



NEW for 2025

Feature-Rich, Results-Driven

Power Plate® once again elevates the vibration experience with the versatile, all new Power Plate my8™. Scientifically proven to get results in half the time of traditional programs, you will feel the difference in just one session. The my8 delivers exciting new features including a simple and convenient Quick Start option, precise electronic proMotion™ resistance cables and up to a full 9-minute run time. And, with over 250 tailored programs and 1000+ exercise videos, the my8 is our most advanced in-home Power Plate to date.

Go further, faster, with the new Power Plate my8.

-  Accelerates and maximizes results
-  PrecisionWave Technology™
-  Patented multidirectional vibration
-  Helps boost recovery time
-  Electronic proMotion™ Resistance





Power Plate® my8™ Features

Matte Black 71-M8A-3900

Color (Standard)	Matte Black
Machine Dimensions (W x D x H)	33in x 39in x 59in / 84cm x 98cm x 149cm
Platform Dimensions (W x D x H)	33in x 24in x 10in / 84cm x 60cm x 26cm
Weight	245lbs / 111kg
Power Supply	100-240V, 50/60 Hertz, Universal Voltage
Maximum Load	350lb / 159kg
Operating System	Android OS 64bit system
USB Port/ Hub	USB 2.0 Port x1
Connectivity	Wi-Fi and Bluetooth. Heart rate monitor syncs with Myzone and compatible devices
Upper Display	LVDS Type LCD, Resolution: 1280X800(RGB), 10.1 inches
Audio	Wolf sound chip WM8980 or DP108T, stereo in/out. New elapsed time notification produces an audible beep after every one minute of product use
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
proMotion™ Dynamic Vibration Technology	Conveniently select from three different resistance levels on the touchscreen display
Frequency	30 - 45 Hertz Low/High, (1Hz increments)
Time Selections	Up to 9 minutes of continuous runtime, selectable in 15 second increments
Amplitude / Vibration Setting	Low or High
Languages	English, German, Spanish, French, Italian, Japanese, Dutch, Portuguese, Russian, Chinese (Cantonese), Czech, Swedish
Certifications	CE, NRTL, C-NRTL, FDA Listed as Class 1 Device
Warranty (US)	3 years hardware / 1 year electronics / 1 year labor
Warranty (Outside the US)	2 years 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.

