

The Power Plate Experience Precisely Targets Fitness Needs with Acceleration Training

Now open in Brentwood, CA is **Power Plate – The Experience** (www.powerplate.com/bemoved), a fitness studio that features the innovative Power Plate machines. Whether you're struggling to squeeze in enough time for exercise or simply doubt the efficiency of your current routine, the Power Plate approach promises an exercise alternative that will ramp up your approach with highly efficient half hour sessions.

The Program

The Power Plate program is designed to create visible results in a finite amount of time through its **Advanced Vibration Technology**. Power Plate began in Paris and London and is gaining prominence among celebrities, including fitness connoisseurs like **Courtney Cox** and **Madonna**.

How It Works

While typical workouts only engage 30 to 50 percent of muscle fibers, Power Plate's Advanced Vibration Technology high speed workout recruits 95 percent of muscle fibers. The Advanced Vibration Technology naturally causes muscles to contract and relax multiple times per second while you exercise.



The result of using these sleek, user friendly Power Plate machines includes building a stronger core, improving posture, aiding relaxation and enjoying a deep muscle massage. The Acceleration Training reduces stress hormones and helps reduce body fat.

Program Benefits

The Power Plates program offers increased flexibility, strength, bone density, range of motion, lymphatic return and blood circulation while promoting decreased joint and muscle pain. Aesthetic benefits include enhanced skin tone through increased collagen production and cellulite reduction. The program also aids in maintaining a youthful appearance by advancing greater production of regenerative hormones.

Improving Athleticism

In addition to aesthetic enhancement, Power Plate – the experience benefits you athletically. Athletes find that the programs can enhance the results of conventional training, speed training recovery, and increase explosive strength and power. Acceleration Training also brings increased flexibility and overall body conditioning. From celebrities to athletes and everyone in between, the Power Plate program and machines offer a low impact, yet potent alternative to other fitness programs.

The Studio

Power Plate's Advanced Vibration Technology and **Acceleration Training** are now available to the Los Angeles area with the opening of Power Plate – the Experience. The fitness facility offers 25 minute small group sessions as well as one-on-one personal training available on a scheduled basis. Power Plate – the Experience is located on the 2nd Floor at 13050 San Vicente Boulevard in Brentwood, CA. The facility is open Monday through Friday from 7:00 a.m. to 7:30 p.m. and on Saturdays from 8:00 a.m. to 1:30 p.m.

For more information, visit www.powerplate.com/bemoved or call (310) 394-8600.