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WORLD CHAMPION US TRACK CYCLISTS UTILIZES POWER PLATE® IN PREPARATION FOR THE RIO GAMES

Power Plate is a Proud Supporter of Olympian Sarah Hammer and Team USA Track Cycling

CHICAGO – May 25, 2016 – For Team USA Track Cycling, there are no shortcuts on the road to Rio. The team will explore every viable resource and innovation in mental and physical preparation to gain an edge against the competition. One such example is Power Plate’s unprecedented whole body vibration training technology.

Performance Health Systems, the health and wellness innovators responsible for Power Plate, have armed Team USA Track Cycling, including two-time Olympic silver medalist Sarah Hammer, with the Power Plate pro5® at its Colorado Springs training facility. In addition, Team USA Track Cycling will be taking the Personal Power Plate®, a lighter weight version that is efficient for use at home and on the road, along to Rio. Power Plate products will offer the US track cyclists a wide-range of conditioning and performance training benefits, including increased muscle strength, endurance and flexibility; increased blood circulation for critical hormonal release and conditioning of joints and tendons, and expedited post-training recovery.

“We are proud to play a role in the painstaking training regimen of these elite American cyclists as they prepare for sports’ most important and historic global stage,” said Lee Hillman, CEO of Performance Health Systems. “There’s no better example of the enormous benefits of Power Plate training, than its use by Team USA athletes seeking every potential advantage in their quest for gold.”

Two-time Olympic silver medalist and eight-time World Champion cyclist, Sarah Hammer is also an avid Power Plate user. In 2012, Hammer turned to Power Plate training in her efforts to recover and regain peak form, following a severe back injury just before the London Games.

“Power Plate was nothing short of miraculous in helping me recover from a career-threatening injury and I’ve continued to use it for its wide variety of strength, conditioning and recovery benefits ever since,” said Hammer. “I need every resource available to ensure I’m at the top of my game, and Power Plate has been one of my secret weapons.”

Built on decades of research and development in the field of whole body vibration training, Power Plate pro5 and Personal Power Plate products offer Team USA Track Cycling the most technologically advanced and effective strength, conditioning and wellness methodology available today.

The pro5 offers a wide range of vibration frequency and time settings, allowing users to increase levels incrementally—to suit their individual training needs. The large plate surface allows for more options and also provides vibration to more parts of the body. Power Plate products have been proven in



commercial settings for sports performance and rehabilitation facilities, and are currently utilized by a vast majority of professional and collegiate sports teams and organizations.

The Personal Power Plate is a compact and portable model, weighing less than 40 pounds, yet delivers many of the same benefits of the original larger models, including: improved strength, balance, circulation and flexibility. It is ideal for at-home and on-the-go workouts, can be conveniently stored under a bed or in a closet, and comes with a soft carrying case and remote control.

For the latest updates about Power Plate, follow [@PowerPlateUSA](#) on Twitter, [@PowerPlateUSA](#) on Instagram and [/PowerPlateUSA](#) on Facebook.

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About Power Plate

Power Plate is owned, manufactured and distributed by Northbrook, Ill.-based Performance Health Systems LLC, a global company that delivers advanced technology solutions through its health and wellness equipment. In addition to its category-defining Power Plate line, the company has attracted international attention with [bioDensity™](#), a breakthrough osteogenic loading system which provides a non-pharmaceutical approach to bone loss and has been scientifically linked to exceptional bone growth among populations ranging from high-performance athletes to health-compromised seniors. To learn more, visit [PHSGlobal.com](#).