

## So how often should I train?

For optimum results we recommend training on Power Plate® three times per week, ensuring one days' rest in between.

The graphs below explain exactly why over training i.e. coming in on consecutive days does not do you any good! Basically you're ripping up lots of muscle fibre, 95% as opposed to 60% in traditional training, and it's important to let your muscles rest and rebuild before you come back again. It's OK now and again. But not on a regular basis.



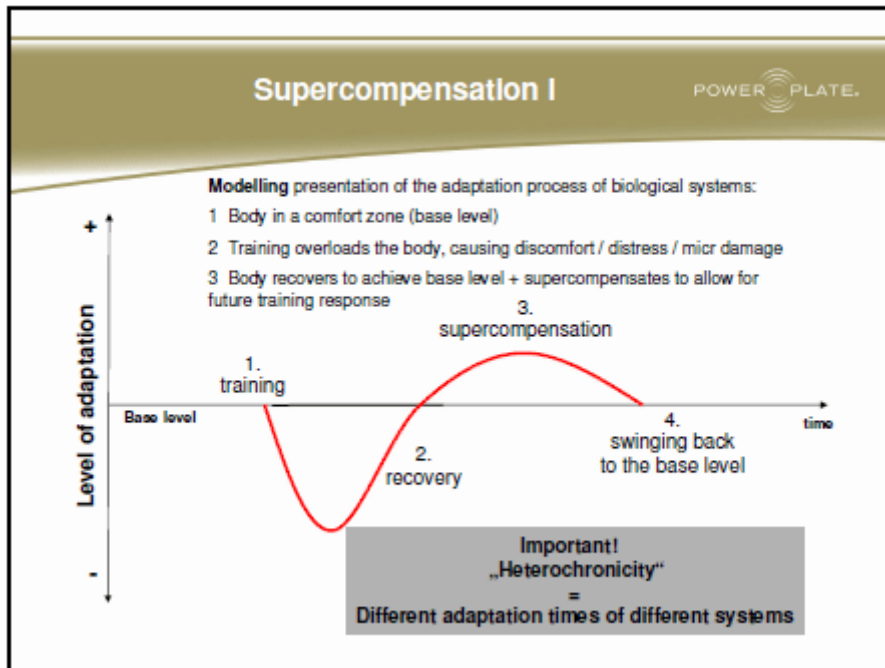
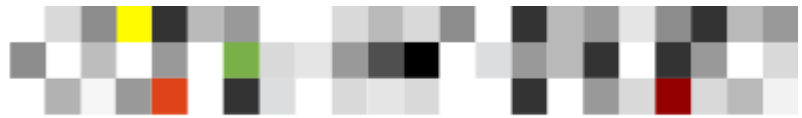
The only way we will happily deliver training on consecutive days is via one-to-one Personal Training, where we can control your programme and so work on one muscle group one day e.g. your legs, and one muscle group the next day e.g. your arms or your abs.

Equally, if you leave too long between sessions, you're not going to get the optimum progression curve - you will get a result but it will take you longer to get there!

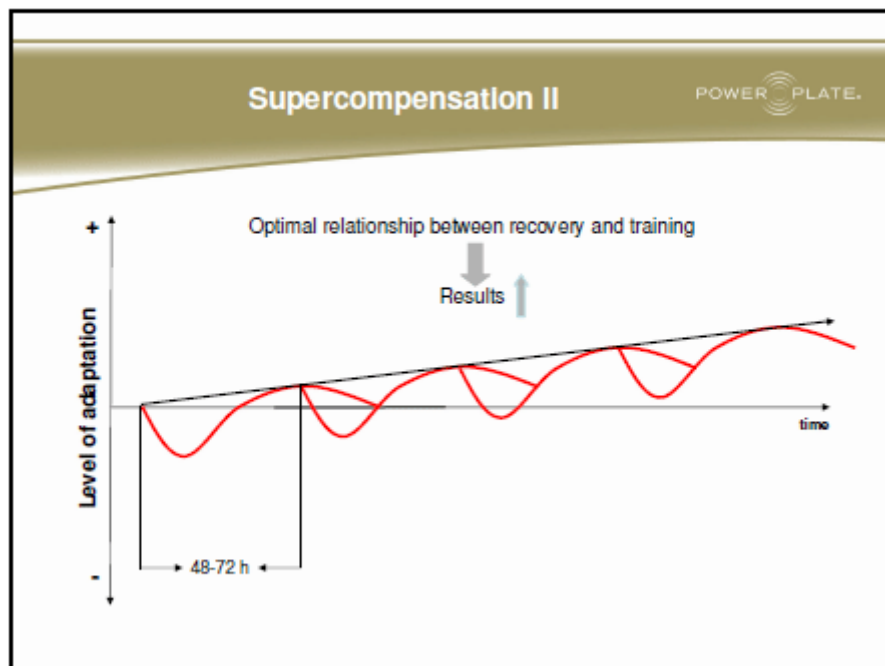
***"Power is not revealed by striking hard or often, but by striking true."***

Honore de Balzac (1799 - 1850)

THE THEORY - Please ask any of our Trainers to explain this in the studio to you if unclear!

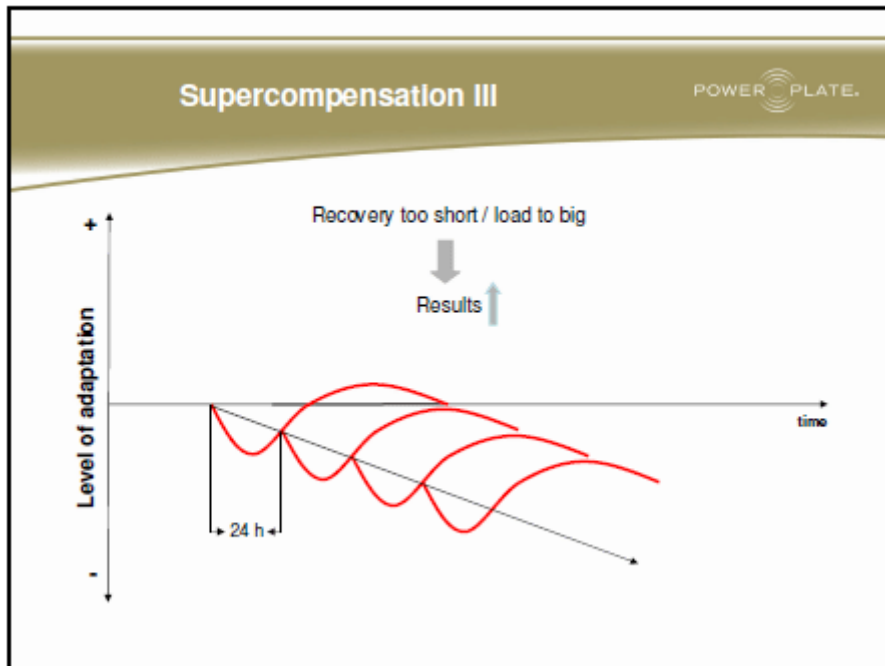
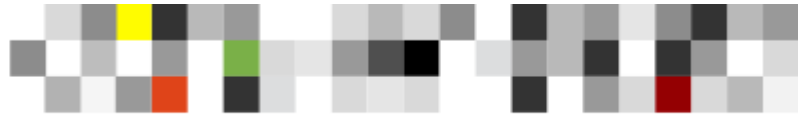


Supercompensation I

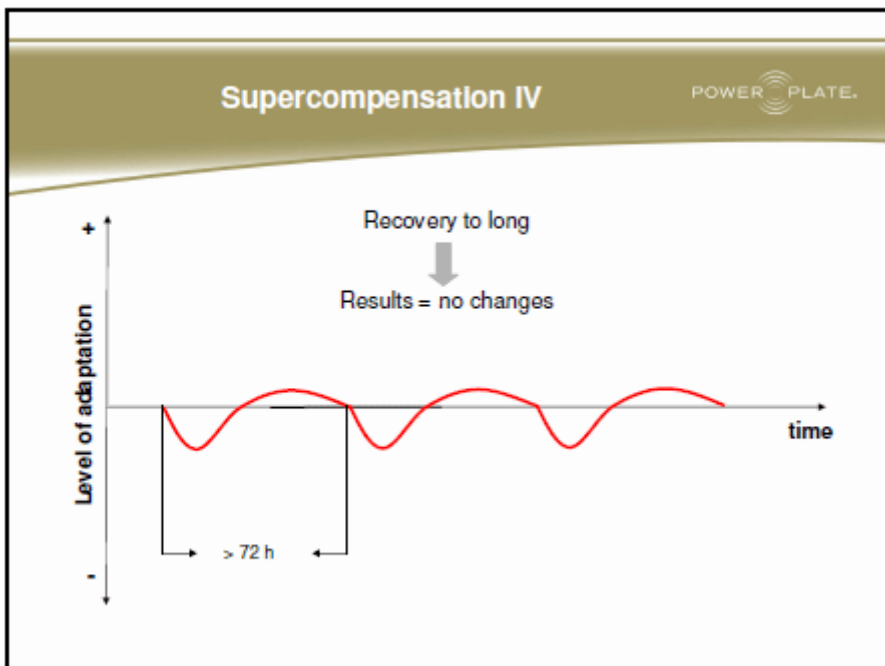


Supercompensation II :

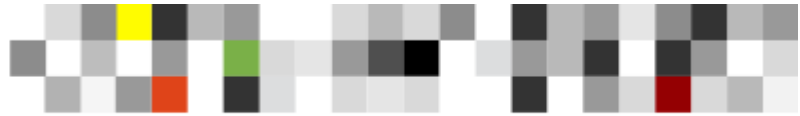
**OPTIMAL RELATIONSHIP BETWEEN TRAINING & RECOVERY - THE IDEAL PROGRESSION CURVE**



**Supercompensation III :**  
RECOVERY TOO SHORT - LOAD TOO BIG - OVER-TRAINING - DOWNWARD SLOPE



**Supercompensation IV :**  
RECOVERY TOO LONG - TOO LAZY!! - NO RESULTS!



## What frequency should I be training at?

Everybody starts off at 30L (30 Hertz Low Amplitude) - but what does this mean? This is the number of times your muscles contract per second. There is no hard and fast as to when you progress up the frequencies, this is determined by the skill of our Trainers who are working with you. We keep notes on all of our clients' progress so we know exactly what they're all up to!!

The golden rule is we're ALL about QUALITY not QUANTITY, so it's more important to learn correct technique and to advance the exercises before you increase the frequency/vibration.

Before moving from 30L to 35L you should ask yourself a few questions:

1. Can I do a Side Plank for 1 minute with both feet stacked, comfortably?
2. Can I do 30 seconds Press Ups on my toes with good technique?
3. Can I do a Ski Squat with good posture, holding a 5kg medicine ball for 1 minute?



Before moving from 35L to 40L you should ask yourself the following questions:

1. Can I do a Side Plank for 1 minute with my leg up?
2. Can I do 1 minute Tricep Dips with legs straight?
3. Can I do 1 minute Ab Crunches with 5kg medicine ball?

Depending on how fit you are to start, an average client, if training three times a week, will progress to 35L after two months. The next progression, i.e. from 35L to 40L will take longer as there are lots more progressions to the actual exercises. From a training point of view, it is more effective to do a harder exercise at a lower frequency than to do an easier exercise at a higher frequency, then once mastered we work you up the frequencies. When you do start training at 40L, we then play about with the frequencies, so your muscles don't get used to the same frequency each time, so one day you may be training at 35L the next you may be training at 40L.

**Confused!? Leave it to us - That's what we're here for!**

The above is based on clients training at GROUP PERSONAL TRAINING level, remember if you want to push it, results can be achieved relatively faster via one-to-one PERSONAL TRAINING!