

Crush your weight loss goals with

POWER PLATE®



Do you want to burn twice as much fat, and lose up to 50% more weight? You can with Power Plate- in less time!

Working out with a Power Plate forces your body to stabilize against vibrations, making your muscles work much harder. These tiny vibrations help burn more calories, activate more muscles, and increase circulation. Power Plate is both a potent addition to your current workout routine as well as a tool to accomplish all of your targeted or total body workouts in less time!

Here is how Power Plate increases fat loss:

The more your muscle fibers fire, the more calories you burn. When you simply stand or exercise on a Power Plate, your muscles fire 30-50 times a second.

This forces your body to burn more glucose. This burn gives you energy, which then helps burn more fat per calorie. The more consistent you are with Power Plate, the more your body will use fat as an energy source.

◀ BEFORE

AFTER ▶

Individual Results May Vary
Results seen are 10 min. a day · 4x per week



Are you ready to experience Power Plate for yourself?



Click here to schedule your free demo session