



Boost your fitness results!

How does the technology work?

ThePower Spot Vibration Training system utilizes cutting-edge Whole Body Vibration (WBV) technology by Power Plate to tone and strengthen your body in a fraction of the time of weight training. Users perform a simple series of exercises on an oscillating platform that result in rapid muscle contractions during “sets” that generally last from 30 seconds to 2 minutes. The rapid contraction and relaxation of muscles results in an incredible improvement in force production, or strength and power.

The principle by which WBV works lies in the law of motion, stated by Sir Isaac Newton: the force of an object is equal to its mass multiplied by acceleration ($F = M \times A$). Many forms of training and conditioning use Mass, such as weight machines and free weights, whereas WBV applies Acceleration to the body, while the Mass (your body weight) stays the same. The result is that you work against a far greater “load” of gravity in every movement you perform, improving your results with seemingly less effort. This alternate type of “load” has the added benefits of minimizing high impact, high load, and high stress factors.

How long are the sessions?

Sessions generally last between 20 and 25 minutes and are scheduled in ½ hour increments on the hour and half-hour.

How frequently should I train for best results?

Generally, optimal results are obtained in 3 sessions per week. As with traditional weight training, Kibi should be done with a day of recovery before and after each session. That means that you shouldn't do any other weight training or strenuous cardio or classes the day before your workout. You may do those activities on the same day provided that you do them after your Kibi workout. This rest period allows time for your body to recover, increasing the resulting improvements that you will experience.

How long will it take to see results?

If you are suffering from chronic pain, you may feel an improvement in your condition in as little as one session. Focus groups that were recently conducted indicate that most users feel results within 3 weeks. Specific goals may take longer to be reached and that time will depend on what other activities you are engaging in as well as your eating habits.

What should I eat/drink before a session?

It is important that you come prepared for your sessions in a well-hydrated state and having had something to replenish your fuel within the last few hours. This equipment produces a neuro-muscular response in your body which is not something that is controlled with your conscious brain. As such, exercising with inadequate fuel or water may result in dizziness, nausea, headache or fatigue.

What should I wear?

You should wear comfortable clothing that will allow freedom of movement. While exercise clothing is not necessary, what you wear should also not be too loose so that you can check your form to be sure that you are maximizing your results. Shoes designed to absorb impact will diminish the vibration, so in order to maximize the challenge and potential benefits of WBV, we encourage users to train in socks or bare feet. Of course, if you have a condition that requires additional support for your feet, you may choose to wear shoes for your workout.