

CASE STUDY ACCOMPLISH FITNESS



Accomplish Fitness achieves remarkable results by combining functional Power Plate training with red light therapy to accelerate recovery and fitness levels boosting both body & mind.

Our Mission: Owner Natt Summers of Accomplish Fitness based in Hungerford, Berkshire was formed with the mission to create a unique and personalised environment combining red light therapy with Power Plate to offer a full athletic workout.

They now have eight Power Plates as well as the Rev Bike alongside with a selection of targeted vibration devices.

Members are encouraged to expose as much skin to the red light as possible starting every session just 1.5 inches from the panels. For three minutes, they put their hands, faces, even heads next to the light wherever they want to focus its healing benefits. For the next 24 minutes they work out on the Power Plate, no more than 50cm from the red light for a mood boost, with a final three minutes right next to the panels again.

“Every Accomplish Fitness member also uses WHOOP a health tracker, to monitor their HRV and Strain Scores, and the REV training “sends HRV through the roof”, says Summers. Summers uses these scores to establish how recovered and ready members are to exercise.



Red Light Therapy & Power Plate

Our Contribution: “Power Plate is an incredible tool for people of all levels. Our clients are male and female, aged between 11 to 84 years and range from Ironman champions to beginners, but I can adjust the vibration to challenge everyone just the right amount, all within the same class.

“Meanwhile, red light therapy strengthens our mitochondria, our energy cells, the stronger these cells are, the longer we live.



Accomplish Fitness

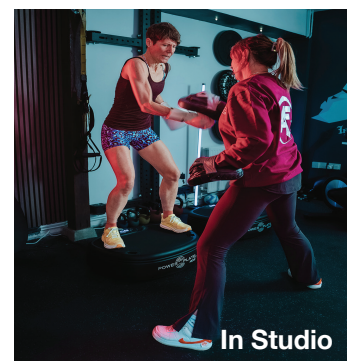
However, getting close to the red light also speeds muscle recovery and tissue repair, reduces inflammation and pain – it can help with arthritis, for example – and supports the function of internal organs.

Meanwhile, cycling on the Power Plate REV for four to eight minutes is “a biohack that gives people all the cardio they need in a maximum of eight minutes”. And there’s evidence to prove it.

Our Impact: I began to use red light therapy in conjunction with Power Plate for anyone suffering from chronic fatigue, fibromyalgia, menopause symptoms, gut issues and inflammation – and the results were unbelievable”.



Power Plate MOVE



In Studio

“People’s blood tests were showing marked improvements, menopausal hot sweats disappeared, body composition changed, muscle strength and endurance improved, sleep quality was enhanced, stress was reduced, energy levels transformed”, confirms Summers.

“More than anything, people’s energy levels have been transformed,” confirms Summers. “We call our approach ‘biostacking’ and I can confidently say we’ve changed 90 per cent of our clients’ lives.”

She adds: “Using WHOOP data, I can also prescribe the optimum effort level for everyone in every class – 40, 70, 80, 100 per cent – so they get the most out of the workout and can still come back the next day. Most people come to Accomplish Fitness three to five times a week, with Power Plate and red light further helping by reducing inflammation and cortisol to speed up recovery.”

“As I say, Power Plate and red light are inextricably linked in what we do, and the results are so good I genuinely don’t understand why everyone isn’t doing it!”

