

How and Why does the Power Plate Work?

Developed to optimise the effects of whole body vibration training, the Power Plate works by transferring vibrations to the muscles in the body, causing them to contract in a reflex action. Different parts of the body are put in contact with the vibrating platform in various exercise positions, ranging from squats, lunges and push-ups, to abdominal crunches, tricep dips or bicep curls. A pose is held for a period 30-60 seconds at a time activating multiple muscle groups simultaneously to stretch, tone or strengthen.

The vibrations send a message to your brain, which then causes your muscles to contract involuntarily - it does the work for you similar to when you would have the bang on the knee, reflex test. So on the lowest setting of 30 vibrations per second and if you are holding a pose for around 30 seconds, say the squat, it stimulates does 900 squats in that time. And not only are you having a great workout, 95-100 percent of your muscles fibres are engaged and being used, whereas normally you would use only around 30 percent.

Vibration training is low impact and gentle, enabling anyone, regardless of their age or fitness levels to benefit without putting strain on joints or other parts of the body. Training stimulates the mind, improves concentration and contributes to an overall feeling of well being, helping to eliminate the effects of stress.



Benefits

The 60-90 minute workout for people with only 20 minutes to spare!

The benefits of the Power Plate's Advanced Vibration technology are considerable, as evidenced by its acceptance by major medical, rehabilitation and therapeutic centres across the country. It can enhance an individual's general well being and quality of life, regardless of age, medical neurological or physical condition, except a few specific contraindications.

What does Power Plate training achieve?

- Increases muscle strength and performance
- Increases flexibility and range of motion
- Accelerates weight loss
- Fast muscle toning
- Reduces appearance of cellulite
- Rehabilitates injuries and ailments
- Activates blood circulation
- Improves collagen production
- Increases bone density

What are the advantages of vibration training over conventional training?

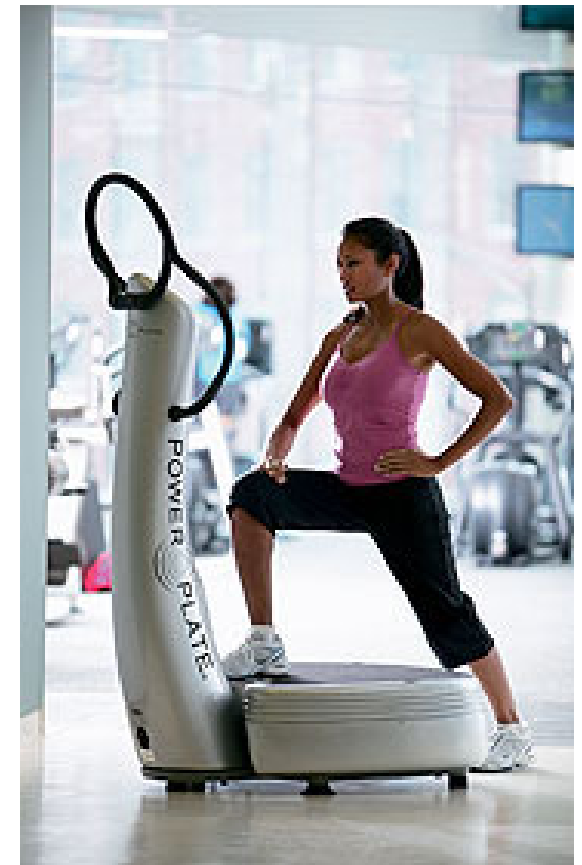
- No time wasting
- Effective
- Safe
- Motivational
- Fully supervised
- Successful in achieving visible results in a short time
- Effective for some back conditions and muscle pain as the final stretch exercises work on a deep tissue level.



Maximum Results in Minimum Time

Power Plate training activates multiple muscle groups simultaneously. The equivalent of 60 minutes of conventional strenuous exercise can be achieved in just 20 minutes. It is so effective that three 20 minute fully supervised sessions a week is enough.

So whether you want to lose that excess weight, tone up, fight cellulite or just improve your fitness levels and overall health, we have a program designed will help you to reach your goals without compromising your lifestyle.





History

The Power Plate was invented by Guus Jan der Meer, a member of the Olympic coaching team in the Netherlands and noted innovator in the field of exercise and athletic training. Seeking ways to improve conditioning and performance of elite athletes Van der Meer uncovered research on whole body vibration exercises that had been performed by scientists in Russia and Eastern Europe. The Power Plate was introduced in the Netherlands in 1999 and today is licensed for distribution in over twenty four countries including Italy, Spain, France the UK, Japan, China, Korea, Canada and the US. It is widely used by professional sports teams, training centres, rehab/medical facilities, health clubs and private homes.

Vibration Training Works

An in depth study by the University of Bayreuth (Germany) showed that whole body vibration achieved results that were as good or better than traditional training. Whole body vibration is also subjectively perceived as more pleasant. In Russia, many scientific studies were carried out into the benefits of vibration training and it was professor Carmel Bosco whose scientific research resulted in the major break through of vibration training.

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Testimonials

Thank you to Power Plate

"I lost 9kgs, dropped a dress size, my cholesterol is back to normal and I am much stronger and fitter than I've ever been. I love the personal service from the trainers and intend on coming to TONEZONE for as long as possible. Thanks."
 Sue P.



"You are working a miracle... not only is Power Plate brilliant but I can do my complete work out in 15 minutes and for me, time is limited. This is fantastic." Robyn

"I am 62 years of age and suffer osteoporosis. Since going to TONEZONE, my bone density has now increased to very little below that of a 40 year old woman." Patti L.

"As a working mother of three children, it was difficult to find time to exercise until I tried Power Plate. I could not believe the fantastic results, I could achieve in just 15 minutes. TONEZONE is a god-send in allowing me to achieve my fitness goals. Thank you." Libby

GOOD VIBRATIONS

20 minutes workout

**Equals 60 minutes
 Conventional exercise**

**NO JOINING FEE
 TRY IT FREE
 1 FREE TRAINING
 SESSION**



TONEZONE
POWER PLATE STUDIO
"We guarantee results"

