



POWER  PLATE®

Make a Life Changing Decision

Learn how Power Plate® has helped others and what it can do for you

“ The controls are simple and the machine functions easily. I start every day with it, and I immediately feel alive, like I have been up for a few hours. It is very energizing. I must say that in one way, it has been a real magic pill. ”

Carolinn S,
Professional Musician



Power Plate® Technology: At a Glance

1

A New Age of Independence

Introducing Power Plate®: a safe and efficient way to get fit, stay active and remain independent.

PAGE 04

2

Discover the Fountain of Truth

Power Plate technology stimulates a natural reflex in the body that contracts the muscles 25-50 times per second.

PAGE 05

3

Fast Forward to Results

Find out how Power Plate can build bone density, improve and increase blood flow, range of motion, balance and much more!

PAGE 07

4

Finding the Perfect Fit

A quick overview of available models to help guide you to the Power Plate that best fits your needs.

PAGE 09

5

Enhance Your Experience

Discover available accessories to get even more out of your Power Plate workout.

PAGE 10



“ I’m 60 years old and my hips hurt. I used the machine for four months 15 to 30 minutes twice or three times a week. My hips quit hurting almost instantly. I’m in much better shape and I don’t hurt anywhere. At my yearly physical the bone density test showed more bone growth than the physician could account for with the medications I was taking. The only new event in my life was the Power Plate. ”

Carl A.
Power Plate user

7

A New Age of Independence

Physical activity is the best way to maintain independence, prevent falls and improve wellness. Power Plate equipment offers one of the most efficient workouts available—providing a total-body workout in less time than traditional exercise. It's low impact, fun, and best of all, it's accessible to everyone.

Power Plate is MDD certified as a medical device and has been NEAT™ certified by the Mayo Clinic. NEAT stands for “Non-Exercise Activity Thermogenesis”. This means that Power Plate increases the amount of muscular work the body does – even at rest, and enhances virtually any exercise by making muscles work harder and more completely.



2

Discover the Fountain of Truth

The concept behind Power Plate equipment was first used by Soviet cosmonauts in the 1960s to counteract muscle and bone loss caused by the zero gravity conditions they experienced while in space. Power Plate is still used by NASA to this day.

Power Plate's Precision Wave Technology® moves the vibrating platform 25 to 50 times per second in three directions: up and down, forwards and backwards and side to side. Exercising on Power Plate will cause muscles to reflexively activate, meaning the benefits and results of any workout are amplified.

“*Since I was diagnosed with MS, my balance has been greatly affected, but I have not fallen over at all since I began my Power Plate workouts. I feel so much steadier on my feet and confident in myself. The endorphin release is incredible and I feel great. I have tried many different ways, methods, alternatives and therapies to help myself, but until last year, nothing seemed to make any significant difference. I was simply amazed by the fantastic physical and positive effect the Power Plate machine has on my body and mental state.*”

*Anne Hodder
51-year-old Living with MS*



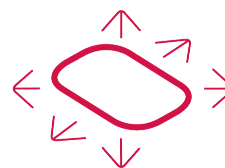
How Power Plate Works



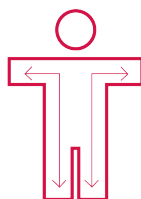
Power Plate training enhances your performance while increasing the efficiency of your workout, allowing for faster results in less time.



Power Plate equipment uses PrecisionWave™ Technology— a high-fidelity harmonic vibration system that provides a controlled level of vibration across all areas of the plate surface for consistent and dependable results.



Power Plate equipment vibrates primarily up and down to improve muscle strength, and left to right and front to back to aid balance and coordination. The platform vibrates between 25 and 50 times a second.



These vibrations cause the muscles to contract in a multiple, reflexive action between 25 to 50 times a second to deliver a full body workout.



With regular Power Plate use, you will soon see results, such as an increase in strength and flexibility, heightened muscle definition and tone, and reduced cellulite and body fat.



Power Plate increases the efficiency of your workout, allowing for a complete workout in only 15 minutes, two or three times a week.

3

Fast Forward to Results

Independent clinical research has shown that, when used regularly as part of a healthy lifestyle, using Power Plate has numerous wellness and fitness benefits.

Strength

Improves muscle tone, posture and endurance.

Build Bone Density

Increases bone mineral density and helps prevent bone loss related to aging.

Alleviate Pain

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

Circulation

Improves and increases blood flow to strengthen the cardiovascular system.

Flexibility

Increases range of motion.

Weight Loss

Reduces body fat and enhances metabolism along with a calorie-controlled diet.

Cellulite Reduction

Diminishes the appearance of cellulite.

Fall Prevention

Improves, coordination, balance and stability.

Take a Closer Look

To read all of the research articles about Power Plate, please visit:
<https://powerplate.com/education-and-training/research>



“ The more I use the Power Plate, the more I have come to realize that I will never again work in a clinical setting that does not use the Power Plate. It is that powerful of a device; it does make a difference in how my patients feel; and most importantly, it is making what I do as a physical therapist more effective! ”

Lisa Jurski
MSPT Physical Therapist



4

Finding the Perfect Fit

No matter your needs, we have the right Power Plate for you! With a wide range of sizes, portability and functionality, we're confident you'll find the perfect Power Plate for your living space and lifestyle.



Personal & MOVE Models

These have been specifically designed to be portable and space-saving. These models are great for small living/workout spaces and people on-the-go.



my™ Series Models

The my3, my5, and my7 models each come with unique features and a stability column with large handlebars for ease of use.



pro™ Series Models

The pro5 and pro7 are top-of-the-line commercial equipment with the largest platforms and most features available. Used by professional athletes and celebrities across the globe, they are built tough enough for the most rigorous workouts, but still capable of providing gentle vibration for therapeutic stretches or a relaxing massage.

5

Enhance your Experience

Power Plate has a wide range of accessories to enhance your experience and tailor the power of whole body vibration to your needs.



Power Shields

Decreases the sound of the vibrations the Power Plate emits through the floor as to not disturb those on lower levels. Perfect for apartments!



Power Mats

Replacements mats available for comfort when hands or arms come into contact with the platform



Support Cushions

Provides maximum support to the body while enjoying a massage.

To see even more Power Plate accessories, please visit:
powerplate.com/shop/accessories

POWER PLATE®



877-87-PLATE | powerplate.com

Performance Health Systems: 401 Huehl Rd. #2A, Northbrook, IL 60062
Copyright 2019 Performance Health Systems, LLC. All rights reserved.