



## **POWER PLATE NORTH AMERICA ASSUMES LEAD ROLE IN NATIONWIDE EDUCATION FOR ACCELERATION TRAINING™ AMONGST HEALTH AND FITNESS PROFESSIONALS**

### ***2008 Power Plate Academy Schedule Offers Comprehensive Education in Acceleration Training for Health, Sport and Medical Applications***

**NORTHBROOK, IL, February 11, 2008** – As the company most-responsible for introducing Acceleration Training (aka Vibration Training) products to the United States, it's only natural that Power Plate North America has assumed the lead role in the critical mission of educating and training as well. The company recently unveiled its extensive 2008 schedule of Power Plate Academy sessions to provide research-based education and training in the application of Acceleration Training principles to health, medical, rehabilitation, athletic and fitness training professionals around the country.

Through this extensive schedule of Power Plate Academy sessions, Power Plate North America is ensuring that professionals who administer this innovative modality with their clients, are doing so based on proven and approved methodology for safe and effective application of Acceleration Training principles. Furthermore, the Power Plate Academy curriculum is approved for continuing education credits from many of the nation's leading professional associations and governing bodies, including ACE, NASM, NSCA and ISSA.

"Each academy involves a multi-faceted curriculum, offering comprehensive education on the science and training principles of Acceleration Training at the beginner, intermediate and advanced levels," said Scott Hopson, Director of Research, Education and Training for Power Plate North America. "As an emerging modality that's still relatively new by clinical and professional standards, providing accurate, research-based education is of the utmost importance to the ongoing evolution of this exciting new fitness and rehabilitation methodology."

Backed by a host of peer reviewed published research, Acceleration Training offers a wide variety of benefits, including improved muscle strength, flexibility, balance, bone density, reaction time and quickness, hormonal release, pain reduction and expedited recovery of damaged muscles and tendons.

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From the nation's elite professional and collegiate sports teams, elite athletic trainers and fitness professionals, as well as chiropractic and physical therapy clinics and hospitals around the country, Acceleration Training has rapidly emerged as one of the most exciting and intriguing new modalities in decades.

Following is a detailed schedule of 2008 Power Plate Academies. To register or get additional information on Power Plate Academies, contact Sarah Weitz 847-239-5461 .

<b>Level I Academy</b>	
Location	Dates
Power Plate North America . Northbrook, IL	1/18, 2/15, 3/21, 4/18, 5/16, 6/20, 7/18, 8/15, 9/19, 10/17, 11/14, 12/19
Athlete's Performance . Tempe, AZ	3/26, 4/16, 5/28, 6/25, 7/23, 8/27, 9/17, 10/15, 11/19, 12/17
Home Depot Center (Athlete's Performance) . Carson, CA	1/30, 2/27, 3/19, 4/30, 5/21, 6/11, 9/24, 10/29, 12/3
Athlete's Performance . Pensacola, FL	2/27, 4/23, 6/11, 8/20, 10/22, 12/3
Edge Pilates . Ft. Lauderdale, FL	2/3, 4/12, 6/7, 8/30, 10/4, 12/7
Peak Performance . New York, NY	5/18, 7/20, 9/28, 11/23
TEST Sports . Martinsville, NJ	4/11, 6/13, 8/8, 10/24, 12/12
Pacific Pilates . Palm Desert, CA	3/13, 6/1, 9/6, 11/15

<b>Level II Academy</b>	
Location	Dates
Power Plate North America . Northbrook, IL	2/22, 4/25, 6/27, 8/22, 10/24, 12/12
Athlete's Performance . Tempe, AZ	3/12, 6/18, 10/1, 12/10
Home Depot Center (Athlete's Performance) . Carson, CA	2/13, 5/14, 9/10, 11/5
Athlete's Performance . Pensacola, FL	7/16, 11/12
Edge Pilates . Ft. Lauderdale, FL	5/17, 9/14
TEST Sports . Martinsville, NJ	3/14, 7/11, 11/7
Peak Performance . New York, NY	4/13, 8/10, 12/7

<b>Level III Academy</b>	
Location	Dates
Power Plate North America . Northbrook, IL	2/29, 5/30, 8/29, 11/21
Athlete's Performance . Tempe, AZ	5/7, 8/13
Home Depot Center (Athlete's Performance) . Carson, CA	6/4, 10/8
TEST Sports . Martinsville, NJ	5/9, 9/12
Peak Performance . New York, NY	6/15, 11/9

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#### Academy Pricing Packages:

Level I: \$199.00

- Includes Online Learning, Acceleration Training DVD, Manual, & Training Bag

Level II: \$199.00

- Includes Handbook of Acceleration Training & Manual

Level III: \$199.00

- Includes Sport Specific Programs, Prehab/Rehab Programs, & Manual

#### Gold Package:

Levels I & II: \$339.00 (*Save \$59.00!*)

#### Platinum Package:

Levels I, II, & III: \$479.00 (*Save \$118.00!*)

\*\*\*DVD & 1 year access to Personal Training on the Net are included with the purchase of the Level I Academy at full price (\$199.00 USD). Handbook is included with the purchase of a Level II academy at full price (\$199.00 USD).

Acceleration Training<sup>®</sup> via Power Plate<sup>®</sup> equipment exploits the body's innate reflexive response to disruptions in stability in order to achieve its varied benefits. Just as the leg kicks forward involuntarily when the doctor strikes the lower knee to test reflexes, the body's muscles engage in an involuntary reflexive muscle contraction in response to the vibration stimulus from Acceleration Training<sup>®</sup>. Muscles are forced to contract 25-50 times per second in response to mechanical vibrations delivered to the body from a central platform upon which static and dynamic exercises are performed.

**Power Plate North America is the leading manufacturer of products using Acceleration Training<sup>®</sup> through Advanced Vibration Technology<sup>®</sup> 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 it's supporting technology, education and scientific research, call (877) 87-PLATE or visit Power Plate North America on the web at [www.powerplate.com](http://www.powerplate.com).**

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