


# POWER BOARD®

## TRAINING PLAN

### CHEST AREA WORKOUT


**20 REPETITIONS**



**BASIC PRESS-UPS**

Your knees – positioned in front of the board, your hands – positioned on the PowerBoard. Move your upper-body downward, until your chest almost touches the PowerBoard (inhale in doing so) then push yourself back up (exhale in doing so).


**20 REPETITIONS**



**FLYE MOVEMENT**

Supine position, feet are positioned on the PowerBoard. Raise the vibration dumbbells into the air, keep your arms slightly bent. Lower your arms, until the dumbbells are approximately at chest height (inhaling) – then raise your arms again (exhaling).


**20 REPETITIONS**



**DUMBBELL PRESS WITH VIBRATION DUMBBELL**

In this exercise you continue to lie backwards in front of the PowerBoard. Place your feet on the PowerBoard. Hold the vibration dumbbells in the hands with arms fully extended upwards. From here, lower your arms keeping them at a 90 degree angle to the floor. When raising breathe out; when lowering breathe in.


**20 REPETITIONS**



**CLASSIC PRESS-UP**

You support yourself with your hands on the PowerBoard, keeping your body in a straight line. The further out the hands are, the more intensive the movement of the board. Bend your upper body down until your chest almost touches the PowerBoard (breathe in when doing so) and then push yourself up again (breathe out when doing so).


**HOLD FOR 60 SECONDS**



**STATIC PRESS-UP**

Support yourself with your hands on the PowerBoard. The further apart the hands are positioned, the more intensive the movement of the PowerBoard. Lower your body to half height and hold this position for 1 minute.

**REPEAT 4 TIMES EACH**




**CHEST STRETCHES**

- Kneel down, lay your hands on the PowerBoard and let your arms be shaken by the PowerBoard. Stretch the breast muscles out while doing so.
- Sit up straight, open up the breast muscles as shown in the picture and hold this position for a few seconds.

### BACK WORKOUT


**HOLD FOR 60 SECONDS**



**PLANK**

Position your forearms on the PowerBoard, raise your upper-body and lower-body together, keeping both straight, support yourself on your toes. Your body runs in a straight line parallel to the floor (no sagging or rounding of the back).


**20 REPETITIONS**



**LAT PULL**

Your upper-body is leaning forward, your back straight. Your arms are bent at chest height. Extend the dumbbells forward, return the dumbbells to the starting position.


**20 REPETITIONS**



**DEADLIFT WITH VIBRATION DUMBBELL**

You stand upright on the PowerBoard with vibration dumbbells positioned parallel. Move from an upright position with your upper body to 45° inclination forwards, keeping the arms hanging by your side. Make sure that your back is straight and tighten your stomach muscles during this exercise. Breathe in when straightening up the upper body; breath out when lowering the upper body.

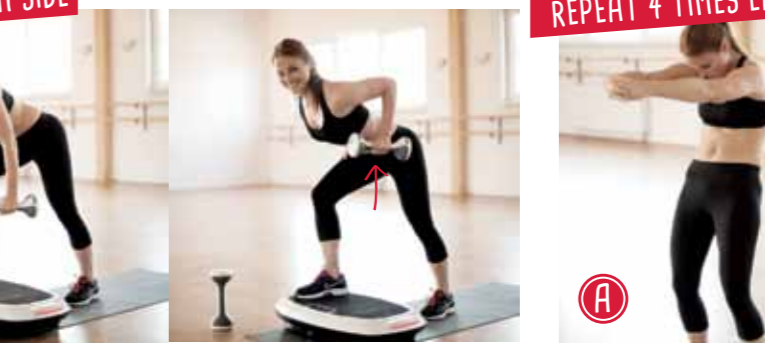
**20 REPETITIONS**



**ROWS USING BOTH ARMS**

Your feet are shoulder-width apart on the PowerBoard, you bend the knees slightly and tilt your upper body approx. 45 degrees forwards. The arms hang with the dumbbells in the hands in front of the body. Draw in the dumbbells parallel to the navel, keeping the back straight, maintain the tension for two seconds. Make sure that the back is straight and tighten the stomach muscles during this exercise. Breathe in when pulling the dumbbells towards you.


**20 TIMES EACH SIDE**



**DUMBBELL ROWS**

Your right foot is on the PowerBoard, your left foot in a mid-size lunge behind the PowerBoard. Bend your upper body about 45° forwards and hold the dumbbell with your right hand next to your upper body. Drive the dumbbell down until your arm is extended and then raise it again to waist height.

**REPEAT 4 TIMES EACH**




**BACK STRETCHES**

- Tilt your pelvis forwards. Press the hands together firmly and actively pull the arms forwards so that the shoulder blades open to a maximum.
- Bend your upper back into a crooked position. Grip your knees with your hands.

### ABDOMINAL WORKOUT


**20 REPS ON EACH SIDE**



**ELBOW TO KNEE**

You sit on the PowerBoard, your right foot is resting on the floor. Raise your left leg and move your knee toward your right elbow. Straighten your leg again and lower your upper-body.


**HOLD FOR 60 SECONDS ON EACH SIDE**



**SIDE PLANK**

Rest your forearm laterally on the PowerBoard and place your feet askew on the floor – make sure your body forms a straight line. The other forearm is rested on the hip, hold the position. The exercise can be made more intense if you raise and lower your upper-body.


**20 REPETITIONS**



**LEG EXTENSIONS**

You sit on the PowerBoard and hold on to the rim if necessary or cross your arms in front of your chest. Your upper body is tilted backwards and you raise your legs. Then you draw your knees in towards your chest as far as it goes before stretching it outwards again without setting it on the floor. While your legs are extended you are yourself almost in a lying position.


**20 TIMES EACH SIDE**



**SIDE CRUNCHES**

Sit in the middle of the PowerBoard and turn yourself to the right. Support yourself up with your right hand, then raise your leg and pull it synchronously in to the body, while leading the left elbow in to the knee. Then stretch your leg out again at the same time.

**REPEAT 4 TIMES EACH**




**STOMACH STRETCHES**

Stretch yourself out; the knees are propped up, the legs are next to the chest. The feet are stretched out. Take deep breaths in and out. With the hips fixed to the floor, you now push your upper body upwards and stretch out the abdominal muscles.

### BUTTOCKS WORKOUT


**20 REPETITIONS**



**THE BRIDGE**

Lie on your back, arms by your side. Place your feet in parallel on the PowerBoard and shift your weight onto your heels. Lift your pelvis until your body forms a straight line. Hold the tension in the raised position.


**HOLD FOR 60 SECONDS**



**LEG RAISES**

Prop yourself up with your forearms on the PowerBoard, knees positioned in front of the board, upper-body straight. Raise your bent leg (90° angle) as high as possible and lower it again, without it touching the floor.


**20 REPS ON EACH SIDE**



**RAISED LEGS WITH ONE BENT LEG**

Support yourself with your forearms on the PowerBoard, knees placed in front of the board, upper-body straight. Raise your bent leg (90° angle) as high as possible and lower it without touching the ground.


**20 REPETITIONS**



**BRIDGE WITH RAISED LEGS (STATIC & DYNAMIC)**

Lie on your back, arms beside the body. Place your feet in parallel on the PowerBoard and shift your weight onto the heels. Raise the pelvis until your body forms a straight line. Keep the tension in the upper position. For the dynamic bridge, you lower your pelvis in this position until your buttocks are almost touching the floor.

**HOLD FOR 60 SECONDS**




**BUM STRETCHES**

- Lie down and stretch the legs out, grasp your knee and pull it towards you as far as possible, and now do ankle rotations.
- Now bend the right leg. Place your left ankle on the knee, grasp your right thigh and pull it towards you, pressing the left knee outwards. Repeat these exercises with the other leg.

### LEG AND CALF WORKOUT


**HOLD FOR 60 SECONDS**



**SQUATS**

Place your feet shoulder-width apart on the PowerBoard. Bend your knees, stretch your arms out in front of you to obtain better balance. Keep your abdomen tight, ensure your knees stay behind the line of your toes while bending.

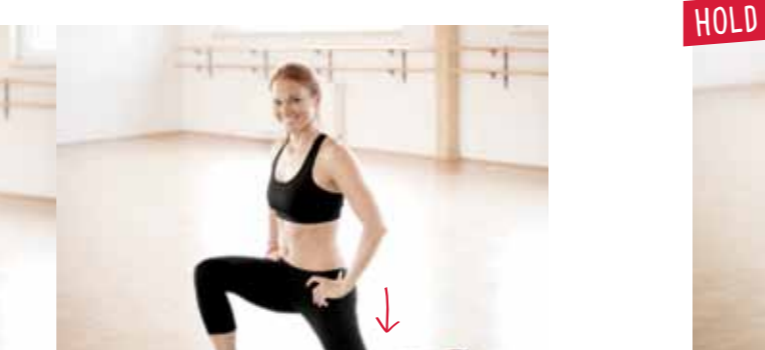
**20 REPS ON EACH SIDE**



**ACTIVE LUNGES**

Place one leg on the PowerBoard, the other leg is extended behind you in a lunge position. Your upper-body remains upright, your abdomen tight. Lower your knee toward the floor and raise it again to the starting position. Change your standing-leg and exercising-leg immediately.


**HOLD FOR 60 SECONDS**



**STANDING CALF RAISES**

Your feet are shoulder-width position on the PowerBoard, facing forward in parallel position. Now slowly step on to your tiptoes and step down again.

**REPEAT 4 TIMES EACH**




**LEG STRETCHES**

- Place your right foot rearwards until the heel touches the floor. For this purpose, the PowerBoard can be switched off if desired. Then pull the upper body with your weight forwards so that the rear leg and the calf are completely tensed. Breathe in and out deeply.
- Place your right foot forwards and bend the left leg. Then stretch the right leg completely. Grasp your right toe point with your right hand, this way you intensify the stretching of the calf. Keep this position for a few seconds. Breathe in and out deeply. Repeat both exercises with the other side.

### SHOULDER/ARM TRAINING


**20 REPETITIONS**



**LATERAL RAISES**

Lay the Powerband beneath the PowerBoard so that the band sticks out on both sides in equal length. If you do not have a Powerband, you can also use the vibration dumbbells by Casada or hold a bottle of water in each hand. Place your feet shoulder-width apart on the PowerBoard with the Powerband in the hands. Now raise your arms to shoulder height, keeping them slightly bent, and lower them to your hips.


**20 REPETITIONS**



**BICEP CURL**

Stand on the PowerBoard, your feet shoulder-width apart. Hold your arms bent in front of your body, the dumbbells are at chest height. Lower your arms – almost to the point of being straight, until the dumbbells are at waist-height and lift them again.


**20 REPETITIONS**



**KICK-BACKS**

Stretch your upper-body forward, keep your back straight. Your upper-arms are at your sides, your forearms are bent in a 90° position, the dumbbells at approximately chest height. Move both arms directly backwards, without changing the arm position. At the end of the movement briefly hold the contraction.


**20 REPETITIONS**



**FRONT RAISES**

Keep your hands in front of the body at waist level. The arms are almost fully extended. Now raise the arms to shoulder height.

**REPEAT 4 TIMES EACH**



**SHOULDER STRETCHES**

- Place the left arm in front of the body and with the right arm pull it towards the body, keeping it there. Take deep breaths in and out. Then release slowly.
- Place your right hand on the right shoulderblade, pull the elbow back and keep it tensed. Release slowly. Repeat these exercises with the other side.