

# SWEAT AND REPEAT

A REAL GIRL'S GUIDE TO LA FITNESS

July 12, 2016

<https://sweatandrepeat.com/2016/07/12/bootcampfit-at-platefit/>

## At a Glance:

Website: <http://www.platefit.co>

Address: 309 N Kings Rd, West Hollywood, CA 90048

Length: 30 minutes

Price: 1 class/\$27, 10 classes/\$220, month unlimited without contract/\$220

Sweat scale: high

Energy level: high

Los Angeles truly does have the most unique workouts—something that I appreciate more every time I exercise in another city. From machines that simulate climbing to vibrating plates, they sure do know how to keep it interesting around here.

## Pre Sweat

The ease of parking around the studio definitely depends on what time of day you go and if it's a weekend/weekday, but I've never had a problem finding a spot. If you go between 8am-6pm, there is plenty of 2-hour free neighborhood street parking. On the weekends, it's relatively easy to find a meter for \$1/hour (pretty cheap considering the class is only 30 min). Bring a bottle to take advantage of their filtered water system. The class can be done wearing sticky socks or barefoot—and make sure to grab a complementary towel because you'll need it.





## Sweat

The class is done completely on the vibrating power plates (pictured above), a high tech machine that is said to give you a better workout in less time due to your muscles contracting at rapid speed. It gives a weird sensation at first but you get used to it the more you come. I've noticed that if I bend my knees a little, the vibrations don't go right to my head.

In the bootcamp class we used a heavy and light set of dumbbells and a resistance band. The class was super fast paced but easy to follow with energetic music to match. Ilia (the instructor) was the most high energy instructor I've ever had which definitely helps you get through the class. We started standing on the machine doing a variety of movements like squats, jumping jacks, and high-knees. My heart rate went up immediately and we never slowed down. There's literally no time for a sip of water!

We worked our arms, legs, and abs simultaneously during almost each one of the exercises and our "breaks" consisted of jumping up and down on the machine. About halfway through class we focused on arms and abs doing planks, push ups, mountain climbers, and crunches. I would say the crunches were my least favorite as the vibrations immediately went to my head. Nonetheless, I felt the burn basically everywhere and was dripping with sweat.

If you're looking for a workout that is fast but don't want to compromise the difficulty of a typical 60 min class, Platefit is your studio. I left with fatigued muscles and in need of a shower but without losing a lot of time in my day for things like car shopping (and yes, I'm the proud owner of a new car!).



### **Post Sweat**

The studio is next-door to my favorite brunch spot, [Kings Road Café](#). They are delicious lattes, omelets, and hash browns. After class you can take advantage of the studio's proximity to the Beverly Connection with discount stores like Nordstrom Rack, TJ Maxx, and Ross. The high-end Beverly Center with Tiffany & Co, Bloomingdales, Lorna Jane, UNIQLO, and many more, is also nearby.

### **Tricks of the Trade**

- They recommend that you eat something small about 15 minutes before class and that you make sure to stay hydrated before and after class.
- The studio is small; with only seven plates you're sure to get a personalized experience.
- Looking for an awesome deal? Try the new member special, \$99 for one month unlimited.
- If you live on the westside, get excited, Platefit is opening a location in Brentwood September 2016. The address will be 13050 San Vicente Blvd #208, Los Angeles, CA 90049.