






# my5

-  Accelerates and maximizes results
-  PrecisionWave Technology™
-  Patented multidirectional vibration
-  Helps boost recovery time
-  A complete workout in only 15 minutes

## Results At Any Level.

The Power Plate® my5™ model brings great full-body results to your home workouts as short as 30 minutes a day, only three days a week. Advanced Vibration Technology™, the science behind Power Plate, provides a revolutionary, low-stress exercise and rehabilitation solution. With three frequency options between 30-40HZ, it's more customizable than the my3™ and it's larger plate surface provides more maneuverability. It also has a higher maximum load, preprogrammed quick start buttons and a remote control. The sleek design of the my5 combined with the technology creates a wonderful blend of science and elegance while at home.

Fast forward to the body you want.



POWER  PLATE®

[powerplate.com](http://powerplate.com)

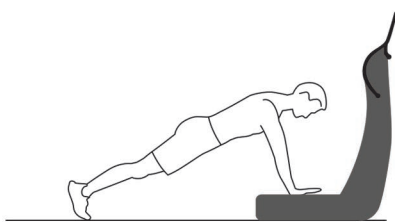


## Power Plate® my5™ Features

71-M5L-3900

Color (Standard)	Matte Black - 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 (With Packaging)	211.2lb / 96kg
Weight (Without Packaging)	151.8lb / 69kg
Power Supply	AC100-240V
Nominal Power in Operation	160-320VA
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 synchronisation of vibration for maximum muscle response and efficiency
Frequency/ Pre-set Frequencies	30Hz, 35Hz, 40Hz - 5Hz increments
Time Selections	30 or 60 seconds
Amplitude / Vibration Setting	Low or High
Certifications	CE
Warranty	3 years hardware / 1 year electronics / 1 year labor
Key Features	Secondary timer and controls, quick start programs and remote

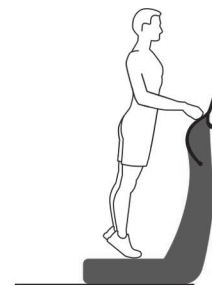
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Push-Up



Squat w/Static Strap



Calf Stretch



For training tips, workouts and even more ways to get the most out of our products, download the Power Plate App.

