

Advanced Vibration Technology™

POWER  PLATE®

More Muscles, Doing More Things, More Often.

Power Plate uses harmonic vibration, instantly triggering body's natural reflex stabilization mechanism. Rapid, precise and predictable reflexive activation prepares our body for dynamic activities at a subconscious level.

With each harmonic vibration, Power Plate stimulates rapid reflexive muscle responses (Tonic Vibration Reflex or TVR) through our proprioceptors, improving functional performance, gait and locomotion, balance, range of motion, circulation and stability.

The vibration surface vibrates 25-50 times per second, resulting in corresponding muscle activation. Performing an exercise at 30 Hz for 30 seconds, for example, can provoke up to 900 muscle actions.





The Ultimate Functional Fitness Training System

pro7™

FEATURES

- Features an LCD touch screen with Functional Interactive Training (F.I.T) software
- The largest platform available

Unit Weight	410lb 186kg
Machine Dimensions (WxDxH)	38in x 46in x 61in 96cm x 116cm x 155cm
Platform Dimensions	38in x 37in 96cm x 95cm
Max Load	500lb 227kg
Time	30, 45 or 60 sec / up to 9min
Frequency / Amplitude	25-50Hz 1 Hz increments Low/High Amplitude
Precision Wave Technology™ Dual Sync™ Motors proMOTION™ Technology	



The Cornerstone of Excellence

pro5™

FEATURES

- User - friendly interactive display
- Secondary timer and controls
- Larger plate surface

Unit Weight	328lb 149kg
Machine Dimensions (WxDxH)	34in x 43in x 61in 87cm x 109cm x 155cm
Platform Dimensions	34in x 37in 87cm x 93cm
Max Load	400lb 182kg
Time	30, 45 or 60sec / up to 9min
Frequency / Amplitude	25-50Hz 1Hz increments Low/High Amplitude
Precision Wave Technology™ Dual Sync™ Motors	

Get the most out of your workout

Cable Accessory Kit



Long Bar x 1



Waist Belt x 1



Ankle Belt x 1



Buckle x 4



Carry Bag x 1



Cable Extension Kit



- Cable Extenders
- Handle Clamps 1 set
- Cable Rollers

and Zip Case



Say Hello to Your New Personal Trainer

my7™

FEATURES

- Advanced Vibration Technology™
- An integrated touch screen computer complete with coaching tips to guide you



Unit Weight	295lb 134kg
Machine Dimensions (WxDxH)	33in x 39in x 59in 84cm x 98cm x 150cm
Platform Dimensions	33in x 29in 84cm x 74cm
Max Load	350lb 159kg
Time	30, 45 or 60 sec / up to 9min
Frequency / Amplitude	30-40Hz 5 Hz increments Low/High Amplitude
	Precision Wave Technology™ Dual Sync™ Motors proMOTION™ Technology

A Premium Workout. At Home

my5™

FEATURES

- More frequency options
- Larger plate surface for more maneuverability
- Quick start buttons and a remote control



Unit Weight	247lb 112kg
Machine Dimensions (WxDxH)	27in x 36in x 58in 68cm x 92cm x 148cm
Platform Dimensions	27in x 28in 68cm x 72cm
Max Load	300lb 136kg
Time	30/60 sec
Frequency / Amplitude	30-40Hz 5 Hz increments Low/High Amplitude
	Precision Wave Technology™ Dual Sync™ Motors

Big Rewards. Compact Design

my3™

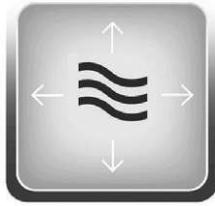
FEATURES

- The trimmest, most economical model
- Most compact platform surface



Unit Weight	115lb 52kg
Machine Dimensions (WxDxH)	30in x 25in x 61in 64cm x 76cm x 155cm
Platform Dimensions	25in x 17in 64cm x 42cm
Max Load	264lb 120kg
Time	30/60 sec
Frequency / Amplitude	35Hz Low/High Amplitude
	Precision Wave Technology™

Powerful Science



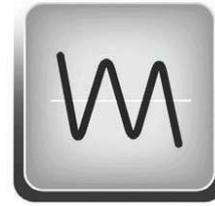
TRI-PLANAR

Power Plate vibrates up and down, improving muscle strength, as well as side-to-side and front-to-back to enhance balance and coordination



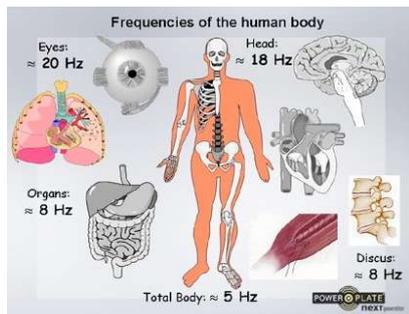
MUSCLE RESPONSE

In response to the tri-planar action of Power Plate, muscles reflexively contract, engaging more muscle fibers and connective tissue in a shorter amount of time than traditional exercise



HARMONIC WAVE

Power Plate delivers a harmonic, precisely controlled tri-planar vibration stimulus that provides a superior stimulation to the nervous system



Optimum Frequency

Power plate provide optimum and safe training frequency 25-50Hz based on research support, the frequencies lower than 20Hz should be avoided in vibration training as resonance frequencies of the human body.



Predefine protocols for application

Five elements of effective training:

We recommended a basic 30 minute Power Plate workout consisting of:

- Stretch** : 3-4 exercises
- Balance** : 1-2 exercises
- Core** : 2-3 exercises
- Strength**: 4-8 exercises
- Massage**: 2-4 exercises

Claims	Articles	Peer reviewed	Impact factor range (2007)
Fall Prevention	16	12	1.097-7.677
Strength & Power	64	55	0.091-6.004
Pain	7	6	1.526-2.499
Cellulite	1	0	-
Weight Loss	10	5	1.393-1.814
Bone Density	9	8	0.636-6.004
Curculation & Cardio Vascular	18	12	1.000-3.661
Flexibility	13	11	0.429-2.864
Clinical Patients Studies	31	24	0.636-6.004

Literature summary

In total 169 articles were identified and used for the assessment and validation of 9 claims. 133 of the 169 articles were published in peer reviewed journals.

The research has shown, when used regularly as part of a healthy lifestyle, Power Plate use can help with numerous wellness and fitness benefits including:

<p>Strength</p> <p>Improves muscle tone, posture and endurance for activities of daily living, balance and fall prevention</p>	<p>Alleviate Pain</p> <p>Promotes faster recovery of damaged muscles and tendons, decreases pain and improves joint function</p>	<p>Circulation</p> <p>Improves and increases blood flow to strengthen the cardiovascular system</p>	<p>Flexibility</p> <p>Increases range of motion, coordination, balance and stability</p>	<p>Anti-Aging</p> <p>Simulates anti-aging hormones, benefiting skin and internal systems</p>
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