

Manta Power Trainer

Introduction



The Manta Power Trainer was designed to give users a totally unique experience in working the upper body, core and leg muscles. It makes students use nearly all of these muscles by putting the user into exercise positions that are not found in many standard exercises. The shape and look of the trainer makes it highly motivating and lots of fun for all ages. They love to work with it, challenging themselves to accomplish the exercise progressions listed in this activity guide. This guide describes many ways to use the Manta Power Trainer. It is so versatile that teachers and students will find even more ways to exercise with this product. The five different hand positions ensure that the user will exercise all of the affected muscle groups from several different angles for a complete workout.

The guide describes how to use the trainer and provides pictures to help show the user/instructor how to perform the various exercises. It covers skill levels, progressions and offers a wide variety of exercises that will challenge any user. The Manta Power Trainer offers exercises and progressions that will accommodate the youngest student, right on up to the high level adult athlete.

Body Position

The standard push-up position will be the starting position for most of the exercises in this guide. However, one of the ways that users/teachers can adjust the difficulty when using the Manta Power Trainer is to change this position. To make the exercises easier, set the knees on the floor as your starting point. Younger students will have more success in working through the routines in this position. To increase the difficulty, have students try the following positions:

Pike Position: In this position, the user bends at the waist with their hips up in the air, legs straight.

One Foot Off Floor: Start in the push-up position, but set one foot on the back of the other, which puts more weight on the arms.

Hold One Foot High: Hold one foot about 24" off the floor, which puts more stress on the legs and core.



Basic Progression Workouts

This section explains how to use the 5 sets of handprints to work at several different levels of difficulty.

Level 1

Start in the push-up position, with hands on L1 and R1. Staying in the up position (no pushups), hand walk through the following progression,

as marked on the hands. Add additional sets as needed. “L” indicates use of the left hand and “R” indicates the right hand.

L1 – R1 L2 – R2 L3 – R3 L4 – R4 L5 – R5



Levels 2-10

In the following levels, users will do push-ups after both hands change position. Level 2 has the user do 2 push-ups after both hands change positions. Level 3 has users do 3 push-ups after each hand change and so on. Pick a level that the user can finish and then try to move up levels as the strength level increases. The total push-ups completed will be 5 times whatever level one can accomplish. For example, at level 3, the user will have done 15 total push-ups. On level 10, the user will have done 50 push-ups.

Offset Position Workouts

This section describes how to place the hands in offset positions to work the various muscle groups in an even greater variety of positions. In these exercises you will use one hand high with the other hand low, or one hand wide and the other in close, etc. Like the Basic Progression Workout, use the level system. For example, if you do 3 push-ups after each hand position change, you would call it Level 3 in Offset Position. Below is one combination that covers a set of simple offset positions. You will notice that in this combination, there are 6 positions, which means at level 3 you will have completed 18 push-ups. At level 5 you will have done 30 push-ups, etc. Also, there are many other combinations you can use in the Offset Position. Make up your own to fit your needs.

L1 – R2 L2 – R1 L3 – R4 L4 – R3 L5 – R1 L1 – R5



More Exercises That Work the Core and Legs

These exercises put users in positions that will work the abdominal/core muscles and legs as well as the upper body. Use the hand placement that best fits the exercise for balance and stability.

T Push-ups

Start in a comfortable push-up position (L2 – R2). Lift one arm out and up until it is pointing straight up, while keeping the body straight and rigid. Hold for 2-5 seconds, bring it down, complete one or more push-ups, then repeat with the other arm. Try for 6 -10 repetitions. This a great core exercise.



Raised Feet Push-ups

Place the feet on a chair, bench, or medicine ball and complete any version of the push-up progressions. This exercise puts more stress on the upper chest and shoulders as well as the abdominals.



Spiderman Push-ups

Start in a push-up position with the hands in the L3 – R3 hand position. As you lower yourself, bring the left knee up to the left elbow, bringing it back as you raise into the up position. On the next repetition, bring the right leg up to touch the right elbow. Repeat. This variation will blast the core and leg muscles.



Knee to Chest Push-ups

Use the L3 – R3 hand position. Go down, while on the way up bring a knee up to the chest. On the way down, pull it back. Pull the other knee up on the next repetition. Repeat. This exercise emphasizes the abdominal area.



Pike Position Push-ups

Start with the hands in hand position L5 – R5. Bring the feet closer while keeping the legs straight, forming a 90-degree bend at the waist. Go down until the forehead is about 6 inches from the floor. This exercise primarily works the shoulder muscles (deltoids) and triceps.



Thigh Tap

Place the hands on position L5 -R5. Go down and then up. Take one hand off the floor and tap the thigh. Go down and up again and repeat with other hand. This version works the core and all stability muscles.



Single leg Raised

Choose a hand number and set up in a push-up position. Lift the left leg approximately 24" off the floor. Perform the push-up, switch legs and repeat. This exercise develops muscles in the lower back, buttocks, legs, core and upper body.



Straddle Push-ups

This exercise can be done in a few different ways. Try going through the Offset Position progression. After coming up after each push-up, throw the legs out to the sides into a straddle position and back. Perform another push-up, straddle legs again and so on. This combination works the legs, abdominals, as well as the upper body.



Burpee Push-up

You can do this exercise 2 different ways. Start from a standing position. Squat down, placing hands on L5 – R5. Shoots legs back into a standard push-up position. Do 1 or more push-ups. Jump the legs back into a squat position and stand up. Or, start in a push-up position. Do 1 or more push-ups. Bring the legs up and under into a squat position and immediately shoot them back into place and do the push-ups again. Repeat. This exercise develops the legs, core and the upper body. It is the perfect overall body exercise.



These are just a few of the many variations of push-ups and exercises that can be done out of the push-up position.