



PLATE.
pros

POWER
PLATE®

DISCOVER

POWER  **PLATE®**



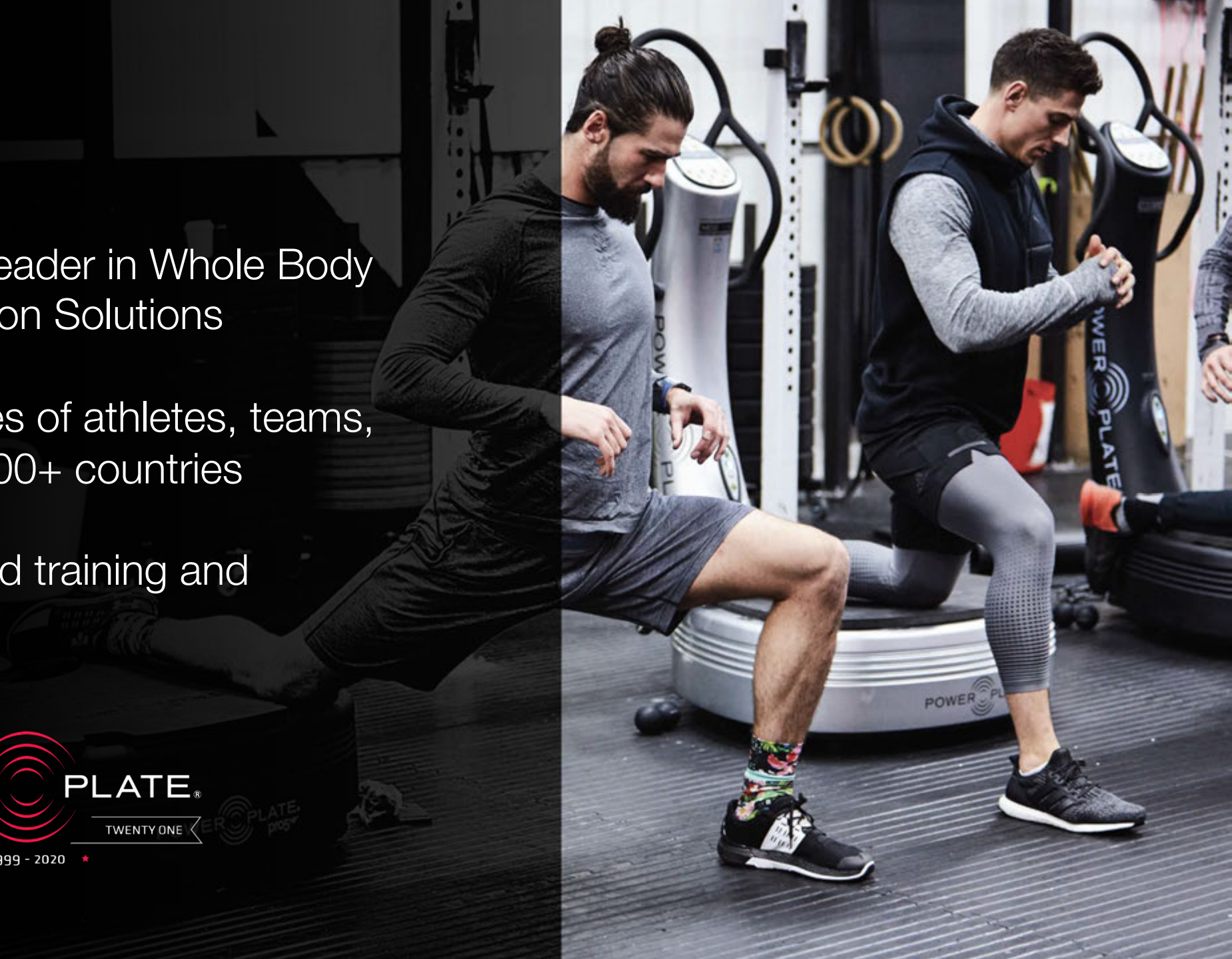
TODAY'S JOURNEY

- Learn & Understand
- Feel & Experience
- Apply Tomorrow



WHY

- The pioneer and leader in Whole Body & Targeted Vibration Solutions
- Enhancing the lives of athletes, teams, & companies in 100+ countries
- Globally accredited training and education





QUESTION

WHAT

WHY

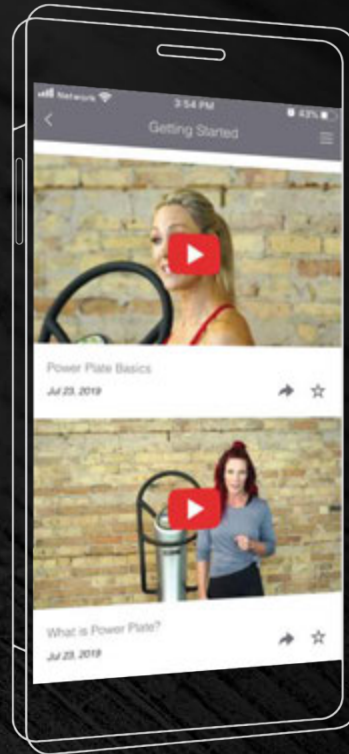
HOW

WHAT

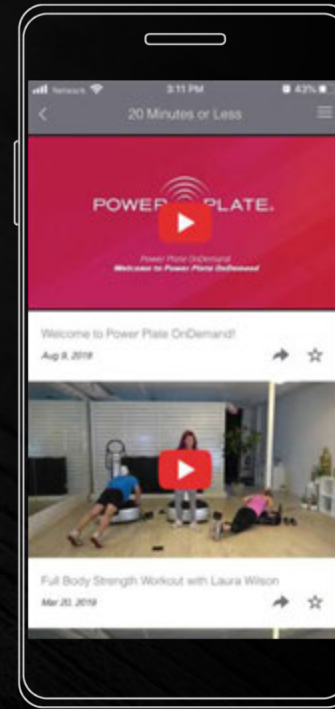
- Power Plate is a vibrating platform that helps you prepare faster, perform better, and recover quicker.
- It makes you feel better by stimulating natural reflexes, increasing muscle activation, and improving circulation.
- Power Plate enhances any movement, simple or complex, typically performed on the ground.



POWER PLATE APP



| Getting Started |



| Coaching Tips |
& Workouts OnDemand



| Targeted Vibration |

EXPERIENCE

[*Everyone wants an upgrade*]



TARGETED VIBRATION

Portable . Powerful . Perfect

- Meet the team



Roller



Pulse



DualSphere

BEST KEPT SECRET

The world's best already know

- It is not if, but HOW
- You
- Clients / Patients
- Studios, Clubs & Businesses



SERENA WILLIAMS

“ Off court training is as important to me as on court. With Power Plate®, I’m able to accelerate my off-court training and maximize the benefits. ”

RECOVERQUICKER
PLAYBETTER
MAXIMIZERESULTS



MARK WAHLBERG

“ The consummate hard worker, Wahlberg and his trainer Brian Nguyen develop intensive strategies that allow for rigorous shoot schedules and efficient fat blasting workouts that pack on the muscle fast. Brian chose numerous functional training products with an emphasis on one of his favorite tools; the Power Plate machine. ”



MARK VERSTEGEN

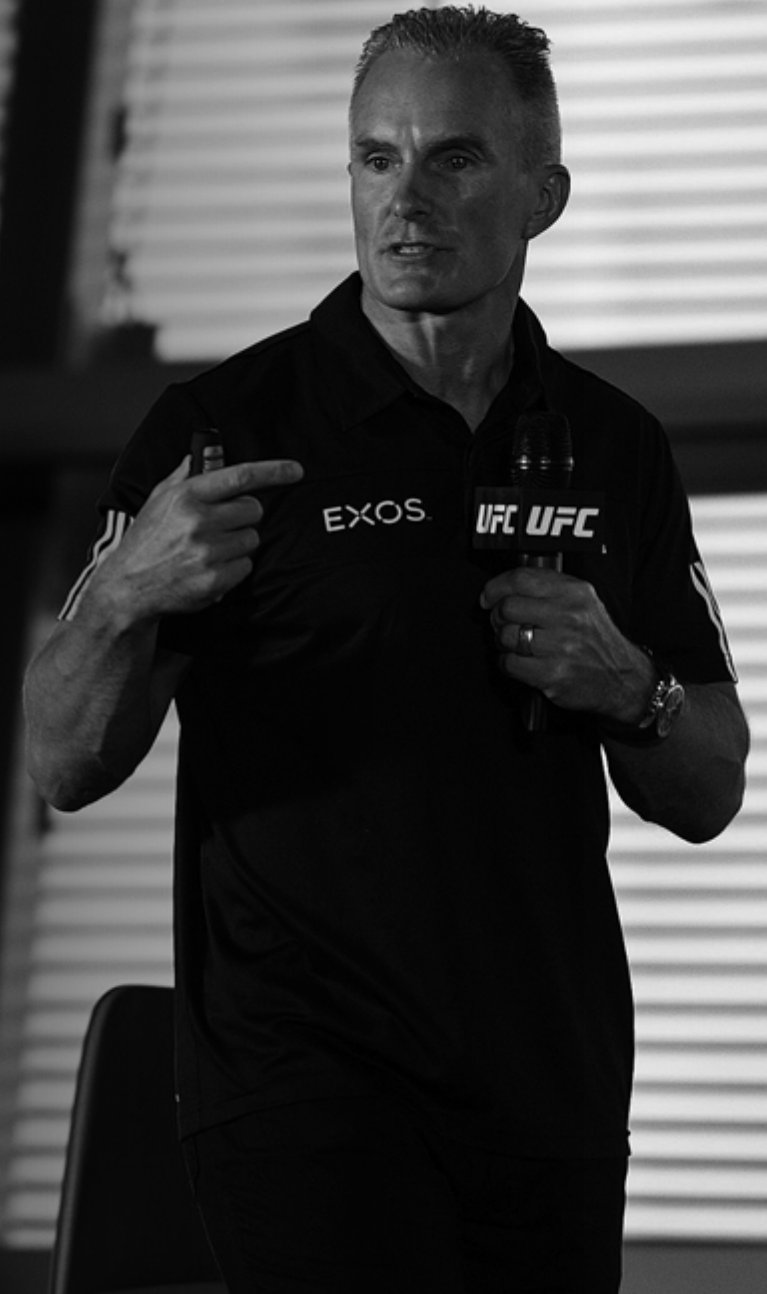
Founder and President: EXOS

“ [The Power Plate] optimizes our results in an accelerated fashion. ”

EXOS

NFLPLAYERSASSOCIATION

GUINNESSRECORDHOLDER



THE PROs



[and many more]

TRUSTED BY THE BEST



94%

of American pro football teams are outfitted with Power Plate units



83%

of college athletic programs train with Power Plate



87%

of pro baseball clubhouses use Power Plate



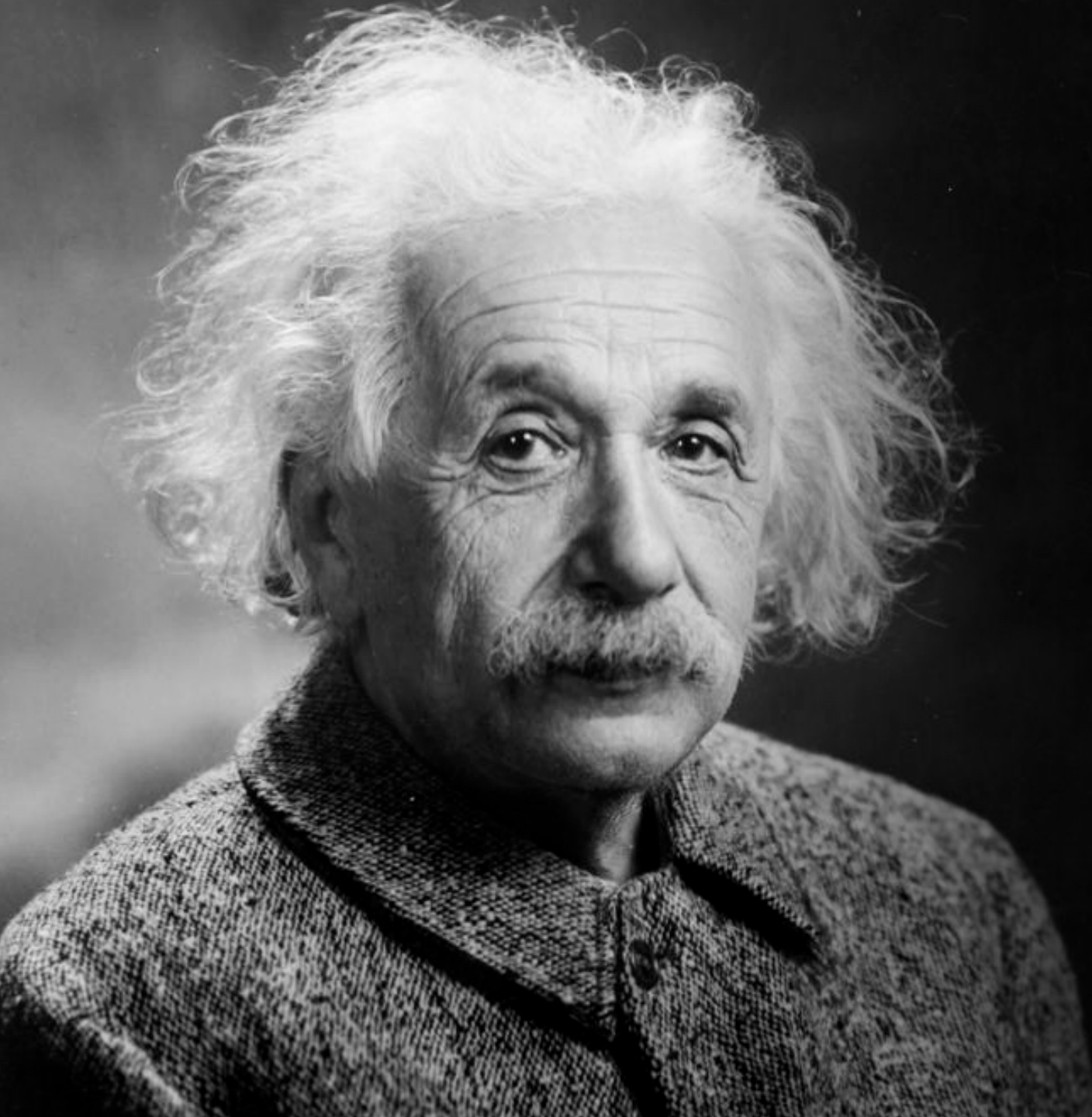
70%

of pro basketball teams include Power Plate in training



THE MOTTO

Prepare FASTER . Perform BETTER . Recover QUICKER



THE SCIENCE

“ Everything in Life is Vibration. ”

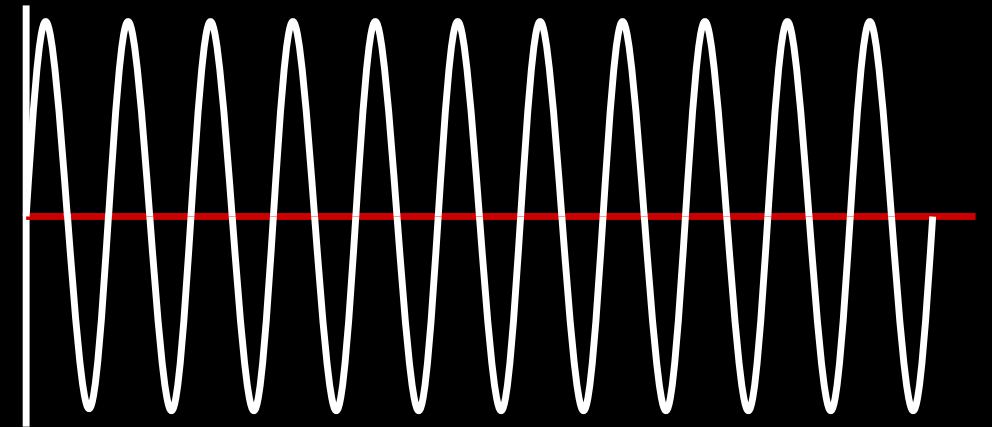
A. Einstein



HARMONIC VIBRATION

- The body is challenged to perform reflexive muscle actions

Amplitude (mm)





HARMONIC VIBRATION

- Three planes of motion
 - Up and Down
 - Front to Back
 - Side to Side
- Micro moments of instability
- Micro hits / GRF



HARMONIC VIBRATION

- Reflex
 - Stimulates Natural Reflexes
- Activation
 - Turns on More Muscles More Often
- Response
 - Neural
 - Myofascial & Skeletal
 - Circulatory

THE BENEFITS

POWER PLATE

- Software
 - Neuro-muscular Activation
 - Motor Learning
 - Motor Control
 - Pain Dampening
- Hardware
 - Enhances Range of Motion (Flexibility & Mobility)
 - Increases % Fibre Recruitment
 - Strength & Power / Hypertrophy
 - Metabolic Demand
- Highways
 - Blood Flow, Circulation & Tissue Hydration
 - Lymphatic Drainage
 - Reduced Pain & Swelling Muscle Soreness (DOMS)



THE BENEFITS

TARGETED VIBRATION

- Alleviates pain
- Reduces stiffness and muscle soreness
- Increases circulation & tissue hydration
- Enhances range of motion (flexibility & mobility)
- Activates your nervous system



CLINICAL RESEARCH

- Medical & Rehab
- Health & Wellness
- Active Aging
- Fitness & Athletic Performance



powerplate.com/education-training/research



MOVEMENT SYSTEM

A woman in a leopard print outfit is performing a yoga pose on a barrel in a gym setting. She is sitting on the barrel with her legs crossed, one arm raised and the other extended to the side. The background shows a gym with other people in the distance.

Prepare

Soft Tissue
Functional Flexibility
& Mobility
Stability

Perform

Core Integration
Functional Strength
& Power

Recover

Functional Flexibility
Massage
Soft Tissue

COACHING TIPS

- Keep a slight bend in the knees, hips and elbows to minimize vibration travel (athletic ready position).
- Stay well hydrated and maintain individual nutritional needs pre and post exercise.
- Pressure over prominent bony structures, i.e. heels, knees, elbows and spine, may cause vibration to travel. Use soft cushion to minimize discomfort.



SETTINGS

COMPONENT	FREQ.	AMP.	TIME
Prepare	30-35 Hz	Low	30-60 sec
Perform	30-40 Hz	Low - High	30-60 sec
Recover	30-40 Hz (Up to 50)	Low - High	60 + sec

TVP	TECHNIQUES	LEVEL	TIME (s) SETS
Pulse	2 - 4	1 - 4	15-45s x 1-2
Roller & DualSphere	2 - 4	1 - 4	30-90s x 1-2

EROPATE.
pro5⁺



PREPARE – Practical 1

ENVIRONMENT (ENV)	MOVEMENT/ BODY REGION
<i>Soft Tissue (Examples)</i>	
Roller	Glute / Quad
Dual Sphere	Plantar Fascia
Pulse	Calf / Lateral Quad (ITB)
<i>Functional Flexibility & Mobility</i>	
Power Plate	Hamstrings
Power Plate	Anterior Hip
Power Plate	Medial Hip/Adductor
Power Plate	Glute/Posterior Hip
Power Plate	Calf
Power Plate	Chest
Power Plate	Lats/Upper Back

PERFORM – Practical 2

CORE INTEGRATION

ACTION (ACT)

Prone (Plank) Variations

Supine (Bridge) Variations

Variables	Freq.	Amp.	Duration	Sets
	30 - 40	L - H	30 - 60	1 - 3

PERFORM – Practical 3

FUNCTIONAL STRENGTH & POWER

ACTION (ACT)

Push Up

Squat

Lunge

Pull

Variables

Freq.

4-6

Amp.

30-40

Duration

L-H+LOAD

Sets

30-60

POWER PLATE.
MOVE™

POWER PLATE.
MOVE™

RECOVER - SETTINGS

<i>Recover</i>	<i>FREQ.</i>	<i>AMP.</i>	<i>TIME (Secs)</i>
Power Plate	30-40 Hz (Up to 50)	Low - High	60 +

<i>TVP</i>	<i>TECHNIQUES</i>	<i>LEVEL</i>	<i>TIME (s) SETS</i>
Pulse	2 - 4	1 - 4	15-45S X 1-2
Roller & Dual Sphere	2 - 4	1 - 4	30-90S X 1-2





RECOVER – Practical 4

**ENVIRONMENT
(ENV)**

MOVEMENT/ BODY REGION

SOFT TISSUE

Roller

Side-lying, Lower Back (QL) /
Prone, Quads

Dual Sphere

Plantar Fascia / Calf

Pulse

Traps & Neck / Chest & Arms /
Lateral Thigh

MASSAGE

Power Plate

Prone, Quads

Power Plate

Side-lying, Lateral Hip

Power Plate

Seated, Lower Back

Power Plate

Supine, Calf

CERTIFIED MEDICAL DEVICE

- Power Plate branded products have received the Class II A MDD Certification in Europe.
- It is one of the few medical/fitness devices that have been awarded this certification.
- Power Plate has become the only device of its kind to achieve Non-Exercise Activity Thermo genesis (NEAT) certification from the Mayo Clinic.



MEDICAL GUIDELINES

- Must be cleared for weight bearing strength and cardio-respiratory exercise
- Acute disease, condition, injury requires medical clearance
- No proven/apparent interference or risk with pacemakers or defibrillators



PRODUCT LINE





NEXT STEPS

- Download our mobile app



- Follow us on social media
@PowerPlateUK



COACH / PATHWAY



Specialist

Partner Education:
EXOS, Gray Institute, Burrell
Education, Evidence Based
Fitness Academy
Performance Integration

Professional

Prepare , Perform, Recover -
Live
Small Group Training - Live

Foundation

Discover Workshop - Live
Discover - Online
Power Plate App

SMALL GROUP TRAINING



A cardio HIIT workout to incinerate fat and train the heart.



A full-body strength and resistance training workout.



A 30-minute program focusing on balance, brain, and bone health.



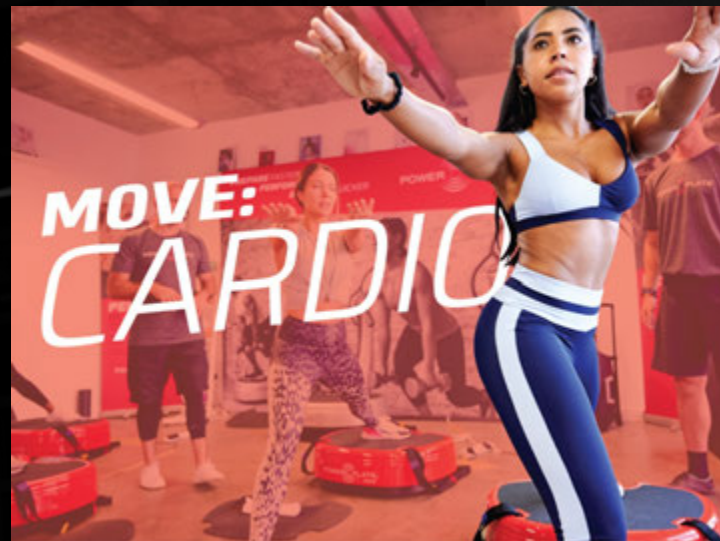
Boot-camp style workout blending strength, cardio and functional training.



Recovery-based session including yoga, massage and traditional stretching.



LARGE GROUP TRAINING



QUESTIONS ?

