

The Tried Guide

July 27, 2016

<https://thetriedguide.com/2016/07/27/platefit-west-hollywood/>



PlateFit – West Hollywood

Class: Platefit

Sweat Status: Pretty sweaty for a 30 minute class

Class Time: 30 minutes

Next Day Soreness: Medium

Water Situation: Bring a bottle to refill at the studio

You Should Bring: Pilates socks if you don't like to workout barefoot

Parking: Easy. Metered parking around studio

This is definitely one of the most unique classes you can take in LA. The entire class takes place on a vibrating [Power Plate](#) machine. Similar to the effects of working out on sand, the vibration of this machine requires you to use additional energy and muscles to stabilize your body.



Energized after Platefit!

The vibration has a lot of positive side effects that include increasing the intensity of your work out, stimulating blood circulation and it feels good! The workout is a bootcamp style class where you are led through a series of HIIT exercises that keep you moving from start to finish. It will be up to you to take necessary breaks because this class is high energy. The exercises utilize the Power Plate for push ups, lunges, plyometric jumping as well as bands and weights to incorporate resistance training.

Platefit offers a variety of classes that utilize the Platefit machine, in addition to the

faster-paced bootcamp classes they also offer a relaxing cellulite blasting class. In this class, you stretch on the Power Plate placing different major muscle groups on the vibrating base of the machine, utilizing the vibration for a deep stretch. Whether this actually blasts cellulite or not, it feels fantastic and you'll leave feeling like you are walking on air!

I go to Platefit when I want to squeeze in a workout that has multiple benefits. This class feels like both a workout and a massage. It's also easy on the schedule as it is only 30 minutes!

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



Feeling zen like after a cellulite blasting class!