



Power Plate®

Basic Fitness Academy Training

# Physiology



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# Mechanisms, effects and applications of Power-Plate

Power-Plate generates mechanical vibrations



Body-Transfer of vibrations in standing, lying, kneeling or sitting positions



Initiation of reactions in different physiological levels



connective tissue

neuromuscular system

vascular system

hormone system

Improvement of strength qualities

Muscle development

Pain reduction

Improvement of coordination

Improvement of flexibility

Relaxing / Massage

Lymphatic drainage

Prevention of osteoporosis

Anti-Aging

Functional performance

Beauty culture / Anti-Cellulite

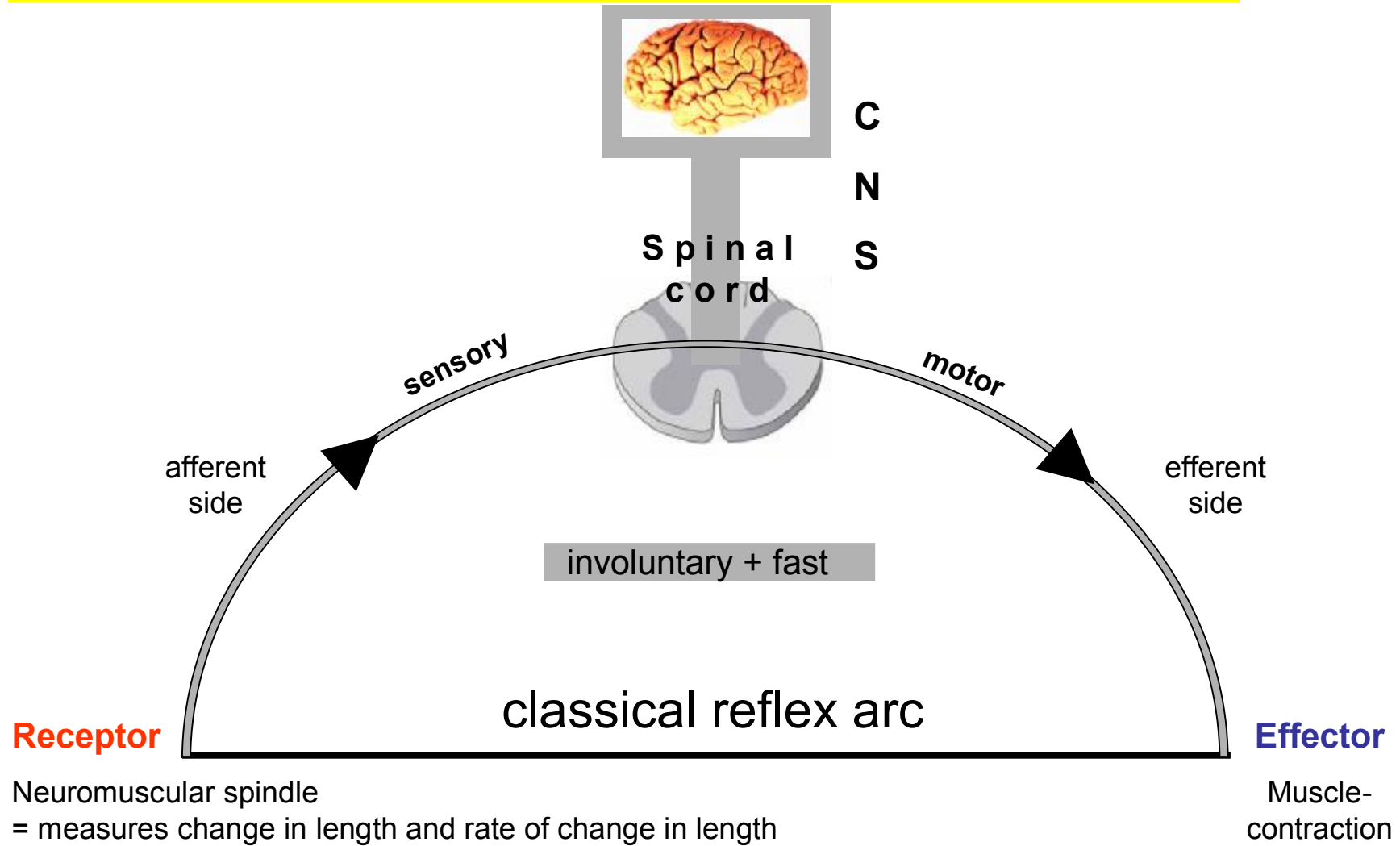
Orthopedic / neurological therapy

Improved skin



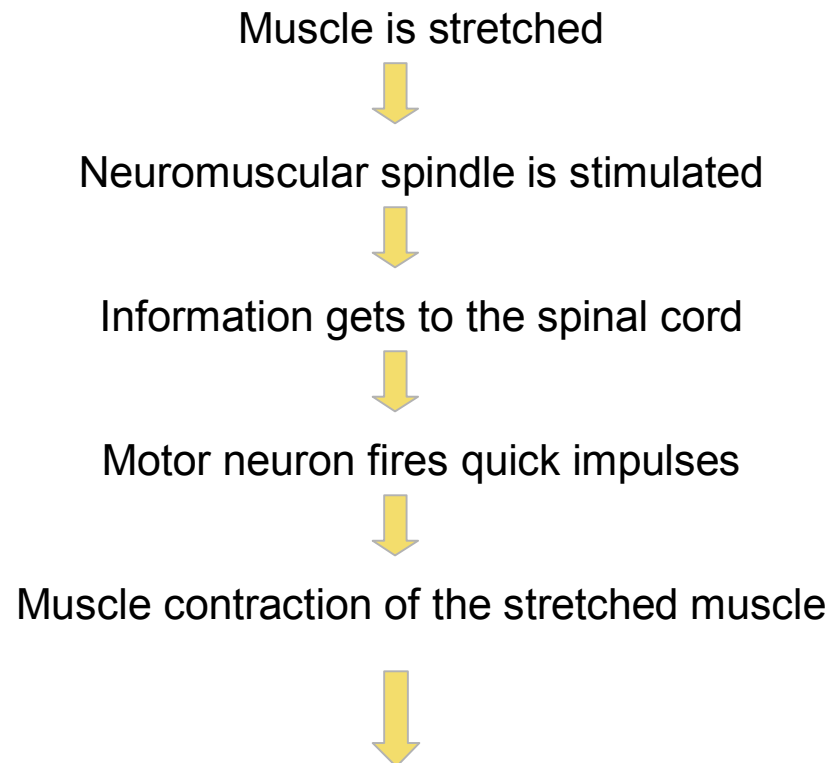
Physiology

# Basics of neuro-anatomy and neuro-physiology I





## Basics of neuro-anatomy and neurophysiology II



**reflex muscle contraction**

