

Want to try Power Plates?



The **Power Plate** is the innovative, time-saving and results-driven way to **improve your fitness** and wellbeing.

It works by accelerating the body's natural response to vibration and stimulating various muscle groups, giving you a full body workout, including stretching, strengthening and toning all in as little as 30 minutes!

When used as part of a healthy lifestyle, exercise on the Power Plate can help:

- Increase muscular strength and power
- Improve flexibility and balance
- Reduce cellulite and body fat
- Increase bone density
- Improve circulation

POWER  PLATE[®]
AUTHORISED
CENTRE

Discover the Difference



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www.oclactive.co.uk

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STRENGTH AND POWER CIRCUIT



Lateral Squat

Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-35 Hz/Low
Rest
45 sec between sets
Execution
Static or Dynamic



Standing Arm Pull

Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-35 Hz/Low
Rest
45 sec between sets
Execution
Static or Dynamic



Push ups

Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-35 Hz / Low
Rest
45 sec between sets
Execution
Static or Dynamic





Deadlifts

Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-35 Hz/Low
Rest
45 sec between sets
Execution
Static or Dynamic



Tricep Dips

Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-35 Hz / Low
Rest
45 sec between sets
Execution
Static or Dynamic



Lateral Plank

Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-35 Hz / Low
Rest
45 sec between sets
Execution



A FEW TIPS

Keep your knees bent

Vibration training stimulates the contraction of the muscle spindles, so it's important to keep your knees slightly bent to avoid jarring through the joints.

Drink enough water

Your muscles will be contracting 30-50 times more quickly, thereby generating a lot of internal heat, so even if you don't feel thirsty, always drink water while you're working out.

Train for other sports

Using a Power Plate can help you get far better sport-specific benefits. With skiing, for example, stand in a crouched position for 30 seconds, and your quads will receive a more appropriate training stimulus. You can get similar benefits for your golf swing, rugby scrum and so on - just stand in the sport-specific position.

Combine your exercises

Try to choose a combination of compound exercises, such as squats and push-ups, which use more than one muscle group and isolation exercises, such as bicep curls and front raises as they focus on individual muscles. You'll get a better training response, as well as increasing potential calorie burn.



For help designing your own personal programme please contact one of our instructors today.