



Here is a basic routine which we suggest you work through twice



Basic X-Plate Squat Position

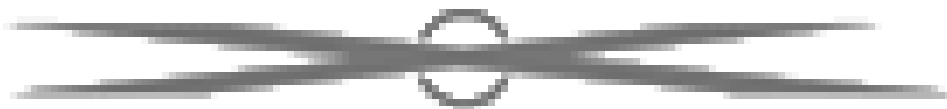
This basic generic squat position will target the legs (all areas), help firm the bottom and strengthen the back.

Method

Stand in the middle of the platform with the feet slightly apart. Raise the feet to bring your body weight onto the front of the foot, bend knees slightly keeping the back straight at all times.

Frequency

1 x 30 seconds – 1 minute rest – 1 x 30 seconds



X-Plate Lower Squat Position

The lower squat position targets the muscle areas of the legs, bottom and back. This can be varied by working one leg at a time and alternating.

Method

Stand in the middle of the platform with the feet flat to the platform and slightly apart. Keep the knees bent but not so far forward (you should be able to see your toes). Keep the back straight at all times and your upper body slightly forward. Be sure to keep balanced.

Frequency

1 x 30 seconds – 1 minute rest – 1 x 30 seconds



X-Plate Spread Squat Position

The width squat position is similar in style to the Lower Squat but better targets the upper muscle areas of the legs as well as working out the bottom (buttocks) and the back.

Method

Stand toward outer edges of the platform with the feet flat and toes angled outwards. Knees bent above the feet. Keep back straight at all times and your upper body slightly forward. Be sure to remain balanced.

Frequency

1 x 30 seconds – 1 minute rest – 1 x 30 seconds



X-Plate Hamstring Squeeze

The X-Plate Hamstring Squeeze specifically targets the lower back, buttocks and the back of the upper legs. Broaden the intensity by hanging the upper body down allowing arms to trail.

Method

Stand upright in the middle of the platform with feet towards outer edges. Stand with the hips upwards and force them back, keep your back pushed down and bend the upper body forwards.

Frequency

1 x 30 seconds – 1 minute rest – 1 x 30 seconds



X-Plate Forward Lunge

The X-Plate Forward Lunge targets specifically the front of the legs and the backside area. Vary the exercise by lightly springing at the same time.

Method

Stand upright in the middle of the platform with feet slightly apart, holding the grip bar around chest height. With the left leg flat on the platform place the right leg on the floor directly behind the machine and lift the right foot slightly so as to balance on the ball of the right foot, bending left knee on the platform to 90 degrees. Keeping the back straight and not letting the left knee extend beyond the toes, push down on the left leg. Perform the duration of the exercise and then swap legs.

Frequency 1 x 30 seconds – 1 minute rest – 1 x 30 seconds



X-Plate Calf Raise

The X-Plate Calf Raise targets specifically the calf muscles. Vary the exercise by bending or flexing out the knees.

Method

Stand upright in the middle of the platform with feet slightly apart, holding the grip bar around midriff height. Stand with legs bent only slightly, heels raised so as to balance on the front of the feet. Keep the back straight and focus on tensing the abdominal area.

Frequency

1 x 30 seconds – 1 minute rest – 1 x 30 seconds



X-Plate Front Press Position Shoulders

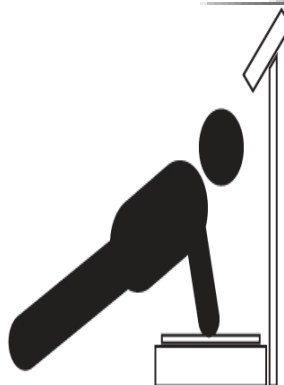
This position targets the shoulders and upper arms.

Method

With feet apart near the front of the plate and keeping legs straight, place the hands about shoulder width onto the front of the platform. Bend the arms slightly and push down keeping head in line with the spine. Ensure hands stay directly below shoulders. Straighten or lightly spring on arms to vary the exercise.

Frequency

1 x 30 seconds – 1 minute rest – 1 x 30 seconds



X-Plate Front Press/Push Position

This position targets the front of the shoulders, chest and triceps.

Method

With the knees close together kneel in front of the machine and place the hands chest width apart on the platform. Hands should turn inwards as with a standard “press up” position and be directly beneath the line of the shoulders. Perform “press ups” as you would normally. Intensify the exercise by moving the hands closer together, straightening legs or/and lightly springing.

Frequency

1 x 30 seconds – 1 minute rest – 1 x 30 seconds



X-Plate Tricep Squat Position

The tricep squat position targets the upper arms and shoulders.

Method

To set the body, sit on the front of the platform and place the hands flat on the platform either side of the hips with fingers pointing forward. Ease the buttocks off the machine and have the feet slightly apart and flat on the floor. Bend the arms letting them take the body weight. Then dip the body using the arms so buttocks nearly touch the floor. Raise up and repeat. Straighten the legs or lightly spring to vary the exercise.

Frequency

1 x 30 seconds – 1 minute rest – 1 x 30 seconds