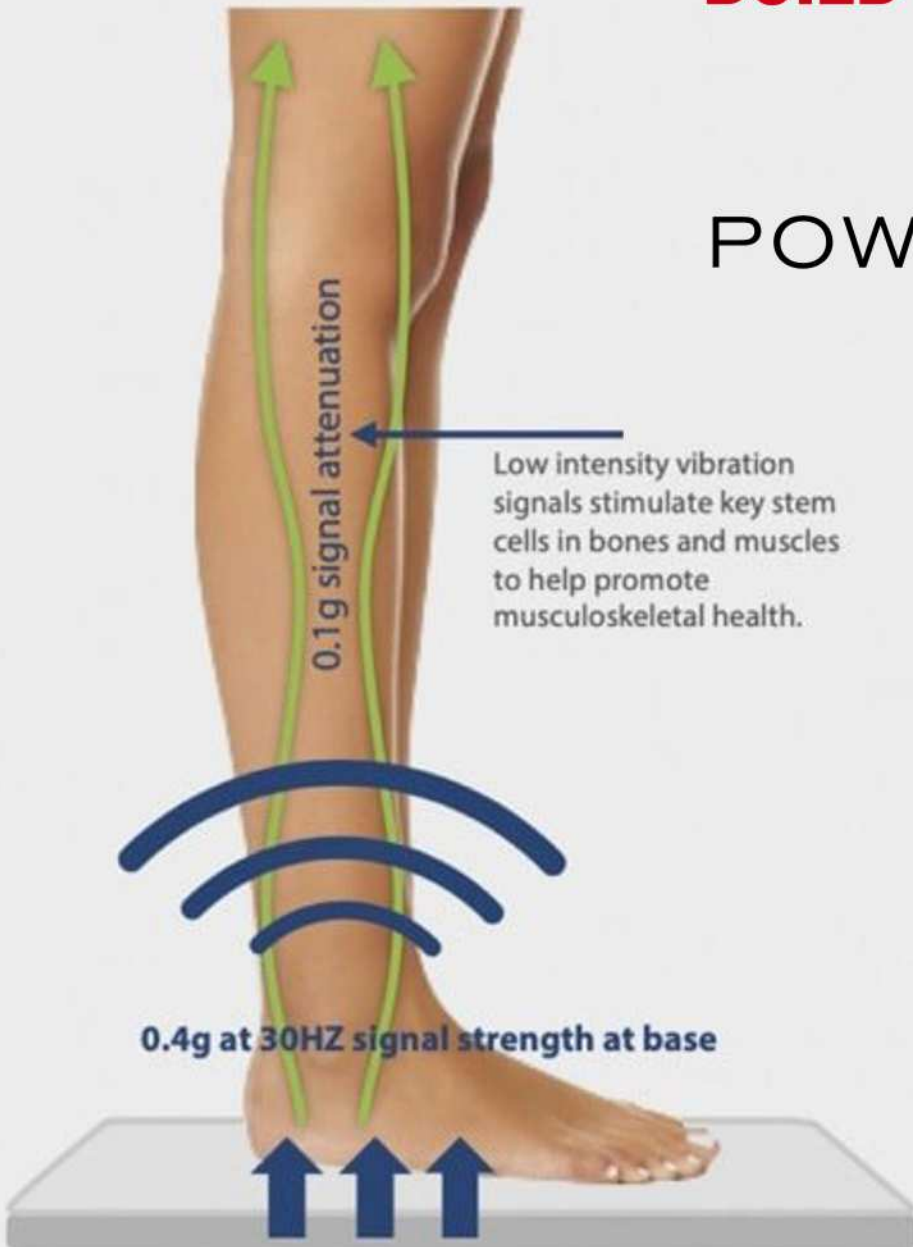


# BUILD STRONGER BONES

USING

POWER  PLATE®

0.3g signal strength  
signal at hips & spine



Low intensity vibration signals stimulate key stem cells in bones and muscles to help promote musculoskeletal health.

0.4g at 30HZ signal strength at base

Standing 10 minutes per day on low-intensity vibration provides maximal benefits to bone, muscle and stem cell health.

Exercising on Power Plate can help build bone mineral density, and prevent bone mineral density loss, by inducing osteogenic - or bone rebuilding - effects to the bone via the muscle and tendons. This is essential to the stimulation of bone mineral growth. It can be used by people of all ages and physical abilities to help make and keep bones healthy.

Results proved whole body vibration produces positive results: strength increased as much as 16% in upper leg muscles, while bone density at the hip increased by 1.5%. In addition, the whole body vibration group showed an improvement in postural control and balance, increased muscle strength and lean mass, while losing body fat and fat mass.

Osteoporosis occurs in 1 out of 3 women who are of perimenopause and menopausal age. Women diagnosed with osteoporosis are at increased risk of bone fractures due to simple bumps and falling.

The rhythmic harmonious vibration of the Power Plate stimulates reflexive muscle activations. Your muscles, attached to your bones via tendons and ligaments, contract and pull on the bones. This pulling force is a stress that helps to initiate bone remodeling.

Reflexive muscle activations happen rapidly on the Power Plate. For example, setting the plate to vibrate at 30Hz for 30 seconds, stimulates 900 potential muscle activations. Compound that with 5-10 movements for 30 seconds each at 30 Hz and a lot of good stuff is happening!

Power Plate is a phenomenal tool to incorporate into a weight bearing exercise program, without requiring you to lift a lot of extra weight. The vibration increases the load and forces to the bone tissue, without predisposing you to injury. A win win!



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[www.UniversalAthleticClub.com](http://www.UniversalAthleticClub.com)

**Try Power Plate today!**

[Click here to schedule your free demo session.](#)