

## Press release

# Tone up in time for Christmas with Powertone Studios

Tone up in time for Christmas and be ready to sparkle in that little black dress with the six-week fitness plan from Powertone Studios.

With the six-week plan you can shimmy and shake your way back in to shape and be ready for the busy party season, following Powertone's effective Power Plate workout.

A 25-minute workout just twice a week, for six weeks will help reduce body fat and improve body tone, while enhancing energy levels so that you can trip the light fantastic all Christmas long.

Sarah Michnik, Powertone's personal trainer and sports therapist, said: "Christmas can be hectic and can leave many feeling sluggish and unprepared for the party season. The beauty of Powertoning is that you can squeeze in a workout between shopping trips or before an office party.

"Simply turn up, join a class and begin vibrating your way back in to shape. Sessions can be 'sweat neutral' or you can get hot and sticky if that's what you want!

"In just six weeks you will see and feel a difference. Muscles will feel more toned and the body will be more energized so that you can don your best party shoes and enjoy the festive season without feeling like a Christmas pudding."

Sarah's top tips for maximizing your workout and fitting in to that LBD include:

- If you're wearing a strapless dress and are worried about your arms being on show, try performing a series of tricep dips on the Power Plate. The advanced vibration will intensify the workout, helping tone the backs of the arm in just a few weeks
- Tighten up those thighs with a ballet squat. Simply stand on the Plate with your feet wider than shoulder width apart and toes pointed out. With your stomach muscles contracted and back straight, bend at the knees until your thighs are parallel to the floor. The ballet squat will effectively tone the inner thighs, bum and calves
- For an enviably flat stomach and tight waist, try the plank position. With your forearms on the plate and legs stretched out behind you, hold the position for as long as possible to contract the stomach muscles – you'll feel the burn but it's an ideal exercise for creating an hour glass silhouette



- For serious inch loss from the waist, use the Narl before each Power Plate session. The Narl will break down the fat cells stored in the body, allowing even more fat to be burned off during your workout
- Finish off with a session on the Vacustyler to help reduce the appearance of troublesome cellulite
- Remember your posture. Holding in your stomach all day has a great effect on muscle tone
- Drink plenty of water during the count down to Christmas to keep hydrated
- Give yourself an early present. Aim to eat healthy 80% of the time, leaving space for a couple of mince pies or treats from the selection box!

You can workout as part of a class, or choose to train personally with one of Powertone's experienced coaches. For those who prefer to workout in private, personal trainers are also available for home coaching sessions.

Powertone Studios is suitable for all ages and abilities and those recovering from injury. To try out the six-week count down to Christmas, visit Powertone Studios located in Mayfair, Battersea, Fulham or Chelsea. Further information and training tips are also available at [www.powertonestudios.com](http://www.powertonestudios.com) or call 0800 599 9505.

**-ENDS-**

**Notes to editors:**

Powertone Studios is a revolutionary new concept in health and fitness training, where you can lose weight, improve your fitness levels, tone up and reduce cellulite all within just 12 weeks.

The four London-based studios are home to state-of-the-art technology from around the world, which work together to deliver natural, effective results – fast. The studios specialize in Power Plate training and are the only group of health and fitness studios in the UK to offer the innovative Powertone Narl, Vacustyler and Ionised Air machines for the ultimate natural body makeover.

25 minute Power Plate session: £20

10 minute Narl session: £10

30 minute Vacustyler session: £35

One-to-one Power Plate training at home: £580 for 10 sessions

**For further information:**

For product details, images or to arrange a visit to one of the studios, please call Emma on 07966 869438 or email [emma@powertonestudios.com](mailto:emma@powertonestudios.com)

