



Discover the Difference

Discover the Future of Fitness.

pro6TM

Power Plate[®], the global leader in Whole Body Vibration fitness equipment, has leveraged its technology to offer an advanced full-body training solution—the Power Plate pro6[™] with new proMOTION[™] Dynamic Vibration Technology. This all-new machine uses high-strength Vectran[®] cables to transfer vibration to the upper body, dramatically expanding exercise options and forms to deliver noticeable and measurable results. The Vectran[®] cables, which are five times stronger than steel, transfer vibration to the upper body at high-speed frequency rates between 25 and 40 times per second. Extending more than six feet, the cables allow for a full range of exercises, from static to dynamic. The Power Plate pro6 with new proMOTION opens the door for infinite training possibilities.

Total-body Acceleration Training[™] is now a reality.



Vectran is a registered trademark of Kuraray Co. Ltd., Tokyo, Japan.

www.powerplate.com



Power Plate® pro6™ Technical Specifications

Color (standard)	Silver – additional colors available upon request
Dimensions (W x D x H)	34in x 42in x 61in / 87cm x 107cm x 156cm
Dimensions with proMOTION™	43.5in x 42in x 61in / 110.5cm x 107cm x 156cm
Platform Dimensions (W x D)	34in x 28in / 87cm x 72cm
Weight / Weight with proMOTION	374lb / 169.75kg : 420lb / 190.5kg
Power Supply	N. America: 100-120 VAC, 50/60Hz; Voltage Specific. International: 220-240 VAC, 50/60Hz: Voltage Specific
Nominal Power in Operation	230-265W
Maximum Load	500lb / 227kg
Operation	User-friendly interactive display
DualSync™ Twin Motor System	DualSync Twin Motor System maintains precise balance at any frequency and amplitude level, allowing perfect synchronisation 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	25-40Hz / 25, 30, 35 or 40Hz
Time Selections	30, 45 or 60 seconds / Up to 9 minutes
Vibration Energy Output	Low or High
AIRdaptive™ Settings	Unique AIRdaptive technology, an air bladder suspension system, allows for optimum customization 1 = up to 130lb / 60kg 2 = 130–200lb / 60–90kg 3 = above 200lb / 90kg
Certifications	CE and EMC (TUV certified); RoHS / WEEE compliant; Stage II IFI accredited; MDD Certified
Warranty	2 years parts and labor

proMOTION™ Dynamic Vibration Technology Specifications

Dimensions	9.8in x 7in x 10.9in / 25cm x 18cm x 28cm
Resistance Levels	High or Low. Lift lever to increase; press down to decrease
Cable	Maximum 98.4in / 2.2m
Weight (per proMOTION unit)	12.7lb / 5.75kg



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