

my5

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

Fast forward to the body you want.



POWER  PLATE®

powerplate.com

Start

Repeat

Time

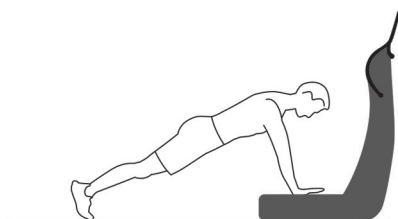
Frequency

Remote

Power Plate® my5™ Features

71-MY5-3100

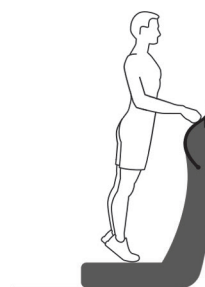
Color (Standard)	Silver - additional colors available upon request
Dimensions (W x D x H)	27in x 36in x 58in / 68cm x 92cm x 148cm
Platform Dimensions (W x D)	27in x 28in / 68cm x 72cm
Weight	247lb / 112kg
Power Supply	328lb / 149kg
Nominal Power in Operation	100-240 VAC, 50/60Hz, Universal Voltage
Maximum 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 / 30, 35 and 40Hz - 5Hz increments
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



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