



WIN PLATE: THE WHOLE BODY VIBRATION METHOD

Physio Asia has advanced sports training equipment like the WIN PLATE which is used as a part of strengthening routine besides the controlled resisted exercises, treadmill or other balance training exercises.

The COMPEX WINPLATE is a new solution for athletes seeking to improve the effectiveness of their training. With its unique “Whole Body Vibration” concept, the WINPLATE is confirming its technical advance with perfectly controlled vertical vibration, for a whole new level of working comfort. Whatever your sport, COMPEX WINPLATE can offer you tailored programmes to boost your physical preparation.



It strengthens muscles in the same way as weight training:

- Increases strength through powerful contractions
- Relaxation/massage
- Prevention of osteoporosis
- Prevent bone degradation

The platform actually exerts significant pressure on the bones when working the muscles. The body reacts by releasing key hormones that help to prevent bone degradation.

- Positive effects on the nervous system
- Improves the hormonal balance

The vibration platform is a system that gives maximum results when compared with traditional exercise training methods, but in far less time and with relatively little effort.