



 Accelerates and maximizes results

 PrecisionWave Technology™

 Patented multidirectional vibration

 Helps boost recovery time

 A complete workout in only 15 minutes

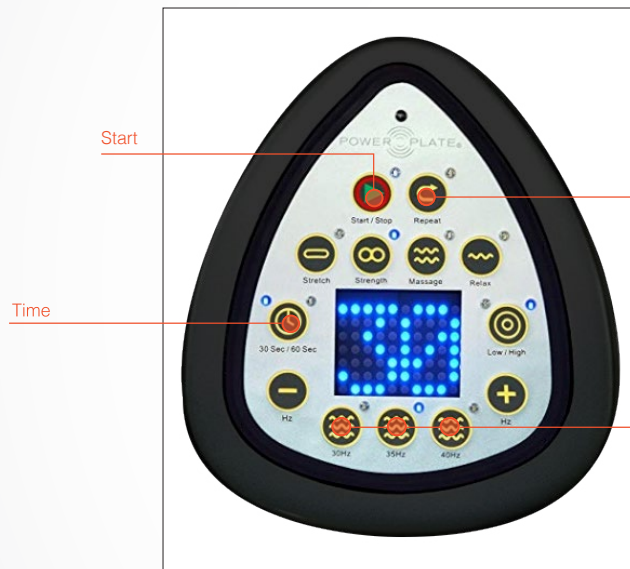
## Results At Any Level.

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 frequency options between 30-40HZ, it offers an exceptional range of customization, and its large plate surface provides plenty of maneuverability. It also has a high maximum load, preprogrammed 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 while at home.

Fast forward to the body you want.



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

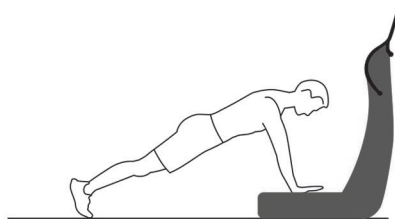


## Power Plate® my5™ Features

71-M5L-3900

Color (Standard)	Matte Black
Machine Dimensions (W x D x H)	27in x 38.5in x 58in / 68cm x 98cm x 148cm
Platform Dimensions (W x D x H)	27in x 23in x 10in / 68cm x 59cm x 25cm
Weight (With Packaging)	177lb / 80.2kg
Weight (Without Packaging)	153lb / 69kg
Power Supply	AC100-240V
Nominal Power in Operation	160-320VA
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
Frequency/ Pre-set Frequencies	30 - 40Hz, 1Hz increments
Time Selections	30 or 60 seconds
Amplitude / Vibration Setting	Low or High
Certifications	CE
Key Features	Secondary timer and controls, quick start programs and remote
Warranty (US)	3 years hardware / 1 year electronics / 1 year labor
Warranty (Outside the US)	2 years hardware / 2 year electronics / 2 year labor

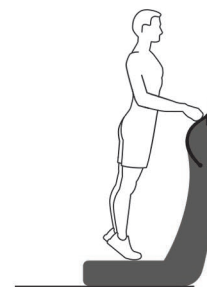
REV1025



Push-Up



Squat w/Static Strap



Calf Stretch



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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