



POWER PLATE®

Invigorate your fitness space  
with Power Plate

PREPARE FASTER  
PERFORM BETTER  
RECOVER QUICKER

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.

**BURN**  
CARDIO/HIIT

**STRONG**  
STRENGTH & RESISTANCE

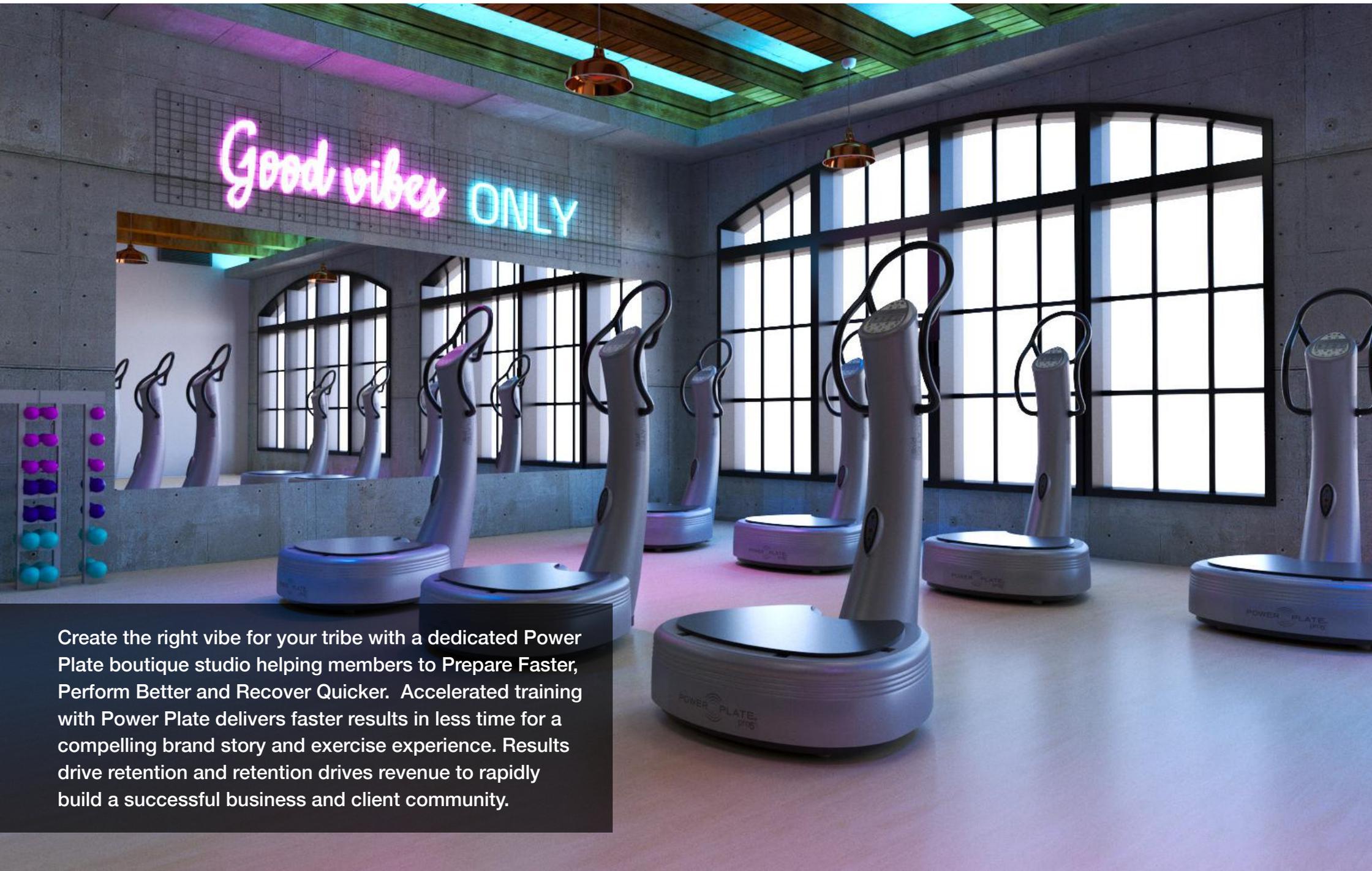
**X**  
FUNCTIONAL TRAINING

**ZEN**  
RECOVERY, MASSAGE & YOGA

**THRIVE**  
BALANCE, WELLNESS & HAPPINESS

POWER PLATE.





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.

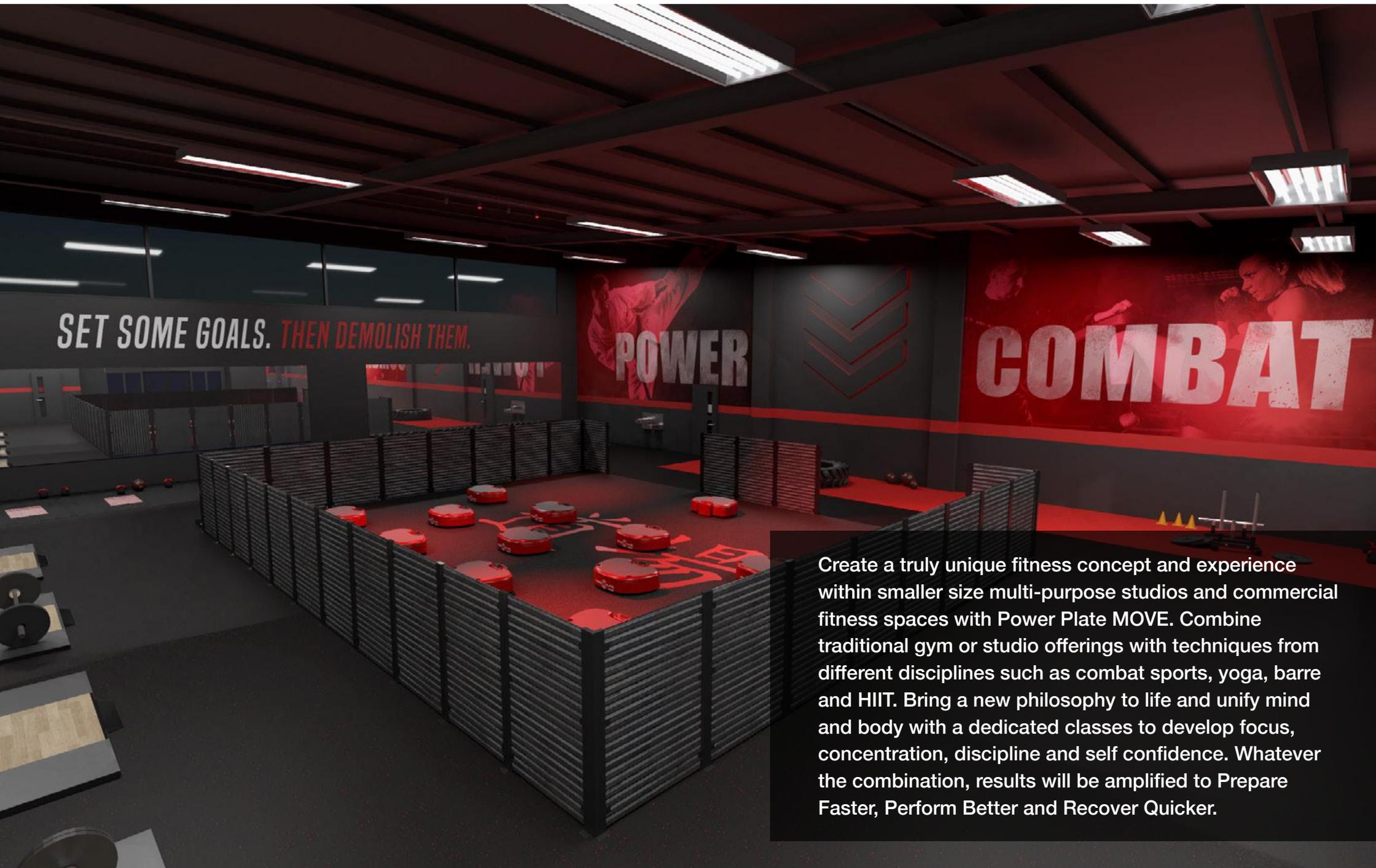


Help meet guests' expectations with the most exclusive and effective fitness experience. Power Plate helps your guests Prepare Faster, Perform Better and Recover Quicker for faster results in less time. Also ideal for a relaxing and reviving massage, Power Plate will leave your guests feeling great and 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.

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



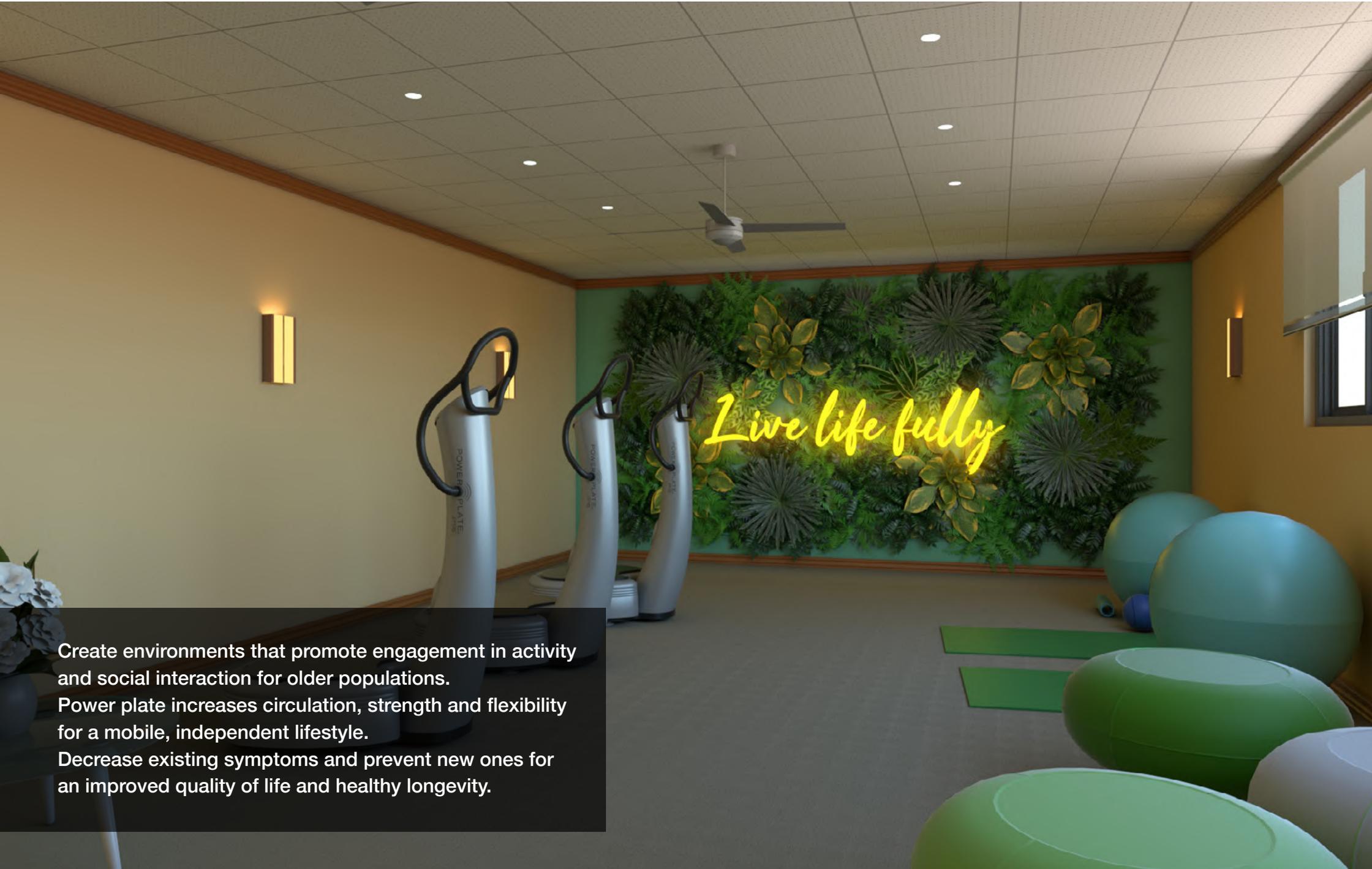


SET SOME GOALS. THEN DEMOLISH THEM.

POWER

COMBAT

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.



Create environments that promote engagement in activity and social interaction for older populations.  
Power plate increases circulation, strength and flexibility for a mobile, independent lifestyle.  
Decrease existing symptoms and prevent new ones for an improved quality of life and healthy longevity.

Facilitate better patient outcomes and practice results with Power Plate.

Whatever the disability, illness or injury, Power Plate meets key therapeutic goals to provide benefits for patients of diverse backgrounds, populations and physical conditions.

Enhancing strength, balance and neuromuscular facilitation whilst also offering pain relief, Power Plate is a versatile addition to physical therapy treatments.



Encourage employees to create healthy habits during their working day in normal work wear, with vibration-assisted movement and stretches on Power Plate.

Essential to any workplace wellness program, Power Plate promotes an active lifestyle for increased productivity and job satisfaction.

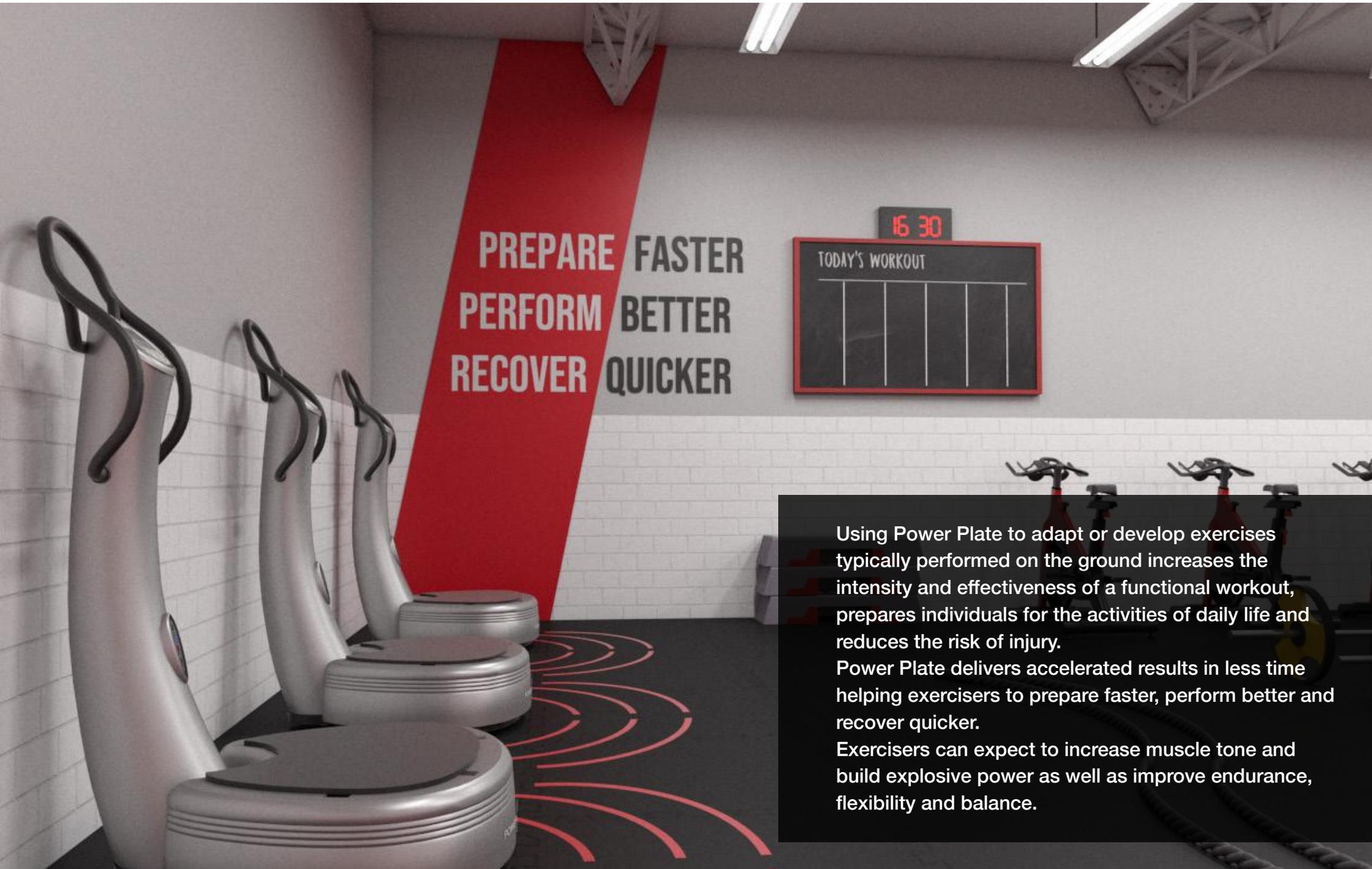
Reduce the negative effects of sedentary behaviour and create a happy, healthy culture with Power Plate.



PREPARE FASTER  
PERFORM BETTER  
RECOVER QUICKER

From workout of the day and nutrition, to boxes and battles, Power Plate is the perfect tool to support the CrossFit community prepare faster, perform better and recover quicker.

Exercisers can perform static, dynamic and plyometric exercises, preparing the body for movement, increasing range of motion and reducing the risk of injury. Fully inclusive and suitable for all fitness levels, Power Plate supports the training philosophy and encouraging environment of CrossFit.

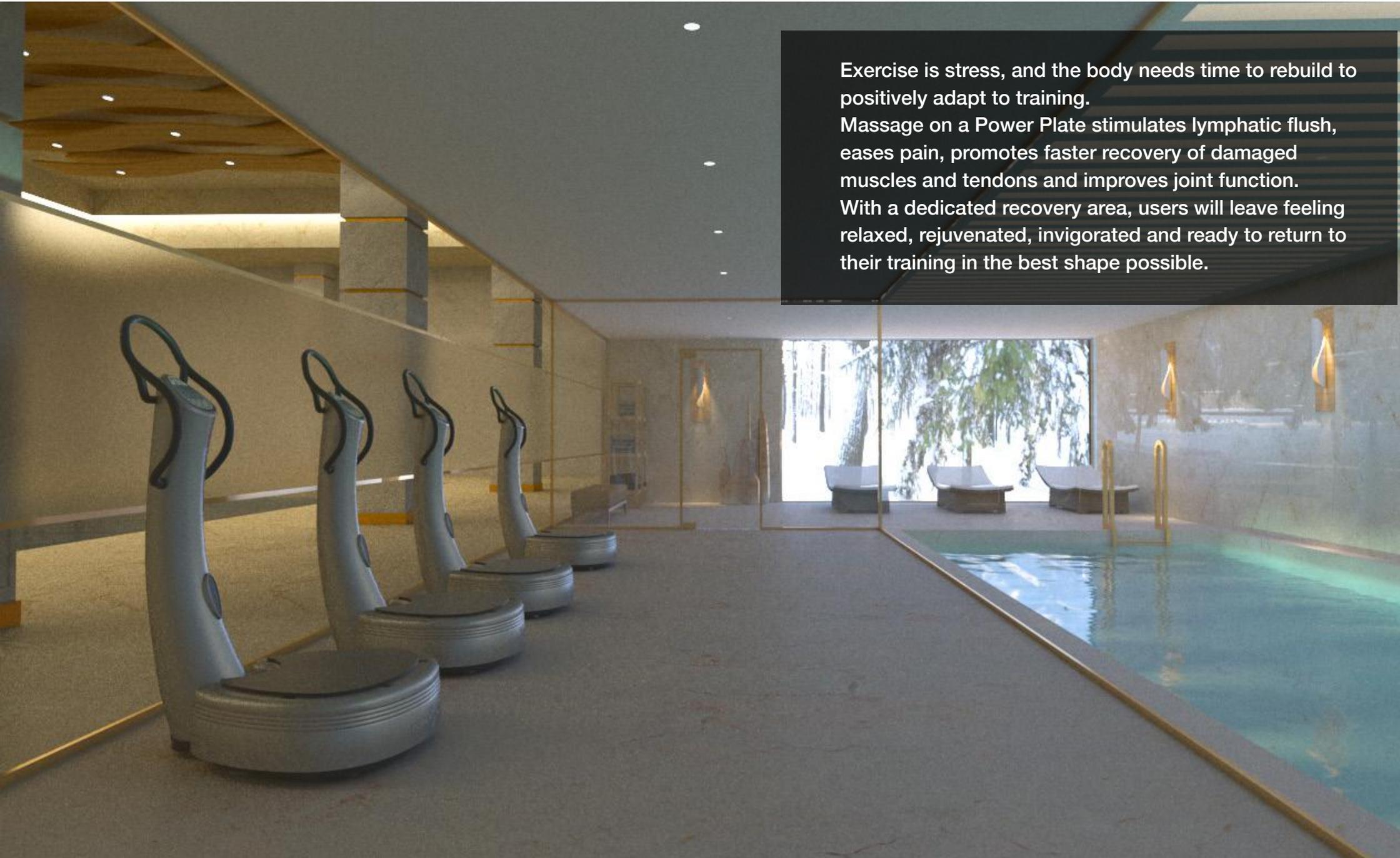


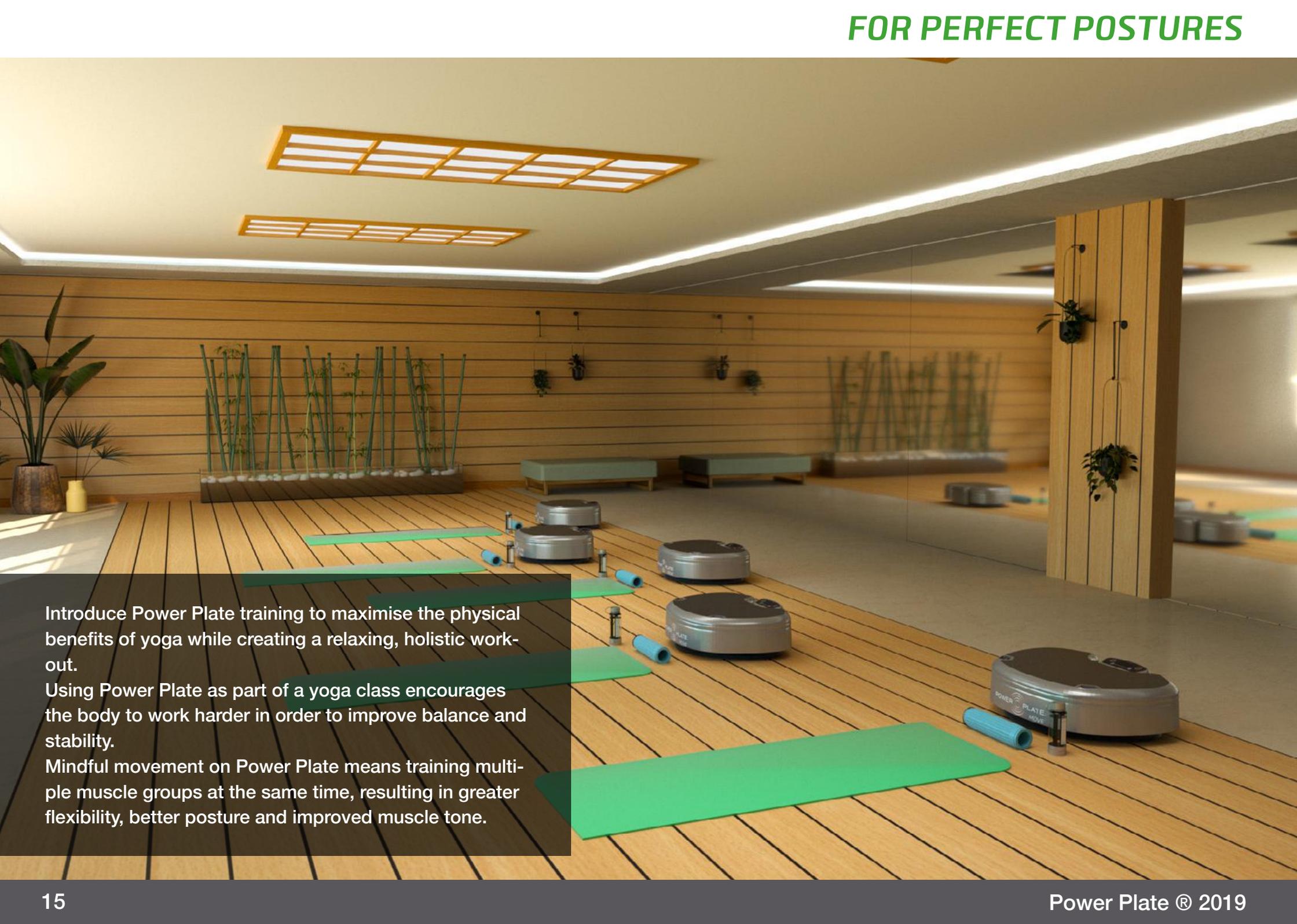
Using Power Plate to adapt or develop exercises typically performed on the ground increases the intensity and effectiveness of a functional workout, prepares individuals for the activities of daily life and reduces the risk of injury. Power Plate delivers accelerated results in less time helping exercisers to prepare faster, perform better and recover quicker. Exercisers can expect to increase muscle tone and build explosive power as well as improve endurance, flexibility and balance.

Exercise is stress, and the body needs time to rebuild to positively adapt to training.

Massage on a Power Plate stimulates lymphatic flush, eases pain, promotes faster recovery of damaged muscles and tendons and improves joint function.

With a dedicated recovery area, users will leave feeling relaxed, rejuvenated, invigorated and ready to return to their training in the best shape possible.





Introduce Power Plate training to maximise the physical benefits of yoga while creating a relaxing, holistic workout.

Using Power Plate as part of a yoga class encourages the body to work harder in order to improve balance and stability.

Mindful movement on Power Plate means training multiple muscle groups at the same time, resulting in greater flexibility, better posture and improved muscle tone.