

RECOVERY & WELLNESS EQUIPMENT BUYER'S GUIDE

WHAT TO KNOW BEFORE YOU BUY.

Recovery is where progress happens. The right wellness equipment reduces soreness, improves circulation, enhances mobility, and helps users train harder, longer—safely. Build a recovery space that supports every body and every goal.



61" HEIGHT

38" WIDTH

44" DEPTH

WHY INVEST IN RECOVERY & WELLNESS?

					
IMPROVE PERFORMANCE	REDUCE RISK OF INJURY	ENHANCE WELL-BEING	APPEAL TO EVERY USER	INCREASE USER SATISFACTION	DIFFERENTIATE YOUR FACILITY
Faster recovery means users can train harder and more often.	Loosens tight muscles, improves mobility and supports joint health.	Supports circulation, reduces stress and promotes better sleep.	From athletes to active aging, everyone benefits from recovery.	Wellness amenities drive membership retention and positive reviews.	A dedicated recovery area sets your facility apart from the competition.

COMMON RECOVERY & WELLNESS CATEGORIES

				
WHOLE-BODY VIBRATION	COMPRESSION THERAPY	MASSAGE & PERCUSSION	STRETCHING & MOBILITY	RECOVERY STATIONS
- Improves circulation - Enhances flexibility - Supports muscle activation - Reduces soreness	- Reduces swelling - Improves circulation - Speeds recovery - Ideal post-workout or post-injury	- Relieves muscle tension - Increases mobility - Enhances recovery between sessions	- Improves flexibility - Increases range of motion - Reduces tightness and stiffness	- Create a dedicated recovery zone - Encourage healthy habits - Boost overall user experience

KEY CONSIDERATIONS WHEN CHOOSING RECOVERY & WELLNESS EQUIPMENT

				
01 USER NEEDS & GOALS	02 SPACE & LAYOUT	03 ELECTRICAL REQUIREMENTS	04 DURABILITY & COMMERCIAL QUALITY	05 EASE OF USE & ACCESSIBILITY
Identify your primary users and recovery goals. Athletes, general fitness, rehab, or active aging?	Measure your space and plan for equipment footprint, flow, and privacy where needed.	Confirm voltage, outlets, amperage and dedicated circuits if required.	Choose equipment built for heavy use with strong warranties and proven reliability.	Simple controls and easy access make it user-friendly for everyone.
				
06 CLEANING & MAINTENANCE	07 NOISE LEVEL	08 INTEGRATION & VERSATILITY	09 BUDGET & ROI	10 WARRANTY & SUPPORT
Look for easy-to-clean surfaces and low maintenance requirements.	Consider noise output to maintain a relaxing recovery environment.	Equipment that complements your training area and supports multiple use cases.	Balance upfront investment with long-term value and member retention.	Ensure solid warranty coverage and responsive customer support.

BEFORE YOU BUY

- ☐ Define your recovery goals and target users
- ☐ Choose the right equipment mix
- ☐ Measure your space and plan the layout
- ☐ Confirm electrical requirements
- ☐ Check indoor/outdoor suitability
- ☐ Evaluate durability and commercial rating
- ☐ Review ease of use and accessibility
- ☐ Confirm cleaning and maintenance needs
- ☐ Review warranty coverage and support
- ☐ Compare total cost of ownership
- ☐ Plan for placement and workflow
- ☐ Create a dedicated recovery experience



BUILD THE ULTIMATE RECOVERY EXPERIENCE

				
DEDICATED SPACE	THE RIGHT MIX	PROMOTE & EDUCATE	CONSISTENCY	WELLNESS CULTURE
Create a calm, comfortable area designed specifically for recovery and relaxation.	Combine vibration, compression, massage, stretching and relaxation for best results.	Teach members how to use equipment and the benefits of recovery regularly.	Recovery works best when it's part of a consistent routine.	Make recovery a priority to support performance, health and longevity.

FEATURED EQUIPMENT

POWER PLATE® PRO3™

- Improves strength, flexibility & circulation
- Speeds recovery & reduces soreness
- Enhances balance & mobility
- Compact footprint for any facility

DIMENSIONS (W x D x H):
38" x 44" x 61"



THE DEPOT RULE

QUALITY EQUIPMENT. STRONGER FACILITIES.
Great facilities invest in recovery because it delivers results, member satisfaction and long-term value.
BUILD SMART. BUILD STRONG.
BUILD ON THE RIGHT FOUNDATION.



NEED HELP SPEC'ING YOUR SPACE?

Send us your room dimensions, user population and goals. We'll help you choose the right recovery and wellness equipment for your facility and budget.

WE'RE HERE TO HELP YOU BUILD IT RIGHT.