

Power Plate® is proud to offer this collection of full-body exercises designed to specifically address the needs of those using a wheelchair. Exercising with Power Plate safely and effectively activates important muscles throughout the body. Power Plate can also help increase blood circulation, increase flexibility, and activate more muscles. For increased vibration transfer, all exercises can be performed with the wheelchair's wheels against the Power Plate base.

Double Leg Activation: 30-35Hz*, low amplitude. 30 seconds on; 30-60 seconds off. Repeat 1-3 times



1. Lock wheels and make sure your seatbelt is firmly attached.
2. Place both feet on the Power Plate base.
3. If you are able, gently press down against the base with your feet.
4. If you are able, roll your knees side to side, or open and close your knees for additional activity.

Right and Left, Single Leg Activation: 30-35Hz*, low amplitude. 30 seconds on; 30-60 seconds off. Repeat 1-3 times



1. Lock wheels and make sure your seatbelt is firmly attached.
2. Place your right foot on the Power Plate base.
3. If you are able, gently press down against the base with your feet.
4. If you are able, roll knees side to side, or open and close knees.
5. If you are able, rise up on your toes, or pull your toes up with weight in heels.
6. Repeat with your left foot.

Bicep Curl: 30-35Hz*, low amplitude. 30 seconds on; 30-60 seconds off. Repeat 1-3 times



1. Lock wheels and make sure your seatbelt is firmly secured.
2. Adjust straps to reach top of your hips with elbows bent to 90°. Pull with your arms upward with elbows close to your sides, maintaining normal breathing throughout the activity.

Shoulder Extension: 30-35Hz*, low amplitude. 30 seconds on; 30-60 seconds off. Repeat 1-3 times



1. Lock wheels and make sure your seatbelt is firmly secured. Place feet on the Power Plate base or footrests of the wheelchair.
2. Adjust straps to slightly forward of your arms resting at your sides, sitting against the back rest.
3. Pull straight back with your hands close to your sides, maintaining normal breathing throughout the activity.
4. This movement can be performed with an overhand grip (as pictured), or underhand grip (palms facing forward).

Seated Row: 30-35Hz*, low amplitude. 30 seconds on; 30-60 seconds off. Repeat 1-3 times



1. Lock wheels and make sure your seatbelt is firmly secured. Place both feet on the Power Plate base or the footrests on your wheelchair.
2. Adjust straps to reach top of hips. Pull back toward your hips in a rowing motion with elbows close to your sides, maintaining normal breathing throughout the activity.

*the Power Plate my3 is preprogrammed to 35Hz only; no need to adjust

Reverse Fly: 30-35Hz*, low amplitude. 30 seconds on; 30-60 seconds off. Repeat 1-3 times



1. Lock wheels and make sure your seatbelt is firmly secured. Place feet on base or foot rests.
2. Cross and adjust straps to reach top of your wheelchair armrests (see the photo for proper position).
3. Pull the straps apart and away from your body, maintaining normal breathing throughout resisted activity.

Lateral Raise: 30-35Hz*, low amplitude. 30 seconds on; 30-60 seconds off. Repeat 1-3 times



1. Lock wheels and make sure your seatbelt is firmly attached.
2. Facing the Power Plate, pre adjust straps so your arms are positioned at shoulder height.
3. Raise arms straight up against tension and hold them at shoulder height.

Core Cross Reach With Single Arm: 30-35Hz*, low amplitude. 30 seconds on; 30-60 seconds off. Repeat 1-3 times



1. Lock wheels and make sure your seatbelt is firmly secured.
2. Position chair to the left at 90° to the Power Plate (for whole body vibration, rest side of wheel against the base). Pre adjust the straps so your arm can reach the opposite shoulder, at shoulder height. Gently turn your body until resistance is felt, holding the strap and handle 4-6 inches from the opposite shoulder; hold while maintaining normal breathing.
3. When finished, position the chair to the right at 90° to the Power Plate and repeat.

Core Rotation Arms Extended: 30-35Hz*, low amplitude. 30 seconds on; 30-60 seconds off. Repeat 1-3 times



1. Lock wheels and make sure your seatbelt is firmly secured.
2. Position chair to the left at 90° to the Power Plate. Pre adjust static straps so your arms can fully extend at mid chest level. Gently rotate torso and shoulders away from the base; hold while maintaining normal breathing.
3. When finished, position chair to the right at 90° to the Power Plate and repeat.

Chest Press: 30-35Hz*, low amplitude. 30 seconds on; 30-60 seconds off. Repeat 1-3 times



1. Place wheels against the base, and lock wheels, making sure your seatbelt is firmly secured.
2. Pre adjust static straps so your arms can remain slightly bent at mid chest level with straps inside elbows, or outside of elbows as tolerated.
3. Perform a slow push against resistance and breathe normally.

Calf Massage: 30-35Hz*, low/high amplitude. 30 sec on; 30-60 seconds off. Repeat 1-3 times



1. Place one or both legs on Power Plate and lock wheels, making sure your seatbelt is firmly secured.
2. Massage can be performed on the soft pad that comes with the Power Plate.
3. Higher amplitude is acceptable for massage.
4. If you can, you may add to the massage by rolling your legs in and out.