

Making the difference one athlete at a time.

pro5^{HP} AIRDAPTIVE™

The Power Plate® pro5 AIRdaptive™ High Performance unit is designed to meet the needs of the world's most high intensity athletes. Like the pro-series machines, the pro5 AIRdaptive™ HP model provides the most surface exposure to vibration, and also features our AIRdaptive™ technology to allow for further incremental increases in intensity. Additionally, this HP machine allows for 360 degree range of motion around the plate surface, so athletes can work in all directions to train as needed, whether static, dynamic or plyometric movement is involved. The user-friendly remote control allows these athletes, or their trainers, to adjust the settings instantly and without interruption to the workout. The HP model also fits conveniently under a squat rack or to store away when not in use, and comes with a fitted travel case for athletes and professional teams on the move. The machine is not a miracle. But where it takes you is.



POWER PLATE®
pro5^{HP}
AIRDAPTIVE

AIRDAPTIVE™ HP



Technical Specifications of the Power Plate® pro5 AIRdaptive™ High Performance model

Color (standard)	Matte Black
Maximum Load (weight upon machine)	272 kilograms / 600 pounds
Operation	User-friendly interactive display
Frequency / Pre-set Frequencies	25 to 50 Hertz / 30, 35, 40, and 50 Hertz
Time Selections	30, 45 or 60 seconds / up to 9 minutes
Vibration Energy Output	Low or High
Dimensions (W x D x H)	87 cm x 107 cm x 29 cm / 34 in x 42 in x 11 in
Weight	150 kilograms / 330 pounds
Power Supply	110-120 VAC, 60 Hertz, Voltage Specific
Nominal Power	.35 kw (in operation)
Certifications	CE and EMC (TUV certified); RoHS / WEEE compliant; CCC compliant; IFI accredited
AIRdaptive™ Settings 1, 2 or 3	1 = up to 60 kilograms / 130 pounds 2 = between 60-90 kilograms / 130-200 pounds 3 = above 90 kilograms / 200 pounds

Additional Features

Three different air settings and the convenient remote control allow the athlete, or the trainer, to adjust workout intensity to fit the needs of the training routine. The HP unit also has 20% greater output than other Power Plate® pro-series machines, to further increase the intensity.

