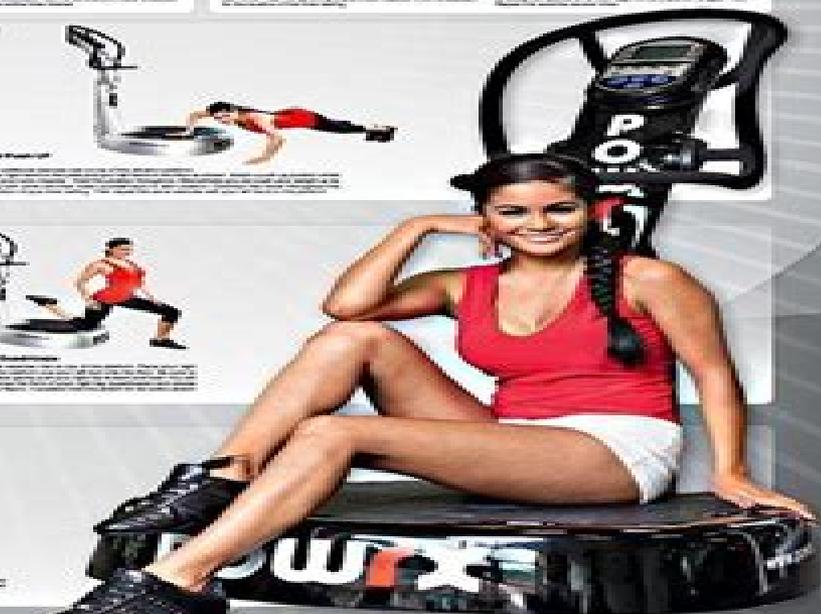


## BASICS

**Large & Overweight**



STRENGTH

STRETCHING

MASSAGE

# Power Plate Exercises Manual

**Joseph E. Muscolino**



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exercises have been developed carefully by the author Siegfried Schmidt sports therapist and personal trainer Siegfried Schmidt was awarded an honorary doctorate in 2012 He is an expert in vibration training and acts as a personal trainer for professional vibration training Siegfried Schmidt helps everyday people with back pain accident victims in rebuilding damaged muscles and directs the Powrx Academy for the training of medically certified personal trainers in vibration plate technology 3 x 30 minutes of vibration training per week is sufficient to achieve fast results with the same perceived physical benefits that time intensive strength training via traditional fitness methods need With vibration training you can achieve top physical performance while enjoying the FITNESS HEALTH and fantastic TONED BODY that you have always wanted

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