

# the 10 - Minute Success

*Maximum Results in Minimum Time*

## Power-Plate® Effects

### **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.

### **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.

### **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 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.

### **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.

### **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.

### **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 Power-Plate will have the same results as 60 up to 90 minutes of conventional strenuous exercise.



## Power-Plate® Next generation

### The perfect partner

Millions of people already gained excellent results 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.

## **Power-Plate®** Next generation 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.

### **In beauty parlours**

Treatments to combat cellulite, as well as breaking down fat cells when combined with specific active ingredients.

### **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 company fitness**

Get new energy, reduce lower back pain, fight fatigue and weakness, without even having to get changed.

### **For wellness centres**

Massages for relaxation and passive training of the entire body (Power-Plate does all the work)

### **For physical therapist and doctor**

Regardless age and training level anyone can use this single piece of equipment.

### **As a Personal Trainer**

More and more stars, top athletes and VIP's are successfully using Power-Plate for personal training.



## **Power-Plate®** Personal Plate

### **The family trainer**

The group of stars and VIPs 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. Power-Plate will help you to reach your goals. And the best of all: you don't even need to exert yourself.



*"Only 10 minutes of Power-Plate training, three times a week is enough".*

## Power-Plate® Benefits

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

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

- Improve **muscle strength** and **performance**
- Enhance **conventional training** results
- Accelerate **weight loss**
- Reduce appearance of **cellulite**
- Improve **collagen** production
- Increase **bone density** (osteoporosis)
- Reduce **lower back pain**
- Enhance **pain reduction**
- **Rehabilitate** injuries and ailments
- 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, 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**
- Reduces **incontinence**



The benefits of **Power-Plate**, **Global No. 1 in Advanced Vibration Technology**, are considerable, as evidenced by its acceptance by major medical, rehabilitation & therapeutic centres across the world.

**"Power-Plate** will not only improve **quality of life day-to-day**, but ultimately add as well!"  
Regardless of age, physical, medical or neurological condition.

## Power-Plate® Awards

Worlds one and only beauty & wellness machine to have been granted four separate awards.

### Fitness equipment 2002

At the FIBO 2002, the world's largest fitness fair, the TÜV Rheinland/Berlin awarded 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 1<sup>st</sup> piece of training equipment, 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

### Best "Anti-Aging Machine" 2005

Fitness Tribune awarded Power-Plate as the Best "Anti-Aging Machine" as of 2005 at the FIBO 2005, the world largest fitness fair.



### Bet on the winner

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.

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