

REAL FITNESS FROM REAL PROFESSIONALS

About Jordan



Innovative, creative and artistic:

If you are a music lover, he's Beethoven. If you're an art fan he's Michelangelo. If you are talking fitness professionals, he's Jordan Yuam!

Jordan has been a fixture in the world of fitness and body sculpting for over twenty years. With an impressive list of clientele that includes athletes from professional sports, fitness models and A-List celebrities, his current clientele includes *Angela Bassett*, *Taylor Lautner (NEW MOON)* and *Chris Schauble (NBC4 Morning Anchor)*, to name just a few.

Jordan now presents you the opportunity to benefit from his progressive and ground breaking training methods. He began his training career in the 1980's and has constantly pushed the envelope to develop his own unique programs.

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Benefits of the Power Plate



POWER PLATE

Ever feel like there just aren't enough hours in the day to fit in exercise?

You know that it's important for your overall health and wellness, but sometimes there are just too many other things on your schedule.

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Power Plate®

Ever feel like there just aren't enough hours in the day to fit in exercise? You know that it's important for your overall health and wellness, but sometimes there are just too many other things on your schedule. A great alternative for people who enjoy an active lifestyle, but don't have the time for a lengthy work-out three or more times a week are Power Plate® machines.

Power Plate® machines work by using whole body vibration technology to essentially speed up the exercise process giving maximized results in a much shorter amount of time. When different parts of the body are put in contact with the platform in various exercise positions, vibrations are transferred to the working muscles. By holding a pose for up to 60 seconds at a time, multiple muscle groups are activated simultaneously to stretch, tone and strengthen. **You can get a full workout in just 20 minutes**, three times a week.

Benefits include improved muscle strength and tone, flexibility, range of motion and circulation, enhanced metabolism to aid weight loss, and even reduction of cellulite. It is also used for stretching, warming up, massage and relaxation purposes.

There are many ways to use Power Plate® machines depending on your personal goals, all with little impact on joints and ligaments and without always feeling like traditional "exercise."

For serious athletes, Acceleration Training™ workouts on the Power Plate® machines can enhance the results of conventional training and speed recovery and regeneration times. In just minutes, range of motion and stability can increase, providing a perfect warm-up before training or competing. In addition to being an ideal pre-event tool, Power Plate® machines are an excellent means of continuously maximizing performance.

If you are looking to lose weight, it can help enhance your metabolism. In fact, a recent study conducted at The University of Antwerp in Belgium just found that overweight or obese people who regularly undertook Power Plate® exercise were more successful at long-term weight loss and shedding visceral or belly fat (which is associated with a higher susceptibility to conditions such as heart disease, diabetes and strokes) than those who combined dieting with a more conventional fitness routine and those who simply dieted.

For those who want to look and feel great, not only can Power Plate® machines passively work all the muscle groups in the body, but they can reduce stress by decreasing cortisol levels while raising levels of serotonin. Using Power Plate® machines helps increase circulation and oxygenate blood flow, leading to a decrease in toxins in the body, which causes a reduction in the appearance of cellulite. Power Plate® machines provide a simple solution to preventing age-related muscle loss and bone density loss. They also elevate the level of Human Growth Hormone and it helps to increase flexibility and range of motion while stimulating the production of collagen, creating tighter, more beautiful skin.

For more information, visit www.powerplate.com.

