

Functional Flexibility (Stretches) and soft tissue release for runners – hold for 30-60 seconds on each leg



- 1. Anterior Hip Side to side Reach - Areas targeted: hip flexors**
Begin in a forward lunge position, with your back leg resting on Power Plate. Take your arms overhead and move your hips forward. Perform a rhythmical reach with the hands, keeping the arms extended from side to side, allowing the hips to move naturally. Perform continuously throughout.



- 2. Calf Stretch - Areas targeted: calves**
Stand with the balls of your feet resting on a semi-circular foam roller. Lean forward to take hold of the handles, keeping your back straight to feel a stretch in the calves. To add movement to this stretch, drive the hips rhythmically forward and backwards, side to side and left and right rotation, alternating each direction throughout.



- 3. Calf Massage - Areas targeted: calves**
Lay on your back with the backs of the calves resting on Power Plate.



- 4. Quad Roller - Areas targeted: quads**
Lie facedown on the Power Plate with the middle of your thighs on the foam roller. Support your upper body on your elbows or hands (as comfort dictates) and roll slowly up and back. You can also bend and unbend your knee to vary the intensity



- 5. Piriformis Roller - Areas targeted: piriformis**
Face forward and sit on the foam roller on your sits bones. Bring your right foot on top of your left knee. Then you shift your weight onto your right side. Turn on the Power Plate to the desired frequency and amplitude and roll the foam roller from below your sits bone to above your sit bone.



- 6. Pigeon - Areas targeted: piriformis**
Using a mat, place one glute & leg across platform, bent at a 45 degree angle. Use other leg for support. Lean into machine & keep chest up. Maintain neutral spine. Turn on the Power Plate to the desired frequency and amplitude.

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Workout for Runners



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Power Plate Workout for Runners

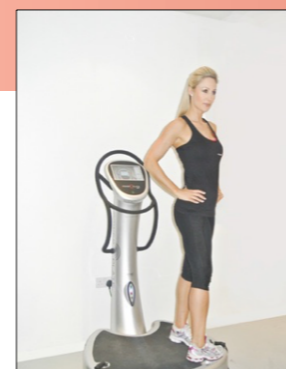
Try these specific exercises and stretches focused on the key muscles and joint complexes related to running, particularly the foot and ankle, hips and upper back. These movements can be performed on the ground but will be significantly enhanced when performed on a Power Plate. Each exercise has been selected to quickly and efficiently condition and prepare the body to cope effectively with the demands of running, enhance performance and reduce injury risk.

For best results, warm up with a short walk on a treadmill and/or stretching any problem areas. Perform each exercise for 30-45 seconds.



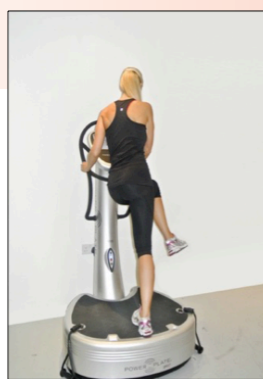
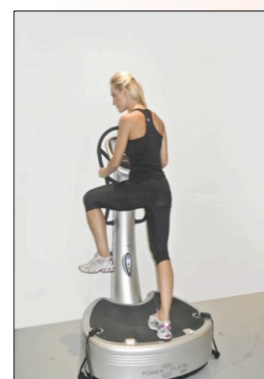
1. Forward lunge hold with overhead reaches - Areas targeted: hip mobility

Begin in a high lunge position with the ball of your rear foot resting on Power Plate and your arms extended overhead. Engage the glutes and push the hips forward slightly while driving the hands rhythmically overhead, returning to the start position each time. Repeat for the allotted time. Change leg positions and complete another set.



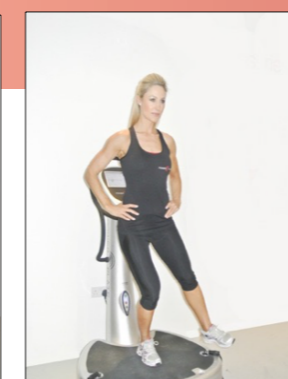
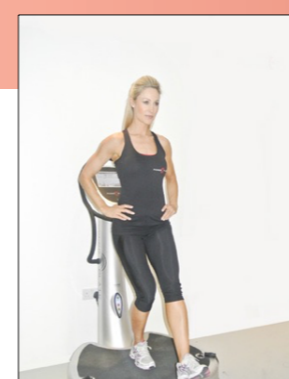
4. L shape squat into T shape standing position - Areas targeted: hip mobility, quads and glutes

Stand on the left side of Power Plate, your left foot in line with the edge of the base and the right foot turned in slightly, with hands on hips. Step to the right, bending the hips and knees to come into a plié squat position. Straighten the legs and step back to the start, then repeat. Then step to the left and repeat the exercise on the opposite side.



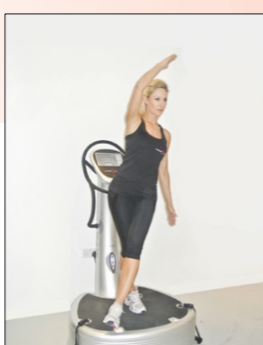
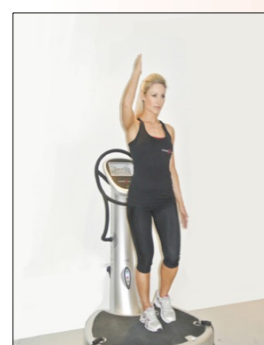
2. Standing Dynamic Calf with side-to-side knee driver - Areas targeted: foot, ankle and calf mobility

Lift one leg up and out to the side, with the hip and knee bent to 90 degrees, holding the handles for support. Keeping the back leg straight, drop the heel slightly to feel a stretch in the calf. Bring the bent leg across your body to the other side, then back. Repeat rhythmically in a comfortable range for the allotted time then switch leg positions and complete another set.



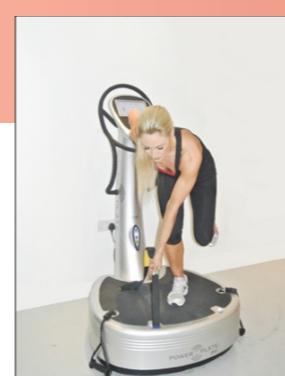
5. Single leg balance with forward/side foot reaches - Areas targeted: balance and core stability

Begin standing on your right foot, with your knee bent slightly and left leg lifted, hands on hips. Reach your left foot to the front, pause briefly and return to starting position, then perform reach to the side in the same way, returning back to the start position. Continue, alternating front/side for the allotted time then perform another set with the right leg.



3. Step over with single arm overhead hand driver - Areas targeted: balance and lateral mobility and stability

Stand on the center of Power Plate with your left foot lifted slightly, your right knee soft and your right arm extended straight upwards. Bring your left leg across to the right, leaning your upper body to the left. Return to the start and repeat for the allotted time then complete another set on the other side.



6. Single leg squat with cross-body handle hold - Areas targeted: quads, glutes, core stability

Begin standing on your right foot, with your left foot lifted, squat down to a self-selected comfortable position, bringing your left hand towards your right foot to grip onto the strap. Maintain position while pulling on the handle keeping the arm extended for the allotted time, then perform another set on the other leg.