



# POWER PLATE

## How It Works

It applies the body's natural reflexive response to vibration. Power Plate technology uses a vibrating platform, which moves 25 to 50 times per second resulting in muscle activation. The vibrations are harmonic, which are safe, consistent and controlled levels of vibration, moving in three directions (up and down, forwards and backwards and side to side).

Used both for physical therapy and for fitness classes.

## An Aid To Weightloss

Significant weight loss is often reported by those who use Power Plate regularly in conjunction with a healthy, calorie-controlled diet. One of the reasons for this is:

- increased lymphatic flow
- associated removal of biological waste
- retained fluid
- build muscle and strength

Research shows, when used as part of an active lifestyle, Power Plate may have a significant impact upon the reduction of body fat. This may occur due to increases in metabolism both during and following exercise.

## Who Can Use Power Plate?

If you are currently active, cleared for exercise, and perform weight-bearing exercise, such as weight training or jogging, you are likely to be a good candidate for training on Power Plate. However, every person should be examined on an individual basis by a licensed medical practitioner. As with any form of exercise, if you feel faint, dizzy or ill while working out on Power Plate, you should cease your session immediately. Consult your doctor or specialist before restarting your training.