

## OPERATOR SOLUTIONS AND SUPPORT

With a comprehensive tool kit of support options including marketing materials, in-club support, promotions, and programming, your staff, members and clients are fully connected to everything they need to successfully implement and use Power Plate products to grow revenue and engagement.

Members and clients can also be part of the Power Plate community and improve their Power Plate experience using all the great resources provided on our App such as product guidance, on demand workouts, education modules and coaching tips and ongoing education and program content.

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. 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 pathways



### Follow Us



@powerplategulf / @powerplateindia

© 2020 Performance Health Systems LLC.  
All rights reserved



For training tips, workouts and more, download our free Power Plate App available now!



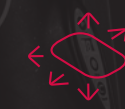
A complete workout  
in less time



Helps boost  
recovery



Accelerates and  
maximizes results



Patented  
multidirectional vibration



PrecisionWave™  
Technology

## PREPARE FASTER PERFORM BETTER RECOVER QUICKER

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 - stimulating more muscles, more often for faster results.

### STRENGTH

Improves muscle tone, builds explosive power and endurance.

### FLEXIBILITY

Increases range of motion, coordination, balance and stability.

### CIRCULATION

Improves and increases blood flow to strengthen the cardiovascular system.

### PAIN ALLEVIATION

Promotes faster recovery of damaged muscles and tendons, decreases pain and improves joint function.





## HEALTH CLUB

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 feelgood factor.



## STUDIO

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. We supply a comprehensive toolkit, including in-club marketing collateral, to launch and operate a studio.



## THE ULTIMATE RECOVERY EXPERIENCE

Easy to implement and manage, a dedicated Recovery space supports member achievement, improves satisfaction, and enhances user experience. This encourages retention while creating an excellent differentiator and new sales conversion tool. A massage using Power Plate's technology reduces inflammation, increases blood flow, and lymphatic flush to ease pain, speed recovery of damaged muscles & tendons, and improve joint mobility. A dedicated recovery area will have members feeling relaxed, rejuvenated, and ready for more.



## ACTIVE AGING

Promote engagement in healthy movement and social interaction for your actively aging and loyal members. Power Plate increases strength and flexibility for a mobile, independent lifestyle. Decrease existing symptoms and prevent new ones for an improved quality of life and healthy longevity. The whole-body vibration technology behind Power Plate is safe and effective. Power Plate leads to improvements in circulation, balance, and stability leading to confidence and self-sufficiency in older populations.

## SMALL GROUP TRAINING

The perfect solution for operators to create differentiation, drive client engagement and create revenue growth, Power Plate Small Group Training has been designed to to engage, coach and retain members from a wide variety of demographic groups.

With a complete business 'in a box' covering implementation, marketing and instructor training plus new pre-designed workouts every quarter, Power Plate offers five formats of 30-minute workouts delivered every 12 weeks.



**BURN** – A cardio HIIT workout to incinerate fat and train the heart with an integrated option utilizing free weights or kettlebells.



**STRONG** – Improve strength gains in a full body workout utilizing dumbbells or kettlebells.



**X** – A circuit style workout utilizing suspension training, free weights or kettlebells – an intense blend of strength, cardio and functional training.

### Recovery-Based Programs



**THRIVE** – Focuses on balance, brain and bone health to live a happy and healthy lifestyle



**ZEN** – A recovery based workout incorporating yoga, barre, and massage.

