

Testimonial

I am not a gym goer but I liked the sound of 20 minutes a day 3 times a week and furthermore the vibration training sounds intriguing so gave it a go and I have been going for 9 months and still going strong. The thing I like most is the friendly atmosphere but with an effective workout (Amber sure keeps an eye on you - no slaking). I had a back problem and now I have strength to carry my little girls with ease and pain free! This is all because of the strength exercise that Amber had put me on which not only strengthen my back but also gives me energy and not have a nana nap in the afternoon!!!!. The obvious result I got is my abs as I have got one now. I lost 15cm from my waist and two pants sizes. This is because the Power plate machine can let you target that specific area and I have to say I have tried many different gyms and this is the first time I got results. (Obviously with the balanced diet too)

Another benefit is you not only get to do the stretching but also the massage after your strengthen exercise. I love the massage as it helps with my back and something to look forward to after the end of the exercise.

I recommend anyone with a back problem should give it a go - it works for me!!!!!!!!!!

Regards

Amanda Hardwick
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