

Power Plate

I have seen this around over the years in shopping malls and some gyms. I have also heard about vibration training, but was not sure about all the benefits.

It was used in the Russian space programme by astronauts. There was concern that their muscles and bones were becoming wasted in space.

The power plate is a vibrating machine that has a platform big enough to do squats, lunges or push ups and a variety of other exercises on.

During my 3-day fitness conference I had a go. The sensation I felt was like an intense vibration throughout the body. It was a different feeling. I could understand how a half-hour workout on the power plate would be enough time. Clients reported feeling energized after a session on the Power Plate. Muscle soreness post workout was not sore like it can be post a gym work out.

From there I linked in with a power plate instructor – Jude O’Sullivan from [Aevum Wellness](#) in Tauranga.



Jude describes some of the benefits below:

- Reduction in body fat
- Reduction in blood pressure
- Enhances functional performance and muscle activation
- Postural alignment and core control
- Balance, stability and proprioceptive awareness
- Circulation of blood and lymphatic fluid
- Increasing bone density
- Massaging tight muscles

This machine could be used across lots of ages and people with different fitness levels and health issues, although there are some limitations.

To find out more or if there is a Power Plate in your area you could Google Power plate and the city you wish to use it in.