

Health Benefits

Shorter Training Times

The 10 minute result

Just 10 minutes of Power-Plate per session, 2 or 3 times a week, is enough to achieve your desired results. Most people still believe that getting fitter is about the duration of the training, but it's the intensity of the training that gives the result. By assuming various positions on the Power-Plate you can stimulate different muscles and muscle groups. Power-Plate makes it possible to achieve fast and easy results in almost every part of the body.

Study

Title: Comparison between Power-Plate and conventional strength training

Author(s) Scherzer et al., University of Bayreuth
Journal 2001-2002

Duration 9 weeks, twice weekly

Conducted Power-Plate Classic

Results Power-Plate provides a complete core workout whilst training specific muscle groups, has a distinctive toning effect and speeds up the metabolism. It proves to be at least as effective as conventional strength training, both in upper body and lower body exercises.



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

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