

The Power Tower Workout Routine

Workout Structure

The Power Tower workout will last approximately 20 minutes with 4 exercises in total. The aim is to complete 3 sets of 10 reps for each exercise - ensuring to take a 1 minute rest between sets.

If you find that completing 10 reps per exercise is too challenging, either aim to do as many reps as you possibly can or use a regressed version (which you will find in the below section). Likewise if you find any of the exercises to be too simple then aim for a higher rep count or attempt the progressed version.

Power Tower Exercises

Power Tower Leg Raises or Knee Raises

Focus Area: Core / Hip Flexors

Muscles Targeted: Abs, Obliques / Iliopsoas





- Get lower back in firm contact with the back support.
- Dig elbows and forearms into the pads.
Step off and keep the core tight to support body weight and keep stable.
- Drive straight legs out aiming for a minimum of hip height or drive knees up towards the chest.
- Slowly lower the legs back down until the body is straight.
Keep the upper body firm and fixed throughout the movement.
- To make this more challenging, hang from the pull up bars rather than being in a fixed position.

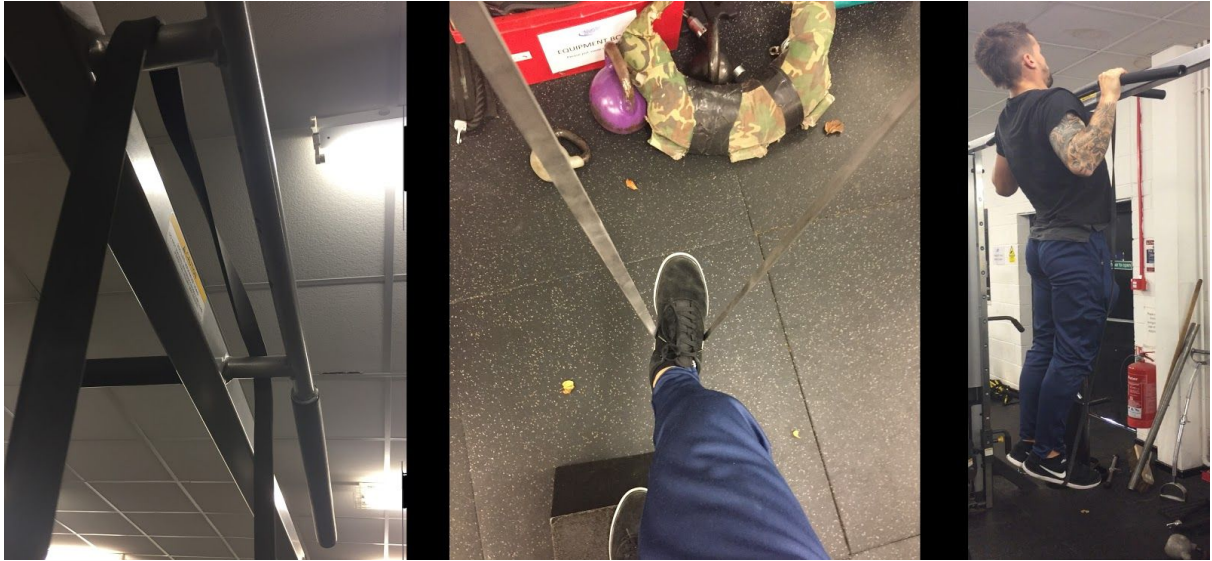
Allowing your body to sink down, during this exercise, is very common. It's not a huge problem, however, if you find that this is happening to a great degree, stop, correct your position and continue.

Power Tower Pull-ups
Focus Area: Back / Arms
Muscles Worked: Lats / Biceps



- Choose your grip or experiment up with different grips:
Wide Overhand / Narrow Underhand / Reverse Grip.
- Hold on to upper handles and step off keeping the body straight.
- Pull body up until the upper chest is in line with the handles.
- Lower back down to the starting position in a controlled manner.
- Slow down the speed of movement to make it more challenging or use a resistance band to assist you on the way back to simplify.

Using a Resistance Band for Pull-ups



- Hook band around the handles
- Step with both feet into the resistance band
- Complete Pull-ups

This exercise targets the lats which is biggest muscle in your back. It spans from the lower back all the way up to just underneath the shoulder and a powerful upper body muscle.

Power Tower Dips

Focus Area: Shoulder / Chest / Back / Arms

Muscles Worked: Deltoids / Pecs / Lats, Rhomboids / Triceps



- Extend at the elbow and hold yourself up straight with knees bent at 90*
- Hinge at the elbow dropping down until the elbow joint is at 90* (avoid dropping lower than this)
- Drive back up to the starting position
- Keep core tight and chest lifted throughout

A brilliant exercise that engages so much musculature in the upper body. A wider grip will demand more from the chest muscles (pecs) whereas a narrow grip will be more arms dominant (triceps).

Power Tower Split Squat

Focus Area: Legs

Muscles Worked: Glutes, Quadriceps, Hamstrings



- Place back foot on the Power Tower.
- Aim to keep the ankle, knee and hip all in line.
- Bend the front knee which will bring the back knee down towards the floor.
- Driving up ensuring the knee does not move inwardly.
- Keep the chest up and core tight throughout.

Here we use the Power Tower in a slightly unconventional way - however, this is such a brilliant for single leg strength development!