

# Health Benefits

## Circulation

### Activated circulation

During a Power-Plate programme the muscles work as a pump that introduces blood into even the smallest blood vessels at up to 50 times per second. This ensures that cells are provided with fuel very rapidly. As a result, the body will also carry off waste products much faster, leading to improved regeneration..

### Study

#### Title: Metabolic Study

Duration 6 weeks, three times weekly

Conducted Power-Plate Classic

Results Test subjects were divided into two groups going through the same exercise routines, where one group incorporated a ten minute vibration training three times a week, and the other group did similar exercises without the vibration. The vibration group experienced an 18% increase in resting metabolism while the control group showed a 2% decline.

#### Title: Production of lactic acids after training the muscles involved in walking

Author(s) Heitkamp et al., University of Tübingen  
Journal Deutsche Zeitschrift für Sportmedizin, 2005

Duration 5 weeks, twice weekly

Conducted Power-Plate Next Generation

Results Power-Plate leads to improved performance and efficiency of the anaerobic metabolism.



Call us now on 01384 441400 or 01384 444642 to  
find out more.

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