

# Power Plate

**Power Plate is a fitness machine with a difference. It's like giving your whole body the equivalent of an all over 60 minute workout in a fraction of the time:-**

- Fights Osteoporosis
- Improves Flexibility and Circulation
- Increases Muscle Strength and Tone
- Improves relaxation and general well-being
- Helps accelerate weight loss and combat cellulite
- Enhances stamina and performance



## How Do I Get Started?

- Consult a member of the gym team, and book your 45 minute induction.
- Let our specialist staff show you how to get the best from the machine.
- Our 6 session course gives you the best opportunity to benefit from the Power Plate
- Consider one-to-one sessions to help you develop your Power Plate workouts



**Exmouth Tennis & Leisure Centre**  
Withycombe Village Rd, Exmouth, EX8 3AE  
t: 01395 223355  
e tennis@ledleisure.co.uk

## Fitness

Acceleration Training™ exercise using Power Plate machines offers a number of important benefits that will help fitness goals be not only achieved, but exceeded. Benefits include increased muscle strength and flexibility, better range of motion, better core conditioning and stability, and faster recovery and regeneration.

## Sport

The Power Plate machines stimulate the fast-twitch muscle fibres essential to developing explosive strength, motor learning, muscular endurance, and overall agility.

Sports teams throughout the world, such as Manchester United, Chelsea, and Celtic football clubs, and individuals such as golfer Colin Montgomerie use Power Plate as part of their strength, conditioning, and rehabilitation.

## Wellness

Using the Power Plate helps increase circulation and oxygenated blood flow, leading to a decrease in toxins in the body, which causes a reduction in the appearance of cellulite. It also helps the body by increasing bone mineral density to fight osteoporosis, and increasing the production of collagen to encourage firmer, smoother skin. Power Plate is more than just an exercise and rehabilitation machine.

<b>PowerPlate Session</b>	<b>Gold</b>	<b>Member</b>	<b>Non-member</b>	<b>PTL</b>
Induction	Free	£10.00	£11.20	£7.50
Programme Update	Free	£10.00	£11.20	£7.50
6 X 30 Minutes	Free	£29.00	£36.20	£24.00