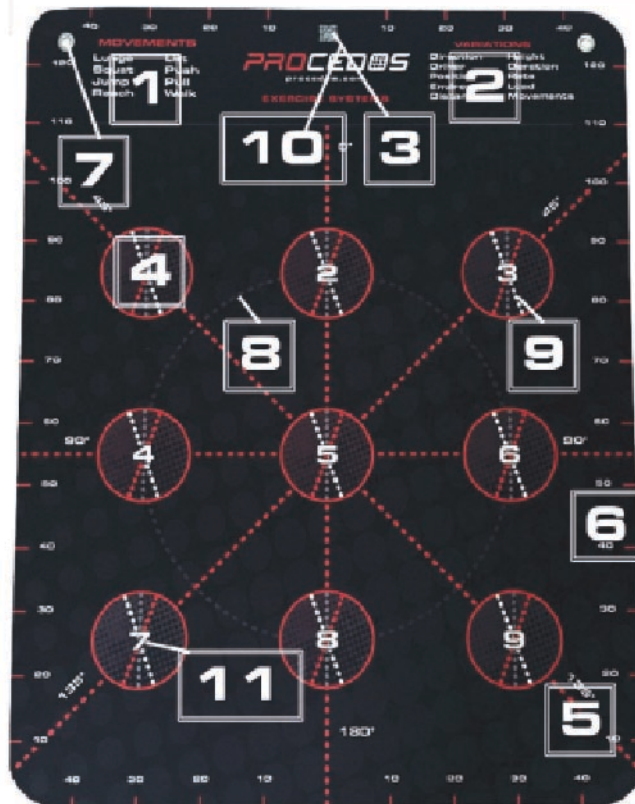


# Platform Anatomy



- 1**.....Foundational Movements
- 2**.....Variables for Movements
- 3**.....QR code for login via smartphone/pad
- 4**.....Driver Dot with numbers
- 5**.....Angle measurement
- 6**.....Length measurement in centimeters
- 7**.....Eyelets for hanging 86cm c/c
- 8**.....Centre Circle
- 9**.....Dot angles drivers 20°
- 10**.....Serial Number for registration
- 11**.....Ground numbers

**The platform9 serves as a foundation** for movement variables. This includes length, width and angles. **Since every functional movement has an angle, vertical and horizontal displacement we want to mimic those variables.**

The Platform9 provides us with the functional sphere, in the zones where most movements in life takes place. The movements written on the P9 are something you have learned without a teacher, we need to REINFORCE them during our whole life to keep our movement function. P9 gives you the variation in the sphere to successfully enhance function in life and sports.

The exercise system, creates motor learning aspects and proprioception it also spreads out the mechanical stress placed upon the tissues.

**We here** at procedos believe that the human movement system is integrated. Since this has been proven in the research we also believe that we should train this way.

This however does not neglect more local movements where more stress is placed on one segment. Actually in most movement patterns there are some parts that will take more stress than others, but they are almost always integrated.

**To train in 3D** is nothing new. With the P9 and our exercise system we have simplified 3D training as much as possible. It is so simple that you can take any good exercise and 3D it! You can use the P9 to get your creativity to flow.



## Restore P9 Foot Circumduction

**Functions:** The foot is one of the most vital structures in upright function. The foot deserves attention in our training so this fundamental segment works as the torque converter it is.



### Start

- ⇒ Right foot in nr 5 with as much bodyweight you can tolerate, toe touch on nr 4 with the other leg.
- ⇒ Make sure the whole foot has contact with the ground.
- ⇒ Use arms to maintain balance if needed.
- ⇒ Mirror this on your other side which will be left foot in nr 5 and right foot toe touching in nr 6.

### Motion

- ⇒ Let the hipbone follow the centre circle with fluid motion in medium speed.
- ⇒ Use 10 reps Clockwise and Counter-clockwise in each position (two different starting positions).
- ⇒ Only use the range of motion the body accepts and are non painful.
- ⇒ Make sure the foot is dynamic during movement; it should not be "grasping" the foot.



**Restore**

## **P9 Hip Flexibility**

**Functions:** 3D Hip flexibility Integrated with foot and knee. The powerhouse of the body is the hip. Therefore 3D Hip motion might be the most vital aspect of functional force production.



### **Start**

- ⇒ Left foot—Nr 1, Right foot—Nr 9
- ⇒ Make sure both feet are equally loaded before motion
- ⇒ Put hands on your hip bone this enhances the effectiveness of the exercise
- ⇒ Mirror this on your other side which will be Left foot in Nr. 7 and Right foot in Nr 3



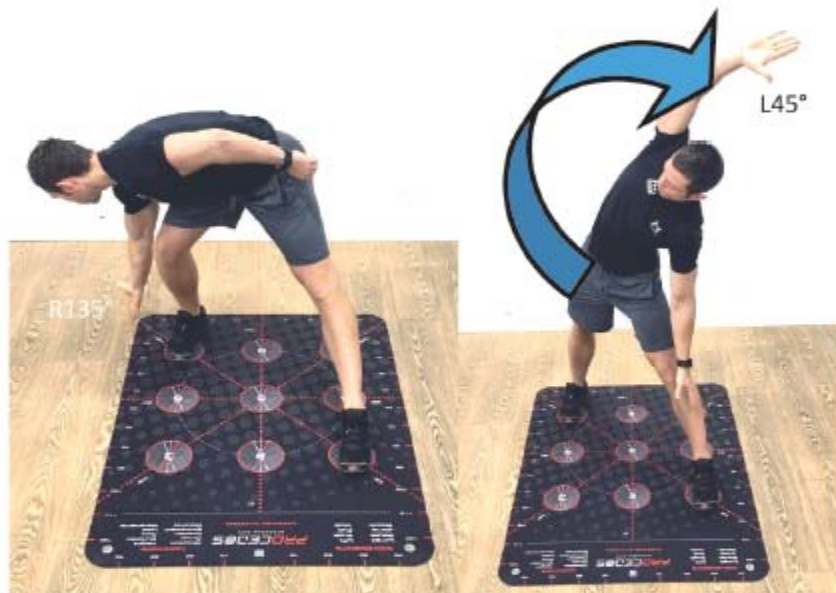
### **Motion**

- ⇒ Let the hipbone follow the centre circle with fluid motion
- ⇒ Use 10 reps Clockwise and Counter-clockwise in each position (two different starting positions)
- ⇒ Only use the range of motion the body accepts and are non painful
- ⇒ Variations: Stride length, Rate, Starting position and duration.



## Restore P9 Spine Flexibility

**Functions:** The spine is designed to move in 3D. However some segments exhibits more motion than others. With this exercises we restore the functional motion of the spine segments integrated with hips.



### Start

- ⇒ Left foot—Nr 1, Right foot —Nr 9.
- ⇒ Make sure both feet are equally loaded before motion.
- ⇒ Aim to place pinkyfinger on angle. Try to follow the same angle to the other side.
- ⇒ Mirror this on your other side which will be Left foot in Nr. 7 and Right foot in Nr 3.

### Motion

- ⇒ Let the the hips and spine contribute to the movement.
- ⇒ Use 3 reps in each angle in slow-medium rate.
- ⇒ Only use the range of motion the body accepts and are non painful.
- ⇒ In L1R9 position the angles used are R135, R90, R45, 0, L45, L90.
- ⇒ Variations: Stride length, Rate, Starting position and duration.



## Restore P9 Posterior Chain Flexibility

**Functions:** The curves that this exercises restores is the most basic ones. Being able to successfully flex the body is vital in everyday function. This movement involves backside of the legs, calves and low back.



### Start

- ⇒ Left foot—Nr 1, Right foot—Nr 9.
- ⇒ Make sure both feet are equally loaded before motion.
- ⇒ As you initiate motion bodyweight will be distributed as needed. Make sure you stand up tall after each rep.
- ⇒ Mirror this on your other side which will be right foot in nr 3 and left foot in nr 7.

### Motion

- ⇒ Let the hip and spine contribute to the movement.
- ⇒ Use 3 reps in each number, two hands, left hand, right hand.
- ⇒ Objective is to get the whole palm of the hand to contact floor on nrs.
- ⇒ Only use the range of motion the body accepts and are non painful.
- ⇒ Variations: Starting position, rate, distance and duration.



## **Reinforce P9 Anterior Lunges**

**Functions:** Taking steps in the anterior direction with then returning "home" to start is a great way to reinforce spine and hip flexion, this is where it all started.



### **Start**

- ⇒ Start outside platform with toes pointing at 10/10.
- ⇒ Body should be tall before initiating movement.
- ⇒ Before you start build a systemic game plan on how you want to execute each nr.
- ⇒ Mirror this on your other side which will be same starting position and lunging with other leg.

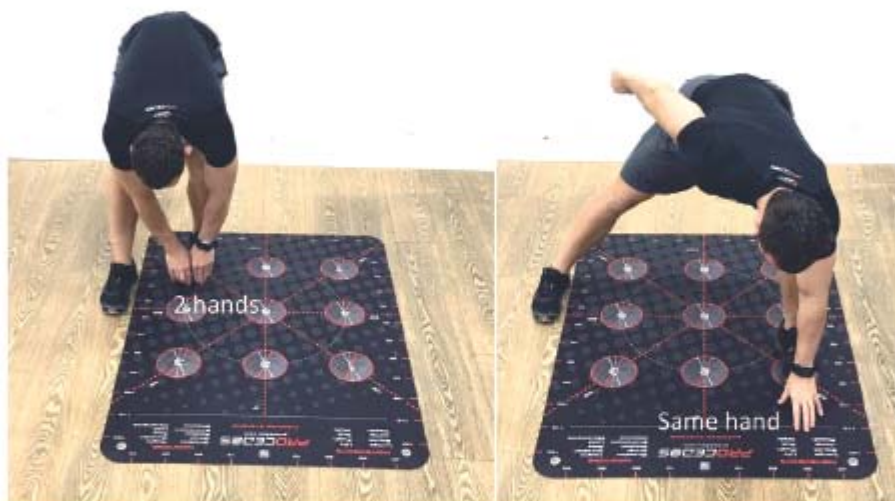
### **Motion**

- ⇒ Sequencing the lunge with first landing in desired nr and then fingertips touches the floor.
- ⇒ **Use 3 reps in each nr, both hands, right hand and left hand touching floor just in front of your big toe.**
- ⇒ Only use the range of motion the body accepts and are non painful.
- ⇒ Variations: Rate, distance, starting position (ex 20/20).



## Reinforce P9 Lateral Lunges

**Functions:** The side to side plane is often one of the best directions to stimulate the inside and outside structures of the leg. The platform provides drivers so the body learn how to distribute stress effectively.



### Start

- ⇒ Right foot outside platform hip width apart and left foot in Nr 6.
- ⇒ Make sure both feet are equally loaded before motion.
- ⇒ Make sure to start from tall posture.
- ⇒ Mirror this on your other side which will be Left foot outside the Platform hip width apart and Right foot in Nr 4.

### Motion

- ⇒ Take a lunge step any number on the Platform.
- ⇒ We recommend you have a plan in which order to execute your set.
- ⇒ Only use the range of motion the body accepts and are non painful.
- ⇒ Variations: Stride length, Rate, Starting position and duration.
- ⇒ Use hand drivers as follows two hands, opposite hand and same hand as trail leg. This create 3 reps in each dot on each side.





## Reinforce P9 Hoover Lunges

**Functions:** This exercise gives you the opportunity to challenge your single leg stability. Controlling mass and momentum might be one of the most vital things in everyday life and sports.



### Start

- ⇒ Start outside the Platform in a 20/20.
- ⇒ Make sure both feet are equally loaded before motion.
- ⇒ After one rep you come back to the same start position: 20/20.
- ⇒ Mirror this exercise on your other leg.

### Motion

- ⇒ We recommend you have a plan in which order to execute your set.
- ⇒ Use 3 reps on each number—1 slow, 1 medium and 1 fast speed.
- ⇒ The opposite hand is driven to 45 degree @ knee height same side as trail leg.
- ⇒ Variations: Starting position, Rate, load, hand driver direction & height, duration.



## Reinforce P9 Transfer Squats

**Functions:** Transfer squats combines the gliding and vertical translation of the body. This is a very unique exercise where the platform angles gives us the directions for glidnings. Great fundamental exercise.



### Start

- ⇒ Left foot—Nr 1, Right foot in Nr 5.
- ⇒ Make sure both feets are equally loaded before motion.
- ⇒ Use hands to find boyance / balance in the exercise.
- ⇒ Mirror this on your other side which will be Left foot in Nr. 5 and Right foot in Nr 1.

### Motion

- ⇒ Slide your hip towards angle and execute a squat in that angle.
- ⇒ Use 3 reps in each angle: 180, 135 R/L, 90 R/L, 45 R/L, 0.
- ⇒ Only use the range of motion the body accepts and are non painful.
- ⇒ Variations: Rate, Starting position, load and duration.



## Reinforce P9 Rotational Squats

**Functions:** Rotational Squats might be one of the most vital aspects of vertical exercises. As a matter of fact our body is designed to primarily work in rotations since gravity is axial loading.



### Start

- ⇒ Left foot—Nr 1, Right foot—Nr 2 this is an exercise with one leg being fixed (left in Nr 1) and the other leg will move to different positions after one position is executed (Right).
- ⇒ Make sure the fixed leg is as loaded as possible during the whole exercise.
- ⇒ Use Hands as drivers and make sure you still use Squat to vertically translate.

### Motion

- ⇒ With one leg being as loaded as you tolerate (we do not recommend hovering on the other leg, just toe touching. Use hand drivers in R45, 0, L45).
- ⇒ **With both hands in given angles there will be 6 Reps in each position. (Left leg squats with both right and left hand drivers.**
- ⇒ Only use the range of motion the body accepts and are non painful.
- ⇒ Variations: Rate, Starting position, duration and environment.



## Reinforce P9 Anterior Jumps

**Functions:** Leaving the ground starts early in life. It is the ultimate form of power training. This is the only way to maintain elasticity in your lower extremities in a functional way.



### Start

- ⇒ Left foot—Nr 8, Right foot—Nr 9.
- ⇒ Make sure both feet are equally loaded before motion.
- ⇒ Use arms to control motion.
- ⇒ Mirror this on your other side which will be Left foot in Nr. 7 and Right foot in Nr 8.

### Motion

- ⇒ Take a jump from the starting position to all possible anterior symmetrical numbers (5-6, 2-3, 1-2, 4-5, 7-8). Return to start position after each jump with a posterior jump.
- ⇒ **Use 2 reps to each symmetrical numbers on each side.**
- ⇒ Only use the range of motion the body accepts and are non painful.
- ⇒ Variations: Hand drivers, Starting position, landing position and rate.



## Reinforce P9 Lateral Jumps

**Functions:** Side plane is one of the most stable plane we can work in. It is great to turn on lateral glutes, legs and calves. The goal is to build a better recoil effect. This is a healthy adaptation from jumping.



### Start

- ⇒ Left foot— Outside platform, Right foot—4 in hip width.
- ⇒ Make sure both feet are equally loaded before motion.
- ⇒ Use your hands to find optimal balance in landing and start.
- ⇒ Mirror this on your other side which will be Left foot in Nr. 6 and Right foot outside platform.

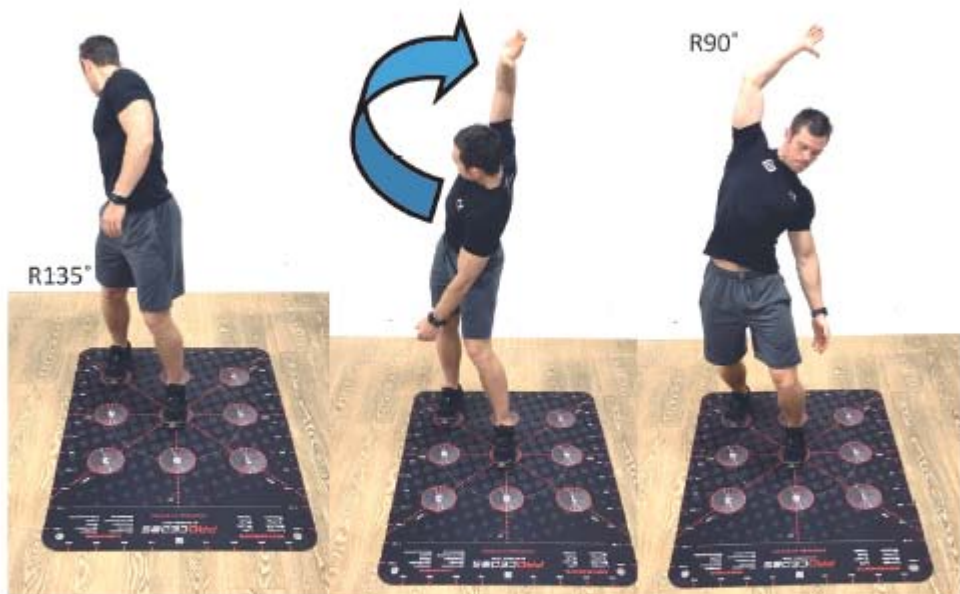
### Motion

- ⇒ Execute a lateral symmetrical jump to all possible number combinations (1-2, 2-3, 4-5, 5-6, 7-8, 8-9) jump back to starting position after contact with the numbers.
- ⇒ **Use 2 reps in each position.**
- ⇒ Only use the range of motion the body accepts and are non painful.
- ⇒ Variations: Hand drivers, Starting position, landing position and rate.



## Reinforce P9 Action Reaches

**Functions:** Our arms are levers to our abdominals and back myofascia. One arm is approx 4-6kgs and with acceleration and speed the load on abdominals and other structures are more than we think!



### Start

- ⇒ Right foot in nr 9 and left foot in nr 5.
- ⇒ Make sure both feet are equally loaded before motion.
- ⇒ Make sure you notice all angles you are working from before starting.
- ⇒ Mirror this on your other side which will be Left foot in Nr. 7 and Right foot in Nr 5.
- ⇒ The higher rate creates a more elastic response.

### Motion

- ⇒ Use same arm as backleg .
- ⇒ Use 9 reps in each angle 3 Slow, 3 Medium and 3 Fast—Rate change.
- ⇒ Angles used: R180, R135 and R90. (change to left on other side).
- ⇒ Hand is the driver from starting at hip height drive arm to overhead in the same angle.
- ⇒ Variations: Rate, Starting position, angles, directions and duration.



## Reinforce Rotational Reaches

**Functions:** The important rotational plane. Most of your abdominal structures are oriented in this plane. This means their main function is to create and control that rotational plane.



### Start

- ⇒ Left foot—Nr 7, Right foot—Nr 5.
- ⇒ Make sure both feet are equally loaded before motion.
- ⇒ Make sure you notice all angles you are working from before starting.
- ⇒ Mirror this on your other side which will be Left foot in Nr. 5 and Right foot in Nr 9.
- ⇒ The higher rate creates a more elastic response.

### Motion

- ⇒ Use opposite arm as backleg.
- ⇒ Use 6 reps in each angle at a medium-fast rate.
- ⇒ Use angles to create different distances: 1. R180-R90 6 reps 2. R90-0 3. R180-0 (full motion).
- ⇒ Only use the range of motion the body accepts and are non painful.
- ⇒ Variations: Rate, Starting position load and duration.



## Reinforce P9 Push Up

**Functions:** There are many ways to do Push-Ups. The main benefit of using the platform is the variety of stress you apply to chest, arms, shoulders and core. You can also change the position of the feet.



### Start

- ⇒ Start in a prone position with right hand in nr 2 and left hand in nr 1 feet in 40/40.
- ⇒ Make sure both hands are equally loaded before starting movement.
- ⇒ Mirror this on your other side which will be right hand in nr 3 and left hand in nr 2.

### Motion

- ⇒ After one rep in one position change one hand to new number.
- ⇒ Use 1 rep in each combination. Left hand will be fixed in Nr 3 and Right will be moving, in the mirror sequence Right hand will be fixed in Nr 3 and left hand will be moving.
- ⇒ Only use the range of motion the body accepts and are non painful.
- ⇒ Variations: Positions hands and feet, drivers, directions and load.





## **Reinforce P9 Ground Leg Reaches**

**Functions:** Creating opportunity for the lower segments of your core to create movements. This exercise includes all planes of motion and also creates healthy spine movements.



### **Start**

- ⇒ Left foot—Nr 9 Right foot—Nr 7.
- ⇒ Make sure both hands and feet are equally loaded before motion.
- ⇒ Hands start outside the platform.
- ⇒ Mirror this on your other side which will be drivers with right leg.

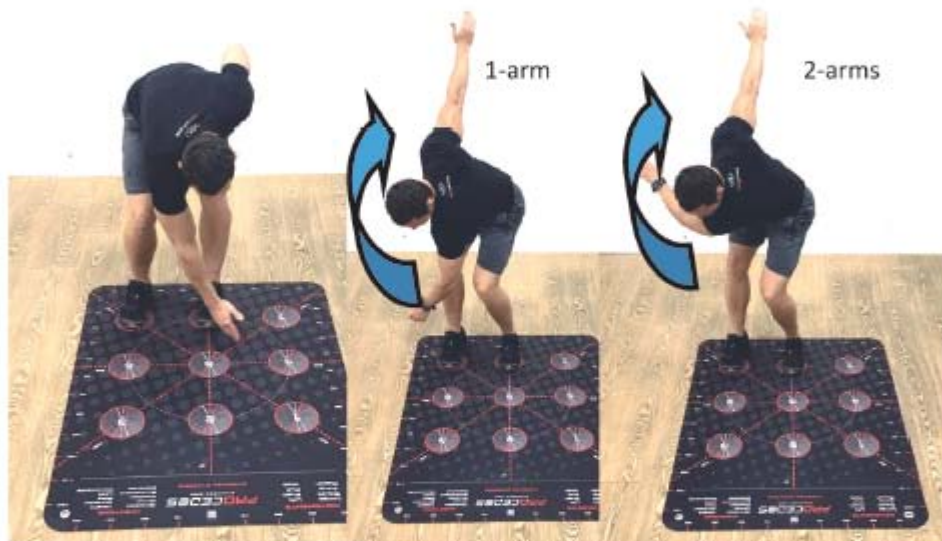
### **Motion**

- ⇒ Drive left foot to all possible numbers.
- ⇒ **3 reps in each possible number—using rate: 1 Slow, 1 Medium and 1 Fast.**
- ⇒ Return to start position after each rep.
- ⇒ Variations: Starting position, duration and rate.



## Reinforce P9 Arm Pulls

**Functions:** There are many ways to engage the back muscles. Lifting your arm up against gravity might be one of the most fundamental ones. This one includes powerful pulls with your arms.



### Start

- ⇒ Left foot—Nr 8, Right foot—Nr 9  
Locking the right foot in Nr 9 and moving the left foot after reps in each dot are finished.
- ⇒ Use same arm as the legs that are moving.
- ⇒ Start by reaching right hand in front of your left foot.
- ⇒ Mirror this on your other side which will be Left foot—Nr 7 Right foot—Nr 8 (reaching with right hand).

### Motion

- ⇒ As soon as the hand reaches the foot explode up into a vertical position of the arm.
- ⇒ **Do 4 reps in each dot. 1-arm x 2 two arms x 2. This will count 32 reps on each "side".**
- ⇒ Only use the range of motion the body accepts and are non painful.
- ⇒ Variations: Load, Position. Rate and Direction.



## Reinforce P9 Wide Jacks

**Functions:** Jumping with low vertical displacement is a safe way to create cardiovascular stress. The platform provide you with the ground drivers which create symmetry to the movement.



### Start

- ⇒ Left foot in Nr 5 and Right foot in Nr 9.
- ⇒ Most of the load will be placed on the foot in Nr 5.
- ⇒ Use hands to enhance power in movement.
- ⇒ This exercise has no mirror side.

### Motion

- ⇒ Jump to create opportunity for the legs to shift in air. **Total 40 reps.**
- ⇒ Land in the opposite foot pattern from that you started in.
- ⇒ Only use the range of motion the body accepts and are non painful.
- ⇒ Variations: Stride length, Rate, Starting load and duration.
- ⇒ Motion should be fluid and elastic.



## Reinforce P9 Rotational Jacks

**Functions:** Jumping with rotation and counteracting with the upperbody is great for the hip/spine complex. The core muscles support the rotation in a healthy manner.



### Start

- ⇒ Left foot—Nr 1, Right foot –Nr 9.
- ⇒ Make sure both feet are equally loaded before motion.
- ⇒ This exercise is a rotational jump, counteract the rotation of your hips with your arms.
- ⇒ There is no mirror on this exercise.

### Motion

- ⇒ Jump to create a rotation in the hips, you should land in the mirror of the starting movement.
- ⇒ **Use 40 reps total.**
- ⇒ Only use the range of motion the body accepts and are non painful
- ⇒ Variations: Rate, load and duration.



## Reinforce P9 Sphere Jacks

**Functions:** Quick, reactive feet is one key element in balance, athleticism and vitality. This exercise reinforces both quick feet and many different coordinative patterns.



### Start

- ⇒ Left foot—Nr 1, Right foot—Nr 2.
- ⇒ Make sure both feet are equally loaded before motion.
- ⇒ Right foot will be locked in nr 1 and the left leg will be moving.
- ⇒ Mirror this on your other side which will be Left foot in Nr. 2 and Right foot in Nr 3.

### Motion

- ⇒ The locked leg will stay in the same position (Left Nr 1) the right leg will quickly tap Nr 3 and back to Nr 2, then tap 4 and back to 2 and so on.
- ⇒ Use 2 rep in each number, total of 16 reps on each side.
- ⇒ Only use the range of motion the body accepts and are non painful.
- ⇒ Variations: Stride length, Rate, Starting position and duration.



## Restore P9 Anterior Restoration

**Functions:** Hip extension is vital for the healthy movement system. It is easily lost from our western lifestyle. It is easy to restore the motion with a great functional stretch, make sure to take it serious!



### Start

- ⇒ Left foot—Nr 1, Right foot —Nr 9.
- ⇒ The right foot is loaded throughout toes, heel in air.
- ⇒ Put hands on the wall in a shoulder height and shoulder width apart.
- ⇒ Mirror this on other side left foot in nr 7 and right foot in nr 3.
- ⇒ You should feel you anterior hip.

### Motion

- ⇒ Driver is hipbone, let the hip glide 0 degrees, R45 and L45 with 10 reps in each direction. After the first 30 reps are done—change handposition so that right hand is higher and left hand lower. Repeat angle drivers with hip.
- ⇒ Make sure the backlegs foot is points straight during movement.
- ⇒ Only use the range of motion the body accepts and are non painful.



## Restore

## P9 Rotational Restoration

**Functions:** Hip Internal rotation might be one of the most important movements one can have. Used both walking and running it serves as one of the best powersources in the body.



### Start

- ⇒ Left foot—in nr 3 with 90° rotation to the right. Right foot—nr 5.
- ⇒ Put hands on the wall in a shoulder height and shoulder width apart.
- ⇒ Mirror this on other side left foot in nr 5 and right foot in nr 1 with 90° rotation to the left. (reference is wall).
- ⇒ You should feel your glute muscles on the side of your hip.

### Motion

- ⇒ Driver is hipbone, let the hip glide R90, R45 and 0 degrees with 10 reps in each direction. After the first 30 reps are done—change handposition so that right hand is higher and left hand lower. Repeat angle drivers with hip.
- ⇒ Make sure front legs foot is 90 degree rotated throughout the movement.
- ⇒ Only use the range of motion the body accepts and are non painful.

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