



***THE COMPLETE***  
***HEALTH & FITNESS SOLUTION***  
***IN ONE***

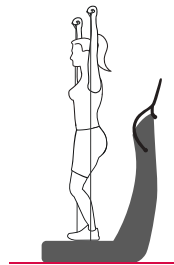
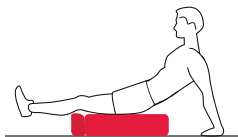


# Create Confidence With Power Plate

Fitness consumers have new needs. They are increasingly concerned about physical distance, hygiene standards and managing anxiety, as well as maintaining their usual health and wellness practices.

This creates a whole new set of rules and challenges and how you lead your response to these changes is key to ensuring the confidence of staff and members.

There are many different areas and equipment types in a typical facility. Ask yourself, how many pieces of equipment does an average member use during a given visit? And how many pieces would need cleaning after they had finished? And what if you could offer something unique and medically certified for your personal trainers to introduce to more clients and win all around?





# Workout, Clean, Repeat

What if you had one piece of equipment that members could hit every component of a workout on, without having to move from machine to machine? And what if you could also limit workout time to 30 minutes, as that is all that's needed to deliver better results in less time?

Power Plate is a multi-functional, full body training tool that provides everything for PT, Small Group Training or a self-led workout in the same spot. Members can do everything on Power Plate, for an effective solution to warm up, work out and recover all-in-one.

- One person, one machine, any training modality possible
- Help members feel safe yet achieve a full body, effective workout in less than 30 minutes.
- Provide customized workouts from machine software or App based options
- Deliver social content with live coached curriculum for personal or small group trainers



# Be Safe, Be Strong

Power Plate is just one piece of equipment meaning reduced human contact and less moving pieces to consider. A profound wellness, performance and healing tool, Power Plate is unique. It is also a certified medical device, which offers precise and patented technology for everyday health and fitness.

The technology uses a vibrating platform which moves 25 to 50 time per second. The vibrations are harmonic (safe for human health), consistent and controlled. These vibrations are tri-planar (move up and down, front to back, and side to side) and mimic real-world movement and exercise dynamics. It elicits rapid neuromuscular, circulatory and lymphatic response which accelerates the result of any movement traditionally done on the floor.

- Hit all modalities without moving machines (strength, cardio, flexibility, balance, and massage)
- Work the whole body at once (bone density, musculoskeletal, neuromuscular, cardiovascular (circulation), and lymphatic systems)
- Perfect for every member with any fitness level or goal
- A certified medical device (likely the only one on the gym floor)







# *No Other Equipment Does More*

- **Strength + Resistance Training**
- **Cardiovascular Training**
- **Core Training**
- **Balance Training**
- **Pre-workout Stretch**
- **Post-workout Recovery/Massage**



# The Smarter Choice

Whole body vibration, otherwise known as acceleration training, represents a paradigm shift and is unique because it allows the body to produce force with low risk to joints, in much less time and with less chance of injury.

Power Plate uniquely offers exercisers the enjoyment from all the physiological benefits of strength, cardio, core, flexibility and balance training without the duration or intensity of traditional exercise, while achieving their specific goals.

Prepare FASTER. Perform BETTER. Recover QUICKER.  
All while exercising in one place. Your 'one stop shop' to get members in and out quicker, with faster, whole-body results.



- Acceleration training means less time working out, yet fuller results
- Reduce workout time and decrease in-facility exposure
- Bring any sports training or fitness workout to the plate and let the vibrations increase the work
- One trainer can safely coach in place for a up to 6 members on plates spaced 6-8 ft apart





# The One Stop Solution

Ideally suited for revenue-driving PT and especially Recovery Zone settings, Power Plate offers a full operator support package for individual or small group personal training – complete with live/online trainer tool kit, programs, marketing support and more.

Requiring only one instructor per 6-8 plates placed 6-8 feet apart, Power Plate is space efficient and easy to staff for a no-touch live or live streamed coaching solution.

The Power Plate app provides on demand coached content for a self-serve in club or at home solution, together with on-console programs for all training styles and abilities.

- Safe, effective new ways to deliver results and revenue
- One person per Plate approach facilitates simple online booking and member management
- Power Plate is space efficient and easy to staff
- Live coached, on demand or machine software Personal Training



## ***The Power Plate Difference***

No other fitness equipment brand in the world has earned these 3 combined medical accreditations;



Power Plate had dedicated medical and training & education advisory boards to stay ahead of the game with new research, creating informative content, and educational training tools.

NEAT™ stands for the science of Non Exercise Activity Thermogenesis,  
developed by Mayo Clinic.





BE SAFE  
BE STRONG

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