

Fast Forward to the Body You Want

Power Plate® products are the innovative, time-saving and results-driven way to improve your fitness and wellbeing.



1

Powerful Argument

Six months of Power Plate training, combined with a controlled diet, helped obese people lose twice as much visceral fat, and maintain this loss, when compared to diet only or traditional exercise and diet.

Vissers et al.: Effect of Long-Term Whole Body Vibration Training on Visceral Adipose Tissue: A Preliminary Report. *Obesity Facts, The Journal of European Obesity*, (Vol. 3, Suppl. 2, 2010.)



The New Approach to Exercise

Power Plate® equipment offers the next generation of fitness technology, providing one of the most efficient workouts available, through Advanced Vibration Technology™.

It works by delivering harmonic vibrations to the body, which stimulate a natural reflex that causes the muscles throughout the entire body to contract multiple times per second, intensifying the results. It's not called Acceleration Training™ for nothing.

This form of training is unlike anything you have experienced before. It helps you to shape up, when combined with a weight management programme; and build muscle strength and power, when used together with progressive training. Power Plate allows you to achieve such results faster than normal exercise alone.



2

The Perfect Coach At Your Fingertips

1000+ exercises. Over 250 workouts. Unlimited possibilities.

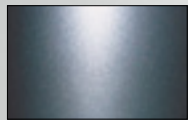
The my7™ is the intelligent virtual trainer with an integrated touch screen computer for access to over 250 progressive workouts divided into three lifestyle goals – FEEL better, LOOK better and PLAY better. So whether you are preparing for a marathon, warming up for the ski season or looking to lose weight, my7 has the solution.

proMOTION™ technology keeps your workouts moving.

It's also our first home machine to feature proMOTION™ Dynamic Vibration Technology, with six resistance levels. Now you can do traditional dynamic-movement exercises like bicep curls, shoulder presses and rows, while still benefiting from the Advanced Vibration Technology™.



Colour options available



Graphite



Silverstone

my7™ Model

Vibration:	G-Factor™ 1 – 6 30, 35 or 40Hz pre-settings High / Low amplitude
Dimensions:	35in x 32in x 61in / 87cm x 80cm x 153cm
Weight:	287lb / 130kg
Accessories:	2 upper body straps, 1 contoured mat
Motor:	Special application patented DualSync™ Twin Motor System

Key Features:	Max Load 300lb/ 136kg	proMOTION 	Touchscreen Operation
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*Colours shown are an approximate representation. Additional colours available upon request for an additional fee.



3

Meet More Models



my3™ Model

Description	The trimmest way to bring Acceleration Training™ exercise into your home.	
Vibration	35Hz pre-setting High / Low vertical displacement	
Dimensions	25in x 29in x 61in / 64cm x 75cm x 156cm	
Weight	126lb / 57kg	
Accessories	2 upper body straps, 3 contoured mats	
Motor	Single	
Key Features	Max Load 264lb/ 120kg	Timer Setting



my5™ Model

Description	A premium home model with DualSync™ Twin Motor System, quick start programming and remote control.		
Vibration	30, 35 or 40Hz pre-settings One-step increments possible High / Low vertical displacement		
Dimensions	27in x 35in x 58in / 69cm x 89cm x 148cm		
Weight	200lb / 90kg		
Accessories	2 upper body straps, 3 contoured mats		
Motor	Special application patented DualSync™ Twin Motor System		
Key Features	Secondary timer Quick start programming	Max Load 300lb/ 136kg	Timer Setting
			Remote



pro5™ / pro5 AIRdaptive™ Models

Description	The choice of professionals, the pro5 models have a larger plate surface and multiple setting options for greater versatility. The AIRdaptive model includes variable air suspension offering optimum vibration performance for every user, and a larger load-bearing capacity.			
Vibration	30, 35, 40 or 50Hz pre-settings One-step increments possible High / Low vertical displacement			
Dimensions	34in x 42in x 62in / 87cm x 107cm x 157cm			
Weight	330lb / 150kg (pro5) 348lb / 158kg (AIRdaptive)			
Accessories	2 upper body straps, 1 contoured mat			
Motor	Special application patented DualSync™ Twin Motor System			
Key Features	Secondary timer and controls	Max Load (pro5) 400lb/ 182kg	Max Load (AIRdaptive) 500lb/ 227kg	AIRdaptive (optional)
				Timer Setting (up to 9min)



pro6™ Model

Description	The most advanced model, with AIRdaptive function, and proMOTION™ Dynamic Vibration Technology, a cable-resistance system which uses high strength Vectran® cables to deliver targeted vibrations to the upper body.				
Vibration	25, 30, 35 or 40Hz pre-settings One-step increments possible High / Low vertical displacement				
Dimensions	34in x 42in x 61in / 87cm x 107cm x 156cm proMOTION 28cm x 25cm x 18cm / 10.9in x 9.8in x 7in				
Weight	395lb / 179kg				
Accessories	2 upper body straps, 1 contoured mat				
Motor	Special application patented DualSync™ Twin Motor System				
Key Features	Secondary timer and controls	Max Load 500lb/ 227kg	Timer Setting (up to 9min) 	AIRdaptive 	proMOTION

4

Actually... it is Rocket Science

Harnessing the power of physics for accelerated results.

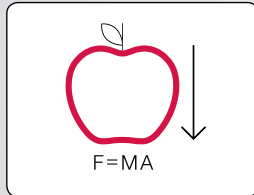
First used by Soviet cosmonauts in the '60s to combat the effects of microgravity in space, Acceleration Training™ on the Power Plate® machine triggers the body's neuromuscular response to vibration.

The benefits.

Power Plate helps you to shape up, when combined with a weight management programme; and build muscle strength and power, when used together with progressive training. Using Power Plate regularly allows you to achieve these results faster than normal exercise alone.

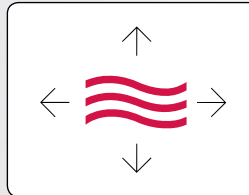
Here's how it works:

01



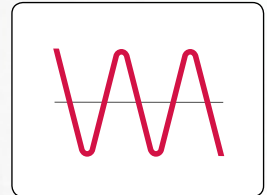
Acceleration Training exercise uses the principle of Newton's second law, Force = Mass x Acceleration. Where conventional exercise increases mass, the Power Plate machine increases acceleration through vibration.

02



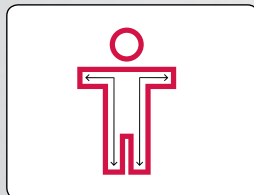
Power Plate equipment vibrates primarily up and down to improve muscle strength, and left to right and front to back to aid balance and coordination.

03



Power Plate equipment uses PrecisionWave™ Technology—a high-fidelity harmonic vibration system that provides a controlled level of vibration across all areas of the plate surface for consistent and dependable results.

04



These vibrations cause the muscles to contract in a reflexive action, multiple times per second, to deliver a full body workout.

05



Acceleration Training exercise enhances your performance while increasing the efficiency of your workout, for a total body workout in only 20 minutes.

06



Regular Acceleration Training exercise can help you achieve results faster than normal exercise alone.