

POWER PLATE®



POWER PLATE //

Power Plate vibration technology delivers the most exclusive and effective health, fitness and wellness experience. Through whole body, self-powered and targeted vibration, members will enjoy faster fitness results, improved wellbeing and accelerated recovery.

Power Plate's unrivalled vibration technology helps users feel better whilst stimulating natural reflexes, increasing muscle activation and improving circulation. Power Plate delivers accelerated health, fitness, wellness and recovery results.



HERITAGE //

1999 - Power Plate is Born!

The first Power Plate is launched in the Netherlands, France and Germany, marking the start of world domination.



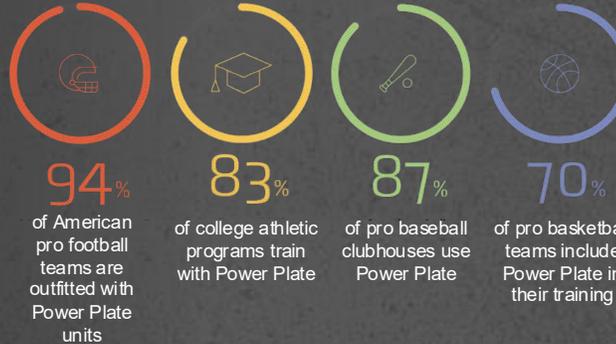
2005 - The Madonna Effect!

The Sun newspaper reports that Pop Icon Madonna recently 'popped into Harrods to purchase her own Power Plate and subsequent demand is so great, there are waiting lists'. Harrods also holds Power Plate small group training classes



2009 - Elite Sports

Power Plate gains momentum in the Elite Sports market; supplying equipment to Olympic teams from many countries and professional teams including American Football, Baseball, Basketball, Rugby and Football. Adoption by elite athletics continues to this day.



2016 - Things Get Personal

Power Plate Launches its smallest plate ever. Dubbed the Personal Power Plate, this 40lb unit gives users a platform that's light enough to pick up and take with them, providing unparalleled utility for home users and personal trainers alike.



2006 - Exclusive Exercise Experience

The world's first exercise studio within a department store opens with the launch of the new Power Plate Studio in Harrods, where customers can take a 25-minute small group exercise class while they shop.



2008 - The Stars Align

Celebrity fans now include Hilary Swank, Clint Eastwood and Elle 'the body' MacPherson, Claudia Schiffer, Heidi Klum, Courtney Cox, as well as top sports teams from South Africa's national rugby team, the Chinese weightlifting team and the New York Yankees baseball team.



2011 - Going Pro

Power Plate unveils the pro7; The first commercial vibration training machine to feature an integrated LCD touch screen, Functional Interactive Training (F.I.T.) software, embedded proMOTION™ multidirectional cables, and the largest Power Plate platform available.



2014 - Just My Type

Sporting features similar to the pro7 such as the F.I.T. software and the embedded proMOTION™ cables, the Power Plate my7 is created for the home user who wants an elite experience, but in a smaller, more affordable package.



2018 - Making it Happen

Featuring over 200 videos that provide how-to-use instructions, guided workouts and preparation and recovery protocols, Power Plate launches the FREE consumer APP, available on both the iOS and Android platforms.

HERITAGE //

2020 – The TVPs Arrive

Power Plate expands into the Targeted Vibration space with the launch of 3 different products uniquely designed to deliver soothing massage that both prepare the body for movement as well as relieve sore muscles.



2021 Mark Wahlberg Partnership

Power Plate solidifies their relationship with actor, producer Mark Wahlberg. This new partnership leverages his massive social media, entrepreneurial and celebrity presence to propel the brand to new heights.



2024 – Turning 25!

In 2024, Power Plate celebrates 25 years as leaders in using whole body vibration to help change and improve lives. We're excited for what the future holds!



2025 – EXOS Partnership

Power Plate® Forms Strategic Partnership with Exos™ to Advance the Future of Human Performance. This collaboration is more than a partnership; it's a powerful alignment of two industry leaders dedicated to helping people move better, perform stronger, and recover faster. By integrating Power Plate's vibration technology into Exos' elite training centers, corporate wellness programs, military readiness initiatives, and global education platforms, we're taking our mission—and our impact—to the next level.



POWER PLATE.
MOVE



2019 – Show Us Your MOVES

Power Plate launches a brand-new product, the Power Plate MOVE - the perfect solution for home users and commercial studio owners alike.

POWER PLATE.
MINI+™



2021 Introducing the Mini+

The Power Plate Pulse receives a smaller, more portable sibling. With interchangeable attachments and multiple levels of intensity, the Mini+ was quickly named TechRadar magazine's TOP At-Home Workout Device for 2021 and 2022.



2023/2024 The REV

Power Plate welcomes a REvolution in health and fitness. With the Power Plate REV, you'll feel consistent, safe and effective vibrations through the pedals. With the REV's patented VibeShift™ Technology, your cardio, strength and wellness results are accelerated, so you can get more benefits in less time. Late 2023 saw the opening of the first-of-its-kind REV indoor cycling studio at Leap Fit in Dalston, England where the Power Plate REV brings the benefits of vibration technology to the world of indoor cycling classes.



2025 – my8 & pro8 Launch

Power Plate® Launches the pro8™ and my8™, our most advanced and feature-rich commercial and home models in our portfolio. They elevate the vibration experience with new electronically controlled proMOTION™ resistance cables and smart coaching features.

THE THEORY //



Power Plate Training enhances your performance, allowing for faster results in less time.



With regular Power Plate use, you will soon see results, such as an increase in strength and flexibility; tightened muscle definition and tone, reduced cellulite and body fat.



Power Plate increases the efficiency of your workout, allowing for a complete workout in 15 minutes.



These vibrations cause the muscles to contract in a multiple, reflexive action between 25 and 50x per second to deliver a full body workout.



Power Plate equipment vibrates primarily up and down to improve muscle strength, and left to right and front to back for balance and coordination.



Power Plate equipment uses PrecisionWave™ Technology, a high-fidelity harmonic system that provides a controlled vibration across all areas of the platform for consistent and dependable results.



THE RESULTS //

Strength: Improves muscle tone, builds explosive power and endurance.

Flexibility: Increases range of motion, coordination, balance and stability.

Circulation: Improves and increases blood flow to strengthen the cardiovascular system.

Weight Loss: Reduces body fat and enhances metabolism. Cellulite reduction diminishes the appearance of cellulite for smoother, softer skin.

Anti-Aging: Stimulates anti-aging hormones, benefiting skin and internal systems.

Pain Relief: Promotes faster recovery of damaged muscles and tendons, decreases pain, and improves joint function.



THE POWER PLATE RANGE //

WHOLE BODY

Vibration (WBV)

[Harmonic / Whole System]



SELF-POWERED

Vibration

[Predictable & Precise/ Local]



TARGETED

Vibration

[Percussive / Local]



WHOLE BODY VIBRATION //

Vibration training creates a dynamic, unstable environment that challenges the body to maintain balance and stability, while stimulating rapid reflexive muscle activation.

This unique, neuromuscular response means more muscles, doing more things more often, increasing blood flow, stimulating circulatory pathways and increasing metabolic demand.

Put simply, this means the development of whole body strength, flexibility, mobility, stability and motor control (muscle memory), in a shorter time frame than with more traditional methods.



Burn Fat
Quicker



Increase
Strength



Tighten
Skin



Activate More
Muscles



Improve
Flexibility



Improve Bone
Strength



Improve Core
Strength



Increase
Circulation

SELF POWERED VIBRATION //

New for 2023, the global leader in whole body vibration is proud to introduce the Power Plate® REV™; an unparalleled new fitness experience. Using patented VibeShift™ technology, that when engaged creates a unique combination of resistance plus vibration delivered through the pedals.

The response is a significant increase in mechanical and metabolic power and muscle activation during cycling, upgrading any interval and HIIT based workouts and protocols.

The REV perfectly integrates with the Power Plate lineup of products and creates a comprehensive new vibration training experience encompassing preparation, movement and recovery - delivering an unparalleled fitness experience with VibeShift Technology.



drives more muscle activation

O₂

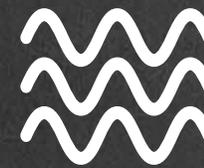
increases oxygen uptake



accelerates calorie burn



quickly elevate heart rate



delivers safe, consistent vibration



user generated vibration

TARGETED VIBRATION //

The Targeted Vibration Products were designed and manufactured to assist everyone, regardless of fitness level, in training and recovery.

Both portable and easy to use, these effective tools help health clubs, wellness facilities and clinics meet the needs of their members and clients through targeted therapy to the areas that need it the most.

For a convenient and durable home for the targeted vibration products, charging carts and lockers are available which allow security or secondary revenue for your facility.



PERFORMANCE //

Our technologies have been scientifically proven to enhance sports performance, prevent injury and improve rehabilitation time.

- Perform static, dynamic and plyometric exercises
- Accelerates the body's preparation for movement
- Reduces risk of injury
- Improves range of motion
- Fully inclusive and suitable for all fitness levels
- Full range of products that can be used within your facility or at home by the individual



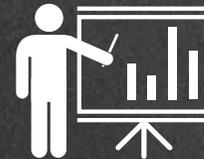
Manufactured to highest health & safety standards



Specifically engineered to apply the science behind the body's natural response to destabilisation



Used by coaches, trainers and therapists to support exercise, therapy and wellness



Comprehensive training and education programs

GYM FLOOR //

Power Plate can be integrated with existing and new equipment or utilised as a stand-alone solution, allowing operators and their trainers to refresh their offering, drive differentiation, increase engagement and create a stronger exerciser experience.

Incorporating the Power Plate REV™ into a fitness club's offering will attract new and retain current members, establish a point of difference, and create a competitive advantage.



Refresh
your
offerings



Increase
client
engagement



Attract
and retain
members



Offer a
competitive
advantage



Offer world-class
vibration technology
used by the pros

RECOVERY SOLUTIONS //

With a dedicated recovery space, operators can support members to positively adapt to training, feel better faster and enjoy an active or passive recovery.

We work with our dedicated partners to deliver the best recovery solutions that offer both active and passive recovery modalities using both whole body vibration and targeted vibration therapy.

If your members are able to recover quicker, this reduces the chances of injury and enables them to return to the gym more often.



TRX®

InBody®

gSPORT™

reachwellness |



STUDIO //

The all-in-one product solution for increased engagement, results and retention, Power Plate helps PTs and small studios cultivate connection, add value and variety plus deliver a structured approach to sessions and classes.

Claire Finlay,
Founder of independent gym, Transition Zone

"Power Plate with Myzone has allowed us to add vibration training into our full class timetable and enables us to TRACK a fully integrated workout. Power Plate is now positioned beside TRX, Kettlebells, Ski Erg, Rowers and treadmills and is being used as a fully integrated tool."



Increase engagement,
results and retention



Multiple training or group
class styles



Caters to all ages
and abilities



Build Client
Community



Accelerated
results in less time

HOSPITALITY //

IN ROOM: Portable, quiet, sleek. Power Plate delivers accelerated wellness results in less time leaving guests more freedom to enjoy their stay

IN GYM: Knowing you are taking care of their health and wellness, guests will leave feeling revived and with a greater sense of wellbeing.

IN SPA: Massage using Power Plate provides guests with an instant sense of wellbeing, enhancing their spa journey. With a dedicated Recovery area, guests will feel relaxed and ready to make the most of your hotel and spa facilities.



WORKPLACE WELLNESS //

FitStop is an 'out of gym' solution allowing employees to take part in a quick series of movements on Power Plate, designed to revitalise them during the workday, reversing the negative effects of sedentary behaviors.

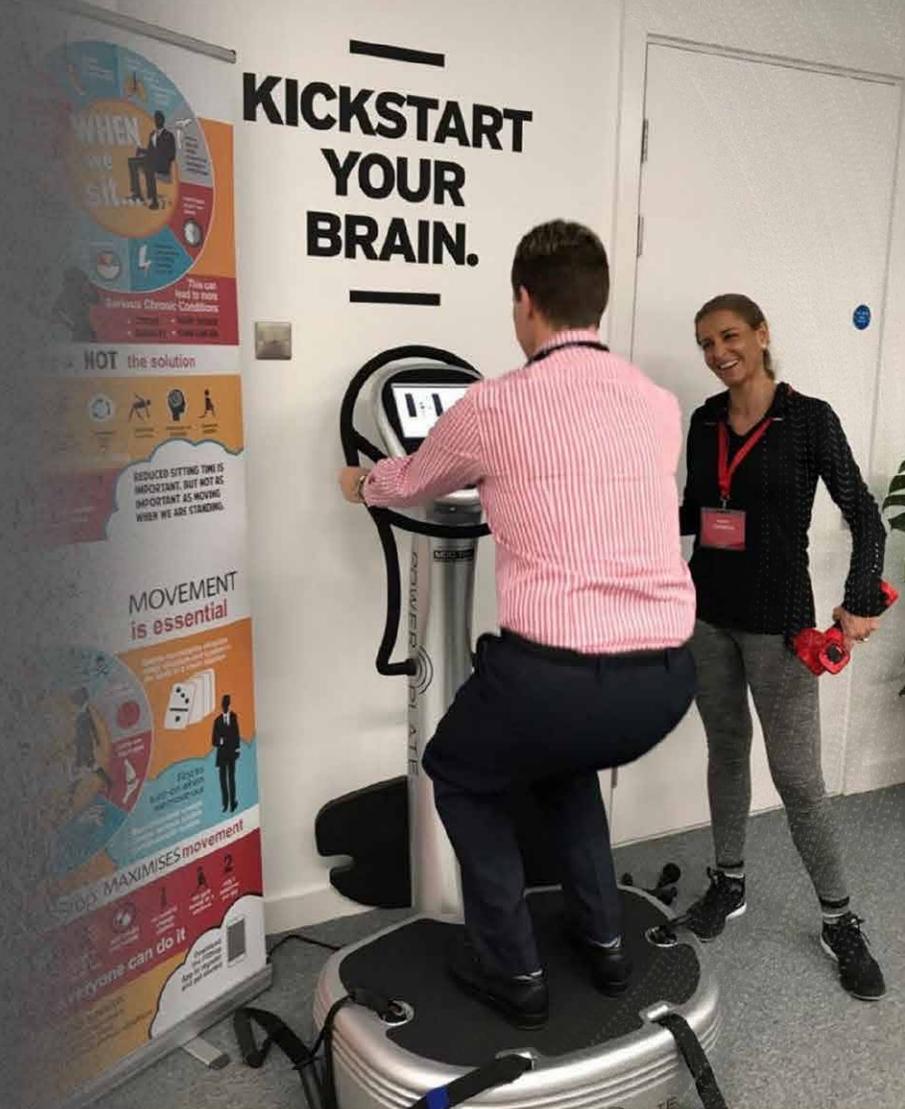
FitStop programs are demonstrated in easy-to-follow videos in 3, 8 or 15 minutes on a built-in touchscreen monitor and can be performed in normal work clothes gaining efficient and instant results. The FitStop program is designed to accommodate to all ages, abilities and time commitments.

How does it support?

- Improve mobility
- Reduce stiffness
- Re-energise body and mind
- Promote better posture
- Release tension in the lower back
- Combat sitting disease

Corporate wellness program benefits:

- Reduced absenteeism
- Increased productivity
- Improved job satisfaction
- Increased morale



According to research by governing body UK Active

75%

of workers never do any physical activity during their lunch break

80%

of employers agree that a company wellness offering will be crucial in recruiting and retaining them within the next 10 years

£29 Billion

cost per year to UK businesses because of sick days

1 in 6

British workers are affected by mental health problems each year

60%

Office workers spending 8+ hours a day sat at a desk are 60% more likely to die early

GROUP TRAINING //

Power Plate Small Group Training programmes are developed by professionals from across the globe with the latest industry insights and consumer demands in mind.

BURN: is a HIIT class that improves cardio performance benefits and fights fat

STRONG: is a full body workout designed to improve physical strength and conditioning

THRIVE: is for better brains, bones and balance

X: takes small group training to another level with boot-camp style exercises and suspension training

ZEN: is for those with recovery as an objective plus massage with yoga and stretching

The innovation of Power Plate vibration training coupled with small group programming is the perfect solution for studio operators looking to drive client engagement and revenue productivity.



We want to create a community among our participants, creating accountability and increasing retention



No contracts,
No licensing fees



5 formats, in 30 minutes.
Physiological change through vibration training in less time



Variety of demographic groups and training styles to suit all

REV + POWER PLATE PROGRAMMING //

PREPARE FASTER

Soft Tissue (WBV / TV), Functional Flexibility & Mobility (WBV), Stability (WBV).

PERFORM BETTER

Core Integration (WBV), Functional Strength & Power (WBV), Cardiovascular & Cardiorespiratory Power (REV/SPV).

RECOVER QUICKER

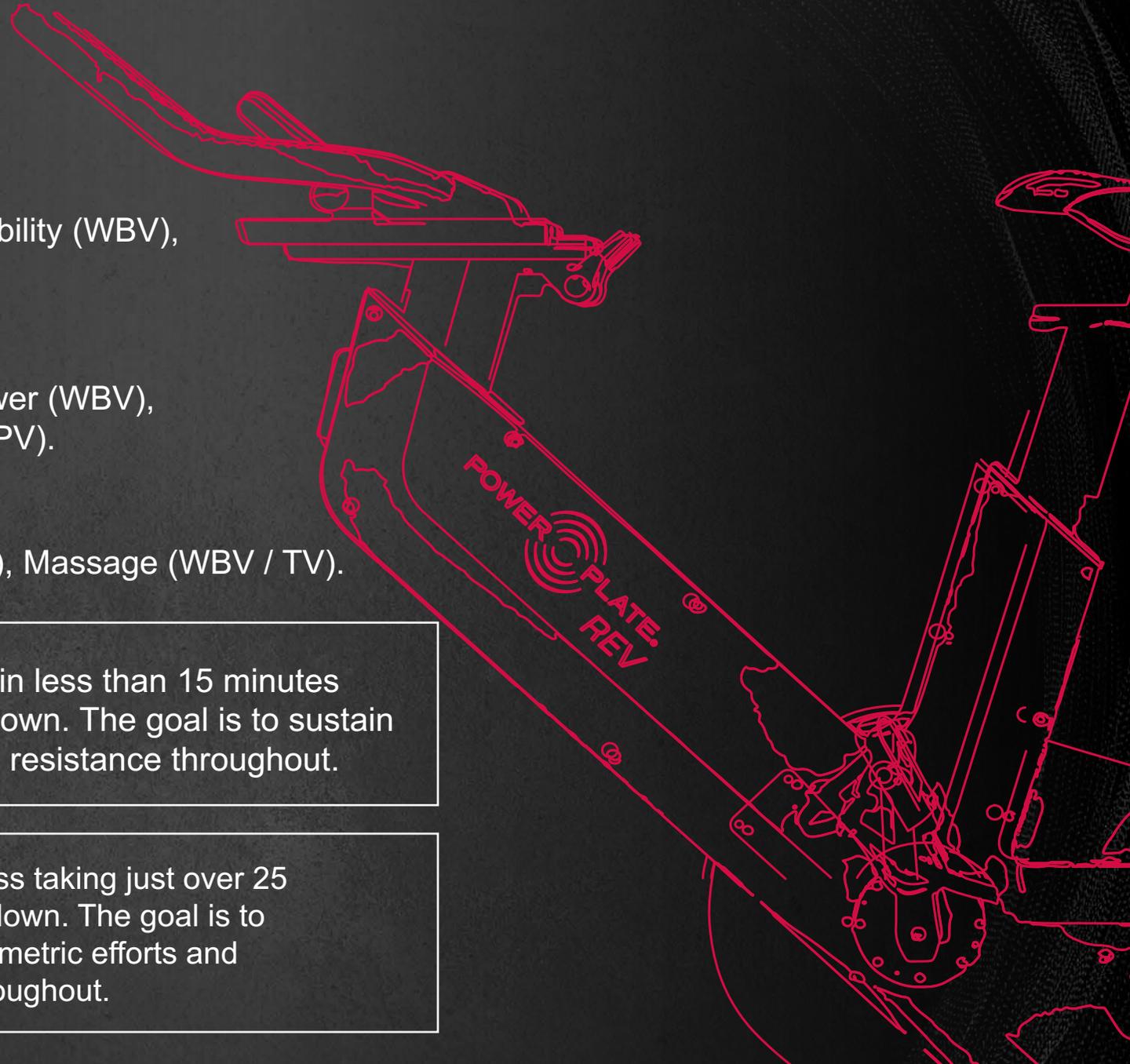
Functional Flexibility (WBV), Soft Tissue (WBV, TV), Massage (WBV / TV).



REV Circuit: Strong: A circuit class in less than 15 minutes which includes a warm up and cool down. The goal is to sustain intensity/Frequency and increase the resistance throughout.



Rev Circuit: X1 A more advanced class taking just over 25 minutes including a warmup and cool down. The goal is to generate the greatest forces during isometric efforts and increase LTCS duration and speed throughout.



PARTNERS //

WHO WE WORK WITH TO DELIVER THE BEST MEMBER EXPERIENCE

Combining different techniques and disciplines such as TRX, Boxing, Strength and PT, Power Plate is utilized to optimize the results of any activity.

TRX® **InBody**®

reachwellness | 

gSPORT™



TRAINING & EDUCATION //

Not only does Power Plate equipment and acceleration training itself offer incredible flexibility, our training and education programs are just as versatile. You and your staff will find Power Plate training professional, highly accredited, efficient and most of all, fun!

If you are ready to take your whole-body vibration system to the next level, we've got a program, education curriculum and training option for you.

From women's health to elite performance, special populations, active aging, sports-specific conditioning and general personal training education, the Power Plate training team has a variety of application know-how to share.

Our global training and education for users, professionals and specialists includes:

- Live Workshop Certifications
- Digital and coached session library
- Ongoing education and program content
- Globally accredited education and certification pathway



TRAINING & EDUCATION //

EXPERIENCE Session | 4 Hours

This simple, fun and practical in-facility session will educate and engage your members/clients, encouraging them to use Power Plate as part of their workout. They will master how to warm up, cool down and work out on the product by performing their usual exercises enhanced by Power Plate. Members/clients will learn how maximize results with Power Plate, ensuring they get the most out of your facility on every visit.

DISCOVER Workshop | 2-3 Hours

This practical workshop introduces your fitness team to whole body vibration training. They will learn how Power Plate integrates easily into any workout and enhances any movement to help prepare faster, perform better and recover quicker. Use this session to invest in your staff to build their skills, knowledge and confidence in helping your members/clients to maximize results.

DISCOVER Workshop & EXPERIENCE Session Package

Maximize the benefits and results of your education by delivering both staff and member/client sessions in your facility at your convenience. Choose to either deliver both sessions on the same day or kick off with a DISCOVER Workshop for your fitness team, followed by an EXPERIENCE session for members/clients (which allows our trainers to support your team with member/client engagement).

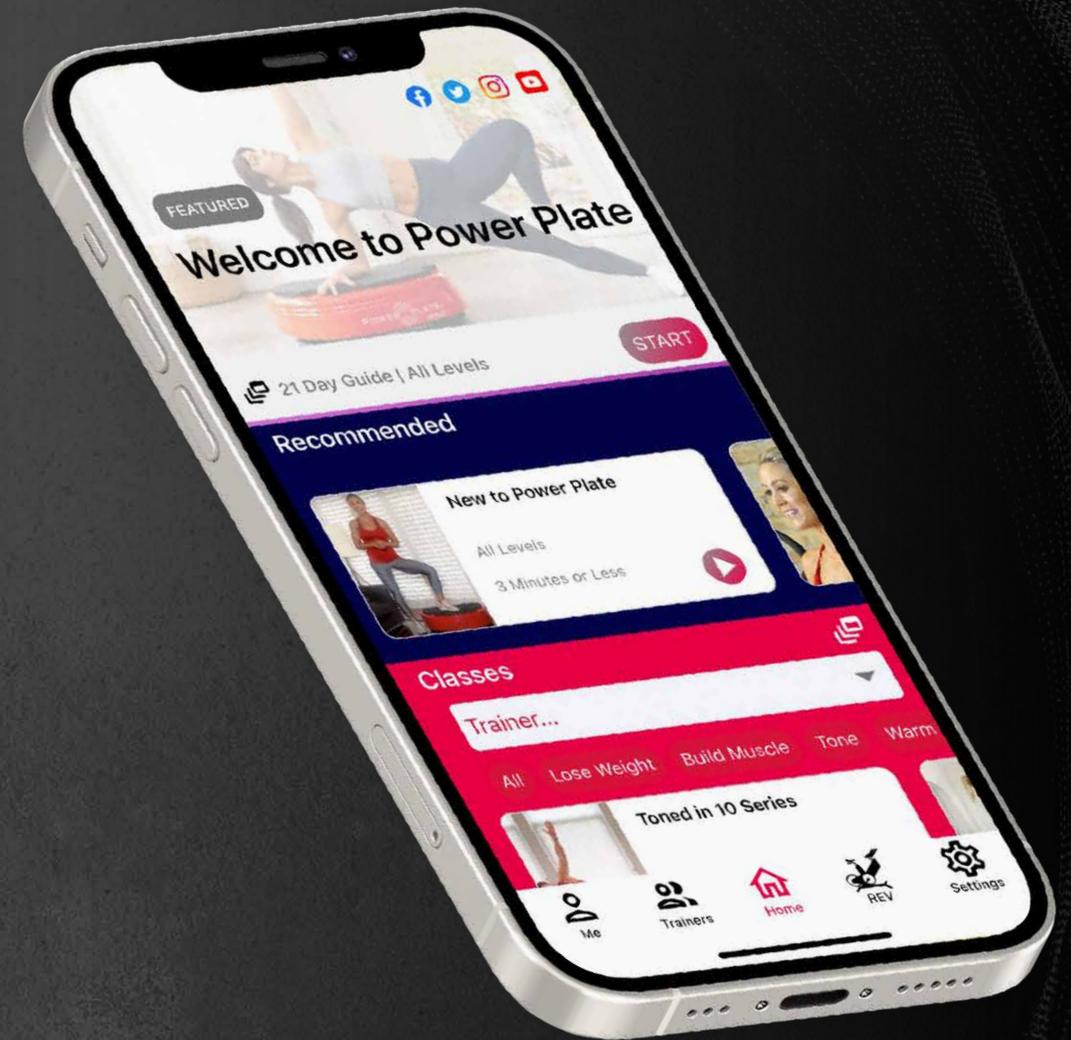


TRAINING & EDUCATION //

Your members and clients can now be part of the Power Plate community and learn more about the benefits of vibration training. Using all the great resources provided on the Power Plate APP, members and clients can improve their experience with the following:

- Product Guidance
- OnDemand workouts
- Education modules and coaching tips
- Community building with trainers and Power Plate users
- Ongoing education and program content
- User reactions and testimonials

Simply encourage members and clients to download the FREE Power Plate App from the App Store or Google Play and we'll do the rest.



FINANCE //

0% interest* free payment plan.

We are delighted to provide you with an interest free finance option for your proposed project. Our independent partner, Bluestone Leasing, provides access to the largest funding panel in the UK (50+) and the very best rates.

AS LOW AS
£69.38**
PER MONTH

WHY FINANCE?
WHY NOT?



RETAIN CAPITAL

Whether you are an established or new start business, keep valuable cash available for working capital or deploy it where it can work harder for you.



TAX SAVINGS

The repayments are 100% tax deductible unlike traditional capital expenditure



LOW, MANAGEABLE, FIXED PAYMENTS

With the costs fixed for the term and the VAT spread too, budgeting is easy.



SPREAD COSTS

Why pay in full, up front for depreciating assets? Match your costs to the return on your investment in your assets.



EXPERT SUPPORT

Our independent partner, Bluestone Leasing, provides access to the largest funding panel in the UK (50+) and the very best rates.



EASY PROCESS

The whole process is managed for you and you can expect clear, ethical, transparent documentation.

*0% interest option is strictly subject to credit underwriting and full execution of documentation. All offers are subject to our standard terms and conditions of trade available in writing upon request. ** Price quoted is for a Power Plate my7, paying monthly for the duration of 60 months and is EX VAT. Bluestone Leasing Limited (registered in England & Wales no.02519389 and registered office at Lakeside House, Navigation Court, Wakefield WF2 7BJ) is authorized & regulated by the Financial Conduct Authority FRN no. 663701. Bluestone Leasing Limited are a credit broker not a lender. ICO Data Protection Registration no is Z6897676 © copyright Bluestone Leasing Ltd.

TESTIMONIALS //



David Thompson,
Head of human Performance for Alpine Academy

"The Power Plate Targeted Vibration tools are fantastic for recovery especially on our training camp. We have solid days of training which are high volume and very intense, so we use the Power Plate massage guns pre and post sessions to help with the warm up and aiding in recovery. All the drivers use the night before just to help be fresh the next day"

Louise Knight,
Owner of independent studio, The Coach House

"I felt so in love with Power Plate and the results that I was achieving personally that I decided to invest and open up my own Power Plate Studio. I've not looked back it truly is the best thing I've ever done. My studio has gone from strength to strength, my classes are fully booked and have an extensive waiting list. It's wonderful to see all my clients body shapes change and the amazing results. I can not recommend these machines highly enough."

Ashley-Faye Helsby,
Product Director, Xcelerate Gyms

"At Xcelerate creating a positive experience for members is paramount and we want to provide members with access to all the key components of recovery including Power Plate vibration therapy to give a full 360 degree approach to health, fitness and wellbeing."

XCELERATE
GYMS

The 
Coach
House
FITNESS STUDIO



TRUSTED BY THE BEST //

Power Plate is used by A-list actors, professional athletes, doctors, and even Formula One drivers. The engineering team at Power Plate has been innovating in the whole body vibration space for over 22 years. They're obsessed with improving and refining Power Plate's world class equipment. Some of our users include:

- Mark Wahlberg
- Serena Williams
- Nate Diaz
- Mark Verstegen
- Cristiano Ronaldo
- Jeremy Renner
- Brennan Johnson



POWER PLATE® MOVE™ //

Power Plate® MOVE™ offers commercial facilities a convenient, effective and versatile health and fitness solution that redefines the exercise experience.

With incredible versatility in one robust product, MOVE's generous surface area caters to a wide variety of exercises, training styles or activities performed to create faster results in less time.

Power Plate MOVE's easy-to-use controls, variable frequency modes and a continuous vibration run time allows members and clients of any age or fitness level to start or stop activity and adjust intensity seamlessly for effective, results-driven training.



Easy to Control Buttons

Remote Control

Low & High Amplitude Settings

30, 35, 40Hz Frequencies

Up to 9 Minute
Continuous Run Time

Available Colours: 

POWER PLATE® my8™ //

A premium model that maintains precise balance at any frequency and amplitude level, allowing perfect synchronisation of vibration for maximum efficiency. It comes with a sturdy console, which you can hold onto during your workout. Also features a display screen with over 1000 different workouts.

The my8 features an integrated LCD touchscreen with Functional Interactive Training (F.I.T.) software, taking you effectively through every stage of your Power Plate® workout. The Power Plate my8 also features retractable resistance handles, which allows you to conduct resistance training while using the machine.



proMOTION™ Technology
upper body electronically
controlled resistance
cables with seven levels
of resistance.

Available Colours: ●

POWER PLATE® pro5 HP™ //

If you're an athlete, then you know taking athletes to the top of their game requires high performance equipment.

The Power Plate® pro5HP™ (High Performance) meets every need while exceeding every expectation. The pro5HP's columnless design allows for a full 360-degree range of motion around the plate surface, supports a max load of 500lbs, and also allows for the integration of additional exercise equipment, like a squat rack, in addition to the pro5HP's complimentary hand straps & rubber mat.

With this level of freedom, athletes can perform a complete range of static, dynamic, and plyometric exercises. Additionally, athletes or their trainers can instantly adjust the pro5HP's settings with the user-friendly remote control, instantly maximizing benefits without any interruptions to the workout.



Multiple Versatile Training Settings

DualSync™ Twin Motor System



Available Colours: 

POWER PLATE® pro5™ //

Built on decades of research and development in the field of whole body vibration training, the Power Plate® pro5™ brings the latest, most effective vibration technology to your training. With a wide range of frequency and time settings (25-50Hz & up to 9 minutes), you can increase vibration levels incrementally - taking you where you want to go, at the pace that's right for you.

The Power Plate pro5's large plate surface allows for a wider range of exercises and also provides more vibration to more parts of your body when performing certain exercises. Proven in commercial settings for wellness, beauty, fitness, active aging, sports performance, medicine, and rehabilitation.



Secondary Timer & Control Panel

DualSync™ Twin Motor System

Available Colours:

POWER PLATE® pro8™ //

Help your clients achieve functional training results like never before with the Power Plate® pro8™. What your clients may not know is that the Power Plate pro8 is scientifically proven to get results in half the time of traditional programs, but they'll definitely feel the difference that this advanced fitness equipment makes.

The pro8 is the first commercial vibration training device to feature an integrated LCD touchscreen with Functional Interactive Training (F.I.T.) software, taking clients effectively through every stage of their Power Plate program.

Equipped with electronically controlled proMOTION multidirectional cables with variable resistance and the largest Power Plate platform available with a 227kg max load, there's no limit to what you and your clients can achieve with the pro8.



More than 250
customized programs

LCD Touchscreen with
Functional Interactive
Training (F.I.T.) software



Available Colours: ●

POWER PLATE® pro7 HC™ [Healthcare] //

Healthcare professionals have successfully used Power Plate® to manage a variety of rehabilitating conditions and the pro7HC™ is designed specifically for the needs of medical facilities.

The pro7HC comes complete with patient-friendly integrated LCD touch screen video programs focused on neurological health, pain relief, and other common conditions. Equipped with an integrated heart monitor and embedded multidirectional cables, range of motion tracking, and a real-time variable resistance (power output) display, the pro7HC makes assisting patients both easier and more efficient.

Whether you're looking to address neurological-based conditions, physical pain, or more general health issues, the pro7HC is a valuable addition to any wellness practice. Healthcare professionals have found success using Power Plate's vibration technology to help their patients with a variety of conditions, including:

- Idiopathic peripheral neuropathy
- Osteoporosis
- Multiple sclerosis
- Parkinson's disease
- Cerebral palsy
- Rheumatoid arthritis

Available Colours: 



TARGETED VIBRATION PRODUCTS //

Designed for everyone, regardless of fitness level, our new Targeted vibration products are perfect for pre-workout muscle release and post-workout recovery.

- Helps relax and rejuvenate tight and sore muscles
- Accelerates exercise warm up and recovery
- Promotes blood flow and fascia release
- Enhances range of motion
- Reduces pain



POWER PLATE® ROLLER™ //

A portable recovery unit that takes foam-rolling to the next level. Relax and rejuvenate tight or sore muscles, release fascia, increase flexibility and improve circulation to prepare faster and recover quicker.



USB CHARGING



LONG-LIFE BATTERY



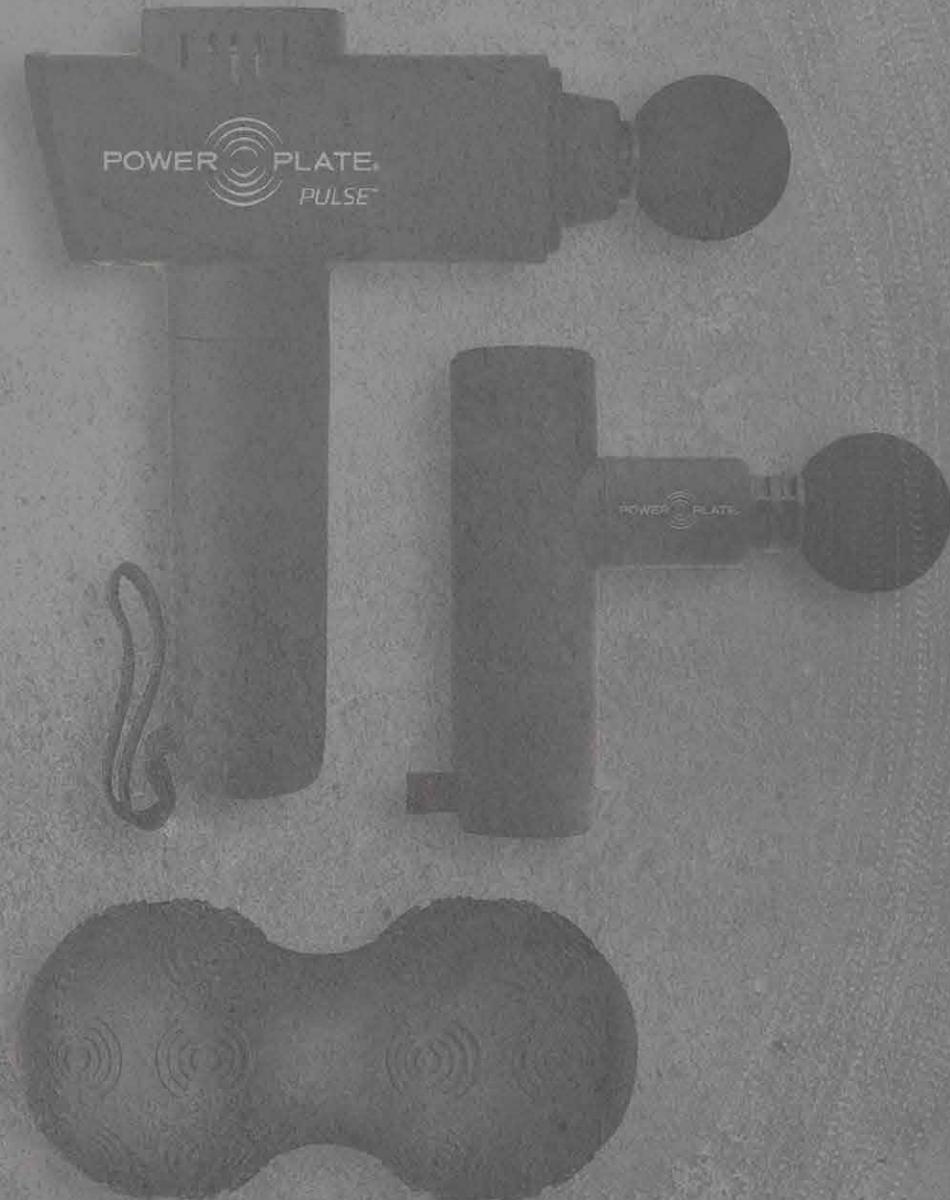
MASSAGING TEXTURE



EXERCISE & QUICK START GUIDE



4 INTENSITY LEVELS



Available in Red & Black



POWER PLATE® PULSE™ //

The NEW Pulse™ - our upgraded, powerful, durable and quietest ever, lightweight handheld device that helps relax and rejuvenate tight and sore muscles, release fascia and promote blood flow to accelerate exercise warm up and recovery. Complete with six attachments and six speed settings, its cutting-edge technology enhances range of motion and can reduce muscle pain.

Equipped with a built in, rechargeable battery that lasts up to six hours, the Pulse outperforms the competition with its long-lasting power and a preferable consumer price point.



PREMIUM CARRYING CASE



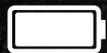
WHISPER QUIET MOTOR



6 ATTACHMENTS



LIGHTWEIGHT DESIGN



6 HOUR BATTERY LIFE



6 INTENSITY LEVELS



Available in Red & Black



POWER PLATE® MINI+™ //

A quiet, ultracompact, portable handheld device that is convenient enough to take with you everywhere you go. It takes the best parts of our Pulse™ and delivers it in an even smaller, lighter body that's even easier to integrate into your busy daily life.

The Mini+™ is an extremely versatile piece of gear that helps relax and rejuvenate tight and sore muscles, accelerates exercise warm up and recovery, and promotes blood flow and fascia release.



TRAVEL POUCH



QUIET MOTOR



VERSATILE ATTACHMENTS



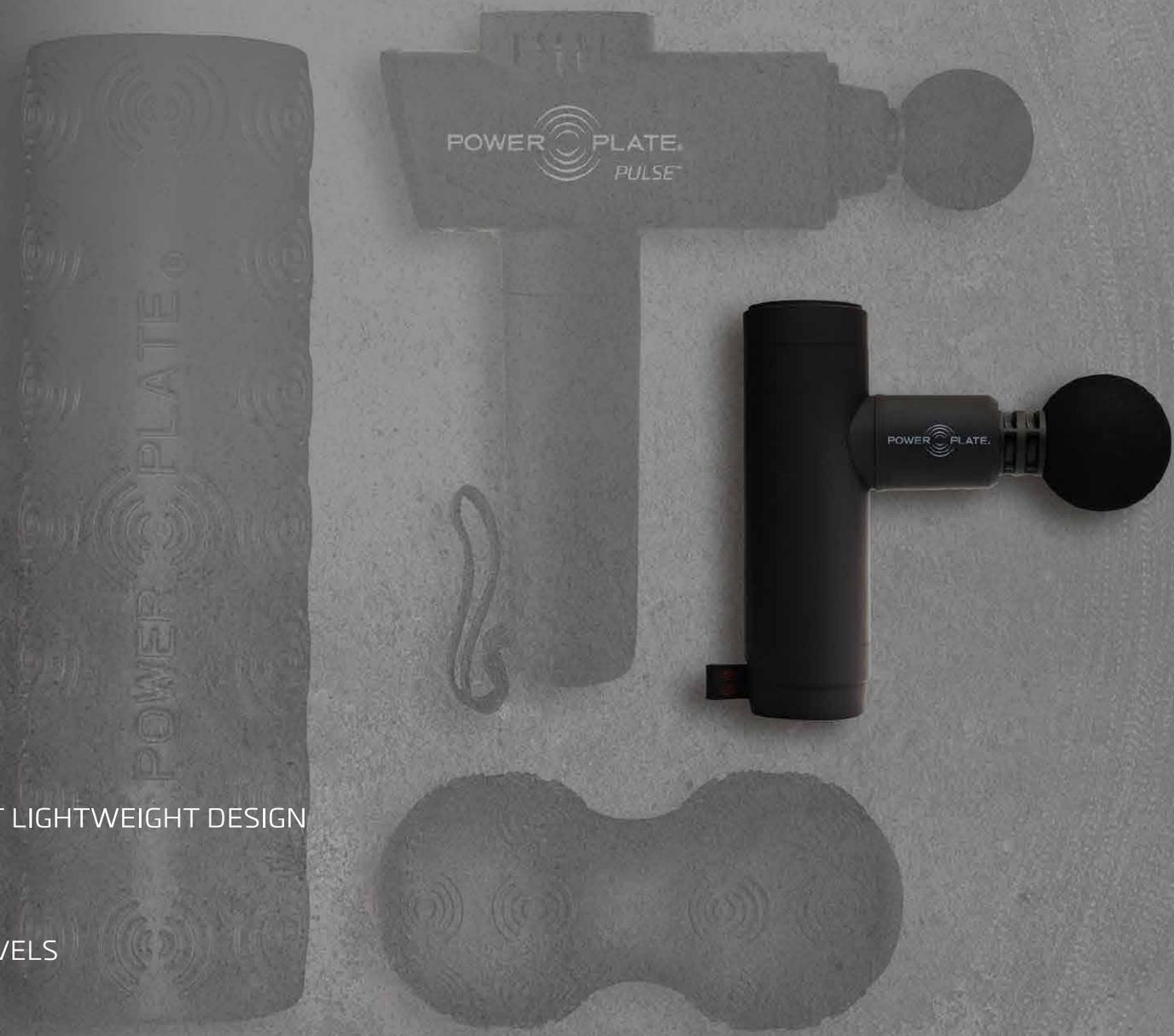
ULTRACOMPACT LIGHTWEIGHT DESIGN



5 HOUR BATTERY LIFE



4 INTENSITY LEVELS



Available in Black 

POWER PLATE® DUALSPHERE™ //

Ideal for a concentrated recovery, it features a unique, innovative, contoured shape and exclusive textured design that can target hard-to-reach areas including feet, neck and back. It helps relax and rejuvenate tight and sore muscles, release fascia, enhance range-of-motion and improve circulation to help accelerate exercise warmup and recovery.



USB CHARGING



4 INTENSITY LEVELS



MASSAGING TEXTURE



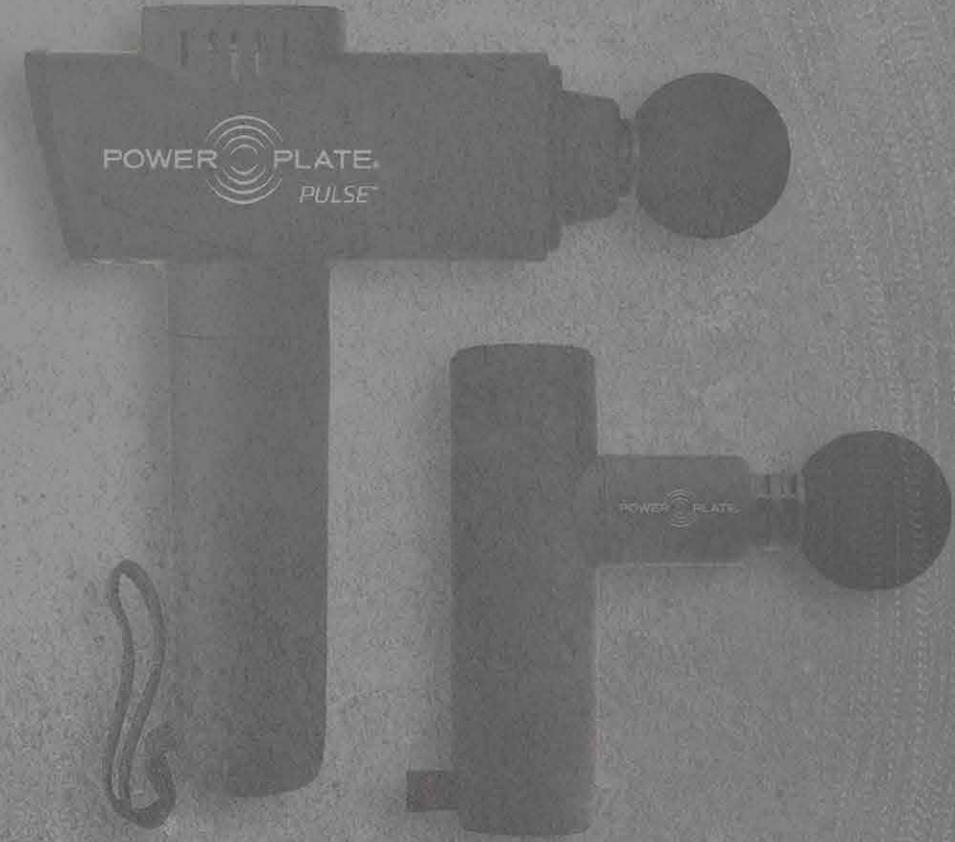
EXERCISE & QUICK START GUIDE



LONG-LIFE BATTERY



ONE-YEAR WARRANTY



Available in Red & Black  

POWER PLATE® REV™ //

The Power Plate® REV™ is a revolution in health and fitness that can take your workouts to a new level. The REV features Power Plate's patented VibeShift™ Technology delivering consistent, safe, precise, and predictable effective vibration through the pedals to maximize the intensity of your workouts.

Inspired by elite cyclists, these vibrations safely mimic the effect of that added instability and resistance giving you a significant increase in muscle activation, calorie burn, and cardiovascular effort while cycling to deliver results like no other bike on the market.

Featuring a commercial-grade design to stand up to the usage demands of health clubs and elite sports training, the REV has intuitive seat, height, and handlebar adjustments so anyone can quickly and easily find their perfect fit for a great ride.



43%

increase in
calf activation



138%

increase in
glute activation



167%

increase in
quad activation



144%

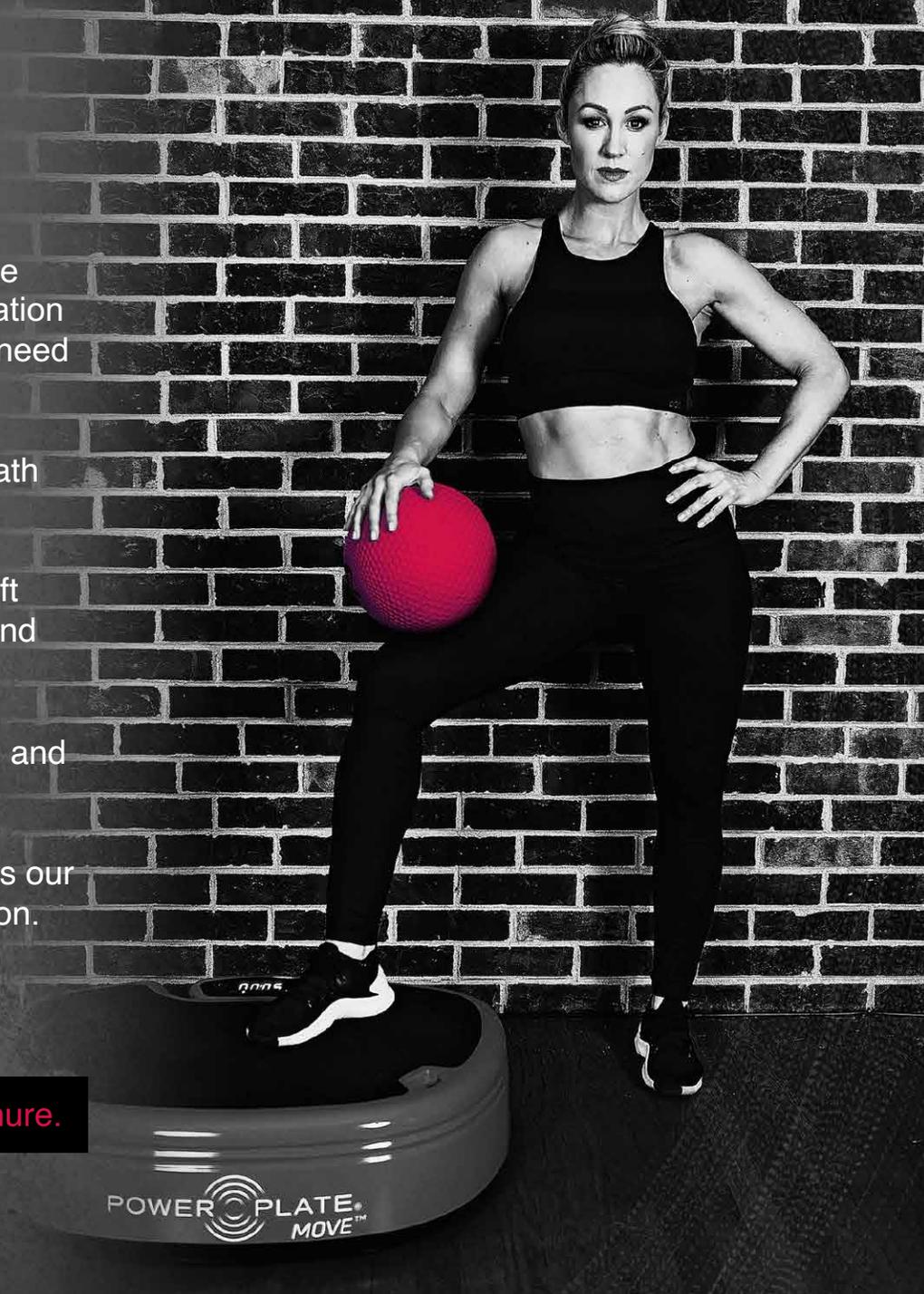
increase in
hamstring activation

SUPPORTING PRODUCTS //

Many of our whole body vibration devices and our targeted vibration devices have tons of different accessory options to choose from. From additional targeted vibration attachments to sound-dampening Power Plate Shields, we have everything you need to elevate your vibration therapy experience.

- **Shield:** Shield is a low profile, unobtrusive platform that sits directly underneath your Power Plate to reduce any residual vibrations.
- **Mat:** Enhance your Power Plate massage and recovery experience with a soft support cushion. This lightweight cushion is durable and resists wear, tears and sweat with ease.
- **Posters:** Available upon request with a variety of recommended movements and a QR code for further videos.
- **TVP cart:** Available in two sizes this cart simultaneously displays and charges our target vibration products for your clients to use before, during or after a session.
- **Lockers:** For extra security, a key card locker stores the handheld vibration products so you will always have peace of mind knowing your kit is safe.

For more info, please contact your sales rep directly. Details at back of this brochure.





VISUALISE YOUR SPACE



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