



Discover the Difference

***Acceleration training
Through Advanced Vibration
Technology***

Product Line 2011



Discover the Difference

Power-Plate my3

(formerly Personal Power-Plate)

- Features:

- Home model (home warranty): smallest unit
- Time: 30 or 60 seconds
- Vibration: Tri-planar, mostly vertical, 35 times / second
- High / Low settings for vertical displacement
- Maximum load: 264 lbs./120 Kgs.
- Retail Price: \$2200





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Power-Plate my5

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Features:

- Home model (home warranty): 50% larger than my3 plate surf
- Time: 30 or 60 seconds
- Vibration: Tri-planar, mostly vertical, 35 times / second
- High / Low settings for vertical displacement
- Additional features above my3:
 - Stylish design created to mimic pro-series
 - Remote control for ease of use
 - Quick-Start programs for Strength, Stretch, Massage and Relax
 - Capacity for additional weight (300 lbs. maximum)
135 Kgs.

– Retail Price: \$5500





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Power-Plate pro5

(formerly Power-Plate next generation)

- Features:
 - Professional model (commercial warranty): 33% larger than my5 plate surface
 - Time: 30, 45 or 60 seconds
 - Vibration: Tri-planar, mostly vertical, 25 – 50 times / second
 - One-step increments possible
 - Pre-settings include 30, 35, 40 and 50 Hz
 - High / Low settings for vertical displacement
 - Additional features above the my-series:
 - Multiple settings for more variation in exercise regimens
 - Capacity for additional weight above my5 (400 lbs. maximum)
 - Larger plate surface for greater exposure to vibrations

- Retail:

Retail Price:: \$10700





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Power-Plate pro5 with

– Current price: \$11500

AIRdaptive™ technology

- Features:
 - Professional model (commercial warranty): same size as pro5
 - Time: 30, 45 or 60 seconds
 - Vibration: Tri-planar, mostly vertical, 25 – 50 times / second
 - One-step increments possible
 - Pre-settings include 30, 35, 40 and 50 Hz
 - High / Low settings for vertical displacement
 - Additional features above the pro5:
 - AIRdaptive™ feature – settings 1, 2 and 3
 - Greater weight-bearing ability (500 lbs. maximum)
 - More variations in settings to achieve most flexible exercise regimens, sensitive to all age groups and abilities



• Retail:



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Power-Plate pro6



- **frequency (25-40 Hz)**
The frequency range is decreased to 40 Hz.
- **Motor frame**
*Modified motor frame, promotion is directly attached to it.
Improved stiffness*
- **Motor**
More powerful motor (Pro Series, HP Series, Pro6 Series)

Benefits

- Expands your exercise possibilities
- Different levels of resistance to progress your workout
- Improves explosive power
- Full body workout
- Dynamic and explosive upper body exercises
- Possibility to perform lower body exercises with additional load

Retail Price: \$ 12000

Specifications	<u>My3</u>	<u>My5</u>	<u>Pro5</u>	<u>Pro6</u>	<u>pro5 AIRdaptive</u>
Color	silver	silver, black or white	silver	silver	Silver
Maximum Load	264 lbs / 120 kg	300 lbs / 136 kg	400 lbs / 182 kg	500 lbs / 227 KG	500 lbs / 227 kg
Frequency Range	35 Hz	35 Hz	25 - 50 Hz	25 - 40 Hz (+/- in 1hz increments) / 25,30,35 or 40 Hz	25 - 50 Hz
Frequency Adjust	3 mats / varying thickness	3 mats / varying thickness	1 Hz increments	1 Hz increments	1 Hz increments
Vibration Energy	Low and High	Low and High	Low and High	Low and High	Low and High
Time Settings	30 or 60 sec	30 or 60 sec	30, 45 or 60 sec	30, 45 or 60 sec	30, 45 or 60 sec
Dimensions	25 in x 32 in x 53 in 65 cm x 82 cm x 134 cm	27 in x 35 in x 59 in 68 cm x 150 cm x 90 cm	34 in x 42 in x 61 in 87 cm x 107 cm x 156 cm	34 in x 42 in x 61 in 87 cm x 107 cm x 156 cm	34 in x 42 in x 61 in 87 cm x 107 cm x 156 cm
Machine Weight	126 pounds / 57 kilograms	200 lbs / 91 kg	330 lbs / 150 kg	348 lbs / 158 kg	348 lbs / 158 kg
Warranty	Labor - 90 days Parts - 2 years	Labor - 90 days Parts - 2 years	Parts and Labor - 2 years	Parts and Labor - 2 years	Parts and Labor - 2 years
Add'l Features	-	Remote Control: Quick-start settings of strength, stretch, massage and relax	-	AIRdaptive settings 1, 2 or 3: 1 = up to 132 lbs / 60 kg 2 = between 130-200 lbs / 60-90 kg 3 = above 200 lbs /	AIRdaptive settings 1, 2 or 3: 1 = up to 132 lbs / 60 kg 2 = between 132-198 lbs / 60-90 kg 3 = above 198 lbs

				90 kg	/ 90 kg
Power Supply	90 – 260 VAC, 50/60 Hz	90 – 260 VAC, 50/60 Hz	90 – 260 VAC, 50/60 Hz	220 – 240 VAC, 50Hz, voltage specific	220 – 240 VAC, 50Hz, voltage specific
Nominal Power	.35 kW (in operation)	.35 kW (in operation)	.35 kW (in operation)	.35 kW (in operation)	.35 kW (in operation)
Certifications	CE and ETL	CE (TUV certified); RoHS / WEEE compliant	CE and EMC (TUV certified); RoHS / WEEE compliant; IFI accredited	CE and EMD (TUV certified); RoHS / WEEE compliant; IFI accredited	CE and EMD (TUV certified); RoHS / WEEE compliant; IFI accredited