + 100 rpm	2	60 sec	

Recover Quicker - Massage

EXERCISE	SETS	TIME	TOTAL TIME
#1 Seated unilateral posterior hip/glute massage	2	30 sec each	5 min
#2 Unilateral standing Hip Flexor stretch w arm driver	2	30 sec each	
#3 Unilateral side lying - IT Band massage/IT standing stretch	2	30 sec each	

TOTAL TIME: 30 Minutes