



Discover the Difference

A Premium Workout. At Home.

my5™

The Power Plate my5™ model, an exciting Acceleration Training™ machine, brings great full-body fitness results in home workouts as short as 30 minutes a day, only three days a week. Advanced Vibration Technology™, the science behind Power Plate machines, provides a revolutionary, low-stress exercise and rehabilitation solution. With three frequency options between 30–40Hz, it's more customizable than the my3™ machine and its larger plate surface provides more maneuverability. It also has a higher maximum load, pre-programmed quick start buttons and a remote control operating all exercise positions. The sleek design on the my5 model combined with the machine's technology creates a wonderful blend of science and elegance at home.

Fast forward to the body you want.



www.powerplate.com



Power Plate® my5™ Technical Specifications

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| Color (standard) | Silver – additional colors available upon request |
| Dimensions (W x D x H) | 27in x 35in x 58in / 69cm x 89cm x 147cm |
| Platform Dimensions (W x D) | 27in x 22in / 68cm x 56cm |
| Weight | 200lb / 90kg |
| Power Supply | 100-240 VAC, 50/60Hz; Universal Voltage |
| Nominal Power in Operation | 160-185W |
| Maximum Load | 300lb / 136kg |
| Operation | User-friendly interactive display |
| DualSync™ Twin Motor System | DualSync Twin Motor System maintains precise balance at any frequency and amplitude level, allowing perfect synchronization of vibration for maximum muscle response and efficiency |
| PrecisionWave™ Technology | High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results |
| Frequency / Pre-set Frequencies | 30 to 40Hz / 30, 35 or 40Hz |
| Time Selections | 30 or 60 seconds |
| Vibration Energy Output | Low or High |
| Certifications | CE and EMC (TUV certified); RoHS / WEEE compliant; IFI accredited |
| Warranty | 2 years parts and 1 year labor |
| Key Features | Secondary timer and controls, Quick start programs |



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