



Alex Suaste is the brainchild behind the birth and development of the Power Plane Total Fitness Platform. Over a five year period we watched his genius at work in the creation and fulfillment of his dream to build a portable, cost-effective, multi-functional exercise device that could improve balance, core strength and functional health.

Alex was persistent and never gave up. In spite of opposition and rejection, Alex continued to move his dream forward. Shedding blood sweat and tears in the process, Alex never veered from his course. With extreme optimism and determination to succeed in his objective, Alex continued to reveal his vision with us as he modified the architectural design and functionality of his unique platform exercise device.

On several occasions we met with Alex to mastermind his ideas and concepts. Alex always demonstrated a sincere interest in the CSNA education program, convinced that fitness and optimum nutrition go hand-in-hand for best results. Over time we saw his vision grow and manifest itself into what is now known as The Power Plane Total Fitness Platform.

The Power Plane Total Fitness Platform is versatile in its fitness application and can accommodate a wide variety of training protocols. From professional athletes to fitness buffs to novice exercise enthusiasts, the Power Plane Fitness Platform provides a functional training tool to all who employ its use. The Power Plane Total Fitness Platform is a great supplement for any training regimen.

The Power Plane Total Fitness Platform is supported by an outstanding team of professionals who are committed to excellence and high-quality service long-term.

Congratulations Alex, Eric and Sandra.

Cory & Tracy Holly  
Executive Directors  
Cory Holly Institute