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.

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“Mississippi State Basketball uses the VibePlate in every aspect of our performance training. We use it in prehab, rehab, strength training, core workouts, and mobility. The functionality of it allows us to train on our feet in all three planes of motion, and mimic basketball patterns. It’s a piece of equipment everyone should have in their weight room.”

- Coach Deets, Director of Performance, Mississippi State Basketball

FEATURED USERS

US Military, NBA, MLB, NFL, NHL, UFC, PGA, NASCAR, NCAA, NAIA, High Schools, CrossFit, Training Facilities, AND MORE...

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The VibePlate brings a revolutionary form of training to the table, allowing athletes to experience unbelievable gains in strength, speed, vertical, flexibility, agility, and so much more. But it’s so much more than that, it also allows an athlete to experience a revolutionary way to recover, rehab, and rebuild!

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- Increase muscle **strength**
- Prevent injury
- Increase **flexibility**
- Promote joint mobility
- Increase **range** of motion
- Activate fast twitch muscle fibers
- Reduce tendon strain
- Increase bone density
- Increase production of growth and repair hormones
- Improve **agility**
- Increase **acceleration**
- Get boost of energy
- Faster and safer warm-up