



**The effects of the Power-Plate
Power-Plate Next Generation
Power-Plate Contra indications**

the Effects of the Power-Plate®

Increased metabolism

Training on the Power-Plate will enhance metabolism, intensify fat burning and improve the basic metabolism, reducing the subcutaneous layers of fat. Special massage exercises will also target specific problem areas.

Cellulite and cosmetic

Massage exercises on the Power-Plate loosen up coagulated tissues consequences and adhesions, break down fat cells and improve mobility of tissue layers. As cellulite is broken down and the connective tissue is reinforced, the skin will improve in-depth. Even the facial muscles are trained and collagen fibres are stored.

Increase in muscle strength

During Power-Plate training, practically 100 % of all muscle fibres in all of the muscle groups involved are activated. Both strength and stamina clearly increase.

Saving time

Due to the effectiveness of the training and the fact that many muscle groups are activated at the same time, 10 minutes on the Power-Plate will have the same results as 60 minutes of conventional strenuous exercise.

Improving flexibility

Intense circulation, warming of the muscles and tendon reflexes will enhance flexibility of the body as well as loosening any tension, coagulation and adhesions of body tissues.

Activating circulation

During Power-Plate training the muscles pump blood into even the smallest blood vessels, up to 50 times per second. This ensures that all cells are provided with fuel very rapidly. As a result, the body will also carry off any waste products much faster, leading to improved regeneration.

Improved coordination

Since all receptors in the body are stimulated simultaneously, both the inter- and intra-muscular coordination will improve. Reactions and sense of balance are trained as well, causing an immediate improvement.

Improved fitness

As the muscle tissue gets stronger, more will be required of all of the supply systems in the body, including the heart. This will lead to improved efficiency of all of these systems.



Power-Plate® Next Generation



MIDDLE EAST

The perfect partner

Millions of people are happy with this high tech training method.

The results: Enthusiastic and satisfied customers and clients. Get worked up about the new workout!

Full effects with just a push of the button

Power-Plate® has caused a revolution in the wellness, beauty & anti-aging industry. The secret: anyone can achieve great success in a very short period of time. With just one push of the button, you turn on the Power-Plate, a pleasantly vibrating platform. The idea of vibration training originates from the Russian space program, where it was used to improve bone density and reinforce the muscles of their cosmonauts. This technology proved to be very successful, as the Russians were able to set a record of 420 days in outer space. The American astronauts, training on conventional fitness equipment, were forced to give up after 120 days due to bone and muscle failure. Vibration training was developed to counteract the lack of gravity in space. A platform generates vibrations, which are then transferred to the muscles in the body, causing them to contract in a reflex. This contraction also stimulates circulation tremendously. Tendons are stretched, and the reflex reinforces deep-lying muscles such as the pelvic floor muscles, the muscles around the spinal column and even in the face. The Power-Plate is the result of optimising this principle. Without using additional weights, and without having to put any additional strain on the locomotive system, the team of Power-Plate experts have developed several training schedules enabling anyone to improve looks, health and general well being. Anyone can use the Power-Plate, whether they are top athletes, untrained, elderly or overweight.

The Power-Plate® Next Generation is incredibly versatile:

In sports and fitness centres: it is possible to provide members with individual training schedules, ranging from programs to combat lower back pain or cellulite to fat burning, or challenging top athletes at every level.

For wellness centres: massages for relaxation and passive training of the entire body (Power-Plate does all the work)

In beauty parlours: treatments to combat cellulite, as well as breaking down fat cells when combined with specific active ingredients.

For company fitness: get new energy, reduce lower back pain, fight fatigue and weakness, without even having to get changed.

As an Anti-Aging strategy: slow down the degeneration process and recover vitality. For physical therapist and doctor: clients of every age and training level can use one single piece of equipment.

For physical therapist and doctor: Clients of every age and training level can use one single piece of equipment.

As a Personal Trainer: More and more stars, top athletes and VIP's are successfully using the Power-Plate for personal training.

Power-Plate® trains you; simple, quick and effective:

You only need 10 minutes, that's how efficient the Power-Plate® is!



Effects/Benefits

The benefits of the **Power-Plate®**, **Global No. 1 in Vibration Technology** are considerable, as evidenced by its acceptance by major medical, rehabilitation and therapeutic centers across the world. Training enhances an individual's general **well being** and the **quality of day-to-day** life regardless of age, physical, medical, or neurological condition.

Feel fit! Get in shape! Feel happy! Get self confidence! Feel Power-Plate®!

Vibration training on the **Power-Plate®** is used to substantially:

- Accelerate **weight loss**
- Reduce appearance of **cellulite**
- Improve **collagen** production
- Enhance **conventional training** results
- Increase **bone density (Osteoporosis)**
- Reduce lower **back pain**
- Enhance **pain reduction**
- **Rehabilitate** injuries and ailments
- Improve **muscle strength** and **performance**
- **Increase flexibility** and **range of motion**
- Enhance **explosive strength**
- **Speed** training recovery
- Enhance critical blood flow throughout the body (**oxygenation and lymph drainage**)
- **Increase secretion of hormones** that are important in regeneration and repair processes, such as HGH (Human Growth Hormone), igf-1, and testosterone
- Increase of the **happiness hormone** serotonin and neurotrophine, what's supports our **thinking process**
- Decrease **cortisol** levels
- Eliminate the effects of **stress**

the 10 – Minute Success

The **Power-Plate®** with its revolutionary Advanced Vibration Technology® will not only improve the **quality of life day-to-day**, but ultimately add as well!

info@PowerPlateME.com

www.PowerPlateME.com

Power-Plate® Awards

The only beauty and wellness machine in the world to have been granted three separate awards.

Fitness equipment 2002

At the FIBO 2002, the world's largest fitness fair, the TÜV Rheinland/Berlin awarded the Power-Plate® the "Innovation Award 2002" for fitness.

Beauty device 2003

Power-Plate® was also awarded "Beauty Equipment of the Year 2003" at the international beauty exhibition "Nouvelles Esthétiques" in Paris.

Certified by the "Deutscher Wellness Verband" as of 2004

As the world's first piece of training equipment, the Power-Plate® has been awarded the official certificate "Wellness-machine" based on the following criteria:

- Product quality
- Efficiency and effectiveness in the wellness industry
- Training and support
- Delivery, service and warranty arrangements



Power-Plate® Personal Plate

The family trainer

The group of VIPs and stars using the Power-Plate® privately is increasing. Now, you can have one of these luxury personal trainers at your disposal and achieve the same success.

Whether you want to improve your golf swing, fight cellulite, reduce weight, improve your fitness and flexibility or build up your muscles, the Power-Plate® will help you to reach your goals. And the best of all: you don't even need to exert yourself. Only ten minutes of Power-Plate training, three times a week is enough.

Bet on the winner

Power-Plate International is global No. 1 in the field of Vibration Technology. Groundbreaking scientific research has proven the enormous effects that had already been observed in practice. Several institutes are developing new training methods and treatment programs to ensure that Power-Plate® can always implement the most up-to-date scientific expertise. Of course Power-Plate International guarantees the highest possible safety standards. The Power-Plate takes very little space, is user-friendly, easy to operate and virtually maintenance free.



Contraindications

If one of these contra indications applies to you this does not mean that you will never be able to use the Power-Plate®. We implicitly **advise** you to consult your physician first. Research is still being carried out into the effects of the Power-Plate® on specific medical conditions. The list may be shortened before long. Practical experience has shown that in a great number of cases it is advisable to integrate vibration training using the Power-Plate into your treatment plan. This should always take place under the supervision of a doctor or physiotherapist.

- Pregnancy
- Breast-feeding
- Contraceptive coil (1st 8 weeks)
- By-pass
- Tumours
- Heart pacemaker
- Brain pacemaker (**possible** when the artificial body part is kept away from the vibration area, e.g. press-ups with artificial knee joints)
- Serious cardiovascular diseases
- Diabetes (**possible** with medical approval)
- Acute and inflammatory illnesses
- Migraine (as with conventional training)
- Thrombosis (as with conventional training)
- Screws and plates (for broken bones; the 1st 8 weeks)
- Epilepsy (currently no scientific evidence available to indicate vibration training is advisable; essential oils could have negative effects)
- Acute hernia, discopathy, spondylolysis
- Open wounds/skin diseases

For more information please contact **Power-Plate® Middle East**;

medical@PowerPlateME.com

Short List of Power-Plate® Users

Individual Users

Jane Fonda, Clint Eastwood, Ivana Trump, Amanda Lear, Blake Edwards, Karl Lagerfeld, Don Johnson, Gabby Yorath, Kenny Logan (National Rugby Team Scotland), David Lloyd (English tennis player) Sir Anthony Hopkins (Actor), David Cone (NY Mets), Johan Cruijff, Ruud Gullit, Eric Karros (Pitcher Chicago Cubs), J.D. Drew (St. Louis Cardinals), LeBron James (Basketball USA), David Patchel-Evans (CEO, Good Life Fitness Clubs- Ontario), Lieven Maeschalk (most prominent physiotherapist Belgium), Larry Nelson (Professional Golfer), Colin Montgomery (Professional Golfer)

Elite Performance

Home Depot Center (Carson, CA), LeMond Fitness (Greg LeMond Seattle WA), United States Golf Association
Chris Verna Training Centers (Boca Raton Fla.), Athletes Performance (Elite Athletes Tempe, AZ)
Synergy Fitness (Chicago, IL), Red Dragon Karate Studios (Southern California)
Summit Sports Training (Philadelphia, Penn), The Yard (Elite Training Facility for Men & Women Hermosa Beach, CA)
Speed Strength Systems (Akron, OH), Leader Sports (Dan Bouchard Atlanta, GA), D.C. Sports Performance (Anaheim Hills, CA)

Health & Fitness

Fitness First, UK, 400+ clubs, Cannon's Health club, UK, 100+
24-Hour Fitness, Spectrum Clubs (CA), Marriott Hotels, Biltmore- New York, Beverly Hills Pilates
Pilates Studios (Rosenberg), Neil Wolkodoff (Physical Golf)(Colorado), The Fitness Source (Canada - 10 locations)
Max Out Golf (Mitch Voges former amateur Golf champion), Synergy Fitness & Sports (Chicago, IL)
Brazilian Jiu Jitsu (Sandy, UT), Olympus Group (Boise, ID), Greg Isaacs (Celebrity Trainer Brentwood, CA)





Medical/Rehabilitation/Therapeutic

NASA (Johnson Space Center), Healthy Inspirations (Natural Weight Loss Clinics for Women), Center for Spinal Diagnostics, Inc. (Dr. John Hertz), Dr. Keith DeOrio, DeOrio Medical Group (Alternative Medicine), Kronos (Longevity & Anti-Aging Clinics AZ & CA), Loma Linda Medical Complex (Los Angeles), National Academy of Sports Medicine, Health/South (Nationwide), Cherry Creek Longevity (Ion Cleanse Denver, CO), Leader Sports Medical (Dr. Peter Hughes Atlanta, GA), Sports Medicine Clinics (Dr. Jerry Schlinder Atlanta, GA), Aspen Longevity Anti-Aging Clinics (Dr. Clint Phillips Aspen, CO) Project Walk

Universities

Stanford University (Dr. Donald Chu), University of Nebraska (Bryan Baker/ Boyd Eppley) University of CA-Davis (Dr. Eric Heiden), University of Southern California, University of Washington, University of California- Berkley, University of Louisville (Ray Ganong) Ohio State University (Jim Tressel), University of Houston at Clear Lake (Houston) Azusa-Pacific University (California), Chapman University (Dr. Janine Hill CA) Texas Christian University (Fort Worth, TX), Emory University (Atlanta, GA -Pending) University of California, Los Angeles- Pending)

Teams

Team, Ricoh Astronauts (USA National Champion 2002), Tampa Bay Buccaneers (Super Bowl Champions), Miami Dolphins, Kansas City Chiefs, Germany National Bobsled Team, Chicago Cubs, San Diego Padres, Dallas Mavericks, Los Angeles Avengers, Tennessee Titans, Oakland Raiders, New York Mets, Pittsburgh Pirates, St. Louis Cardinals, Anaheim Ducks (Stanley Cup), Atlanta Braves, Dallas Stars, Toronto Blue Jays, Calgary Flames, New York Giants, Toronto Maple Leafs, Philadelphia Flyers, Los Angeles Dodgers (pending), Los Angeles Kings, South Korea National Soccer Team managed by Guus Hiddink in 2002, LA Lakers, LA Kings (ice-hockey), AJAX (Dutch Soccer Team), Spartac Moskow (Rusland Soccer Team), Genk (Belgium Soccer Team), Hertha B.S.C (German Bundesliga, Soccer Team), Arsenal (English Soccer Team)