

THE POWERPLANE > TOTAL FITNESS PLATFORM

I had the pleasure of testing the PowerPlane total fitness platform with a number of clients of differing fitness levels. It definitely has its benefits for almost all of us, but especially for beginners. The most valuable thing that came with the product was the instructional DVD. It enables anyone the ability to create their own workout session focussing on the areas they want to target.

The PowerPlane is a multi-purpose sport bench platform, but was somewhat limited as a workout bench because of its proximity to the floor. This made its function for plyometrics and aerobic stepping restricted to beginner level athletes or exercises. As a stepping platform it worked very well and was surprisingly stable considering the blocks are stuck on with velcro strips. The holes in the fitness platform are a great idea to allow for a multitude of band exercises. Beginners had some difficulty getting a feel for it but with a little help from the video or a trainer and some practise, it became more exciting and easier. Like anything else, practise allows for greater benefits and enjoyment with the product.

With more advanced clients the most exciting feature of the product was the ability to add a standard sized ball or medicine ball under the center of the platform. This fulcrum created a tridimensional platform to help with core and balance training exercises. The holes on the sides allowed for a band or rope to slide through and, with a small tug on either side, it really made it challenging for the core to keep balanced on the platform. Also, the PowerPlane could definitely have benefits when teaching larger groups of people.

It is important to note is that the product doesn't come with the elastic tubing or medicine ball. Average cost for tubing is about \$25 and 6-8lb medicine ball costs at about \$40. A soccer ball can also be used to help work on dynamic balance skills. The cost of the PowerPlane is \$199.95. Overall the product was enjoyed and a nice way to add variety to an exercise routine.

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