



## **POWER PLATE® EXERCISE VOTED “BEST LOS ANGELES WORKOUT” ON CITYSEARCH**

*Local Los Angeles Power Plate® Studio Features Efficient and Dynamic Exercise*

**Irvine, Calif. (December 07, 2009)** – The revolutionary [Power Plate®](#) workout took top honors from the fitness-conscious Los Angeles community in the recently announced Best of Citysearch awards. Named “Best Los Angeles Workout,” the state-of-the-art [Power Plate Studio](#) in Brentwood features group classes and personal training on Power Plate® machines featuring Advanced Vibration Technology™.

“We at Power Plate are honored to have been selected the Best Workout in L.A. There is no more competitive place in the world for fitness than Southern California, and to receive this award and recognition speaks volumes to our commitment to matching up Power Plate with the best trainers and the best facilities,” said Mark de Gorter, president of Power Plate North America. “This winning combination is making the reality of a cutting-edge, 30-minute total-body workout accessible to all.”

Power Plate® technology provides an efficient and dynamic total-body workout in less than 30 minutes. By utilizing [scientifically-proven](#) Advanced Vibration Technology™, Power Plate® machines trigger involuntary muscle reactions 25 to 50 times per second. The result is a high-intensity exercise that improves muscle tone and balance, helps reduce body fat and increases strength, with little impact on your joints. A [recent study](#) found that Power Plate® exercise helped participants lose more weight, and keep it off, than traditional exercise.

Citysearch editor Mar Yvette called it “an out-of-this-world workout,” and said that “You’ll definitely feel the burn.”

Celebrities including Madonna, Courteney Cox, Clint Eastwood and Cindy Crawford, and elite athletes like Serena Williams use the Power Plate® system. People from all walks of life use Power Plate® equipment to achieve fitness benefits that include: increased strength, muscle tone, range of motion, flexibility and bone density as well as improved blood circulation and lymphatic system activation. Aesthetic benefits include: enhanced skin tone through increased collagen production, cellulite reduction and greater production of regenerative hormones to help maintain a more youthful appearance.

The complete Power Plate® line of fitness equipment is designed for health clubs, wellness centers, spas, hospitals, physical therapy and rehabilitation clinics, professional and collegiate athletic training facilities, private fitness trainers and home use. Power Plate North America is headquartered in Irvine, Calif. [www.powerplate.com](http://www.powerplate.com).

The Power Plate® Studio is located at 13050 San Vicente Blvd in Brentwood and can be reached at 310.394.8600

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