

CASE STUDY
Leap Fitness Studio



*Leap Fit and Power Plate®
unveil world's first REV™ studio*

Leap Fit Studio in Dalston, London, UK, has partnered with Power Plate® to create the world's first REV™ studio, delivering unique vibration enhanced Revolution group cycling classes.

Owned by three-time British long jump champion JJ Jegede, Leap Fit positions itself as 'The home of progress' – a commercial performance studio that attracts elite athletes and members of the public alike.

Discovering Power Plate REV - Results you can feel: Invited to take part in filming for the Power Plate REV™, Jegede was immediately won over by the new bike's patented VibeShift™ Technology, which maximises workout intensity by delivering consistent, safe, precise vibration through the pedals. "The moment I got on the REV, I knew it was going to be a game changer," he says. "I never planned to have a cycle area at my gym, but this machine made me re-evaluate. I didn't just want a couple of them on the gym floor. I wanted a whole studio." And so, in September 2023, Leap Fit Studios did exactly that, purchasing 13 of the new bikes and launching the world's first REV studio in collaboration with Power Plate.

Jegede says: "I'm thrilled to bring this brand new concept to our members: a proven way to maximise muscle tone and performance gains from indoor cycling, all wrapped up in an engaging class format."

"We've found it a great foundation for those who initially struggle with our gym-based work, too. Cycling is a movement most people can do, you don't have to modify it – and with REV working the muscles as well as the cardiovascular system, it's a great way to build strength and flexibility before progressing to other workouts."



"Our members don't just get a cardio workout but a strength one too. It's one of our most effective classes, delivering 45 minutes of intense work that you can really feel."

"The best way I can explain it: you get so much more workout for your money with the Power Plate REV. You're doing a cycle class, but it's amplified by the vibration. The sensation is like nothing you've tried before and you can feel the results."

JJ Jegede, Leap Fit Studio Owner



"The Power Plate Rev is a wonderfully flexible product. It's sold primarily as a performance bike for the gym floor, but the ability to switch in and out of vibration mode also makes it a great choice for a group cycle class with a difference. It's the perfect fit for a studio such as JJ's where elite level expertise underpins the commercial delivery of performance training; it's really exciting to be involved in a project where these two worlds overlap. We're absolutely delighted to partner with Leap Fit Studio in the creation of this world-first group cycle concept."



Steve Wright, Power Plate, Vice President, EMEA

