

# POWER PLATE®

## PULSE™

### PORTABLE. POWERFUL. PERFECT

From the leader in whole body vibration for over 20 years, the Power Plate® Pulse™ is a powerful, yet whisper quiet, portable handheld massager that helps relax and rejuvenate tight and sore muscles, release fascia and promote blood flow to help you prepare faster and recover quicker.

The Pulse is a cutting-edge vibrating massager that:

- Helps relax and rejuvenate tight and sore muscles
- Accelerates exercise warm up and recovery
- Promotes blood flow and fascia release
- Enhances range of motion
- Reduces pain



4 VIBRATION INTENSITY LEVELS



4+ HOUR BATTERY LIFE



WHISPER QUIET MOTOR



LIGHTWEIGHT DESIGN



To get training tips, workouts and even more ways to get the most out of the Pulse, download the Power Plate App.



### SIX MESSAGE ATTACHMENTS

The Power Plate Pulse comes with six different attachments to better suit your preparation and recovery. Made of only the toughest material; the fork, small flat, large flat, thumb, small ball and large ball attachments are built to last.



**Also  
Available  
In Black**



powerplate.com

Simple, 1-Button Control



Also included is the AC wall charging unit and two adapters, so you can power your Power Plate Pulse no matter where you go.

Power Plate® Pulse™ Features

Colors	Red or Black			
Charging Method	AC Charger			
User Materials	Quick Start Guide (in-box); Educational Content (via the Power Plate App)			
Vibration Levels	4 Standard Ascending Intensity Levels			
Vibrations Per Minute	Level 1 1,300/22Hz	Level 2 1,800/30Hz	Level 3 2,500/42Hz	Level 4 3,300/55Hz
Battery Charge Time	~2 Hours (120 Minutes)			
Battery Runtime	Level 1: 4-5 Hours / Level 4: 2-3 Hours			
Auto Shutoff Timer	10 Minutes			
Weight	1.12kg / 2.46lbs			
Certifications	CE, FCC			
Motor Type	Brushless Motor			
Amplitude	12mm			
Stall Force	50lbs (22.7kg)			
Product Warranty	1 Year Limited Manufacturer's Warranty			

Red: 62PG-900-03  
Black: 62PG-900-04



Visit our website at [powerplate.com](https://powerplate.com) to check out the rest of our targeted vibration products.

