






POWER  PLATE®

Private
Equipment



my3

-  Accelerates and maximizes results
-  PrecisionWave Technology™
-  Patented multidirectional vibration
-  Helps boost recovery time
-  A complete workout in only 15 minutes

An Uncompromising Compact Design.

The Power Plate® my3™ model is a compact solution for bringing whole body vibration training exercise into your home. With a set frequency of 35Hz and 30 or 60 second timer selections, this easy-to-use machine offers the opportunity for big transformation. No matter how demanding your schedule, you can make room for three quick total body workouts each week on your own Power Plate my3.

Welcome to the future of home fitness.



POWER  PLATE®

Time



Repeat

Power Plate® my3™ Features

71-MY3-3100

Color (Standard)	Silver - additional colors available upon request
Dimensions (W x D x H)	30in x 25in x 61in / 64cm x 76cm x 155cm
Platform Dimensions (W x D)	25in x 17in / 64cm x 42cm
Weight	115lb / 52g
Power Supply	100-240 VAC, 50/60 Hz Universal Voltage
Nominal Power in Operation	250-285
Maximum Load	264lb / 120kg
Operation	User-friendly interactive display
Precision Wave™ Technology	High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results
Frequency/ Pre-set Frequencies	30-40Hz / 35, 40, and 40 Hz
Time Selections	30 or 60 seconds
Amplitude / Vibration Setting	Low or High
Certifications	CE and EMC; RoHS / WEEE compliant CB, NRTL, C-NRTL, PSE MDD certified FDA listed as Class 1 device, 501k exempt
Warranty	3 years hardware / 1 year electronics / 1 year labor



Push-Up



Squat w/Static Strap








Calf Stretch

my5

Results At Any Level.

The Power Plate® my5™ model brings great full-body results to your home workouts as short as 30 minutes a day, only three days a week. Advanced Vibration Technology™, the science behind Power Plate machines, provides a revolutionary, low-stress exercise and rehabilitation solution. With three frequency options between 30-40HZ, it's more customizable than the my3™ machine and it's larger plate surface provides more maneuverability. It also has a higher maximum load, pre-programmed quick start buttons and a remote control operating all exercise positions. The sleek design on the my5 model combined with the machine's technology creates a wonderful blend of science and elegance at home.

Fast forward to the body you want.

-  Accelerates and maximizes results
-  PrecisionWave Technology™
-  Patented multidirectional vibration
-  Helps boost recovery time
-  A complete workout in only 15 minutes



POWER  PLATE®



Power Plate® my5™ Features

71-MY5-3100

Color (Standard)	Silver - additional colors available upon request
Dimensions (W x D x H)	27in x 36in x 58in / 68cm x 92cm x 148cm
Platform Dimensions (W x D)	27in x 28in / 68cm x 72cm
Weight	247lb / 112kg
Power Supply	328lb / 149kg
Nominal Power in Operation	100-240 VAC, 50/60Hz, Universal Voltage
Maximum Load	300lb / 136kg
Operation	User-friendly interactive display
DualSync™ Twin Motor System	DualSync Twin Motor System maintains precise balance at any frequency and amplitude level, allowing perfect synchronisation of vibration for maximum muscle response and efficiency
Precision Wave™ Technology	High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results
Frequency/ Pre-set Frequencies	30-40Hz / 35, 40, and 40 Hz
Time Selections	30 or 60 seconds
Amplitude / Vibration Setting	Low or High
Certifications	CE and EMC; RoHS / WEEE compliant CB, NRTL, C-NRTL, PSE MDD certified FDA listed as Class 1 device, 501k exempt
Warranty	3 years hardware / 1 year electronics / 1 year labor
Key Features	Secondary timer and controls, quick start programs and remote



Push-Up








Squat w/Static Strap



Calf Stretch

my7

-  Accelerates and maximizes results
-  PrecisionWave Technology™
-  Patented multidirectional vibration
-  Helps boost recovery time
-  A complete workout in only 15 minutes

Inspired By Performance.

With 250+ customized programs, 1,000+ exercise videos, and over a million different combinations, the Power Plate® my7™ is the remarkable new exercise machine that takes your home workout in a new direction. With the latest in whole body vibration technologies, the my7 is an intelligent virtual trainer designed to work with you from start to finish. It also introduces proMOTION™ Technology, embedded resistance cables, offering multiple levels of challenges to your workout. To bring it all together, the integrated touch screen computer provides the information you need, including helpful coaching tips, to guide you during your workouts. Whether you want to look better, feel better, or play better, this advanced machine will take you there.

Say “Hello” to your new personal trainer.



POWER  PLATE®



Power Plate® my7™ Features

71-MY7-3100 Silverstone
71-MY7-3150 Graphite

Color (Standard)	Silverstone or Graphite
Dimensions (W x D x H)	33in x 39in x 59in / 84cm x 98cm x 150cm
Platform Dimensions (W x D)	33in x 29in / 84cm x 74cm
Weight	287lb / 130kg
Power Supply	100-240 VAC, 50/60Hz, Nominal Power: 160-185W, Universal Voltage
Maximum Load	350lb / 159kg
Processor	ARM11 533/667MHz with 3D GFX accelerator
Operating System	Windows CE 6.0 Professional
USB Port/ Hub	USB 1.0 Port x2 (1 external, 1 internal service port)
LAN Port	10/ 100M Ethernet
Upper Display	10.1in LCD Display (800 x 480 pixel)
Audio	2 x 2W
G-Factor	1-6 with intelligent manual control options
DualSync™ Twin Motor System	DualSync Twin Motor System maintains precise balance at any frequency and amplitude level, allowing perfect synchronisation of vibration for maximum muscle response and efficiency
Precision Wave™ Technology	High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results
Frequency/ Pre-set Frequencies	30-40Hz / 30, 35, 40, with 5Hz incremental adjustments
Time Selections	0-9 minutes (15 second increments)
Amplitude / Vibration Setting	Low or High
Certifications	CE and EMC; RoHS / WEEE compliant CB, NRTL, C-NRTL, PSE MDD certified FDA listed as Class 1 device, 501k exempt
Warranty	3 years hardware / 1 year electronics / 1 year labor



Push-Up



Squat w/Static Strap



Calf Stretch

POWERFUL RESULTS in a **COMPACT** DESIGN

The Personal Power Plate® is a multi-benefit exercise tool that helps you reach your goals, faster and more effectively. Delivering the gold standard in whole body vibration technology, the Personal Power Plate® has a set frequency of 35 Hz, a 30 or 60 second timer, and a remote control for easy operation. In fact, studies have shown Power Plate users lose twice as much fat over six months compared to those using simple fitness and diet alone. It's compact and easy to store under a bed or in a closet, with various optional case choices for travel and quick, on-the-go workouts. Add the Personal Power Plate® to your routine and experience the world-renowned vibration technology that is now available in it's most compact size.

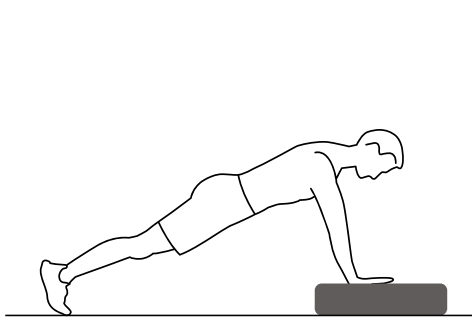
Accelerate your workout.



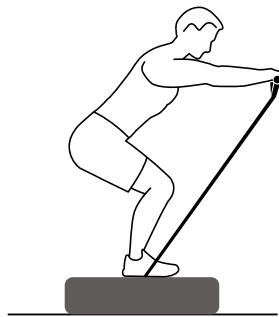


Personal Power Plate®

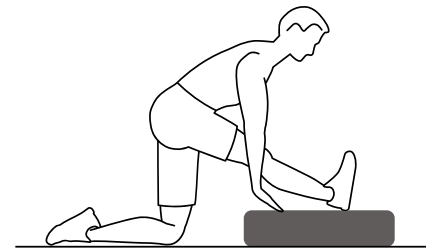
Color (Standard)	Black
Maximum Load	264 lb / 120 kg
Frequency	35 Hz
Time Selections	30 or 60 seconds
Vibration Setting	Low or High
Machine Dimensions (W x D x H) with packing	32.3 in x 22 in x 10.6 in / 82 cm x 56 cm x 27 cm
Platform Dimensions (W x D x H) without packing	27.5 in x 18.7 in x 6.2 in / 70 cm x 47.5 cm x 15.7 cm
Weight (with packing)	46.7 lb / 21 kg
Weight (without packing)	40.4 lb / 18.2 kg
Power Supply	100-240V, 50/60 Hertz, Nominal Power: 90W, Universal Voltage



Push-Up



Squat w/Static Strap



Calf Stretch