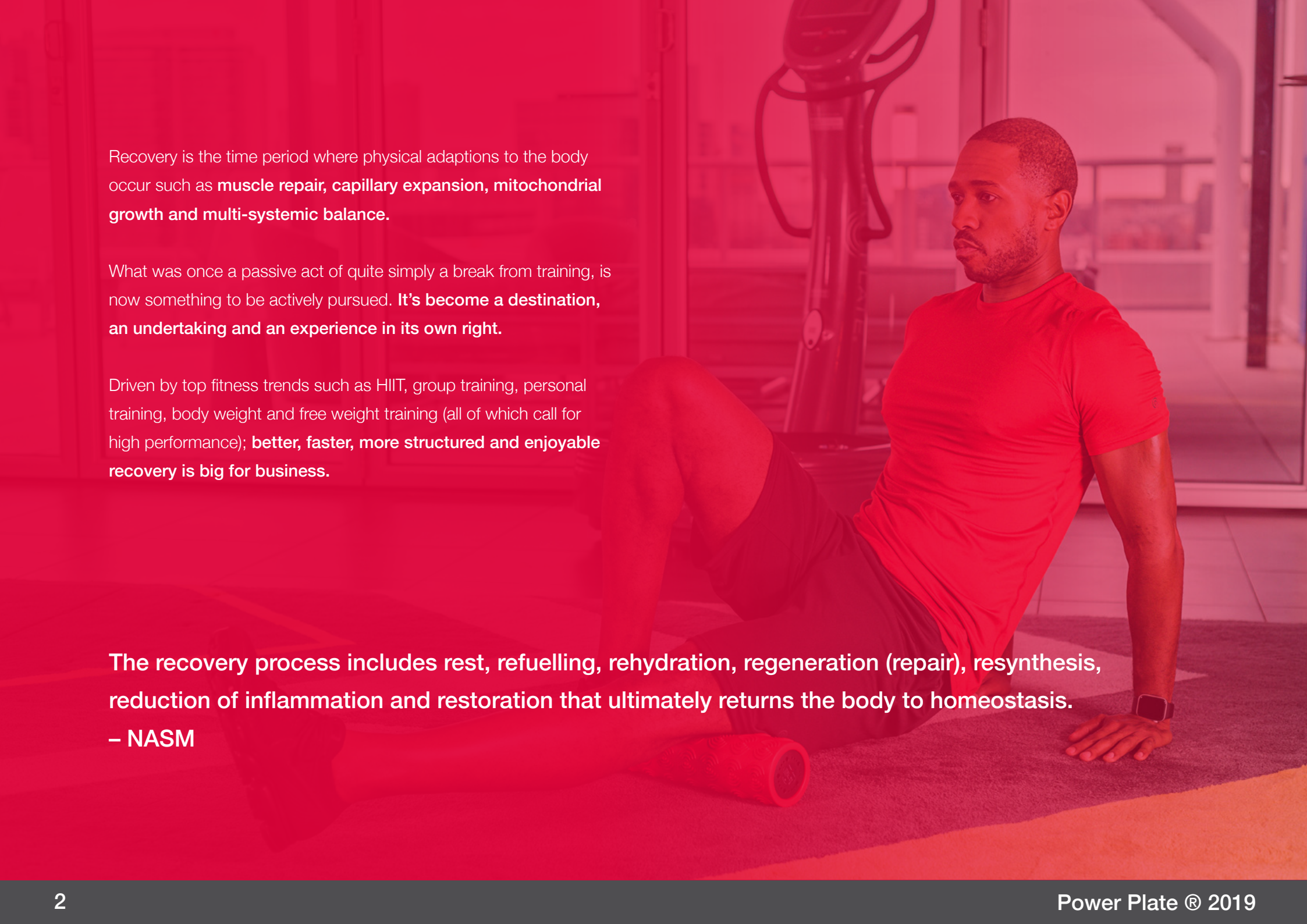




# ***ACTIVE RECOVERY SOLUTIONS***

‘A hard workout only creates the potential for fitness. It’s realized when you recover afterwards’

– Joe Friel, Endurance Sports Coach



Recovery is the time period where physical adaptations to the body occur such as **muscle repair, capillary expansion, mitochondrial growth and multi-systemic balance.**

What was once a passive act of quite simply a break from training, is now something to be actively pursued. **It's become a destination, an undertaking and an experience in its own right.**

Driven by top fitness trends such as HIIT, group training, personal training, body weight and free weight training (all of which call for high performance); **better, faster, more structured and enjoyable recovery is big for business.**

**The recovery process includes rest, refuelling, rehydration, regeneration (repair), resynthesis, reduction of inflammation and restoration that ultimately returns the body to homeostasis.**

**– NASM**

## The ultimate recovery experience

Easy to implement and manage, a dedicated Recovery space will support member achievement, satisfaction and experience. This encourages retention as well as creating an excellent differentiator and new sales conversion tool.

**Provide your clients and your business with the opportunity for success by offering the ultimate recovery experience utilizing vibration, massage, compression and even heat and ice therapies.**

Meeting the needs of all age groups, abilities and training preferences, our flexible, scalable solution is easy to operate and earn from.

With a dedicated recovery area to support the body to rebuild and positively adapt to training, **members will feel better faster and leave feeling relaxed, rejuvenated, invigorated and ready for more.**



## Power Plate's vibration assisted technology

A massage using Power Plate's vibration-assisted technology reduces inflammation by increasing blood flow and lymphatic flush to ease pain, promote faster recovery of damaged muscles & tendons and improve joint mobility.

## Hydro Therapy

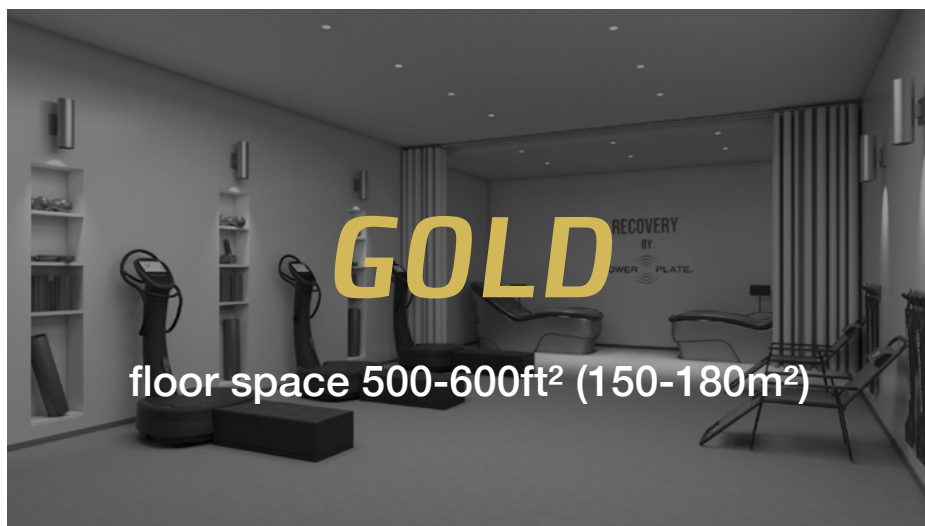
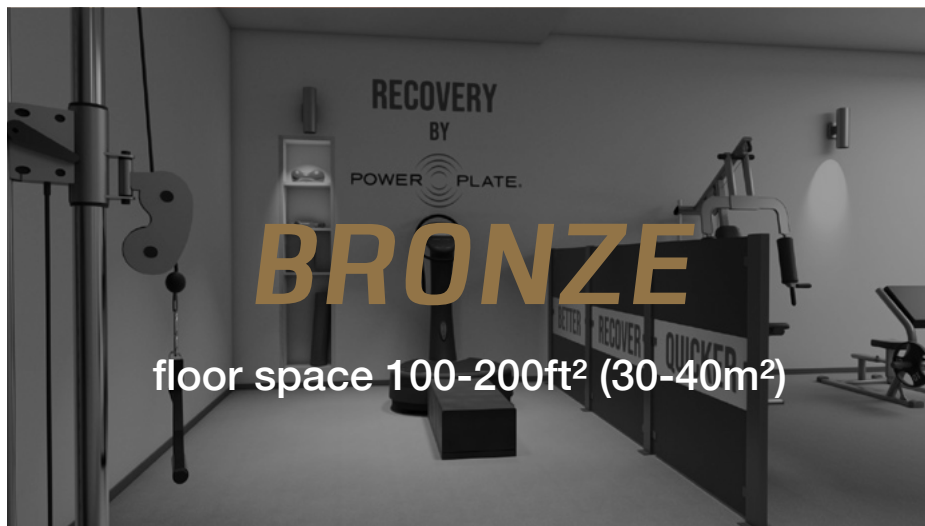
Hydro massage is an advanced form of dry water massage that is great for alleviating sore muscles and stress to promote deep relaxation and a sense of well-being. Hydro therapy can be used for post-work out recovery as well as to promote a general feeling of wellness.

## Compression Therapy

Compression therapy uses compressed air to massage your limbs and speed recovery by mobilizing fluid in from member's limbs to their core. After an intense work out this aids recovery, flexibility and range of motion.

## A solution to meet all objectives and budgets

To cater for all possibilities and opportunities, we have developed four levels of Recovery solutions. From our entry level Bronze package to our comprehensive Platinum package, we can create the ultimate recovery environment to suit your space and function.



# RECOVERY BRONZE

floor space 100-200ft<sup>2</sup> (30-40m<sup>2</sup>)



Bronze Recovery comprises a Power Plate pro7 product combined with a Targeted Vibration Product Station of Pulse™ hand held massager, DualSphere™ concentrated massager and Power Plate vibrating Roller™ for an entry level Recovery zone for a seamless fit in any facility.

- 1 pro7 Power Plate + support cushion
- 1 smaller Targeted Vibration Product Station – 1 case of each (ie. 3 Pulse™, 6 Roller™, 6 DualSphere™)

# RECOVERY SILVER

floor space 300-400ft<sup>2</sup> (90-120m<sup>2</sup>)

Silver Recovery comprises 2 Power Plate pro7 products combined with a Targeted Vibration Product Station of Pulse™ hand held massager, DualSphere™ concentrated massager and Power Plate vibrating Roller™ plus a Hydro Massage chair and a Normatec chair for an integrated Recovery space.

RECOVERY  
BY  
POWER PLATE.

- 2 pro7 Power Plates + support cushions
- 1 Targeted Vibration Product Station – 1 case of each (3 Pulse™, 6 Roller™, 6 DualSphere™)
- 1 HydroMassage Chair
- 1 Normatec Chair

Gold Recovery comprises 3 Power Plate pro7 products combined with a Targeted Vibration Product Station of Pulse™ hand held massager, DualSphere™ concentrated massager and Power Plate vibrating Roller™ plus 2 HydroMassage chairs and 2 Normatec chairs for an exclusive Recovery solution.

RECOVERY  
BY  
POWER PLATE.

- 3 pro7 Power Plates + support cushions
- 1 Targeted Vibration Product Station – 1 case of each (3 Pulse™, 6 Roller™, 6 dual sphere™)
- 2 HydroMassage Chair
- 2 Normatec Chair

- 4 pro7 Power Plates + support cushions
- 1 Targeted Vibration Product Station – 1 case of each (3 Pulse™, 6 Roller™, 6 DualSphere™)
- 3 HydroMassage Chair
- 3 Normatec Chair



Platinum Recovery comprises 4 Power Plate pro7 products combined with a Targeted Vibration Product Station of Pulse™ hand held massager, DualSphere™ concentrated massager and Power Plate vibrating Roller™ plus 3 HydroMassage chairs and 3 Normatec chairs for a total Recovery room.

CRYO or InfraRed equipment may be additionally selected for spaces over 800 square feet to offer Thermal Recovery packages for clients. Using extreme temperatures members can experience reduced inflammation, pain relief and detoxification





## **GET IN TOUCH**

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POWER  PLATE®