

# Defeating cellulite

**Research study shows that exercising on the Power-Plate helps eliminate cellulite: Power-Plate decreases fat stores, improves skin structure, and decreases the size of the subjects' buttocks, upper legs, calves, ankles and upper arms, in sessions of 8-13 minutes.**

## Research into the Effects of Vibration Training on Cellulite

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This Research was conducted at the SANADERM Professional Clinic for Skin Illnesses and Allergologie, Bad Mergentheim, Germany (May-November, 2004)

### Study Conclusions:

**In six months the Power-Plate group achieved a 25.7% reduction of cellulite on thighs and buttocks, exercising two to three times per week, in sessions of 8-13 minutes.**

**The Power-Plate + Cardio group achieved a 32.3% reduction of cellulite on thighs and buttocks, exercising two to three times per week in sessions of 8-13 minutes Power-Plate, plus 24-48 minutes of cardio training.**

These research findings reveal a new and exciting solution for fat loss and collagen remodeling. Finally, cellulite loss can be healthy, holistic, efficient, time-saving and fun, allowing Power-Plate users to maintain a youthful and lean, healthy look in a relatively short time, in just a few sessions per week.

### What is cellulite?

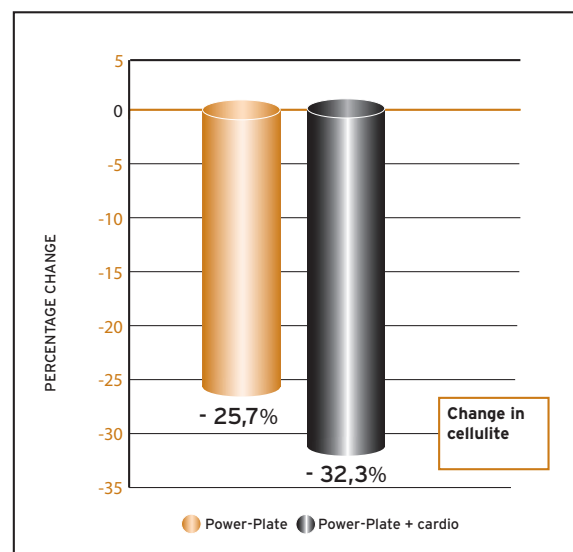
That dreaded "orange peel" or "cottage cheese" skin is a condition many women suffer from. The subcutaneous (under skin) tissues are made of a web of connective tissue, where much of a woman's body fat is stored. The bumpy, puckered look of cellulite is caused by enlarged fat cells adhering to the upper layers of skin and shriveling under certain conditions. Contributing to the "mattress" effect is fluid retention, the storage of environmental toxins, hormonal factors, and lack of circulation.

When circulation within this web of connective tissues becomes blocked, cellular waste stagnates, and these tissues harden as the skin loses its elasticity. The puckering or "mattress" effect is caused by this act of

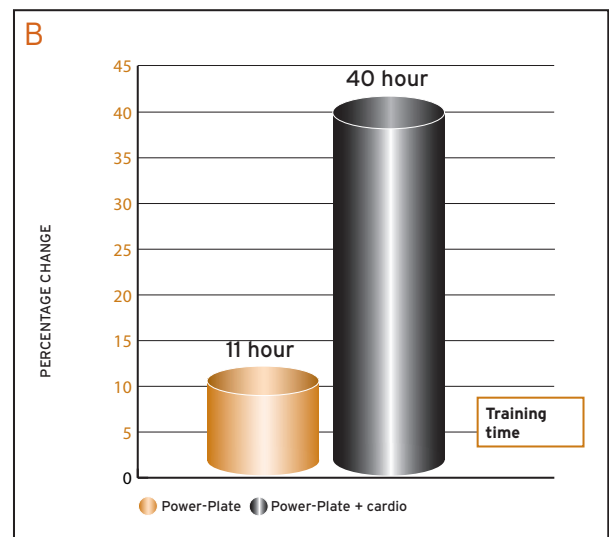
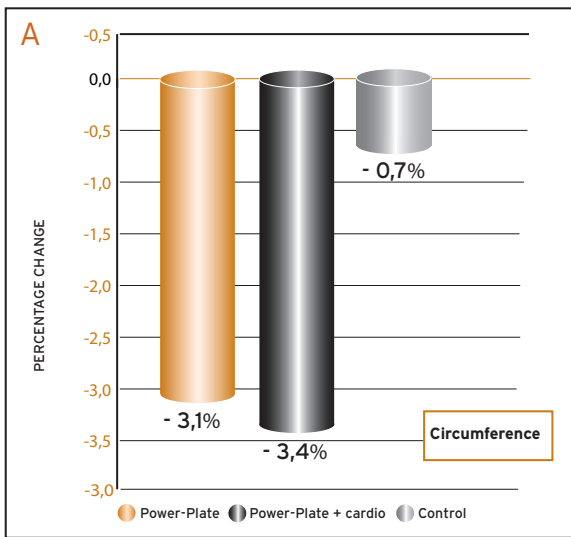
shriveling, dimpling and adherence of the skin to the fat and connective tissue.

Specific areas that concern many women are the buttocks, thighs, calves, ankles and upper arms. Healthy solutions for defeating cellulite have been elusive prior to the solution of the Power-Plate's whole-body vibration training.

The German Sanaderm Clinic took on this six-month research project to investigate the effects of whole-body vibration training on cellulite.



**Fig. 1.** Percentage change in cellulite levels after six months for two Power-Plate groups. Cellulite is measured by evaluating the deposits of subcutaneous dimpled fat deposits.



**Fig. 2A** Change in circumference of the buttocks of the Power-Plate group and the Power-Plate + Cardio group.  
**Fig. 2B** Training time of Power-Plate group and Power-Plate + Cardio group

**Two groups were studied:**

Fifty-five subjects were divided into two groups. The first group used Power-Plate exclusively, two to three times per week, for sessions of 8-13 minutes. The second group also used Power-Plate, and supplemented their 8-13 minute Power-Plate workouts with 24-48 minutes of cardio training.

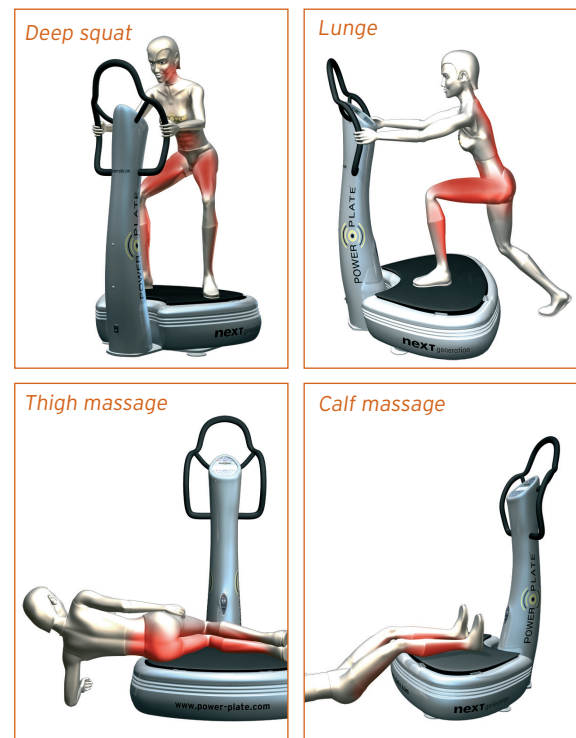
Baseline measurements and tests were completed at the beginning of the study, and repeated in six months at the conclusion. The data collected consisted of:

1. Skin condition (the measure of cellulite, or evaluation of the deposits of dimpled fat under the skin)
2. Circumference of calf muscles, buttocks, and upper thigh
3. Body composition: body fat percentage, lean mass percentage

**How the Power-Plate was used:**

Participants did four exercises on the Power-Plate, using a workout of 8-13 minutes.

**The Results** proved a significant reduction in cellulite in both the Power-Plate group and the Power-Plate + cardio group. Each variable improved significantly for each group.



**Conclusions:**

This research study proves that easy, simple and efficient Power-Plate training can defeat cellulite; it can speed and enhance youthful collagen remodeling, improve circulation, increase lean tissue, lose fat and lose excess size on the buttocks, thighs and calves.

**This proves that Power-Plate training is extremely effective and time efficient: the cardio group took four times longer to improve 32.3%, while the Power-Plate group improved 25.7% in an average of 10-minute sessions, two or three times a week, over six months.**