

Testimonial

I am a 24 year-old male whom is considered to be a top grade athlete of fitness. I have trained clients on the Power Plate for seven months.

I'll admit at first I thought the Power Plate was a joke. I trained clients for 5 months on the plates and believed they didn't do much more than basic Pilates and yoga would do. I believed it worked for stretching, massage and injury recovery. That is what I used it for and it worked great and I felt great after.

Amber has shown me that when the right workouts are used and done properly the power plate can be much more. I've seen clients of all shapes, sizes and athletic abilities achieve goals they never thought they would be able to. From weight-loss, muscle tone, muscle gain, pain relief, cellulite reduction, losing cm off the hips and thighs and just a good over all feeling about their bodies, clients have been successful. I've seen the Power Plate not be effective, but Amber knows how to make it work and make clients successful.

The environment at Revitalise is like no other. Clients come to workout not because they "have to" or "need to," but because they want to. Amber has created an environment that is hard to duplicate. My goal is to one day open a gym of my own and through working with Amber, I'll plan on incorporating the power plate into my gym.

Samuel Areias

Athletic Achievements:

Played Rugby League for Papanui Tigers – Front Row Prop

Rugby Union for Diamond Harbour – 2nd Five and Center

USA Rugby Div-1 National Champion Runner-up 2007 - Wing

NCAA Div-1 American Football National Champion, University of Texas
Undefeated 13-0, 2005

Dr. Nasser Al-Rashid Strength and Conditioning Award 2005

USA Power-lifting 198 lb. weight class Texas State Champion

Trained personally by Jeff Madden – USA Strength and Conditioning Coaches Hall of Fame, Master Strength and Conditioning Coach at the Collegiate Strength and Conditioning Coaches Association (CSCCA) convention in 2001