

POWER  PLATE®

**Commercial
Equipment**



pro 5

Description	A professional model with a large plate surface and multiple settings for greater training versatility
Vibration	30, 35, or 40 Hz pre-settings One-step increments possible High / Low verticle displacement
Dimensions	34in x 42in x 61in / 87cm x 107cm x 156cm
Weight	330lb / 150kg
Accessories	2 upper body straps, 1 countoured mat
Motor	Special application patented DualSync Twin Motor System
Key Features	Secondary timer and controls



pro5^{HP}

Description	A high performance, columnless model with a larger plate surface and multiple settings for greater training versatility
Vibration	25-50 Hz pre-settings One-step increments possible High / Low verticle displacement
Dimensions	38in x 46in x 12in / 96cm x 114cm x 12cm
Weight	396lb / 180kg
Accessories	User friendly interactive display and remote control
Motor	Special application patented DualSync Twin Motor System
Key Features	Secondary timer and controls



pro7

Description	A professional model with a larger plate surface featuring the proMOTION embedded cable system.
Vibration	25-50 Hz pre-settings One-step increments possible High / Low verticle displacement
Dimensions	38in x 46in x 60in / 96cm x 116cm x 152cm
Weight	445 lb / 202 kg
Accessories	2 Upper body straps, 1 contoured mat
Motor	Special application patented DualSync Twin Motor System
Key Features	Seven-position tension adjustment for proMotion embedded cable system, modular attachment option, interactive touch screen display



pro7^{HC}

Description	A professional model with a larger plate surface featuring an integrated touch screen and heart rate monitor with embedded multidirectional cables, range of motion tracking, and real-time variable resistance display
Vibration	0 – 8 (with 27 sublevels of intensity)
Dimensions	38in x 46in x 60in / 96cm x 116cm x 152cm
Weight	434 lb / 197 kg
Accessories	2 Upper body straps, 1 contoured mat
Motor	Special application patented DualSync Twin Motor System
Key Features	Three tension adjustment proMotion embedded cable system, modular attachment option, interactive touch screen display



Maximize Results with Power Plate®

Power Plate is a vibrating platform that helps you prepare faster, perform better, and recover quicker. It makes you feel better by stimulating natural reflexes, increasing muscle activation, and improving circulation. Power Plate enhances any movement, simple or complex, typically performed on the ground.

Strength

Improves muscle tone, builds explosive power and endurance.

Flexibility

Increases range of motion, coordination, balance and stability.

Circulation

Improves and increases blood flow to strengthen the cardiovascular system.

Weight Loss

Reduces body fat and enhances metabolism.

Cellulite Reduction

Diminishes the appearance of cellulite for smoother, softer skin.

Anti-Aging

Stimulates anti-aging hormones, benefiting skin and internal systems.

Pain Alleviation

Promotes faster recovery of damaged muscles and tendons, decreases pain, and improves joint function.