

POWER  PLATE®

POWER  PLATE®  
pro5



# POWER PLATE®

Power Plate is a vibrating platform that helps you Prepare Faster, Perform Better and Recover Quicker.

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

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







# GOOD VIBRATIONS

Vibration training destabilises the body and promotes the reflexive engagement of soft tissue. Involuntary muscle activity promotes quick, reflexive responses in muscle fibres resulting in an increase in circulation.

Power Plate's vibrating platform stimulates your muscles, improves the flow of lymph, decreases blood pressure and increases blood circulation and oxygenation.

Put simply, this means the development of whole-body balance, mobility and stability, strength and motor control (muscle memory), in a shorter time frame than with more traditional methods.

# HERITAGE

## 1970s - One Small Step for Man...

Scientists in the Soviet Union use whole body vibration to help their cosmonauts withstand the degenerative effects of micro gravity. The Russian cosmonauts set a staggering record of 420 days in space, compared to the US astronauts who returned home after just 120 days.



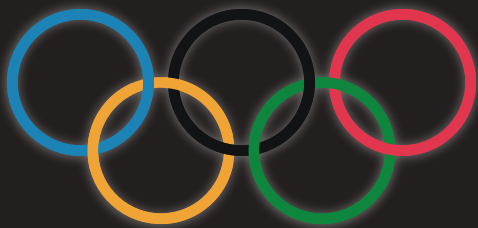
## 1999 - Power Plate is Born!

The first Power Plate is launched in the Netherlands, France and Germany, marking the start of world domination.



## 2005 - The Madonna Effect

The Sun newspaper reports that pop icon Madonna recently 'popped into Harrods to purchase her own Power Plate and subsequent demand is so great, there are waiting lists.'



1990s

## The Marriage of Science & Sport

Dutch Olympic trainer goes through a painstaking period of trial and error, working from basic scientific abstracts and prototype machines to develop the Power Plate. His goal was to create a vibration training system that could be used by everyone from athletes to those who are deconditioned.



2006

## Exclusive Exercise Experience

The world's first exercise studio within a department store opens with the launch of the new Power Plate Studios in Harrods, where customers can take a 25 minute small group exercise class while they shop.



2008

## The Stars Align

Celebrity fans now include Hilary Swank, Clint Eastwood and Elle 'the body' MacPherson, as well as top sports teams from South Africa's national rugby team, the Chinese weightlifting team and the New York Yankees baseball team.



2009

### Medical Approval

Virgin Active features Power Plate as part of a national advertising campaign, with a minimum of four machines in every UK club.

Power Plate International is certified as a Medical Device Manufacturer, the first specialised vibration training manufacturer to receive this prestigious status.



2017

### Grand Opening

Power Plate opens first experiential retail store on Chicago's "Magnificent Mile", at 900 North Michigan Ave.



2019

### Class Act

Globally, Power Plate exceeds the milestone of over 100 boutique studios, offering 5 unique Small Group Training classes (Burn, Strong, Thrive, X and Zen) which meets the demand of every client.



94%

of NFL teams are outfitted with Power Plate units



87%

of pro baseball clubhouses use Power Plate



83%

of college athletic programs train with Power Plate



76%

of pro basketball teams include Power Plate in training

### 2016 - Elite Sports

Power Plate breaks into the Elite Sports market supplying equipment to pro teams including American Football, Baseball, Basketball, Rugby and Football.

### 2018 - Making it happen

Power Plate launches the commercial and consumer APP, available across iOS and Android, offering OnDemand classes, virtual training and education.

Power Plate is a staple in the commercial fitness space across the UK including, but not limited to: Virgin Active, David Lloyd, Bannatynes, Pure Gym, Nuffield Health.



### 2019 - The TVPs Arrive

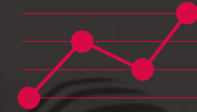
Power Plate expands into Targeted Vibration and launches 3 different products to support both consumer and commercial audiences.



# THE THEORY



Power Plate Training enhances your performance while increasing your efficiencies of your workout; allowing for faster results in less time.



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



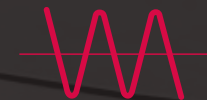
Power Plate increases the efficiency of your workout, allowing for a complete workout in 15 minutes.



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



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 25 to 50 times per second.



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



# THE RESULTS

## STRENGTH

Improve muscle tone, build explosive power and endurance.

## BALANCE & FLEXIBILITY

Increase range of motion, coordination, balance and stability.

## CIRCULATION

Improve and increase blood flow to strengthen the cardiovascular system.

## WEIGHT MANAGEMENT

Reduce body fat and enhance metabolism.

## HORMONAL BENEFITS

Stimulate anti-aging, anabolic and human growth hormones, benefiting skin and internal systems.

## PAIN ALLEVIATION

Promote faster recovery of damaged muscles and tendons, decreases pain, and improve joint function.







## ELITE SPORTS

Power Plate was created with high-performance in mind. For over 20 years Power Plate has not only been a way for athletes to reach their performance goals, but has redefined the toolkit for optimal health and wellness equipment for every age and ability.



Manufactured to highest health & safety standards



Specifically engineered to apply the science behind the body's natural response to destabilisation



Used by coaches, trainers and therapists to support exercise, therapy and wellness.

More and more, coaches, trainers, therapists and doctors use Power Plate as a training protocol-adjunct, for exercise, therapy, and wellness.



# ELITE SPORTS TRAINING APPLICATIONS

Our technologies have been scientifically proven to enhance sports performance, prevent injury, and improve rehabilitation time.

## PREPARE

Power Plate promotes muscle activity and performance

According to scientific research, athletes training with Power Plate experience significant increases in sprint performance, overall improvement in jump height, and explosive strength and endurance. Whole body vibration training has also been shown to increase range of motion, coordination, balance, and stability.

## PERFORM

Power Plate increases performance in the weight room, during practice or in competition. Power Plate helps athletes maintain performance, reduce fatigue, and lessen risk of injury during training and competition. It also enables the athlete to activate and engage muscles more effectively than previously possible.

## RECOVER

Power Plate promotes faster recovery of damaged muscles and soft tissue, while also aiding in pain reduction.

It decreases muscular atrophy and reduces the pain associated with recovery-delayed onset muscle soreness (DOMS). In addition, clinical observations and empirical evidence from medical and therapeutic practitioners provide consistent feedback about the use of whole body vibration with patients: pain is reduced, athletes feel better, and they recover faster.





# GYM FLOOR

The innovation of Power Plate vibration training coupled with education and programming is the perfect solution for operators looking to drive client engagement and revenue productivity.



Accelerated health, wellness and fitness results



Caters for all ages and abilities



One product solution for Prepare, Perform and Recover

Power Plate can be integrated with existing and new equipment or utilised as a stand-alone solution allowing PT's and operators to refresh their offering, drive differentiation, increase engagement and create a stronger exerciser experience



# GYM FLOOR TRAINING APPLICATIONS

Our products have been scientifically proven to enhance preparation, performance and recovery, allowing gym members to optimise results, whatever their training style.

## PREPARE

We have solutions to allow members to warm up efficiently and effectively in less than 5 minutes before getting on the treadmill, bike, hitting the weight room or class.

Scientific research shows an increase in flexibility & mobility, stability and core activation which are all key ingredients to move and perform better.

## PERFORM

Power Plate is an enhancement tool that can be integrated into any workout or gym floor space allowing all members to get more out of their workout, optimising results in less time through greater muscle fibre recruitment and core activation.

Combine Power Plate with suspension training, battle ropes and other functional tools or integrate into traditional strength training programs for greater muscle fibre recruitment and power output.

## RECOVER

Promote accelerated recovery and regeneration in only a few short minutes after a workout or class.

Power Plate massage not only elicits the physiological benefits of blood flow, improved lymphatic drainage and reduction in muscle soreness, it feels amazing and is a great way to relax the nervous system.



# BOUTIQUE STUDIO

The all in one product solution for increased engagement, results and retention, Power Plate helps PT's and small studios cultivate connection, add value and variety, plus deliver a structured approach to sessions and classes.



Increase engagement, results and retention



Multiple training or group class styles



Caters for all ages and abilities

Accelerated training on Power Plate delivers faster results in less time which makes for a compelling brand story and unique selling point. Results drive retention and retention drives revenue to rapidly build a successful business and client community for your PT or small studio.





# BOUTIQUE STUDIO TRAINING APPLICATIONS

Our products have been scientifically proven to enhance preparation, performance and recovery, allowing PT, small group and studio clients to optimise results, whatever their training style.

## PREPARE

Power Plate rapidly increases muscle activation and circulation, allowing clients and members to warm up or prepare faster and more effectively before any PT session, class, activity or workout; improving performance and reducing injury risk.

Trainers can utilise simple 5 minute warm ups for activity-specific preparation sessions to get clients and members ready for their PT, small group or studio class.

## PERFORM

Add variability to the client and member workout experience by integrating vibration into body weight training by placing the body in a dynamic environment that challenges stability and core control. Allow personal trainers to differentiate their programming and services enhancing client experiences and results in areas such as falls prevention, women's wellness, sports performance and small group training.

## RECOVER

Power Plate promotes faster recovery, reducing pain and delayed onset muscle soreness.

Enhance foam rolling and other soft tissue techniques providing clients with a time efficient solution that feels great after a workout. Spend 3-5 minutes to optimise recovery and reduce injury risk while offering clients a unique massage experience ensuring they maximise the results of their workout.



# Small Group Training BIG RESULTS

Power Plate Small Group Training programmes are developed by professionals from across the globe with the latest industry insights and consumer demands in mind.

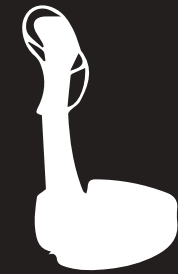
They appeal to a variety of demographic groups and training styles and utilise research into the social, motivational and accountability drivers that determine exercise choice.

**5** <sup>Formats</sup> / **30**  
Minute Workouts

Physiological change through vibration training in less time



No Contracts, No licensing fees



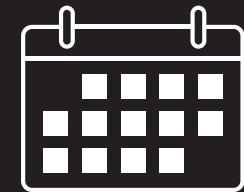
Prepare Faster, Perform Better,  
Recover Quicker



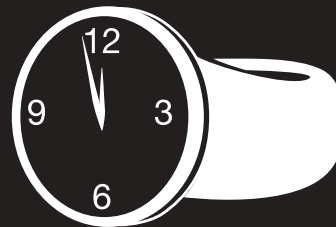
Small Group Training for all fitness levels:  
ZEN - yoga based  
STRONG - strength based  
BURN - cardio HIIT based  
X - boot camp style  
THRIVE - wellness based



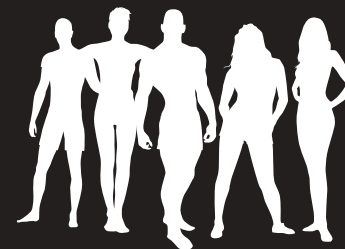
Power Plate vibration training:  
the global leader in vibration training



Functional, Systematic training  
format structured into 12 week  
programs to engage, coach and  
retain participants and members



1 Day certifications! National  
Academy of Sports Medicine (NASM)  
CEC with no prerequisites



We want to create a community among  
our participants, creating accountability  
and increasing retention



Web-based content distribution system  
with new systemized programming  
delivered every 12 weeks



# 5 PROGRAMMES



**BURN** is a HIIT class that improves cardio performance benefits and fights fat



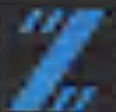
**STRONG** is a full body workout designed to improve physical strength and conditioning



**THRIVE** is for better brains, bones and balance



**X** takes small group training to another level with boot-camp style exercises and suspension training



**ZEN** is for those with recovery as an objective plus massage with yoga and stretching

The innovation of Power Plate vibration training coupled with small group programming is the perfect solution for studio operators looking to drive client engagement and revenue productivity.







# TRAINING & EDUCATION

Not only does Power Plate equipment and acceleration training itself offer incredible flexibility, our training and education programs are just as versatile. You and your staff will find Power Plate training professional, highly accredited, efficient and most of all, fun!

If you are ready to take your whole body vibration system to the next level, we've got a program, education curriculum and training option for you.

From women's health to elite performance, special populations, active aging, sports-specific conditioning and general personal training education, the Power Plate training team has a variety of application know-how to share.

Our global training and education for users, professionals and specialists includes:

- Live Workshop Certifications
- Digital and coached session library
- Ongoing education and program content
- Globally accredited education and certification pathway



# TRAINING & EDUCATION

## EXPERIENCE Session | 4 Hours

This simple, fun and practical in-facility session will educate and engage your members/clients, encouraging them to use Power Plate as part of their workout. They will master how to warm up, cool down and work out on the product by performing their usual exercises enhanced by Power Plate. Members/clients will learn how to maximise results with Power Plate, ensuring they get the most out of your facility on every visit.

## DISCOVER Workshop | 2-3 Hours

This practical workshop introduces your fitness team to whole body vibration training. They will learn how Power Plate integrates easily into any workout and enhances any movement to help prepare faster, perform better and recover quicker. Use this session to invest in your staff to build their skills, knowledge and confidence in helping your members/clients to maximise results.

## DISCOVER Workshop & EXPERIENCE Session Package

Maximise the benefits and results of your education by delivering both staff and member/client sessions in your facility at your convenience. Choose to either deliver both sessions on the same day or kick off with a DISCOVER Workshop for your fitness team, followed by an EXPERIENCE session for members/clients (which allows our trainers to support your team with member/client engagement.)

To book any of these events or to obtain more information, please contact us at [traininguk@powerplate.com](mailto:traininguk@powerplate.com)



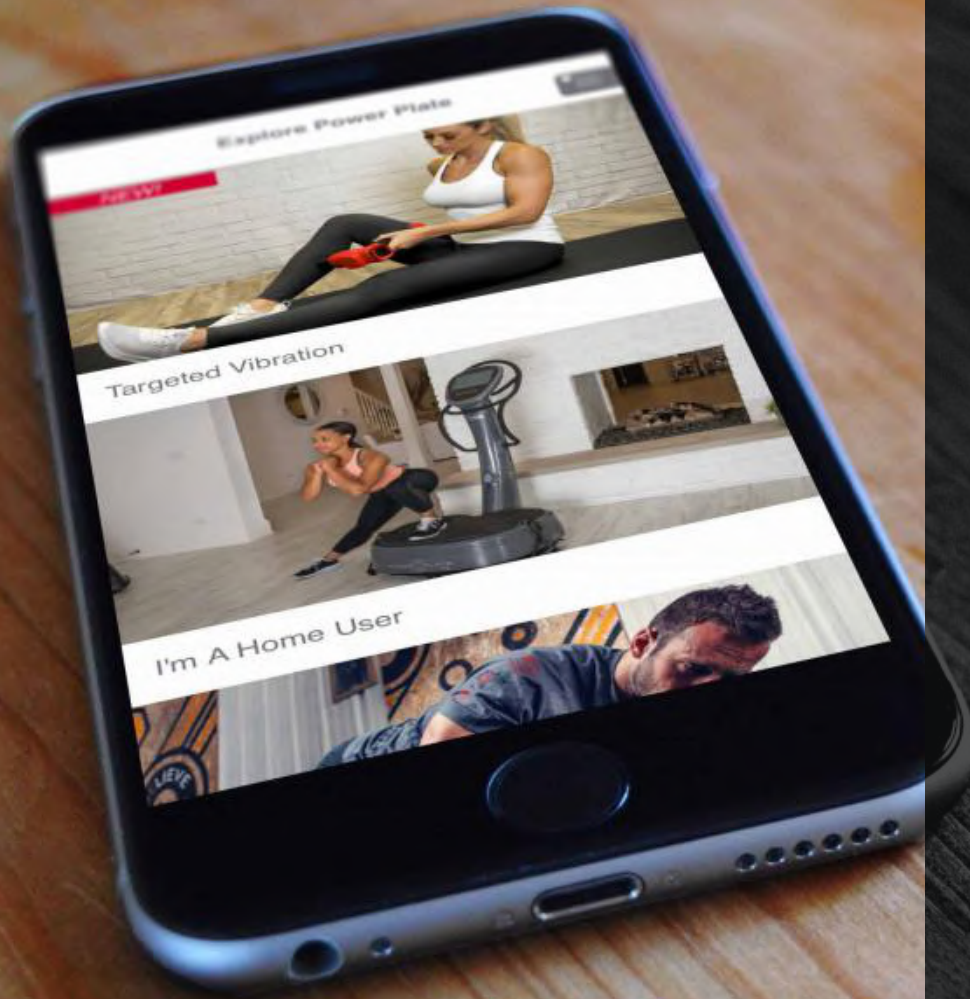


# POWER PLATE APP

Your members and clients can now be part of the Power Plate community and learn more about the benefits of vibration training. Using all the great resources provided on the App, members and clients can improve their Power Plate experience with the following:

- Product Guidance
- OnDemand workouts
- Education modules and coaching tips
- Community building with trainers and other Power Plate users
- Ongoing education and program content
- User reactions and testimonials

Simply encourage members and clients to download the FREE Power Plate App from the App Store or Google Play and we'll do the rest.





# ACCLAIM

*"I have been using Power Plate in my facilities since 2007 with users varying from young athletes through to the elderly. It has been a great addition to our gyms allowing members to experience the benefit of vibration training whether that be regular gym users, increasing athletic performance or helping our Exercise Referral clients with medical issues such as arthritis."*

**Jimmy Lindley - Area Fitness and Regional KPI Manager**

**Everyone Active – Eastern Region**

**everyone**  
ACTIVE

*"We have a Power Plate pro7 in our club, the machine works really well anytime 24/7 hours. Our members love this machine, they use it for training and massage. We're the only Club that has a pro7 in town centre, it has over 1000 videos in the system, members can easily use the machine. It's definitely a unique selling point for the Club and Personal Trainer."*

**Owen Hoa - Club Manager**

**Anytime Fitness - Sheffield**

**ANYTIME**  
FITNESS

*"Power Plate classes are able to bring together all ages & abilities in one quick group class. We see quick results in both shape changing and toning but what is the most incredible is how quickly we reduce body fat. Group Power Plate classes mean clients who are time poor can have a great workout in 25 minutes."*

**Glenys Reynolds - Owner**

**Repose Independent Studio**



*"I felt so in love with Power Plate and the results that I was achieving personally that I decided to invest and open up my own Power Plate Studio. I've not looked back it truly is the best thing I've ever done. My studio has gone from strength to strength, my classes are fully booked and have an extensive waiting list. It's wonderful to see all my clients body shapes change and the amazing results. I can not recommend these machines highly enough. "*

**Louise Knight - Owner**

**Coach House Independent Studio**

**The**  
Coach  
House  
FITNESS STUDIO



# TRUSTED BY THE BEST

## AS SEEN IN

MAXIM

GQ

London  
Evening  
Standard

Men'sHealth

TIME

Forbes

Sports  
Illustrated

HCM

PERSONAL TRAINER  
TODAY

## WORKING WITH

David Lloyd  
—CLUBS—

Virgin  
active

EXOS

HOLMES PLACE

EQUINOX

Bannatyne  
Health Club & Spa

MIDTOWN  
ATHLETIC CLUB

## AS USED BY



MARK  
WAHLBERG



SERENA  
WILLIAMS



DWAYNE  
JOHNSON



MARK  
VERSTEGEN



RACHEL  
WEISZ



CRISTIANO  
RONALDO





# TARGETED VIBRATION



Designed for everyone, regardless of fitness level, in both training and recovery, Power Plate's new Targeted Vibration Products are perfect for pre-workout muscle release and post-workout recovery.



Both portable and easy-to-use, these effective tools assist health clubs, wellness facilities and clinics to meet the needs of their members and clients through targeted therapy to the areas that need it most.



Targeted vibration therapy is known to improve circulation and address poor posture from extended sitting and computer use, making it the perfect accessory for Chiropractors, Massage Therapists, Physiotherapists, Strength and Conditioning coaches, and more.



# PRODUCT BENEFITS

Each product can deliver powerful benefits to your business:

- Provide the ultimate recovery experience by rejuvenating tight and sore muscles
- Accelerate warm up and recovery, saving time and significantly reducing the risk of injury
- Enable practitioners to treat those hard to reach areas with greater accuracy
- Portable and easy to use so treatments can be given any time, any place, anywhere
- Meet key therapeutic goals whilst driving new revenue streams
- Targeted treatment plans to meet individual needs





# MODEL LIST



## **MOVE**

Our newest columnless model designed for multi-purpose rooms that change daily. The Power Plate MOVE™ makes it easy to rearrange your configuration without compromising functionality or power



## **pro5 HP**

A high performance, columnless model, now with the larger 7-series platform surface, the pro5HP has a remote, efficient control interface with multiple settings, and 360 degree access for greater training versatility

## **pro5**

Bring the latest and most efficient technology to your training. A staple in your facility, this professional model has a large platform surface, efficient control interface, and multiple settings for training versatility



## **pro 7**

The top-tier in Power Plate technology; the pro7 boasts the largest platform surface, two upper body cable attachment points, and an interactive touch screen with multiple settings for both greater training versatility and autonomy





# TARGETED VIBRATION PRODUCTS



## **Roller**

The Power Plate® Roller™ is a portable vibrating massager that helps relax and rejuvenate tight and sore muscles, release fascia and promote blood flow to help you prepare faster and recover quicker.



## **Pulse**

The Power Plate® Pulse™ is a powerful, yet whisper quiet, portable handheld massager that accelerates exercise warm up and recovery with six unique attachments so you can find one that best suite your needs.



## **DualSphere**

The Power Plate® DualSphere™ is perfect for effective, concentrated massage. Featuring a unique contoured shape and exclusive textured design, the DualSphere is ideal for targeting hard to reach areas including feet, neck and back to help relax and rejuvenate sore muscles.





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