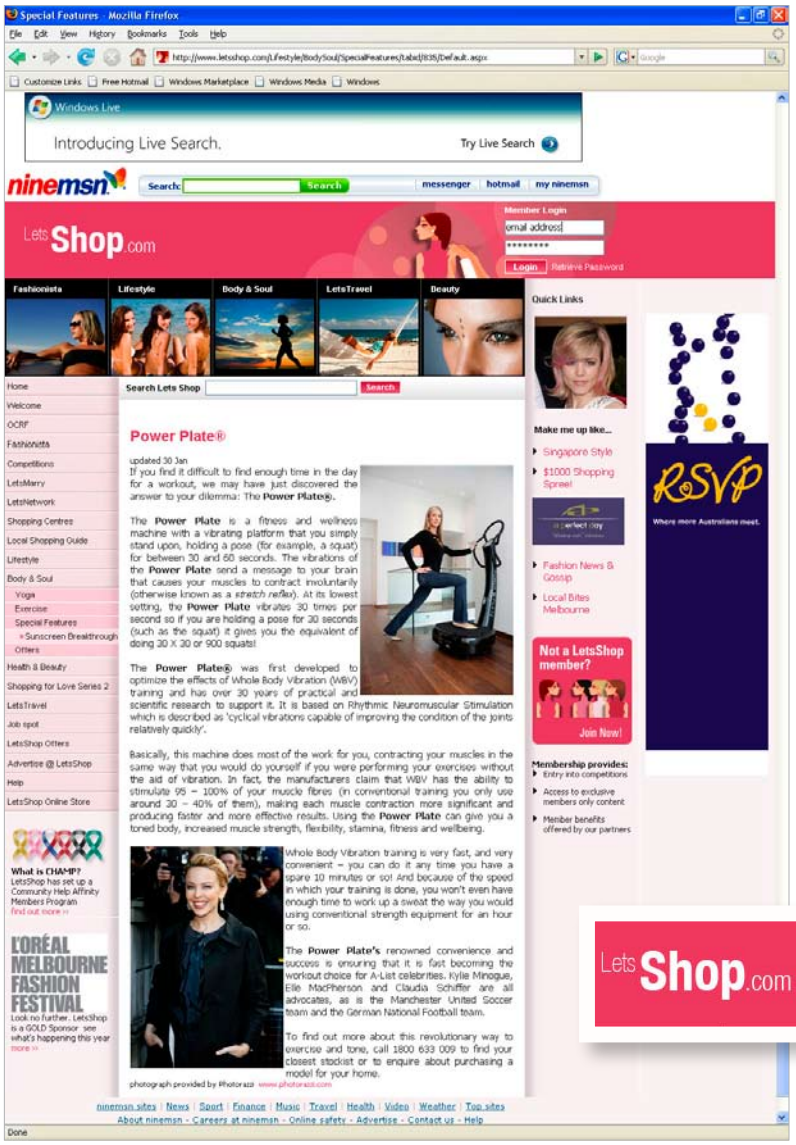

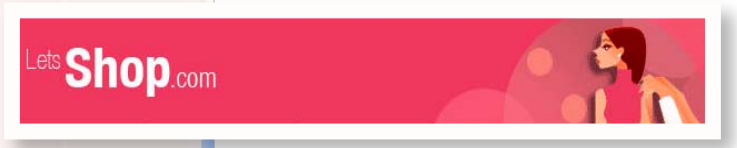

Power Plate®

The **Power Plate** is a fitness and wellness machine with a vibrating platform that you simply stand upon, holding a pose (for example, a squat) for between 30 and 60 seconds. The vibrations of the **Power Plate** send a message to your brain that causes your muscles to contract involuntarily (otherwise known as a *stretch reflex*). At its lowest setting, the **Power Plate** vibrates 30 times per second so if you are holding a pose for 30 seconds (such as the squat) it gives you the equivalent of doing 30 X 30 or 900 squats!

The **Power Plate's** renowned convenience and success is ensuring that it is fast becoming the workout choice for A-List celebrities. Kylie Minogue, Elle MacPherson and Claudia Schiffer are all advocates, as is the Manchester United Soccer team and the German National Football team.

To find out more about this revolutionary way to exercise and tone, call 1800 633 009 to find your closest stockist or to enquire about purchasing a model for your home.