



PORTABLE. POWERFUL. PERFECT.

Global leader in whole body vibration for over 20 years, Power Plate has introduced 4 new products that offer convenient, effective and versatile health & fitness solutions at home.

Designed for everyone, regardless of fitness level, the new targeted vibration products from Power Plate are perfect for pre workout muscle release and post workout recovery.

These portable and lightweight targeted vibration products help to relax and rejuvenate tight and sore muscles, release fascia and promote blood flow helping you prepare faster and recover quicker.

Targeted Vibration Products help to:

- Promote blood flow and fascia release
- Accelerate exercise warm up and recovery
- Enhance range of motion
- Reduce Pain

Each product comes complete with::

- 4 vibration intensity levels
- Long life and rechargeable battery
- Exercise and Quick start guide
- 1 year warranty

DUAL SPHERE™



Perfect for an effective and concentrated massage due to it's unique contoured shape and exclusive textured design - ideal for targeting hard to reach areas including feet, neck and back.

ROLLER™



Taking classic foam rolling to a new level, this portable vibrating massager features an exclusive textured design with 4 vibration intensity levels.

PULSE™

Powerful yet whisper quiet. With more attachments than any other massager on the market, you can choose between six different options suitable for various warm up and recovery needs. Made of only the toughest material

- The fork
- The small flat
- Large flat
- Thumb
- Small ball
- Large ball

Also available in matte black



MOVE™

PERFORMANCE IN A PRACTICAL PACKAGE

Power Plate is a vibrating platform that helps you prepare faster, perform better and recover quicker. It makes you feel better by stimulating natural reflexes, increasing muscle activation and improving circulation.

It enhances any movement, simple or complex, typically performed on the ground – stimulating more muscles, more often for faster results.

The MOVE by Power Plate is the perfect combination of size and function.

- Light enough to be moved from room to room
- Sturdy enough to support a full 130kg
- Complete with 6 variable frequency modes
- Covers a wide range of functionality.

Whether you want to achieve a relaxing massage or a gut-busting, sweat-inducing workout; the MOVE is efficient and effective no matter how you choose to use it.

Also available in Silver!



To get training tips, workouts and even more ways to get the most out of your Power Plate, download the Power Plate App.

