

Set new standards with Power Plate® Integrated Fitness

Integrate Power Plate® with existing training modalities including ViPR™, Kettlebells and Suspension Training and provide diverse and innovative programming solutions to engage and retain clients.

Power Plate offers a multitude of benefits for a diverse range of population groups*. This presents a huge opportunity for facilities to attract new customers.

- **Active Ageing** – Falls prevention/ Arthritis Care/ Bone Health
- **Women's Wellness** – Post natal programming and pelvic floor health
- **Neurological Condition** – MS and Parkinson's disease
- **Sports Performance** – Targeted sports specific programming for performance, recovery and rehabilitation



Power Plate USA

By We Make Any App

Open iTunes to buy and download apps.



Description

Welcome to Power Plate USA app.

Do you want to get the most out of EVERY workout and reach your goals FASTER?

[Power Plate USA Support](#)

What's New in Version 3.0

UI Modification

Download the free Power Plate USA App

*Supporting scientific research can be viewed at:
powerplate.com/education-training/research

