

# PERSONAL POWER PLATE®



Accelerates and maximizes results



PrecisionWave Technology™



Patented multidirectional vibration



Helps boost recovery time



A complete workout in only 15 minutes

## Powerful Results, 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.



[powerplate.com](http://powerplate.com)

\*The European Journal of Obesity; 2010; 3(2):93-100

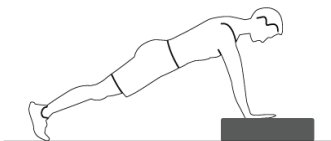


## Personal Power Plate® Features

71-PT1-3200

Color (Standard)	Black
Maximum Load	264 lb / 120 kg
Frequency	35Hz
Time Selections	30 or 60 seconds
Vibration Setting	Low or High
Machine Dimensions (W x D x H)	27.5in x 18.5in x 7in / 70cm x 47cm x 17cm
Weight (with packing)	48lb / 21.7kg
Weight (without packing)	40.4lb / 18.2kg
Power Supply	AC100-240V, Nominal Power: 20-55W
Certifications	CE, PSE, UL
Warranty (US)	1 year hardware / 1 year electronics / 1 year labor
Warranty (Outside the US)	2 year hardware / 2 year electronics / 2 year labor

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For training tips, workouts and even more ways to get the most out of our products, download the Power Plate App.



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