






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, provides a revolutionary, low-stress exercise and rehabilitation solution. With three frequency options between 30-40HZ, it's more customizable than the my3™ and its larger plate surface provides more maneuverability. It also has a higher maximum load, pre-programmed quick start buttons and a remote control. The sleek design of the my5 combined with the technology creates a wonderful blend of science and elegance at home.

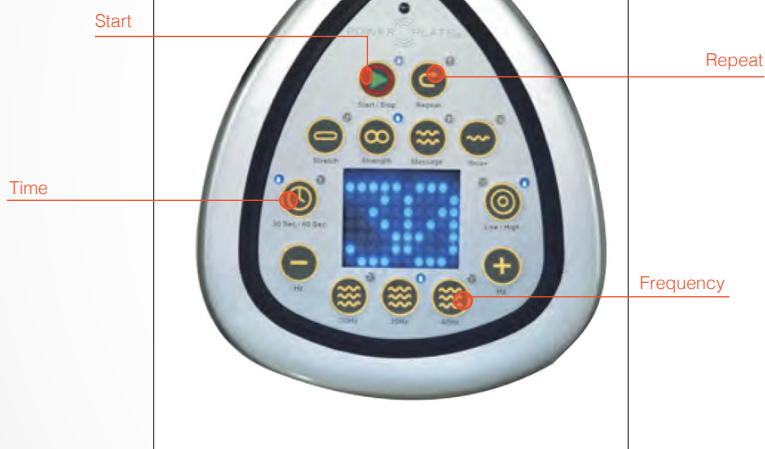
Fast forward to the body you want.

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



POWER  PLATE®

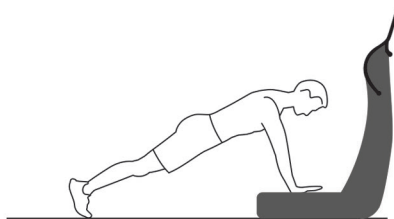
powerplate.com



Power Plate® my5™ Features

71-MY5-3100

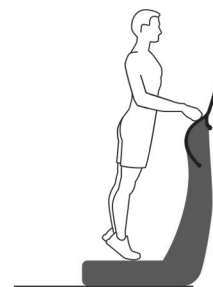
| | |
|--------------------------------|---|
| Color (Standard) | Silver - additional colors available upon request |
| Dimensions (W x D x H) | 27in x 36in x 58in / 68cm x 92cm x 148cm |
| Platform Dimensions (W x D) | 27in x 28in / 68cm x 72cm |
| Weight | 247lb / 112kg |
| Power Supply | 328lb / 149kg |
| 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



Performance Health Systems LLC
401 Huehl Rd., Suite 2A
Northbrook, IL 60062

(877) 877-5283
info@powerplate.com
powerplate.com