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DO YOU HAVE ANY QUESTIONS?

Power-Plate®

To search further click below.

category: [bodycare](#)

Full Brand Listing

Power-Plate®

- Price: from \$6000 to \$15000
- Pack size:
- Hi-res image: Yes ([download](#))
- Media release: Yes ([download](#))

The Power-Plate® is a fitness and wellness machine which users stand on. The platform vibrates, sending messages to the brain which cause the muscles to contract involuntarily. At the lowest setting, it vibrates 30 times per second or 50 times at the highest setting. Users hold various positions whilst standing on the plate (such as a squat) which at the lowest setting if held for a minimum period of 30 seconds, is the equivalent of doing 900 (30 x 30) squats. Training on the Power-Plate® for 15 minutes, 3 times a week, boasts a number of benefits for users, including significant improvement in the skins' appearance, texture and a reduction in the appearance of cellulite from extreme oxygenation of the blood, collagen regeneration, increased bone density and muscle fibre, strengthening, improved co-ordination, increased fitness, stretching, fat burning & immediate relaxation.

Power-Plate® My5

- Price: \$9000
- Pack size:
- Hi-res image: Yes ([download](#))
- Media release: Yes ([download](#))

A home use model featuring Power-Plate® technology. The Power-Plate® is a fitness and wellness machine which users stand on. The platform vibrates, sending messages to the brain which cause the muscles to contract involuntarily. Training on the My5 Power-Plate® for 15 minutes, 3 times a week, boasts a number of benefits for users, including significant improvement in the skins' appearance, texture and a reduction in the appearance of cellulite from extreme oxygenation of the blood, collagen regeneration, increased bone density and muscle fibre, strengthening, improved co-ordination, increased fitness, stretching, fat burning & immediate relaxation. It also features a remote control and a secondary timer display lower down on the shaft to countdown the time when performing a tough exercise. Available in three colours: silver, black and white.

BRAND DETAILS

PR

Special New Initiatives

Kerry Baranov
Phone: 02 8356 9595
Fax: 02 8356 9595
Email: kbaranov@evolution.com.au

CONSUMER HOTLINE

1800 633 009

WEBSITE LINK

<http://www.powerplate.com>

BASICS

Power-Plate® is a revolutionary new wellness and anti-ageing technology based on acceleration training using whole body vibrations. It boasts a number of benefits for users, including significant improvement in the skins' appearance and texture and a reduction in the appearance of cellulite. Other benefits include extreme oxygenation of the blood, collagen regeneration, increased bone density and muscle fibre, improved co-ordination, increased fitness, fat burning & immediate relaxation. Training on the Power-Plate® for 15 minutes, 3 times a week, is a low impact, non-strenuous and non-evasive exercise program that will enhance general well being and quality of life. Celebrity followers include Kylie Minogue, Elle McPherson, Claudia Schiffer and Natalie Imbruglia.

SUPPLIER

PR Industries
Casey Bowden
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Power-Plate®

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