

Media Release
For immediate use

PIROUETTE YOUR WAY INTO SHAPE

Exercise like English National Ballet with the New Power Plate Plié Class

Power Plate International has now made available the ultimate workout to achieve a longer, leaner dancer's body with Power Plate Plié.

Created with the help of experts from English National Ballet in London, this exciting Power Plate class features exercises used by professional ballet dancers to stay in shape and prepare for centre stage.

This 25 minute, high-intensity class has been specifically designed to help strengthen the core, build muscle strength and tone, and improve balance and flexibility – key skills for every ballet dancer. Featuring dynamic plies, squats and balances this class will help tone and hone the body to perfection.

"Power Plate Plié is used to improve performance and rehabilitation in dancers," says Amanda Boyle, International Power Plate Master Trainer. "Because the duration of a Power Plate session is so short, it doesn't result in fatigue with their already hectic schedule. After one class, dancers will feel improvements in stability, strength and explosive power - perfect for jumps and lifts!"

Power Plate equipment has long been known as a fast and effective way to burn fat, enhance muscle tone, improve balance, and increase strength.

"Power Plate has been proven to be one of the effective conditioning products on the market," says Boyle. "Now anyone can have the body of a dancer without hours and hours of training. This is a class not only for dancers but also those who love to focus on sculpting the body and having great posture."

To find your nearest Power Plate studio, visit www.powerplate.com.au or phone 1300 411 495.

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"We have been using Power Plate at the English National Ballet as part of preparation training for the Autumn and Winter shows where male dancers have to build considerable upper body strength to accommodate the amount of lifts. Power Plate training allows dancers to increase power and strength whilst maintaining their aesthetic body lines. An added benefit is that it also helps to increase bone mineral density which is an area of concern especially for female dancers in their upper bodies."

- Dr Matthew Wyon, Exercise Physiologist
English National Ballet

