



POWER  PLATE®

# **ACTIVE AGING** *Exercise Guide*

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POWER  PLATE®

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You'll get all the great benefits from Power Plate by doing these simple, safe and effective routines. And as you gain more confidence and want to expand your exercise options, there are more to choose from. Just visit Power Plate at [powerplate.com](http://powerplate.com) or consult the materials that came with your Power Plate.

## DAILY STRETCH AND WARM-UP

You can do these simple stretches every day to help wake up your body, and get your day going. On the days you build strength, this is a great warm-up. For all stretches, alternate leg/arm accordingly. Perform these movements for two to four minutes each, or for as long as you are able, every day.

### Hip Flexor Stretch 30 Seconds/Low Setting



Hold on to the handlebars with your right hand and place the toes of your right foot on the platform. Lean gently away from machine. Keep your chest up and feel a comfortable stretch in the hip and thigh. Repeat with your left leg.

### Row 30 Seconds/Low Setting



Facing the machine, stand on the floor and cross the straps in front of you. Hold the strap handles with neutral grip and pull, maintaining tension. Keep your chest up and your elbows bent. Pull with your arms only.

### Hamstring Stretch 30 Seconds/Low Setting



Hold on to the handlebars with your right hand and place the heel of your right foot on the platform, flexing the toes. Keep your chest up and slowly lean forward. Repeat with your left leg.

### Standing Shoulder Stretch 30 Seconds/Low Setting



Facing away from the machine, hold the strap handle with your right hand. Keep your right arm straight and your thumb up. Gently lean away from the machine while most of your body's weight is being held by the strap. Look up and away from your hand. Repeat with your left arm.

## BUILDING STRENGTH

This series of exercises is designed to build strength in your leg, arms, back and upper body. Do these exercises three times a week, for two to four minutes each, or for as long as you are able, to achieve total-body fitness.

### Squat 30 Seconds/Low Setting



Stand on the platform and sit down into a squat position by flexing your hips and knees. Keep your chest up while your spine is on an angle and your weight on the ball of your feet. Use the handlebars for support, if needed. Repeat twice.

### Front Lunge 30 Seconds/Low Setting



Place your left foot on the platform and the toes on your right foot on the floor. Keep your chest up, maintaining a 90-degree bend in front knee. Use the handlebars for support, if needed. Repeat with your right leg.

### Bicep Curl 30 Seconds/Low Setting



Stand on the floor facing the machine. With an underhand grip, adjust the strap length so it is taut when your elbows are bent just below 90-degrees. Keeping your elbows in front of your body, maintain tension in the straps by pulling for the duration of the exercise.

### Reverse Chest Press 30 Seconds/Low Setting



Grab the handles, turn away from the machine and stagger your stance. Keep the straps underneath your arms and press forward, keeping tension on the straps for the duration of the exercise.

Remember the handlebars are for stabilization only. Use caution during all stretching, exercise, and massage.