

PREPARE **FASTER**  
PERFORM **BETTER**  
RECOVER **QUICKER**

# POWER PLATE®

Invigorate your fitness space  
with Power Plate

POWER  PLATE.  
MOVE

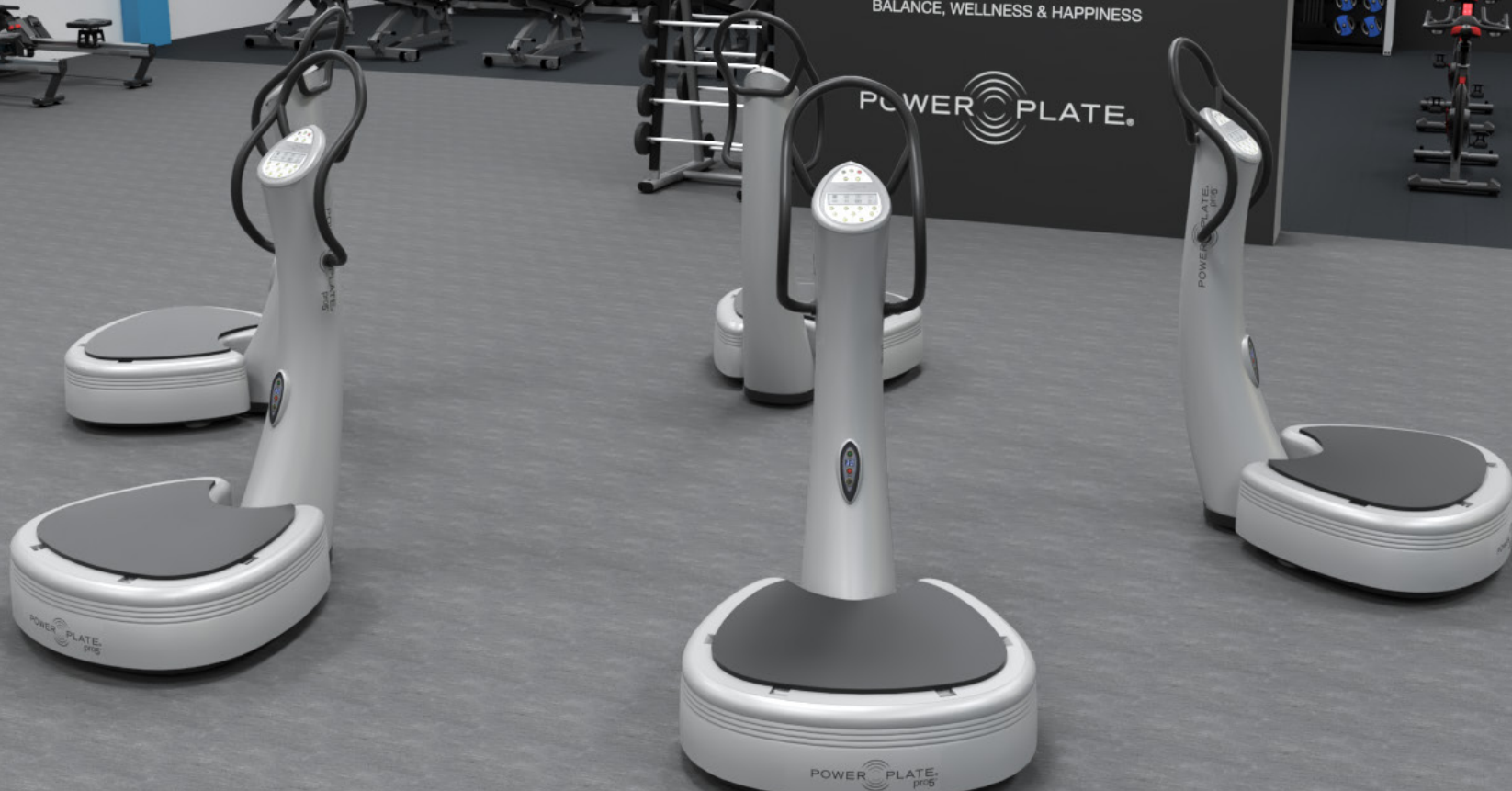


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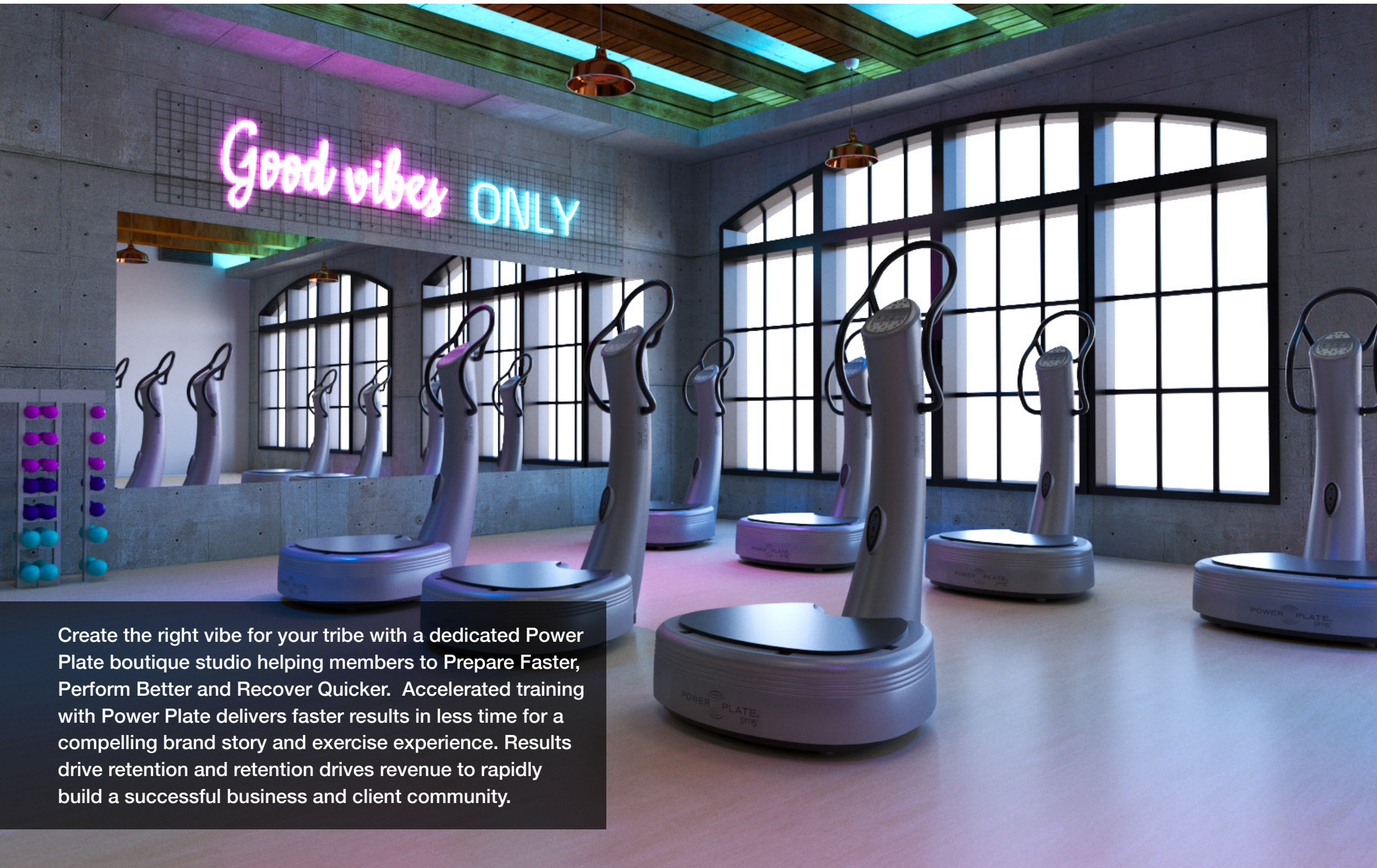
The all in one training tool for increased engagement, results and retention, Power Plate helps PT's cultivate connection, add value and variety as well as deliver a structured approach helping clients to Prepare Faster, Perform Better and Recover Quicker. The ultimate feel-good exercise experience, Power Plate will keep them coming back for more.



The perfect solution for operators to create differentiation, drive client engagement and create revenue growth, Power Plate Small Group Training is designed to help all age groups, abilities and training styles Prepare Faster, Perform Better and Recover Quicker. With a complete business 'in a box' covering implementation, marketing and instructor training plus new pre-designed workouts every quarter, it's easy to execute and drive results.







Create the right vibe for your tribe with a dedicated Power Plate boutique studio helping members to Prepare Faster, Perform Better and Recover Quicker. Accelerated training with Power Plate delivers faster results in less time for a compelling brand story and exercise experience. Results drive retention and retention drives revenue to rapidly build a successful business and client community.



# DESTINATION PREPARE PERFORM RECOVER



Improve your member journey with a Power Plate destination dedicated to helping them Prepare Faster, Perform Better and Recover Quicker. Activate this area to add variety and differentiation to the gym floor by appealing to all ages, abilities and training styles. Enable trainers to drive both member engagement and results with a dedicated destination that really delivers the feel-good factor.





Expand your studio experience by integrating a Power Plate Prepare / Recover Zone into existing classes. Ensure members Prepare Faster and Recover Quicker plus create that all important differentiation for accelerated results and improved retention. Creating opportunity out of unused space, Power Plate creates a holistic addition to any class timetable.





Help meet guests' expectations with the most exclusive and effective fitness experience. Power Plate helps your guests Prepare Faster, Perform Better and Recover Quicker for faster results in less time. Also ideal for a relaxing and reviving massage, Power Plate will leave your guests feeling great and ready for everything your hotel has to offer. A true differentiator, Power Plate's small foot print and impeccable design is a welcome addition to any gym, suite or conference facility.

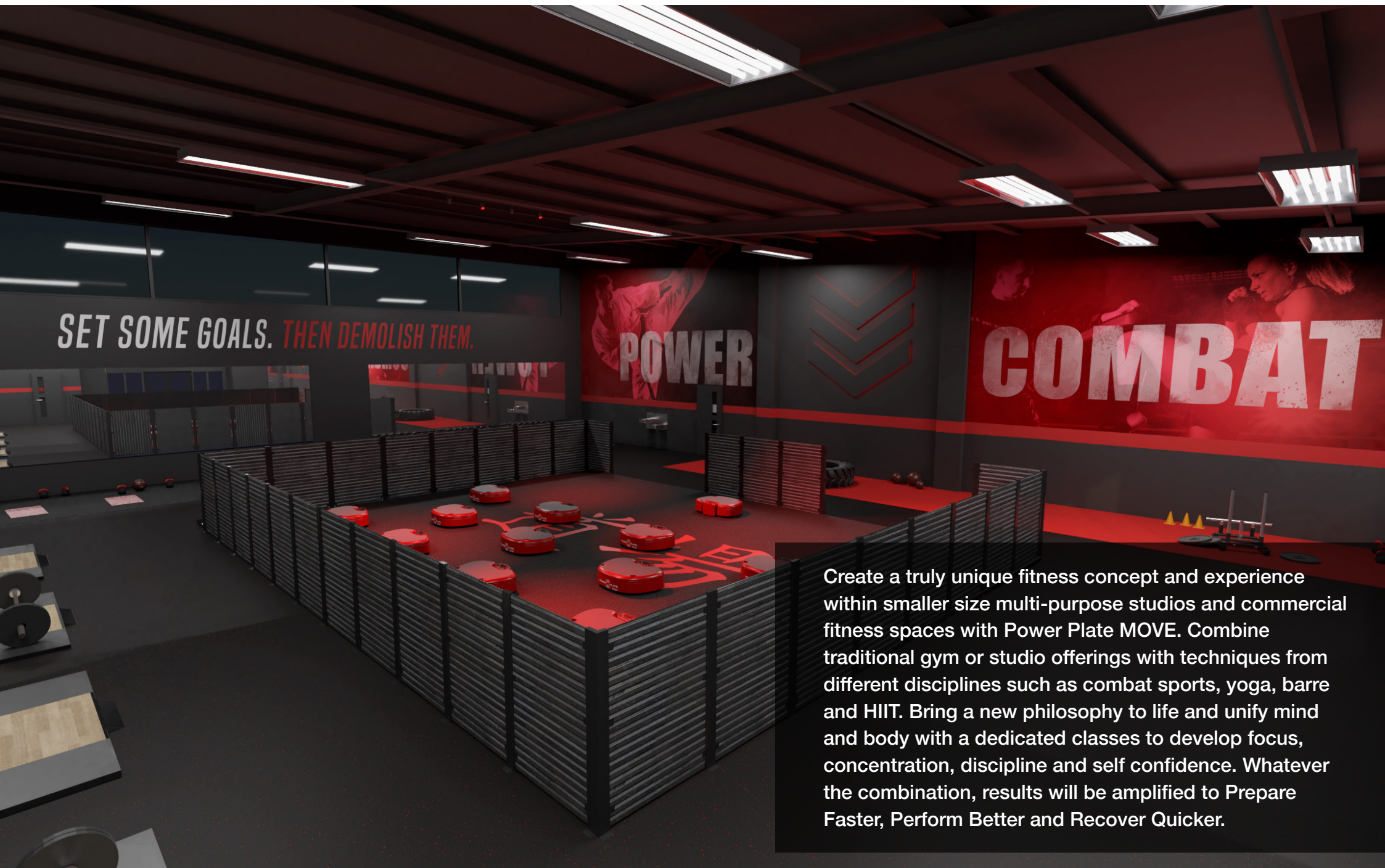


Designed to bring the big benefits of Power Plate Small Group Training to compact multi-purpose studios and commercial fitness spaces, Power Plate MOVE offers incredible versatility to every style of smaller space. Offering a renewed and refreshed studio set-up to expand engagement and drive results, Power Plate MOVE experiences offer variety and flexibility to any timetable, helping all clients and members to Prepare Faster, Perform Better and Recover Quicker.

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Create a truly unique fitness concept and experience within smaller size multi-purpose studios and commercial fitness spaces with Power Plate MOVE. Combine traditional gym or studio offerings with techniques from different disciplines such as combat sports, yoga, barre and HIIT. Bring a new philosophy to life and unify mind and body with a dedicated classes to develop focus, concentration, discipline and self confidence. Whatever the combination, results will be amplified to Prepare Faster, Perform Better and Recover Quicker.