



Innovative Acceleration Training with Power Plate Products in Use on PGA TOUR

Revolutionary Fitness and Wellness Product Used by Growing Number of TOUR Professionals, Now Featured on PGA TOUR and Champions Tour Vans

NORTHBROOK, IL, April 1, 2008 – Power Plate North America announced today that its innovative Acceleration Training™ (a.k.a. “vibration training”) products will be used on the PGA TOUR and Champions Tour health and fitness trailers. Rory Sabbatini, Colin Montgomerie, Jesper Parnevik, Chip Beck, Mike Weir and Jerry Kelly are just a handful among a growing list of PGA TOUR and Champions Tour professionals turning to Acceleration Training with Power Plate products for its unique array of physical fitness and game-improvement benefits. Use by touring professionals underscores Power Plate’s distinction as a legitimate golf-fitness and game-improvement product.

“The PGA TOUR’s decision to make our products available to professionals on its Fitness Trailers throughout the season, and to avid golfers at retail, affirms our long-standing belief in Acceleration Training™ as a legitimate game-improvement tool for golfers,” said Brian Dillman, President, Power Plate North America. “The support we’ve enjoyed from TOUR professionals, elite swing coaches and golf strength & conditioning coaches, has been invaluable to establishing Power Plate in golf, and we’re thankful for that and look forward to continuing to help golfers of every level improve their games through Acceleration Training™.”

In addition, Power Plate products will also be featured at PGA TOUR Superstores, a retail chain licensed by the PGA TOUR, serving die-hard golf enthusiasts with 13 locations throughout the country.

The most critical physical aspects to consistency on the golf course – balance, flexibility and range of motion, explosive strength, injury prevention and rehabilitation, are among the primary benefits achieved through Acceleration Training. Yet it’s the time-efficient and low-impact nature of Acceleration Training™ that sets it apart from other training methods, allowing its variety of benefits to be achieved in shorter, 15-30-minute training sessions and without the rigors and potentially damaging effects to joints and tendons of higher-impact conventional training methods. Furthermore, the Power Plate has illustrated significant pain-reduction benefits to individuals dealing with back-related ailments, also common among golfers.

“I’ve experienced wonderful results using Power Plate products within my personal training regimen in the off-season and between TOUR events, and I was thrilled to learn that the PGA TOUR was going to offer them on the TOUR Fitness Trailer this season,” said Jerry Kelly. “I have no doubt that other TOUR pros will become believers through the chance to experience Acceleration Training™ first hand at TOUR stops this season.”

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“About six months ago, under the guidance of my friend (golf fitness expert) Sean Cochran, I committed to an exercise program centered on a 15-minute Power Plate® routine,” said renown golf teacher and short-game guru, Dave Pelz. “To date I’m pleased to report a loss of over 50 pounds, stronger legs, increased flexibility, and feeling better than I have in 20 years.”

While it has emerged steadily within the golf community, Power Plate’s overall impact in professional sports is nothing short of significant, with extensive use now in professional football (roughly half of the League’s 32 teams are utilizing Power Plate), baseball, basketball, hockey and soccer, as well as a “who’s who” list of leading college athletic programs in the U.S.

Power Plate International is the leading manufacturer of products using Acceleration Training™ through Advanced Vibration Technology™ for health clubs, spas, hospitals, physical therapy and rehabilitation clinics, professional and collegiate athletic training facilities, and private fitness trainers, as well as home users. For more information on the product, or its supporting technology and scientific research call Power Plate North America, at (877) 87-PLATE or visit on the web at www.powerplate.com.

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