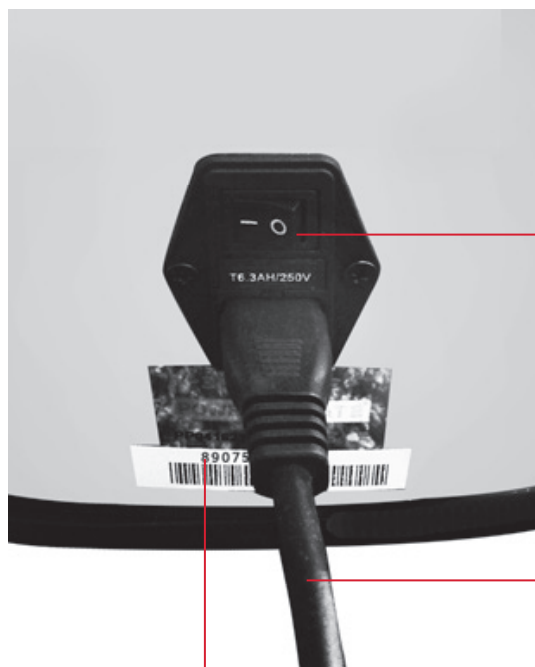


## PLUG IN AND POWER UP



### POWER SWITCH

To turn the product on or off

### POWER CORD

To connect the product to a wall outlet

### SERIAL NUMBER

To register your product visit [powerplate.com/products/registration](http://powerplate.com/products/registration)

**To access the full user manual, visit:**  
[powerplategulf.com/products/consumer/my5](http://powerplategulf.com/products/consumer/my5)  
[powerplate.in/products/consumer/my5](http://powerplate.in/products/consumer/my5)

POWER PLATE®



my5

**QUICK START GUIDE**

## USING THE POWER PLATE®

The Power Plate® my5™ is very easy to operate. Once you become familiar with the basic operation, you can begin your training.

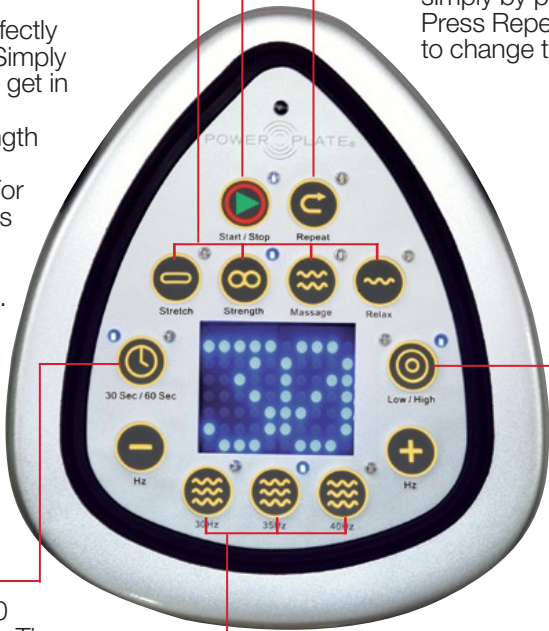
### QUICKSTART BUTTONS

The Stretch and Massage are perfectly set for all users. Simply press the button, get in the position, and press start. Strength is pre-set for the advanced user. For strength exercises as a beginner, use the Stretch quickstart button.

### START/STOP

### REPEAT

Once the settings are programmed, you can restart the machine for each exercise simply by pressing Repeat. Press Repeat until you need to change the settings again.



### TIME

Choose 30 or 60 seconds with the Time button. You can also perform an exercise for 45 seconds by setting the machine to 60 seconds and stopping the exercise when there is 15 seconds left.

### FREQUENCY

The speed of the vibrations. Start with 30Hz until you're doing a massage. Manually increase or decrease by pressing the negative and plus symbols to the left and right of the pre-set frequency buttons.

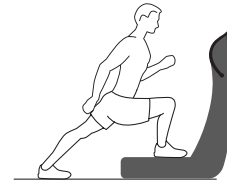
### AMPLITUDE

The amplitude is the height of the vibration. Start with low unless you're doing a massage.

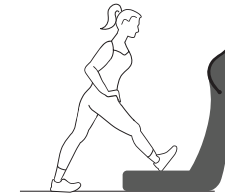
## Power Up Your Day

Follow this daily sample routine to prepare faster, perform better, and recover quicker.

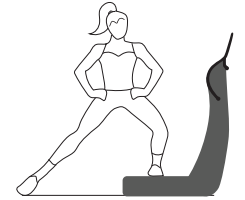
### Movement Preparation (3 minutes, press 'Stretch' button)



**Hip Flexor Stretch**  
(30 seconds on each side)



**Single Leg Hamstring Stretch**  
(30 seconds on each side)



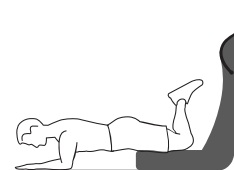
**Inner Thigh Stretch**  
(30 seconds on each side)

### Strength (2 minutes, press 'Strength' button)

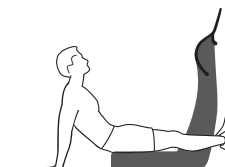


**Squat**  
(60 seconds x2 sets. Slow 4 seconds up and down)

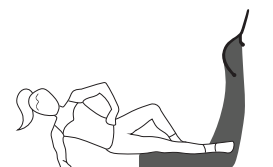
### Recovery (4 minutes, press 'Massage' button)



**Quad Massage**  
(60 seconds)



**Hamstring Massage**  
(60 seconds)



**IT Band Massage**  
(60 seconds on each side)

For more exercises and workout tips, download the **Power Plate App** from Google Play or App Store