

# FEATURED USERS

**US Military, NBA, MLB,  
NFL, NHL, UFC, PGA,  
NASCAR, NCAA, CrossFit,  
Training Facilities,  
Fitness Studios, Yoga  
Studios, AND MORE...**

"My favorite thing is called the VibePlate, and you actually exercise on it. It vibrates at high speeds, and what makes it such an amazing piece of equipment is that you have to use every muscle in your body to balance. I use the VibePlate to do squats, pushups, bands, and everything."

- Ali Lee, Fitness Model, Singer

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](http://www.vibeplate.com).



To order, please contact  
866.858.9481 or visit  
[www.vibeplate.com](http://www.vibeplate.com)

**MADE  
IN THE USA**



BE HEALTHY | BE FIT | BE YOU  
[www.vibeplate.com](http://www.vibeplate.com)

# VIBEPLATE™

The VibePlate is quickly sweeping through the health and fitness industry. This is because users can see improved results from the exact same workout routine by simply adding the benefits of the VibePlate to their workout regimen. The VibePlate helps those from all different areas of fitness to reach their goals in an unprecedented way. Whether you are looking for strength gains, increased flexibility, weight loss, cellulite reduction, or a better way to recover from your training, the VibePlate is the tool for you.

The VibePlate is designed to allow you to perform any exercise or workout routine while utilizing the benefits of whole body vibration, specifically vertical vibration. By being able to switch over your existing or future workout routine to the VibePlate, you can now take your fitness to the next level.



increased **flexibility**  
increases range of motion & joint mobility  
used as a **stress release**  
allows for shorter training sessions  
speeds up the recovery process  
**rehabilitate** injuries quicker  
work muscles you can't reach through  
conventional training  
increase **circulation**