VibePlate is the foremost leader in innovation, development, and use of whole body vibration products.

A major part of the process and success of the VibePlate products is due to implementing the correct and natural form of whole body vibration.

To see all VibePlate products, please visit www.vibeplate.com.
Looking for a way to get more out of your workout? Did you know that incorporating the VibePlate into your workout can increase the intensity of your current workout. The VibePlate enhances the depth of your workout, leading to a number of tangible benefits you would not be able to achieve through training alone.

Enhance your **EXPLOSIVE** power. **SPEED, VERTICAL, ACCELERATION.** Add gains in pure **STRENGTH.** Improve your **AGILITY, BALANCE, COORDINATION,** and **FLEXIBILITY.** Let VibePlate help you become the elite athlete you have always set out to be. **GET THE COMPETITIVE EDGE!**

Increased **explosiveness** aids in injury prevention

**increased** range of motion

reduced tendon strain

**promotes** joint mobility

**perform** functional movements

increased flexibility

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