

# **WHAT IS VIBRATION TECHNOLOGY?**

**The mechanical generation of vibrations which provide an intensive stimulus of nearly all muscle fibers (over 95%)!**

**This Body-Transfer of vibrations in standing, lying, kneeling or sitting positions will initiate reactions in different physiological levels.**

## **PHYSIOLOGICAL EXAMPLES:**

**Functional performance,  
Relaxation, Orthopedic,  
Muscle development,  
Prevention of osteoporosis.**

## **BENEFITS**

- **Increases strength and power**
- **Improves core conditioning**
  - **Enhances stability**
- **Elevates anabolic hormones & reduces stress hormones**
  - **Expedites recovery and regeneration**
  - **Increases metabolism & fat burning**
- **Improves Flexibility and mobility**
  - **Minimizes stress to tendons, ligaments and joints**
    - **Dampens pain**
    - **Increases circulation**
    - **Increases bone density**
- **Improves lymphatic drainage**
  - **Reduces cellulite**

# ***Enhance your WORKOUT!***

**BOOK  
your time w/  
a Personal Trainer!\***

**20 min for \$30**

***Or***

**Include 10 minutes  
in your hour  
training for \$10**

**\* POWER PLATE AVAILABLE ONLY  
DURING A PERSONAL TRAINING.**

# POWER

*NEW*  
Vibration  
Technology

# PLATE

