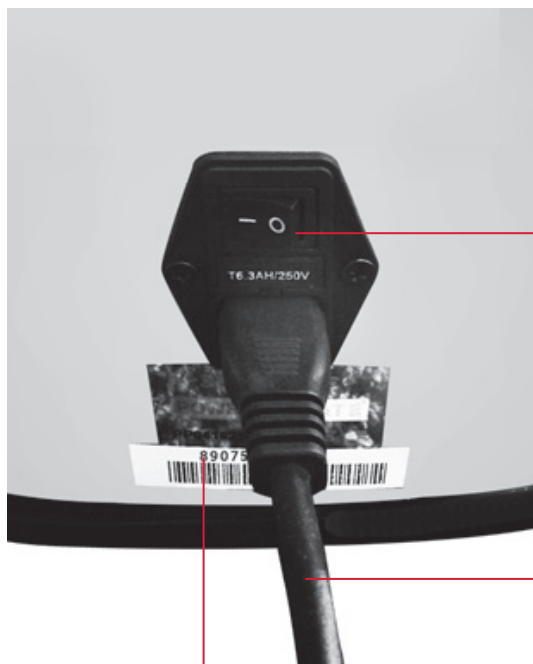


## PLUG IN AND POWER UP



### 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/pro5](http://powerplategulf.com/products/consumer/pro5)  
[powerplate.in/products/consumer/pro5](http://powerplate.in/products/consumer/pro5)

POWER  PLATE®

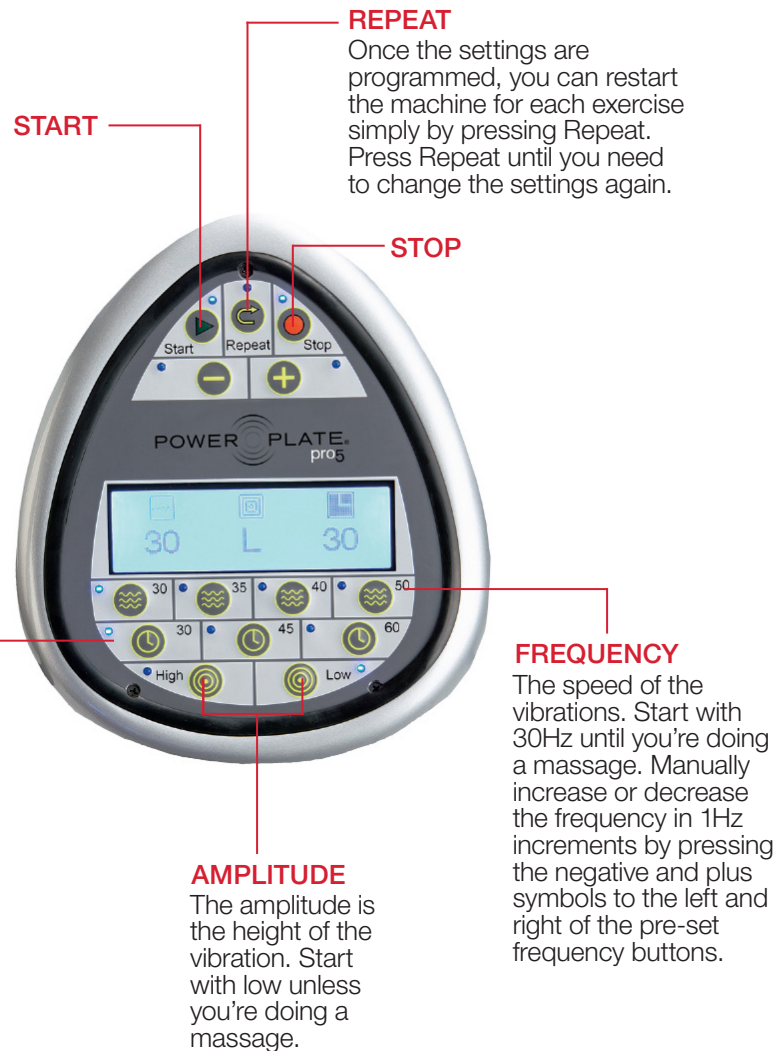


*pro*5

**QUICK START GUIDE**

## USING THE POWER PLATE®

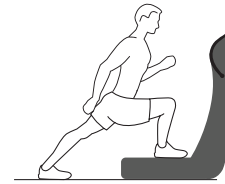
The Power Plate® pro5™ is very easy to operate. Once you become familiar with the basic operation, you can begin your training.



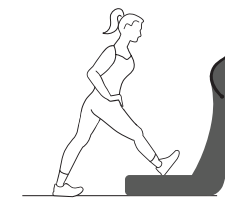
## Power Up Your Day

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

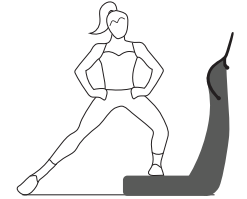
### Movement Preparation (3 minutes, 30HZ, Low Amplitude)



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



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



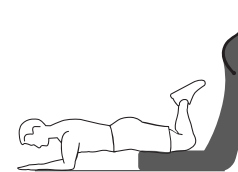
**Inner Thigh Stretch**  
(30 seconds on each side)

### Strength (2 minutes, 30Hz, Low Amplitude)

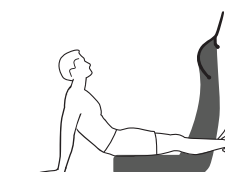


**Squat**  
(60 seconds x2 sets. Slow 4 seconds up and down)

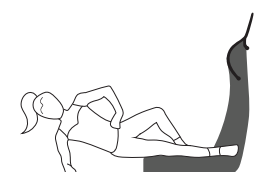
### Recovery (4 minutes, 40HZ, Low or High Amplitude)



**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