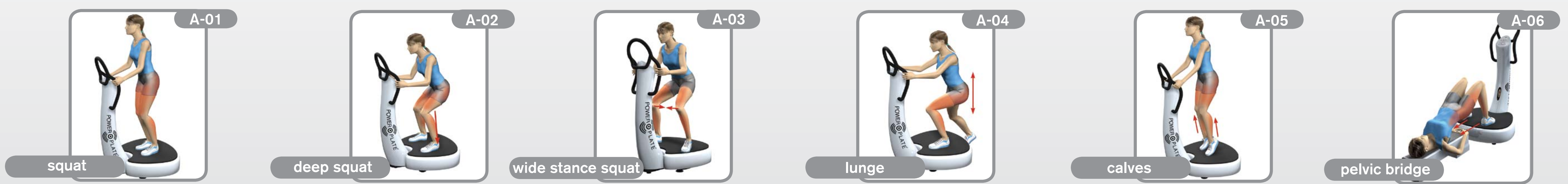


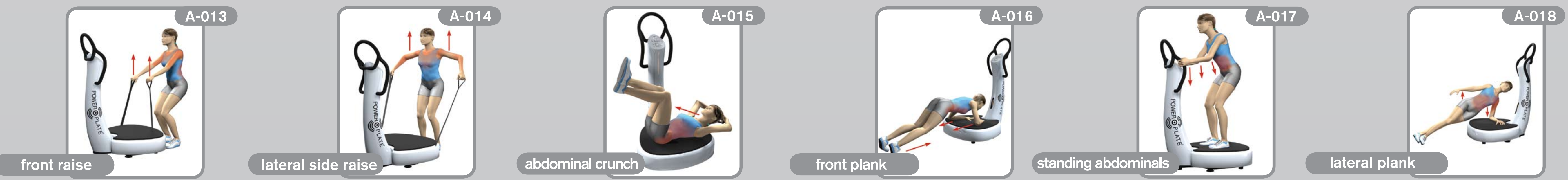
## strength training



<b>start position</b>	Stand on plate, distribute weight evenly between both feet	Stand on plate, distribute weight evenly between both feet	Stand on plate, distribute weight evenly between both feet, with feet wider than shoulder width apart	Stand with one foot on plate, one foot on floor	Stand on plate, distribute weight evenly between both feet	Laying back on floor, place both feet on the plate; keep the knees bent at 90 degrees
<b>procedure (i.e. form)</b>	Hold onto handlebars for support and sit back by flexing hips and knees	Hold onto handlebars for support and sit back by flexing hips and knees	Hold onto handlebars for support and sit back by flexing hips and knees	Bend at the hips and knees	Hold onto handlebars for support, and stand on toes with slightly bent knees	Press feet into plate while pushing the hips upward
<b>coaching keys</b>	Maintain neutral spinal alignment; do not "hang" on handlebars	Allow for normal spinal movement; do not "hang" on handlebars	Maintain neutral spinal alignment; do not "hang" on handlebars	Descend down only as far as spinal alignment and control can be maintained; watch for hips, knee, and ankle alignment	Maintain neutral spinal alignment; do not "hang" on handlebars	Engage abs, back, glutes and hamstrings
<b>"you should feel"</b>	Quads, Glutes, Hamstrings and Calves	Quads, Glutes, Hamstrings and Calves	Inner Thigh, Quads, Glutes, Hamstrings and Calves	Glutes, Hamstrings, Quads and Calves	Calves, Quads, Hamstrings and Glutes	Glutes, Hamstrings and Core

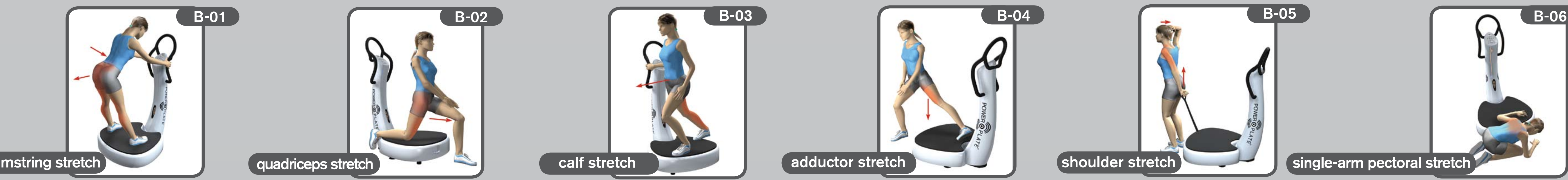


<b>start position</b>	Seated on edge of plate, place hands shoulder width apart at the edge of the plate or holding handlebars	Place feet on floor, hands on plate shoulder width apart	Seated on edge of plate, hands shoulder width apart at the edge of the plate	Stand as close to the plate as possible, knees slightly bent while grabbing both straps; adjust the length as needed	Stand close to plate while grabbing both straps with knees slightly bent; adjust the length as needed	Hands on plate, hips flexed and legs almost straight
<b>procedure (i.e. form)</b>	Keep your feet on the floor and knees bent; lift hips off plate and keep elbows straight, while pressing shoulders down	Bend the elbows to lower the body	Keep your feet on the floor and knees bent; lift hips off plate and lift chest while bending elbows 90 degrees	Activate the biceps and forearms with the intention to flex the elbow or "curl" the straps up	Lift elbows to 90 degrees; pull straps using middle and upper back muscles; hold statically for recommended duration	Bend the elbows to lower body
<b>coaching keys</b>	Maintain neutral spinal alignment, including neck and head	Descend down only to a position that can be controlled; maintain neutral spinal alignment	Keep hips close to the plate; maintain neutral spinal alignment	Maintain neutral spinal alignment; avoid releasing the shoulders up	Maintain neutral spinal alignment; avoid releasing the shoulders up	Descend down only to a position that can be controlled; maintain neutral spinal alignment
<b>"you should feel"</b>	Shoulder Girdle, Upper and Middle Back	Chest, Shoulder, Arms and Core	Triceps and Shoulders	Biceps, Anterior Shoulder and Forearms	Upper back and Arms	Shoulders, Chest, Arms and Core



<b>start position</b>	Stand on floor, knees slightly bent while grabbing both straps	Stand on floor, knees slightly bent while grabbing both straps	Lay with back on plate, feet in the air with knees bent at 90 degrees	In plank position, place flexed elbows on the plate, feet on the floor	Stand on plate with hips and knees slightly flexed; hold on to handlebars	Lean on side, and place flexed elbow on plate, stacked feet on floor
<b>procedure (i.e. form)</b>	Hold straps with straight arm and flex shoulder to desired range; actively pull on straps	Hold straps with straight arms and raise shoulder outward to desired range; engage shoulder muscles for desired tension	Engage abs while flexing the spine	Engage abs, glutes, and hamstrings while extending to a plank position	Engage abdominal wall and arms with the intention of extending or pulling the shoulders back	Push hips up
<b>coaching keys</b>	Adjust straps or body position to alter range of motion; maintain neutral spinal alignment	Adjust straps or body position to alter range of motion; maintain neutral spinal alignment	Stabilize neck if needed; maintain spinal control throughout movement	Maintain stability and optimal alignment from neck to feet	Maintain stability and optimal alignment from neck to feet	Maintain stability and optimal alignment from neck to feet
<b>"you should feel"</b>	Shoulders and Core	Shoulders and Arms	Abdominals	Lower Abdominals, Glutes, and Hamstrings	Abdominals, Lats, and Arms	Lateral Abdominals, Shoulders, Glutes, Hips Ab/adductors

## stretching



<b>start position</b>	Stand on plate, position feet shoulder width apart; hold the handlebars for balance	Kneel with one knee on plate, other foot on floor in front; hold onto column with one hand if stability is needed	Stand on plate, feet shoulder width apart, staggered stance	One foot on plate, one foot on floor or step	Stand on floor facing away from plate; hold on to both straps with arms at the side	Kneel on the floor with side facing plate, place one arm on the plate with elbow bent at 90 degrees, opposite hand on floor
<b>procedure (i.e. form)</b>	Keeping legs straight but not locked, tilt pelvis back and upward while pushing hips back gently	Lunge forward slightly, bend the forward leg and keep the back leg straight while gently pushing the heel into the plate	Lunge forward slightly, bend the forward leg and keep the back leg straight while gently pushing the heel into the plate	Keeping leg on the plate straight, lean into opposite leg and sit back by flexing hips, knee, and ankle	Outwardly rotate shoulder and lean forward slightly; let arms extend back until first point of tension is felt	Keep shoulders parallel to the ground and slowly drop body to the floor
<b>coaching keys</b>	Maintain neutral spinal alignment	Move slowly and with control; maintain neutral spinal alignment	Keep heel on the plate	Maintain neutral spinal alignment	Don't lean too far forward, should be able to maintain balance at all times	Maintain neutral spinal alignment
<b>"you should feel"</b>	Hamstrings, Glutes and Calves	Quads and Anterior Hips	Calves	Inner Thigh	Anterior Shoulder	Chest and Anterior Shoulders

## massage



<b>start position</b>	Place mat on the plate; lay upper body on floor and place both calves on plate	Place mat on the plate; kneel next to plate on the floor or step, and place upper arm across plate	Place mat on the plate; lay on elbows downward on floor or lay on stomach on step, with one or both legs on plate	Place mat on the plate; lay on side, with inner thigh on plate, elbow on floor	Place mat on the plate; lay sideways with knees bent	Place mat on the plate; lay with upper body on step, legs on plate
<b>procedure (i.e. form)</b>	Start in passive position with calves on the plate	Place upper arm on the plate and hold passively	Start in passive position with front thigh on the plate	Place inner thigh on plate with opposite leg resting on the floor	Start in passive position with outer thigh on the plate and elbow resting on the floor	Hamstrings and calves on the plate and upper body on step
<b>coaching keys</b>	Can cross one leg over the other for deeper massage; watch spinal alignment and load distribution	Do not overstretch shoulder	Can cross one leg over the other for deeper massage; slowly flex knee for more emphasis on lower quad; watch spinal alignment and load distribution	Watch spinal alignment and load distribution	Watch spinal alignment and weight distribution	Can cross one leg over the other for deeper massage; watch spinal alignment and load distribution
<b>"you should feel"</b>	Calves	Upper Arm and Shoulder	Quad and Hip Muscles	Inner Thigh Muscles	Outer Thigh and Hips	Hamstring and Calf Muscles

## relaxation



<b>start position</b>	Kneel on floor facing plate with both arms extended on plate	Sit on floor facing away from plate; place mat between you and the plate; flatten the lower back against plate	Place mat on the plate; sit on floor facing away from plate, and lower slowly until elbow is in contact with plate	Place mat on the plate, sit on plate, keep feet at least hips width apart on the floor with knees bent
<b>procedure (i.e. form)</b>	Slowly flex shoulder to comfortable range; while keeping arms in place on the plate, slowly move with intention of pulling hips away from hands horizontally	Adjust position to get to desired back muscle contact point	Adjust position to get desired upper body muscle relaxation	Bend forward, allowing the back to round
<b>coaching keys</b>	Move slowly and with control; reduce shoulder range of motion if feeling in front of shoulder only	Relax	Relax	Use a range of motion that is comfortable
<b>"you should feel"</b>	Shoulders and Back	Lower Back	Upper Back and Shoulders	Back and Hips