

Power Plate

The Secret of Professional Athletes
and Hollywood Stars

The new way to exercise in only 15 minutes!

Advanced vibration technology, also known as the Power Plate, is the latest scientific breakthrough to hit the exercise and fitness world. Like most new systems, access had been limited to celebrities and professional athletes until now.

The technology behind this piece of equipment is quite simple. It reflexively generates an involuntary muscle contraction from the vibrating plate, throughout your entire body by just standing on it. An example of this would be much like when a doctor strikes your lower knee, your muscles contract and your leg kicks involuntarily. The muscles reflexively contract every second you are standing or performing exercises on the plate. Your muscles can contract as much as 30-50 times per second. **The benefit then is improved muscle fiber recruitment while exercising.**

When working out on the power plate each set is performed no longer than 30, 45 or 60 seconds for a total of 15 minutes. Sessions can be done 3-4 days week. Each session can replace 60 minutes of resistance training in the gym.

There are many benefits to using the power plate. These include improving muscle strength, flexibility, range of motion, increasing bone density, strengthening bone tissue and stimulating blood circulation. The power plate may increase the production of regenerative hormones, improve lymph drainage and increase basal metabolic rate, resulting in more speed, strength, stamina, mobility, coordination, collagen production and fat reduction.

- Carrie Kowalo, MSc

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