

TUESDAY, AUGUST 18, 2009

## The Power Plate workout



Like many people, the Culturistas **love** a work out that's fast and not too challenging but produces amazing results. Of course we are usually skeptical when people advertise that but we **LOVE** to try them out! We very happily report that the Power Plate is a kick ass workout!! Although it wasn't **too** challenging it produced stronger muscles and **INCREDIBLE** soreness is just one session. Obviously- like any workout, results will only get better the more you do it and that's why we went to the Pop-up Studio at the Brentwood Town Center.

**How it works:** Utilizing scientifically-proven Advanced Vibration Technology (which was first created for Astronauts to fight atrophy BTW!) that naturally causes muscles to contract and relax multiple times per second while you exercise. The high speed workout recruits 95 percent of muscle fibers, dramatically more than the 30 to 50 percent engaged during moderate traditional training.

**Benefits:** Increased flexibility, strength, bone density and range of motion; decreased joint and muscle pain and improved blood circulation. Aesthetic benefits: enhanced skin tone through increased collagen production, cellulite reduction and greater production of regenerative hormones to help maintain a more youthful appearance. Pretty awesome.



So basically while you are doing all sorts of squats, lunges, crunches, and stretches - your body is working much harder than it would if you were standing on normal ground, **but** without *feeling* like you are working much harder. And unlike most workouts- this machine actually massages the muscles you worked out at the end! Apparently this helps with muscle soreness and even cellulite!

The Brentwood town center's Power Plate studio will be open through September. Classes are \$75 for a private session and \$30 for a group session. Call: 310 394 8600 for an appointment. You can also find the Power Plate machines in Equinox gyms!

The Brentwood Town Center  
13050 San Vicente Boulevard  
2nd Floor 90049