

Technology : What is Power Plate?



Power Plate® equipment is the premium vibration device powering a new dimension in wellness solutions for all ages, lifestyles and physical abilities. It uses the principles of Acceleration Training™ to stimulate the body's natural response to vibration. These vibrations transmit waves of energy throughout the body, activating muscle contractions between 25 and 50 times per second, enhancing overall performance in sessions as short as 15 minutes a day, 3 times a week.

Acceleration Training™ on Power Plate® equipment offers a host of benefits, ranging from an immediate improvement in blood circulation, to a variety of other measurable outcomes: such as increased muscle strength and flexibility, improved range of motion, decreased cellulite, increased bone mineral density, reduced pain and soreness and faster recovery. Our three-dimensional vibration technology continues to lead the industry, and its benefits are grounded in extensive academic and independent scientific medical research.