



The Power Plate Institute of Australia  
Vibration Education Platform

POWER PLATE

## Bringing you the Latest Power Plate® Academies in Fitness & Performance

### Level I: Fitness & Performance Core Fundamentals (6 CECs)

The science and application of Acceleration Training™ exercise for personal trainers, strength and conditioning coaches, therapists, and medical practitioners. This is a CEC approved lecture and hands on program

The theory includes:

- biomechanics
- neurophysiology
- introduction to the Acceleration Training™ Pyramid (ATP) program design methodologies.

The practical portion covers hands on exercise progressions and application of ATP training templates in:

- Movement preparation
- Coordination
- Core and pillar
- Strength
- Regeneration

Attendees will leave with easy to use handouts of the program templates and exercise progressions.

### Level II: Fitness and Performance – Integration / Elite Academy

This academy has been developed for practitioners of Acceleration Training™ exercise who have successfully completed the Power Plate® Level I Academy. It will further evolve the theoretical and applied knowledge of advanced neurophysiology, ATP methodology, and integrated program design. Students will become skilled in applying Power Plate® equipment for optimal health and performance using advanced training protocols such as:

- Strength Complex/Contrast
- Hypertrophy
- Power contrast training

This workshop also includes over 2 hours of case studies on program design and practical coaching as well as a take home test.

### Kylie Patterson

Kylie graduated from Curtin University's School of Physiotherapy in 2000, with a strong interest in both manual therapy and women's health. Her background as a group exercise instructor and personal trainer led to the development of her skills in the area of Pilates exercise for rehabilitation. Kylie spent 2001 working in the private hospital sector providing both inpatient and outpatient maternity services along with musculoskeletal outpatient physiotherapy. Since 2002, she has been in the private practice sector in various roles from working with sporting teams at elite and amateur level, working with clients with chronic pain as well as providing ante and post natal education and exercise classes. Her interest in Power Plate® training started with the discovery that vibration training was a fantastic facilitator of core stability and pelvic floor recruitment. Kylie uses the Power Plate® machine with her clients for rehabilitation as well as for elite performance, and joined the Power Plate Institute of Australia as a Master Trainer earlier this year.

Venue: Virgin Active, 138 Bourke Street, MELBOURNE

Class Times: 9:30 – 4:00

Cost: \$399 per course

**October** Sun 18th - Core Fundamentals Fitness & Performance Level I

Sun 25th – Integration – Advanced program design Level II

**November** Sun 15th - Core Fundamentals Fitness & Performance Level I

POWER PLATE

my body, my time™

Please register your interest with [Amanda.boyle@powerplate.com](mailto:Amanda.boyle@powerplate.com)

Power Plate Australia 1300 411 495 [www.powerplate.com.au](http://www.powerplate.com.au)