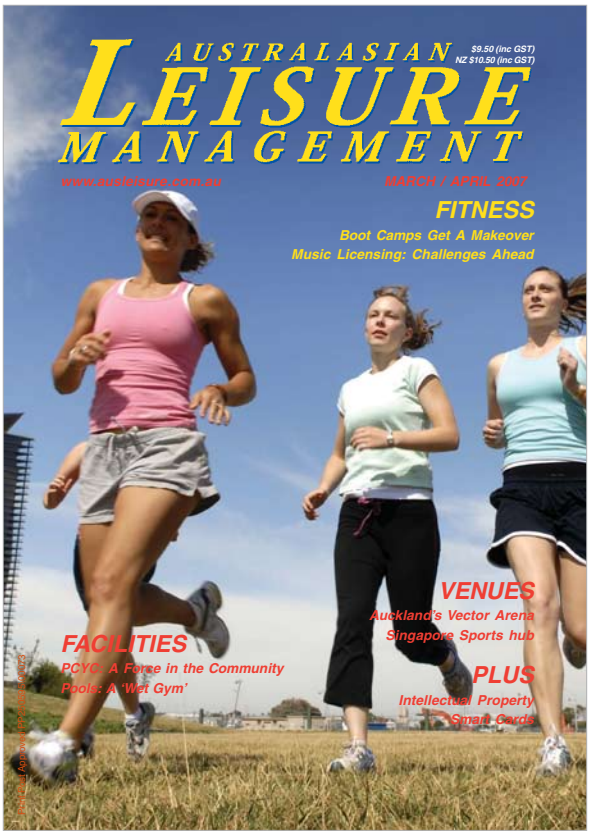

Walking on Air

Power-Plate has introduced a new version of its pro5 AIR acceleration training machine called the pro5 AIR.

Available from HF Industries and designed specifically for commercial use, the patented AIRdaptive technology used in the pro5 AIR model allows the machine to adapt to the individual user's body weight, thus ensuring optimum performance for every user.

Acknowledged as world leader in Acceleration Training through Advanced Vibration Technology (it was noted as a star-performer at the recent American Academy of Antiageing Medicine in Las Vegas), the Power-Plate is ideal for the deconditioned market and sports specific training where users may have a high mass. The original pro5 model features a large plate surface for greater exposure to vibrations, as well as multiple and incremental settings allowing a wider variety of exercises to be undertaken.

Gyms and personal trainers can capitalise on the popularity of Power-Plate training by offering single or group training sessions and classes.

Power-Plate has also launched a new home-use model, the my5 which, among many avid admirers and believers in the technology, includes celebrities such as Kylie Minogue, Elle MacPherson, Claudia Schiffer and Natalie Imbruglia as its devotees.

"Power-Plate is taking acceleration training to another level by bringing the gym into people's home" says Chris Skinner, Managing Director of HF Industries, adding that "for the first time we see a technology that combines fitness and anti-ageing benefits, backed by considerable amount of independent scientific research. The new my5 provides a realistic health and fitness solution allowing users to achieve their health and fitness goals without taking too much time out of their lifes."

Other innovative design features include a remote control, enabling users to operate the machine from even the most difficult positions and a secondary timer display lower down on the shaft allowing users to countdown the time when doing a particularly tough exercise.