



Discover the Difference



Big Rewards. Compact Design.

# my3™

The Power Plate® my3™ model is the trimmest, most economical way to bring Acceleration Training™ exercise into any size home. With an introductory frequency of 35Hz and 30 or 60 second time selections, it offers a big transformation from a compact plate design. No matter how demanding your schedule, you can make room in your living space and your life for three 30-minute full-body workouts a week on the upgraded my3 machine.

**Set your workout to vibrate.**



## Power Plate® my3™ Technical Specifications

Color (standard)	Silver – additional colors available upon request
Dimensions (W x D x H)	25in x 29in x 60in / 64cm x 74cm x 152cm
Platform Dimensions (W x D)	25in x 14in / 64cm x 37cm
Weight	126lb / 57kg
Power Supply	100-240 VAC, 50/60 Hz Universal Voltage
Nominal Power in Operation	250-285W
Maximum Load	264lb / 120kg
Operation	User-friendly interactive display
PrecisionWave™ Technology	High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results
Frequency / Pre-set Frequencies	35Hz
Time Selections	30 or 60 seconds
Vibration Energy Output	Low or High
Certifications	CE and EMC (TUV certified); RoHS / WEEE compliant
Warranty	2 years parts and 1 year labor

### Key Features

Max Load      Timer Setting

**264lb**



### Power Plate North America

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Discover the Difference

A Premium Workout. At Home.

# my5™

With your own Power Plate® my5™ model, you can perform a full-body Acceleration Training™ workout at home. See and feel the benefits with just a few short sessions three times a week. The my5 model has three pre-set frequency options, ranging from 30-40Hz, a larger plate surface for increased exposure to vibrations and pre-programmed quick start buttons. The secondary timer and remote control let you operate the machine while performing seated or floor exercises. These innovative features, its sleek design and Advanced Vibration Technology™ all combine to make this the most convenient way to exercise at home.

**Fast forward to the body you want.**





**MDD Certification**  
All Power Plate machines are certified Class IIa medical devices in Europe



## Power Plate® my5™ Technical Specifications

Colour (standard)	Silver – additional colours available upon request
Dimensions (W x D x H)	27in x 35in x 58in / 69cm x 89cm x 148cm
Platform Dimensions (W x D)	27in x 22in / 68cm x 56cm
Weight	200lb / 90kg
Power Supply	100-240 VAC, 50/60Hz, Universal Voltage
Nominal Power in Operation	160-185W
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
PrecisionWave™ Technology	High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results
Frequency / Pre-set Frequencies	30 to 40Hz / 30, 35 or 40Hz
Time Selections	30 or 60 seconds
Vibration Energy Output	Low or High
Certifications	CE and EMC (TUV certified); RoHS / WEEE compliant; MDD Certified
Key Features	Secondary timer and controls, Quick start programs

Max Load  
**300lb**



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POWER PLATE®  
my7™

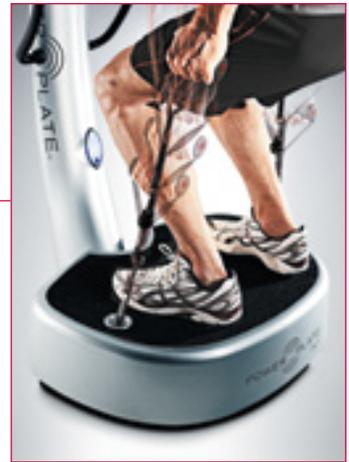
Discover the Difference



Say Hello to Your New Personal Trainer

my7™

Over 250 customized programs. Over 1,000 exercise videos. Over a million different combinations. The Power Plate® my7™ is the remarkable new exercise machine that takes your workout in a whole new direction. That's because it's with you every step from start to finish. In addition to our unique Advanced Vibration Technology™, the my7 features an integrated touch screen computer complete with coaching tips to guide you. Whether you want to look better, feel better or play better, this advanced machine will take you there.



Seven-position pro MOTION™ tension adjustment with modular attachment option

Color options available\*



Silverstone



Graphite

\*Colors shown are an approximate representation. Additional colors available upon request for an additional fee.

**Technical Specifications:**

Frequency / Pre-set Frequencies	0–40Hz / 30Hz, 35Hz, 40Hz with +5Hz incremental adjustments
Amplitude	Low or High
G-Factor	1–6 with intelligent manual control options
Time Selections	0–9 minutes (15 second increments)
DualSync™ Twin Motor System	Maintains precise balance at any frequency and amplitude level, allowing perfect synchronization of vibration for maximum muscle response and efficiency
Dimensions (W x D x H)	87cm x 80cm x 153cm / 35in x 32in x 61in
Weight	287lb / 130kg
Power Supply:	100–240V, 50/60Hz, Nominal Power: 160-185W, Universal Voltage
Maximum Load	300lb / 136.4kg
Processor	ARM11 533/667MHz with 3D GFX accelerator
Operating System	Windows CE 6.0 Professional
Upper Display	10.1in LCD Display (800 x 480 pixel)
USB Port/Hub	USB 1.0 Port x2 (1 external, 1 internal service port)
LAN port	10/100M Ethernet
Audio	2 x 2W
PrecisionWave™ Technology	High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results
Certifications	CE and EMC (TUV certified); RoHS / WEEE compliant

Exclusive agent in Lebanon

**Societe Georges et Antoine Gannage**

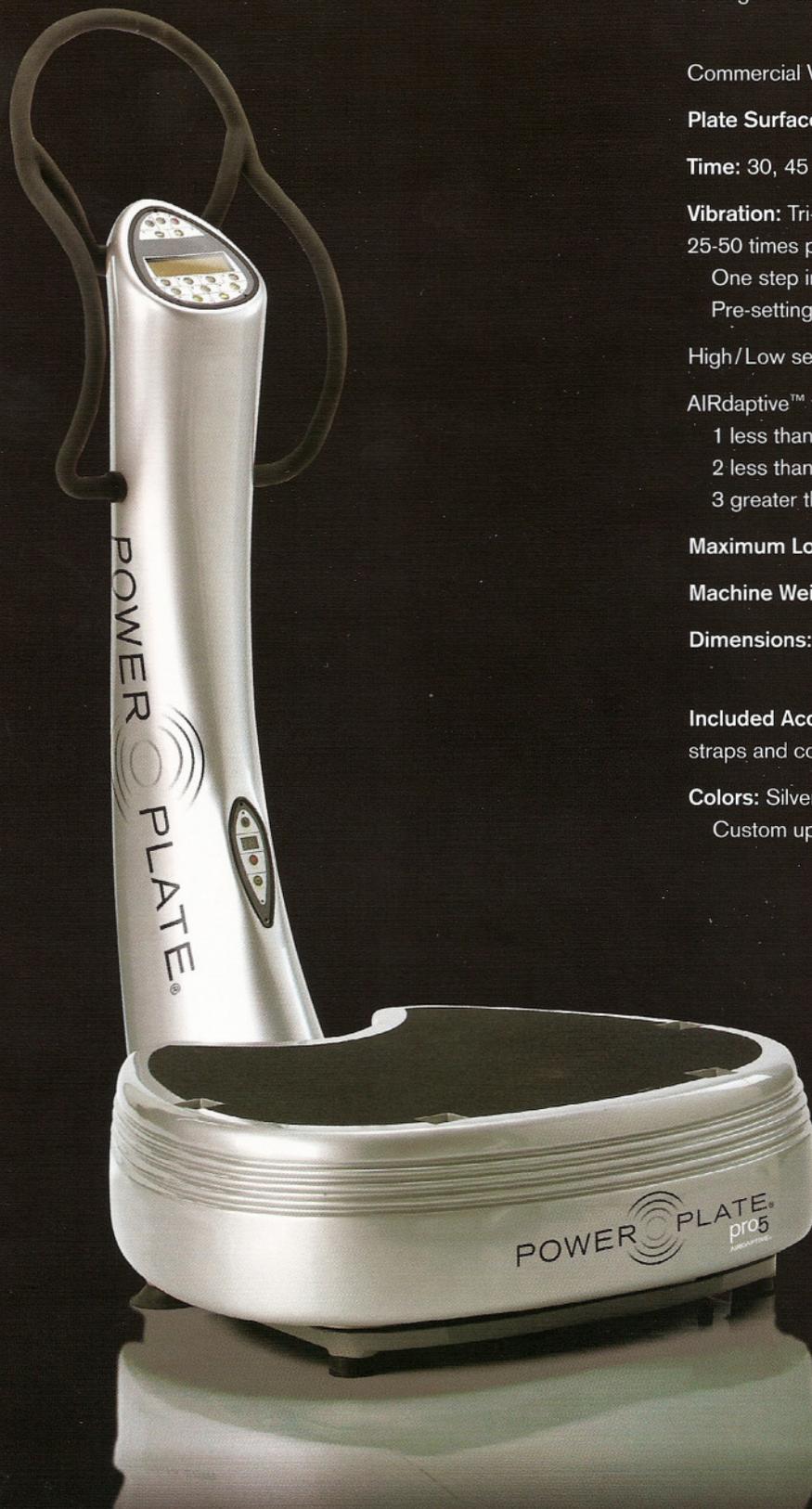
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Scan the QR code to explore the my7 on your web-enabled device or visit [www.powerplate.com/my7](http://www.powerplate.com/my7)

# pro5

## AIRDAPTIVE®



### Power Plate® pro5 AIRdaptive™

The Power Plate® pro5 AIRdaptive™ model provides the largest range of settings and adapts to more users than any other machine Power Plate International offers, from heavier individuals or high intensity trainers, to users who are light-weight or in a fragile condition. This machine is distinguished by its capacity for 100lbs / 45kg of extra load and three air settings to adjust for the user's needs.

**Commercial Warranty**

**Plate Surface:** 9.3ft<sup>2</sup> / .86m<sup>2</sup>

**Time:** 30, 45 or 60 seconds

**Vibration:** Tri-planar, mostly vertical,  
25-50 times per second

One step increments possible

Pre-settings of 30, 35, 40 and 50 Hz

High/Low settings for vertical displacement

AIRdaptive™ feature – settings 1, 2, 3:

1 less than 130lbs / 60kg

2 less than 200lbs / 90kg

3 greater than 200lbs / 90kg

**Maximum Load:** 500lbs / 227kg

**Machine Weight:** 348lbs / 158kg

**Dimensions:** 34in x 42in x 61in  
87cm x 107cm x 156cm

**Included Accessories:** Two upper body straps and contoured mat

**Colors:** Silver

Custom upgrade colors available

# pro5

## Power Plate® pro5

The Power Plate® pro5 model has a larger number of settings for greater variation in fitness regimens. Like the pro5 AIRdaptive, the pro5 has the largest plate surface among the Power Plate® machines, providing more surface exposure to vibrations.

Commercial Warranty

**Plate Surface:** 9.3ft<sup>2</sup> / .86m<sup>2</sup>

**Time:** 30, 45 or 60 seconds

**Vibration:** Tri-planar, mostly vertical,  
25-50 times per second

One step increments possible

Pre-settings of 30, 35, 40 and 50 Hz

High/Low settings for vertical displacement

**Maximum Load:** 400lbs / 180kg

**Machine Weight:** 330lbs / 150kg

**Dimensions:** 34in x 42in x 61in  
87cm x 107cm x 156cm

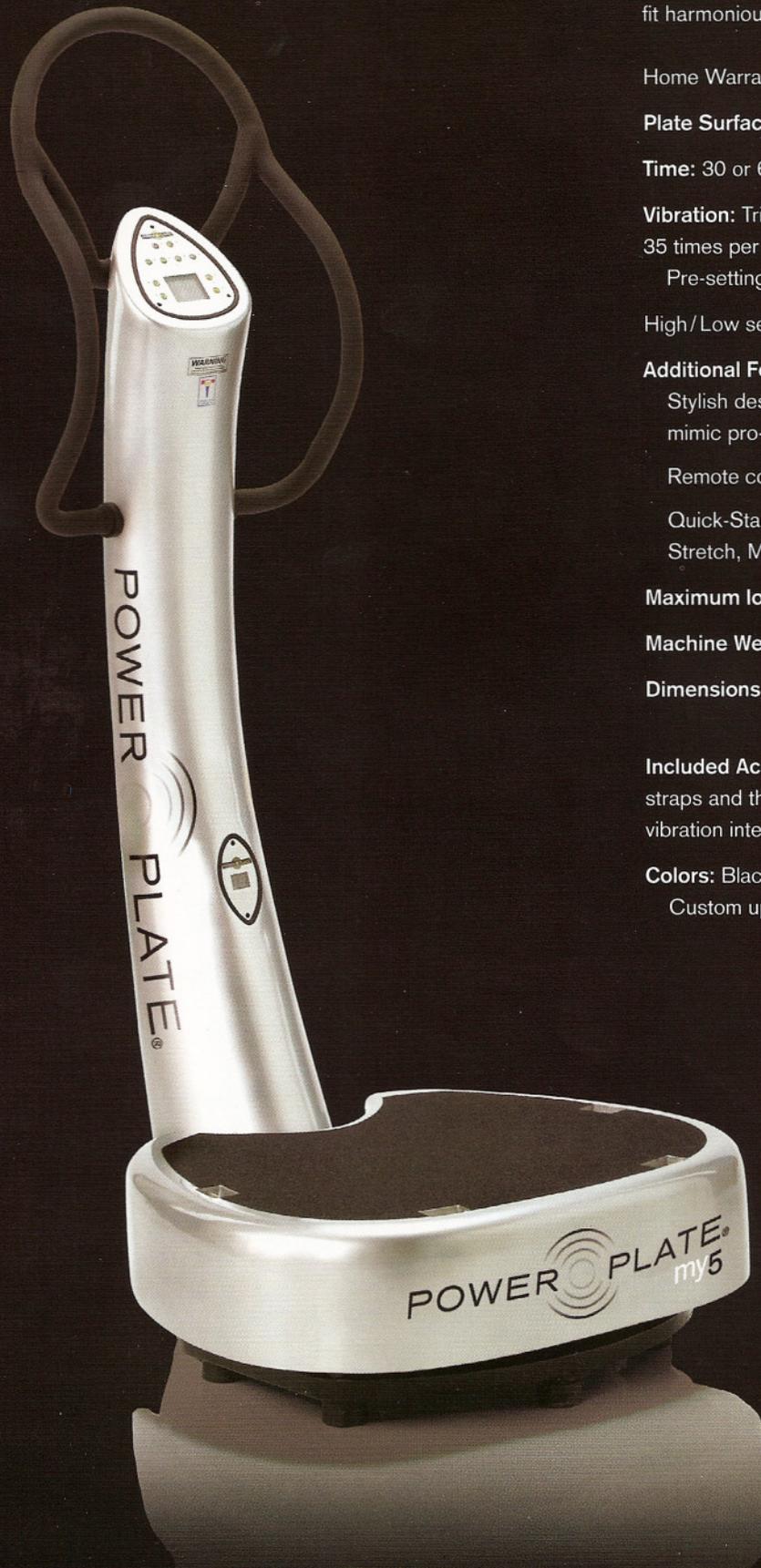
**Included Accessories:** Two upper body  
straps and contoured mat

**Colors:** Silver

Custom upgrade colors available



# my5



## Power Plate® my5

The Power Plate® my5 model makes Acceleration Training exercise accessible for use in your home. Not only do three 15-minute workouts a week fit into your life, the sleek design, user friendly settings and remote control help my5 fit harmoniously in your home.

Home Warranty

**Plate Surface:** 5.5ft<sup>2</sup> / .52m<sup>2</sup>

**Time:** 30 or 60 seconds

**Vibration:** Tri-planar, mostly vertical,  
35 times per second  
Pre-settings of 35 Hz

High/Low settings for vertical displacement

### Additional Features

Stylish design created to  
mimic pro-series machines

Remote control for ease of use

Quick-Start programs for Strength,  
Stretch, Massage and Relax

**Maximum load:** 300lbs / 135kg

**Machine Weight:** 200lbs / 90kg

**Dimensions:** 27in x 35in x 59in  
68cm x 90cm x 150cm

**Included Accessories:** Two upper body  
straps and three contoured mats (for varying  
vibration intensity)

**Colors:** Black, White and Silver

Custom upgrade colors available

# my3

## Power Plate® my3

The Power Plate® my3 model is the trimmest, most economical way to bring Acceleration Training into any size home or apartment. No matter how demanding your schedule, you can make room in your space and your life for the my3.

Home Warranty

**Plate Surface:** 4.4ft<sup>2</sup> / .41m<sup>2</sup>

**Time:** 60 seconds

**Vibration:** Tri-planar, mostly vertical,  
35 times per second  
Pre-settings of 35 Hz

High/Low settings for vertical displacement

**Maximum load:** 264lbs / 120kg

**Machine Weight:** 200lbs / 90kg

**Dimensions:** 25in x 32in x 53in  
65cm x 82cm x 134cm

**Included Accessories:** Two upper body straps and three contoured mats (for varying vibration intensity)

**Colors:** Silver  
Custom upgrade colors available



POWER  PLATE®

Discover the Difference

## Discover the Future of Fitness

Introducing the Power Plate® pro6™ model.  
Experience new proMOTION™ Dynamic Vibration  
Technology for a complete total-body work-out  
in as little as 15 minutes.



# 1

## Take your Power Plate® Training to the Next Level

### Varying Resistance

To increase the resistance, simply change the position of the central lever.



### Low

Closed position is resistance level 1

### High

Lever fully extended is resistance level 2

Power Plate technology has powered up the training sessions of everyone from fitness enthusiasts to complete novices. Its dynamic total body work-outs use Acceleration Training™ to stimulate the body's natural response to vibration for enhanced results.

Now the ultimate Power Plate work-out is here, with the pro6™ incorporating proMOTION™ Dynamic Vibration Technology. This model uses high strength Vectran® cables that channel vibration straight into that all-important upper body to build muscle tone and strength. Meaning more exercise options, more results and less time wondering how to make the most of that work-out.

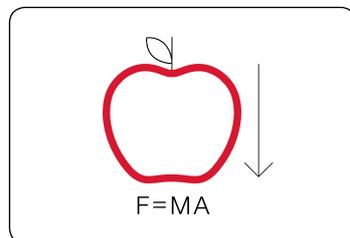
The pro6 targets the upper body with cables which are five times stronger than steel, transferring vibrations at high-speed frequency rates between 25 and 40 times per second. Translation: those muscles have got one serious work-out coming their way.

And, because the cables extend by more than two metres, the pro6 can be used for over 200 exercises from static to dynamic. So whatever your work-out goals are, you can achieve them on the pro6. Now there's no excuse for anyone's work-out to stand still.

The proMOTION offers adjustable settings to intensify the load and deepen the work-out, along with a gel dampening system which increases resistance as training intensity progresses. The pro6 makes sure your members get the most from their sessions and you get the most from them—including better retention and recruitment by attracting a whole new range of users—particularly the hardest to reach of all, those free-weight loving men.

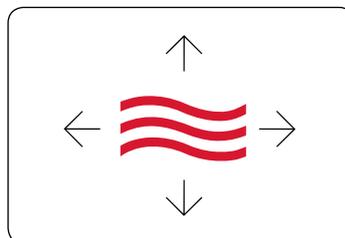
The Power Plate pro6. Isn't it time you gave the work-out a work-out?

01



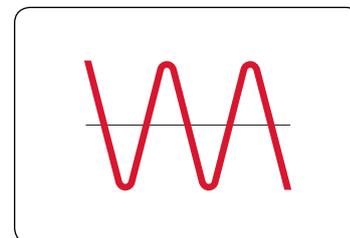
Acceleration Training exercise uses Newton's second law of motion, where the force of an object is created from its mass multiplied by acceleration, or  $F=MA$ .

02



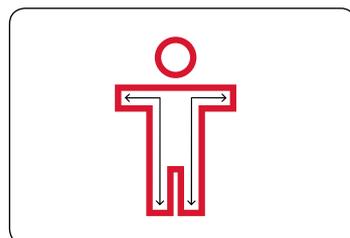
Power Plate equipment vibrates primarily up and down to improve muscle strength, and left to right and front to back to aid balance and coordination. The platform vibrates between 25 and 40 times a second.

03



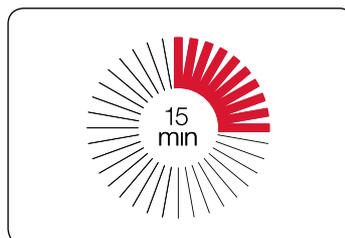
Power Plate equipment uses harmonic vibration delivering a predictable, pre-determined and regular load.

04



These vibrations cause the muscles to contract in a multiple, reflexive action throughout the whole body to deliver a full body work-out.

05



Acceleration Training exercise enhances your performance while increasing the efficiency of your work-out, allowing for a complete work-out in only 15 minutes, two or three times a week.

06



With regular Acceleration Training exercise, you will soon see results, such as an increase in strength and flexibility, heightened muscle definition and tone, and reduced cellulite and body fat.

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## A Powerful Argument

Installing a Power Plate® pro6™ sends out a great signal that your club is committed to offering innovative fitness options, helping you attract and retain members. Your members will be impressed that you're providing an instantly recognisable new technology, popularised by professional athletes and celebrities.



# 2

# Specifications

## Product Registration

Register your Power Plate machine online at [www.powerplate.com](http://www.powerplate.com)

## MDD Certification

Power Plate is a certified Class IIa medical device in Europe



inclusive fitness  
accredited item  
2007-2012

## Power Plate® pro6™ Technical Specifications

<b>Colour (standard)</b>	Silver—additional colours available upon request
<b>Dimensions (W x D x H)</b>	87cm x 107cm x 156cm / 34in x 42in x 61in
<b>Weight</b>	169.75kg / 374lb
<b>Power Supply</b>	International: 220–240 VAC, 50Hz, voltage specific
<b>Nominal Power in Operation</b>	0.35kw
<b>Maximum Load</b>	227kg / 500lb
<b>Operation</b>	User-friendly interactive display with Stage II accreditation from the Inclusive Fitness Initiative (IFI)
<b>DualSync Twin Motor System</b>	DualSync Twin Motor System maintains precise balance at any frequency and amplitude level, allowing perfect synchronisation of vibration for maximum muscle response and efficiency
<b>PrecisionWave Technology</b>	High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results
<b>Frequency / Pre-set Frequencies</b>	25-40Hz (+ / - in 1Hz increments) / 25, 30, 35 or 40Hz
<b>Time Selections</b>	30, 45 or 60 sec. / Up to 9 min
<b>Vibration Energy Output</b>	High or Low
<b>AIRdaptive™ Settings</b>	1 = up to 60kg / 130lb 2 = between 60–90kg / 130–200lb 3 = above 90kg / 200lb
<b>Certifications</b>	CE and EMC (TUV certified); RoHS / WEEE compliant; Stage II IFI accredited; MDD Certified

## proMOTION™ Dynamic Vibration Technology Specifications

<b>Dimensions</b>	28cm x 25cm x 18cm / 10.9in x 9.8in x 7in
<b>Resistance Levels</b>	High or Low. Lift lever to increase; press down to decrease
<b>Cable</b>	Maximum 2.2m / 98.4in



## Power Plate International Ltd

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Discover the Difference

The Cornerstone of Excellence.

# pro5™

The Power Plate® pro5™ model is a proven success in fitness, wellness, beauty, sports performance and rehabilitation centres, but is equally suitable as a home health solution. A versatile option for a wide variety of users, its functions include pre-set frequencies and one-step advance, so you can progress your fitness at the pace that suits you. The larger plate surface and secondary timer and controls at the column base also offer more workout flexibility. The culmination of many years of research and development, the pro5 model is the ultimate combination of technology, performance and functionality, with sophisticated design.

**Welcome to the future of your workout.**





**MDD Certification**  
All Power Plate machines are certified Class IIa medical devices in Europe



## Power Plate® pro5™ Technical Specifications

<b>Colour (standard)</b>	Silver – additional colours available upon request
<b>Dimensions (W x D x H)</b>	34in x 42in x 62in / 87cm x 107cm x 157cm
<b>Platform Dimensions (W x D)</b>	34in x 28in / 87cm x 72cm
<b>Weight</b>	330lb / 150kg
<b>Power Supply</b>	90-240 VAC, 50/60Hz, Universal Voltage
<b>Nominal Power in Operation</b>	200-225W
<b>Maximum Load</b>	400lb / 182kg
<b>Operation</b>	User-friendly interactive display with Stage 2 accreditation from the Inclusive Fitness Initiative (IFI)
<b>DualSync™ Twin Motor System</b>	DualSync Twin Motor System maintains precise balance at any frequency and amplitude level, allowing perfect synchronisation of vibration for maximum muscle response and efficiency
<b>PrecisionWave™ Technology</b>	High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results
<b>Frequency / Pre-set Frequencies</b>	25-50Hz / 30, 35, 40, and 50Hz
<b>Time Selections</b>	30, 45 or 60 seconds / up to 9 minutes
<b>Vibration Energy Output</b>	Low or High
<b>Certifications</b>	CE and EMC (TUV certified); RoHS / WEEE compliant; Stage 2 IFI accredited; MDD Certified

### Key Features

Secondary timer and controls



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Advanced Functionality With A Personal Touch

# pro7™

The Power Plate® pro7™ features the very latest in interactive touch-screen and embedded proMOTION™ technology to offer a personalised, full body Acceleration Training™ workout at the touch of a button.

With more than 1,000 exercise videos and 250 progressive full-body workouts to follow, clients can train independently and stay motivated regardless of their goal or level of ability. With proMOTION cables embedded into the extra large platform, training on the pro7 is limitless.

Power Plate pro7- Acceleration Training has never been easier.





Standard Colour\*



Silver

\*Colour shown is an approximate representation. Custom colours available upon request for an additional fee

**Technical Specifications:**

Frequency	25–50Hz
Amplitude	Low or High
G-Factor™ Settings	0–8
Time Selections	0–9 minutes (15 second increments)
DualSync™ Twin Motor System	Maintains precise balance at any frequency and amplitude level, allowing perfect synchronization of vibration for maximum muscle response and efficiency
Dimensions (W x D x H)	96cm x 116cm x 152cm / 38in x 46in x 60in
Weight	445lb / 202kg
Power Supply	100–240V, 50/60Hz, Nominal Power: 160-265W, Universal Voltage
Maximum Load	500lb / 227kg
Embedded proMOTION™ Technology	Upper-body cable resistance training system with seven-position tension adjustment
STAX™	Advanced stabilization and compensation system
Operating System	Windows CE 6.0 Professional
Upper Display	10.1in LCD Display (800 x 480 pixel)
USB Port	External USB
Net Access	10/100M Ethernet / Wireless connectivity
Audio	2 recessed speakers with headphone option and volume control
PrecisionWave™ Technology	High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results
Certifications	MDD, CE and EMC (TUV certified); RoHS / WEEE compliant; FDA Listed as Class 1 device, 510k exempt

**Power Plate International Ltd**  
London, United Kingdom