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Racked LA: "Deceptively Tough" Power Plate Workout Latest Brentwood Fitness Craze



BRENTWOOD—The latest fitness craze to hit the Brentwood Town Centre: The Power Plate, a deceptively tough workout that busts flab via a series of workout moves conducted upon a vibrating platform. Apparently, the tremors cause your muscles to contract multiple times per second, kind of like that infomercial ab belt, but a lot less creepy. The "Power Plate Experience" has recently hijacked a storefront at the mall, where group classes and private lessons are on offer. But be warned—this is only a pop-up studio, which we think means the Power Plates will be buzzing off to another location before much longer. [RackedWire]

via la.racked.com

Here's the Brentwood Blogged post we did when it first opened:

<http://brentwoodblogged.com/power-plate-studio-opening-june-23-in-brentwo>