



*Maximize results.*

***POWER UP***

POWER  PLATE®

Power Plate® is the global leader in vibrating platforms to help you **prepare faster, perform better, and recover quicker.**

It makes you feel better by stimulating natural reflexes, increasing muscle activation, and increasing circulation.

Power Plate enhances any movement, simple or complex, typically performed on the ground.

**Strength**

Improves muscle tone, builds explosive power and endurance.

**Flexibility**

Increases range of motion, coordination, balance and stability.

**Circulation**

Improves and increases blood flow to strengthen the cardiovascular system.

**Weight Loss**

Reduces body fat and enhances metabolism.

**Cellulite Reduction**

Diminishes the appearance of cellulite for smoother, softer skin.

**Anti-Aging**

Stimulates anti-aging hormones, benefiting skin and internal systems.

**Pain Alleviation**

Promotes faster recovery of damaged muscles and tendons, decreases pain, and improves joint function.

## Boost Your Memberships

What draws new members in and keeps existing ones coming back? At Power Plate, we say it's variety. That's why Power Plate technology is the ideal addition to your fitness floor. Only Power Plate gives your members a complete, full-body workout in less time.

With Power Plate on your floor, you have endless ways to boost memberships

- Add value for your existing personal training clients to grow departmental revenue
- Retain members by showing them you are committed to offering innovative fitness options
- Attract new members by providing technology popular with professional athletes and celebrities
- Tap into new markets with targeted programs for new moms or active agers - or any segment that makes sense for you

