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## Vibration Plate Exercises

**building bone and whole body vibration training - power plate** - the whole body vibration group performed workouts of 30 minutes or less, including static and dynamic exercises for the upper leg and hip area. the power plate® training variables started at a low level, which was gradually intensified by: • increasing duration (exercise time) • increasing the number of exercises performed **safe strength program - vibration training advice** - safe strength program warm-up this is a vibration therapy pose, a very good warm-up for this exercise program and an overall wellness position. feet hip width apart, perfectly straight. hold onto handle bar lightly. or slightly bend, lock legs depending on comfort level. hold for 60 seconds. cellulite massage sit in the centre of the platform - **get a complete, full body workout in less time. - go outdoor** - face the power plate & begin with feet on floor. keeping chest up, step forward with left leg & bend back leg. hold for 2 seconds & return left leg to floor. continue for 30 seconds. repeat with other leg. power plate® intermediate workout get a complete, full body workout in less time. performance health systems llc **the powerplate - full body vibration** - the powerplate is a fitness machine used within a special method of training. this method is based on vibrational training. the goal of this method is mainly to increase the muscle strength. the machine transfers the vibration to the human body. the powerplate has been used for about a year and a half in the netherlands. originally it **strengthen & tone! - health & beauty connection** - sit on vibration plate. lift legs and arms up into air. hold for just a few seconds and release. do not lean against the tower. sit tall. this advanced pose tones core muscles in abdomen and exercises good balance. advanced v-crunch strengthen & tone! shape & tone yours legs & butt stand on the vibration plate with your

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