

Faster fitness

Pulse Power has just landed in SA with an innovative wellness/fitness concept.

The Pulse Power studio strives to help you reach your goals in just 10 minutes a day, three times a week.

Acceleration training is the technology used with the 2007 model Power Plate. The oscillating platform activates stretch reflexes involuntarily causing muscles to contract 50 times per second, which leaves you with an invigorated lean toned muscular body, says Pulse Power owner Tania Wilkinson.

"It activates 95 to 100 per cent of your muscle fibres, giving your body the most efficient workout, where conventional training only activates 30-40 per cent," Tania says.

She says Pulse Power increases lean muscle and strength, improves mineral bone density, hormone efficiency, weight loss, flexibility, metabolism and circulation and more.

Pulse Power is at 141 King William Rd, Hyde Park, phone 0424 158 277



Do a quick Pulse Power workout in your lunch break.