

The **PowerPlane™**  
Total Fitness Platform



**99 Exercises!**



**FITNESS MANUAL**



BE BALANCED

[www.PowerPlaneFitness.com](http://www.PowerPlaneFitness.com)

## 1. PPF Abductor Side Kick

### Purpose:

This Exercise strengthens legs abductor muscles, also known as the hip muscles.



— Set up for the next two exercises (2 and 3) —



## 2. PPF Adductor Sizers

### Purpose:

This exercise strengthens the leg adductor muscles, also known as the inner thighs as well as core muscles.



### 3. PPF Single Leg Adductor

**Purpose:**

This exercise strengthens the leg adductor muscles, also known as the inner thighs.



### 4. PPF Limited Balance Calf Raise

**Purpose:**

This exercise strengthens the calf muscles.



### 5. PPF Incline Calf Raise with Medicine Ball

**Purpose:**

This exercise strengthens the calf muscles.



## 6. PPF Incline Dynamic Bridge

**Purpose:**

This exercise strengthens hamstring and erector spinae muscles.



## 7. PPF Balance Reverse Bridge

**Purpose:**

This exercise strengthens hamstring and erector spinae muscles.



— Set up for the next two exercises (8 and 9) —



### 8. PPF Hamstring Curl

**Purpose:**

This exercise strengthens hamstring muscles.



### 9. PPF Straight Leg Kick Back

**Purpose:**

This exercise strengthens gluteus maximus muscles.



— Set up for the next four exercises (10, 11, 12 and 13) —



**10. PPF Kneeling Bent Leg Donkey Kick**

**Purpose:**

This exercise strengthens lower back and glutes.



**11. PPF Kneeling Glute Kickback**

**Purpose:**

Strengthens gluteus maximus muscles.



**13. PPF Single Leg Quad Extension**

**Purpose:**

This exercise strengthens quadriceps.



**12. PPF Kneeling Straight Leg Kick Up**

**Purpose:**

Strengthens gluteus maximus muscles.



— Set up for the next four exercises (14, 15, 16 and 17) —



#### 14. PPF Limited Balance Squat

**Purpose:**

This exercise strengthens quadriceps, buttock muscles, as well as improves balance.



#### 15. PPF Limited Balance Lunge

**Purpose:**

This exercise strengthens quadriceps, buttock muscles, as well as improves balance.



— Set up for the next three exercises (16, 17 and 18) —



### 16. PPF Balance Squat with Medicine Ball

**Purpose:**

This exercise strengthens quadriceps, buttock muscles and shoulders, as well as improves balance.



### 17. PPF Resistance Balance Squat

**Purpose:**

This exercise strengthens quadriceps, buttocks muscles, as well as improves balance.



## 18. PPF One Leg Balance Lunge with Knee Raise

**Purpose:**

This exercise strengthens quadriceps, buttocks muscles, as well as improves balance.



### 19. PPF Elevated Squat

**Purpose:**

This exercise strengthens quadriceps and buttocks muscles.



### 20. PPF Elevated Lunge Cross Back

**Purpose:**

This exercise strengthens quadriceps, buttocks muscles and balance.



### 21. PPF Jump Squat

**Purpose:**

This exercise strengthens thighs, hips and buttocks muscles, as well as improve the functions of the nervous system.



## 22. PPF Jump Over

### Purpose:

This exercise strengthens thighs, hips and buttocks muscles, as well as improve the functions of the nervous system.



## 23. PPF Side Jump

### Purpose:

This exercise strengthens thighs, hips and buttocks muscles, as well as improve the functions of the nervous system.



## 24. PPF Step Up Knee Up

### Purpose:

This exercise strengthens quadriceps, buttocks muscles and balance.



## 25. PPF Plie Up Right Row

### Purpose:

This exercise strengthens trapezius, deltoids, buttocks, outer and inner thighs muscles.



## 26. PPF Side One Arm Deltoid Raise

### Purpose:

This exercise strengthens medial deltoid muscle.



## 27. PPF Limited Balance Lunge Side Deltoid Raise

### Purpose:

This exercise strengthens medial deltoid, core, quadriceps, buttocks muscles and improves balance.



## 28. PPF Limited Balance Lunge Shoulder Press

### Purpose:

This exercise strengthens anterior deltoid, core, quadriceps, buttocks muscles and improves balance.



## 29. PPF Balance Side Deltoid Raise

### Purpose:

This exercise strengthens medial deltoid, core, quadriceps, buttocks muscles and improves balance.



## 30. PPF Balance Side Lateral Raise

### Purpose:

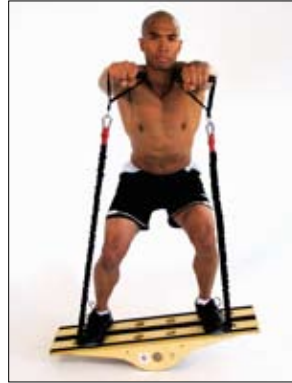
This exercise strengthens medial deltoid, core, quadriceps, buttocks muscles and improves balance.



### 31. PPF Balance Squat Front Deltoid Raise

**Purpose:**

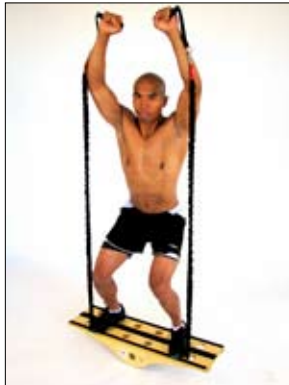
This exercise strengthens anterior deltoid, core, quadriceps, buttocks muscles and improves balance.



### 32. PPF Balance Squat Shoulder Press

**Purpose:**

This exercise strengthens anterior deltoid, core, quadriceps, buttocks muscles and improves balance.



### 33. PPF Balance Squat External Rotator Culf

**Purpose:**

This exercise strengthens rotary culf, core, quadriceps, buttocks muscles and improves balance.



### 34. PPF Balance Trapezius Shrug

**Purpose:**

This exercise strengthens upper trapezius, core, quadriceps, buttocks muscles and improves balance.



### 35. PPF Bench Press

**Purpose:**

This exercise strengthens pectoralis major.



### 36. PPF Balance Lunge Chest Fly

**Purpose:**

This exercise strengthens pectoralis major, quadriceps, buttocks muscles.



### 37. PPF Balance Squat Chest Press

**Purpose:**

This exercise strengthens pectoralis major, core, quadriceps, buttocks muscles and improves balance.



### 38. PPF Balance Push Up

**Purpose:**

This exercise strengthens pectoralis major, shoulders and core muscles.



### 39. PPF Balance Push Up Legs on the board

**Purpose:**

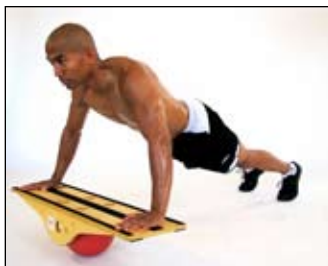
This exercise strengthens pectoralis major, shoulders and core muscles.



### 40. PPF Extreme Balance Push Up

**Purpose:**

This exercise strengthens pectoralis major, shoulders and core muscles.



#### 41. PPF Lateral Twist Push Up

**Purpose:**

This exercise strengthens pectoralis major, shoulders and core muscles.



#### 42. PPF Seated Reverse Fly

**Purpose:**

This exercise strengthens upper back and rear shoulders muscles.



#### 43. PPF Seated Row

**Purpose:**

This exercise strengthens back and rear shoulders muscles.



#### 44. PPF Stand Up Reverse Fly

**Purpose:**

This exercise strengthens upper back, lower back and rear shoulders muscles.



#### 45. PPF Stand Up Row

**Purpose:**

This exercise strengthens back and rear shoulders muscles.



#### 46. PPF Couple Balance Reverse Fly

**Purpose:**

This exercise strengthens upper back, core, rear shoulders, quadriceps, buttocks muscles and improves balance.



#### 47. PPF Couple Balance Squat Row

**Purpose:**

This exercise strengthens back, core, rear shoulders, quadriceps, buttocks muscles and improves balance.



#### 48. PPF Couple Balance Wide Grip Row

**Purpose:**

This exercise strengthens back, core, rear shoulders, quadriceps, buttocks muscles and improves balance.



#### 49. PPF Prone Lat Pull Down

**Purpose:**

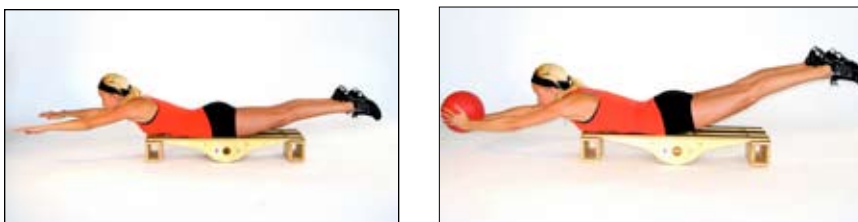
This exercise strengthens latissimus dorsi, shoulder girdle, spinal extensors.



#### 50. PPF Superman

**Purpose:**

This exercise strengthens lower back and shoulders muscles.



### 51. PPF Stand Up One Arm Bicep Curl

**Purpose:**

This exercise strengthens biceps brachii muscle.



### 52. PPF Balance Bicep Curl

**Purpose:**

This exercise strengthens biceps brachii, core muscles and improves balance.



### 53. PPF Balance Squat Bicep Curl

**Purpose:**

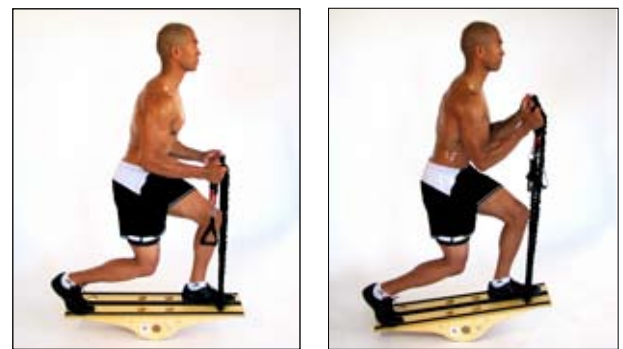
This exercise strengthens biceps brachii, core, quadriceps, buttocks muscles and improves balance.



### 54. PPF Balance Lunge Bicep Curl

**Purpose:**

This exercise strengthens biceps brachii, core, quadriceps, buttocks muscles and improves balance.



### 55. PPF Stand Up One Arm Triceps Kickback

**Purpose:**

This exercise strengthens triceps brachii.



### 56. PPF Kneeling One Arm Triceps Extension

**Purpose:**

This exercise strengthens triceps brachii.



### 57. PPF Lying Triceps Extension

**Purpose:**

This exercise strengthens triceps brachii.



### 58. PPF Incline Triceps Extension

**Purpose:**

This exercise strengthens triceps brachii.



### 59. PPF Balance Lunge Overhead Triceps Extension

**Purpose:**

This exercise strengthens triceps brachii, core, quadriceps, buttocks muscles as well as improves balance.



### 60. PPF Couple Balance Squat Triceps Extension

**Purpose:**

This exercise strengthens triceps brachii, core, quadriceps, buttocks muscles as well as improves balance.



### 61. PPF Block Push Up Legs on the board

**Purpose:**

This exercise strengthens triceps brachii, pectoralis major and core.



### 62. PPF Balance Triceps Dip

**Purpose:**

This exercise strengthens triceps brachii muscles.



### 63. PPF Neck Extension

**Purpose:**

This exercise strengthens splenius muscles.



### 64. PPF Neck Flexion

**Purpose:**

This exercise strengthens neck flexors muscles.



**65. PPF Abs Crunch****Purpose:**

This exercise strengthens rectus abdominis muscles.

**66. PPF Ab Crunch with Heels Hold****Purpose:**

This exercise strengthens rectus abdominis muscles.

**67. PPF Ab Bicycle Crunch****Purpose:**

This exercise strengthens oblique and rectus abdominis muscles.



### 68. PPF Leg Raise

**Purpose:**

This exercise strengthens lower abdominal and core muscles.



— Set up for the next ten exercises (69 to 78) —



### 69. PPF Resistance Single Leg Raise

**Purpose:**

This exercise strengthens hip flexors, core and abdominal muscles.



### 70. PPF Resistance Leg Extensions

**Purpose:**

This exercise strengthens hip flexors, core and abdominal muscles.



### 71. PPF Resistance Leg Raise

**Purpose:**

This exercise strengthens hip flexors, core and abdominal muscles.



## 72. PPF Resistance Seated Bicycle Crunch

**Purpose:**

This exercise strengthens oblique and rectus abdominis muscles.



## 73. PPF Resistance V-Ins

**Purpose:**

This exercise strengthens hip flexors, core and abdominal muscles.



## 74. PPF Resistance Medicine Ball Over Head Single Leg Raise

**Purpose:**

This exercise strengthens hip flexors, core, abdominal and tricep muscles.



### 75. PPF Double Resistance Hands Over Head Crunch w Single Leg Raise

**Purpose:**

This exercise strengthens abdominal, core and hip flexor muscles.



### 76. PPF Double Resistance Ab Crunch

**Purpose:**

This exercise strengthens rectus abdominis muscles.



### 77. PPF Double Resistance V-Up

**Purpose:**

This exercise strengthens abdominal, core and hip flexor muscles.



### 78. PPF Double Resistance V-Up Sit-Up

**Purpose:**

This exercise strengthens abdominal, core and hip flexor muscles.



### 79. PPF Resistance Mountain Climber

**Purpose:**

This exercise strengthens transverse abdominus, lower back, oblique, core muscles, arms, legs and improves body coordination.



— Set up for the next nine exercises (80 to 88) —



### 80. PPF Balance Plank

**Purpose:**

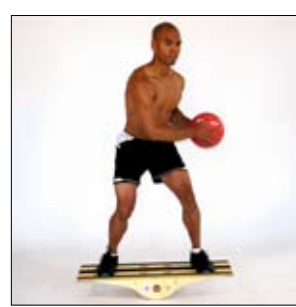
This exercise strengthens transverse abdominus, lower back, oblique, core muscles and improves body coordination.



### 81. PPF Balance Torso Rotation with Medicine Ball

**Purpose:**

This exercise strengthens oblique, core, quadriceps, butt, shoulder, bicep muscles as well as improves balance and coordination.



### 82. PPF Incline Ab Crunch

**Purpose:**

This exercise strengthens rectus abdominis muscles.



### 83. PPF Incline Leg Raise

**Purpose:**

This exercise strengthens hip flexors, core and abdominal muscles.



### 84. PPF Incline Medicine Ball Leg Extensions

**Purpose:**

This exercise strengthens hip flexors, core and abdominal muscles.



### 85. PPF Medicine Ball Ab Twist

**Purpose:**

This exercise strengthens oblique and rectus abdominis as well as arm muscles.



### 86. PPF Balance Isometric Abs

**Purpose:**

This exercise strengthens transverse abdominus, lower back, core muscles and improves body coordination.



### 87. PPF Incline Body Raise Beginning (Advanced)

**Purpose:**

This exercise strengthens transverse abdominus, rectus abdominis, lower back, leg, arm muscles as well as improves body coordination.



### 88. PPF Incline Body Raise Bicycle (Advanced)

**Purpose:**

This exercise strengthens transverse abdominus, rectus abdominis, oblique, lower back, legs, arms muscles as well as improves body coordination.



— — Set up for the next four exercises (89 to 92) — —



### 89. PPF Resistance Side Bends

**Purpose:**

This exercise strengthens oblique muscles.



### 90. PPF Incline Resistance AB Crunch

**Purpose:**

This exercise strengthens rectus abdominis muscles.



### 91. PPF Incline Resistance Ab Crunch 2

**Purpose:**

This exercise strengthens rectus abdominis muscles.



### 92. PPF Incline Resistance Hands Over Head Ab Crunch

**Purpose:**

This exercise strengthens rectus abdominis muscles.



— Set up for the next four exercises (93 to 97) —



### 93. PPF Incline Resistance Crunch With Bent Knees

**Purpose:**

This exercise strengthens rectus abdominis muscles.



### 94. PPF Incline Ab Resistance Single Leg Extension

**Purpose:**

This exercise strengthens rectus abdominis and core muscles.



### 95. PPF Incline Resistance Scissors

**Purpose:**

This exercise strengthens rectus abdominis and core muscles.



### 96. PPF Incline Resistance Leg Raise

**Purpose:**

This exercise strengthens rectus abdominis and core muscles.



### 97. PPF Couple Balance High Five Squat

**Purpose:**

This exercise strengthens core, legs, arms muscles as well as improves balance and coordination.



### 98. PPF Balance Medicine Ball Interruptions

**Purpose:**

This exercise strengthens core, legs, arms muscles as well as improves balance and coordination.



### 99. PPF Balance Medicine Ball Over Head Raise

**Purpose:**

This exercise strengthens core, legs, arms muscles as well as improves balance and coordination.

