

Here's to Your Health: Power Plate in Brentwood



Photo provided by Power Plate | The Power Plate

You heard it here first: fitness and health is big in L.A. Knowing that you would not want to go uninformed of the recent trends, we bring you Here's to Your Health, in which we explore new local offerings in health and wellness. Consider trying them, consider mocking the Hollywood fools who try them, or consider staying on the couch and watching reruns of "The Bachelor." Whatever floats your boat. Our last post brought you [Beneveda](#). This week, we continue with...

The Power Plate

A.K.A., train like an Angel!

Any workout that can cut gym time in half is A-OK in my book. And one that is both short and sweet(ly productive) garners extra points for efficiency.

The Power Plate, pictured above, is just such a fitness phenomenon. A flat board vibrates rapidly as you stand (or squat, or lunge) atop it, causing your muscles to engage in order to stabilize your body. By challenging the muscles with the vibrations, the workout is much more intense, and therefore, accomplishes more in less time.

The efficacy of the machine is part of the reason that our very own (well...and Anaheim's) Angels rely on it for training.

"It gives us a way of manipulating our workouts in a more effective, more efficient manner," said TJ Harrington, Strength and Conditioning Coach with the Angels. For a typical weight-training workout, he said, "I would do one set of 20 as opposed to a conventional workout of three sets of ten."

A pop-up studio in Brentwood that opened in July focuses only on Power Plate, and workouts run from 25 - 30 minutes. Structured like typical step or aerobics classes, the blissfully short sessions incorporate everything from cardio and weights to stretching and massage.

"This streams your body down really quickly," said Will Caton, a trainer at the studio.

Anyway, maybe you're still upset about the Angels right now (too soon?), but you'll thank me later, when you realize that you can not only train like a team that took a respectable crack at the Yankees, but you can do so in only 25 minutes.

You can [try Power Plate](#) in the Brentwood Town Center:
13050 San Vicente Boulevard, 2nd Floor
Brentwood, California 90049
310-394-8600