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**LATEST CELEBRITY FITNESS RAGE MAKING WAVES WITH
PRO GOLFERS**

Northbrook, IL. November 2, 2006 – Labeled by entertainment media as Hollywood’s “latest fitness rage,” with reported users including P-Diddy and Madonna, “Acceleration Training” with The Power-Plate is now bringing its benefits to the top golfers in the world.

Currently being used by more than 40 professional football, baseball and basketball teams and universities across the country, The Power-Plate is quickly finding its place in the golf community evidenced through its use by professional golfers including Colin Montgomerie, Rocco Mediate and others.

The Power-Plate and its Advanced Vibration Technology have created an entirely new form of training known as Acceleration Training. This cutting-edge training method elicits a number of golf-specific benefits, including but not limited to increased flexibility, range-of-motion, explosive strength and balance.

Elite trainers and swing coaches including PGA professional Mike Wilson – Mike Weir’s personal swing coach – utilize The Power-Plate with golfers to dramatically improve all aspects critical to the golf swing and consistent performance on the golf course.

“After one session on The Power-Plate, I immediately noticed the impact the device had on both my body and my swing,” said Wilson. “My flexibility increased so much that I felt like I was a different golfer. I am definitely a fan of the Power-Plate and can foresee golfers flocking to this technology as they look to improve their games.”

Montgomerie and Mediate are among the golfers who have already become believers.

Prior to this year’s Ryder Cup, an article was published in the UK in which Montgomerie named The Power-Plate as one of the items that he “could not live without.” Montgomerie went on to say that he needs to stay fit when he is not on Tour, and The Power-Plate “strengthens” him and “prevents injury.”

Mediate a 20-year PGA Tour veteran who overcame career-threatening back problems, has also seen dramatic results with The Power-Plate.

“I have found that The Power-Plate has increased my strength, stamina, mobility and overall coordination – all critical elements to success on the golf course,” said Mediate. “Aside from these benefits, the Power Plate acts as a preventative measure, reducing the potential for joint or back-related injuries common among golfers.”

The Power-Plate resembles a large scale, with a central platform that vibrates rapidly between 30-50 times per second. Individuals merely stand on the platform, allowing the vibrations to elicit a natural reflexive response of muscle contractions for each and every vibration. The vibrations also elicit a significant increase in blood flow to joints and tendons, increasing flexibility and range of motion.

Renown film actor and director Clint Eastwood has been a proponent of acceleration training with the Power-Plate long before the product and technology gained mainstream notoriety. Eastwood, an avid golfer who helped develop the renowned Tehama Golf Club in Carmel, CA, was instrumental in securing a Power-Plate for the Club's member fitness center.

"Power-Plate is a fast and effective strength workout," said Eastwood. "I like to use it before a round of golf, because it helps me feel loose and flexible."

Additionally, TaylorMade-adidas Golf Company, one of the most respected names in golf, has a Power-Plate at its headquarters in Carlsbad, CA where staff members are tapping into the machine's ability to help golfers increase flexibility, balance and explosive strength.

"During a recent visit to TaylorMade, I hit balls in between Power-Plate sessions concentrating specifically on different muscle groups," Wilson added. "By the end of the session, my whole body felt great."

The Power Plate is designed for and marketed to 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 contact (877) 87-PLATE or visit on the web at www.powerplateusa.com.

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