

POWER PLATE®
my7™

Discover the Difference



Say Hello to Your New Personal Trainer

my7™

Over 250 customized programs. Over 1,000 exercise videos. Over a million different combinations. The Power Plate® my7™ is the remarkable new exercise machine that takes your workout in a whole new direction. That's because it's with you every step from start to finish. In addition to our unique Advanced Vibration Technology™, the my7 features an integrated touch screen computer complete with coaching tips to guide you. Whether you want to look better, feel better or play better, this advanced machine will take you there.



Seven-position proMOTION™ tension adjustment with modular attachment option

Color options available*



Silverstone



Graphite

*Colors shown are an approximate representation. Additional colors available upon request for an additional fee.

Technical Specifications:

Frequency / Pre-set Frequencies	0–40Hz / 30Hz, 35Hz, 40Hz with +5Hz incremental adjustments
Amplitude	Low or High
G-Factor	1–6 with intelligent manual control options
Time Selections	0–9 minutes (15 second increments)
DualSync™ Twin Motor System	Maintains precise balance at any frequency and amplitude level, allowing perfect synchronization of vibration for maximum muscle response and efficiency
Dimensions (W x D x H)	87cm x 80cm x 153cm / 35in x 32in x 61in
Weight	287lb / 130kg
Power Supply:	100–240V, 50/60Hz, Nominal Power: 160-185W, Universal Voltage
Maximum Load	300lb / 136.4kg
Processor	ARM11 533/667MHz with 3D GFX accelerator
Operating System	Windows CE 6.0 Professional
Upper Display	10.1in LCD Display (800 x 480 pixel)
USB Port/Hub	USB 1.0 Port x2 (1 external, 1 internal service port)
LAN port	10/100M Ethernet
Audio	2 x 2W
PrecisionWave™ Technology	High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results
Certifications	CE and EMC (TUV certified); RoHS / WEEE compliant

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