

The Future of Fitness.

# pro6™

Power Plate, the global leader in Acceleration Training™, offers the advanced total body training solution—the Power Plate® pro6™ with integrated proMOTION™ Dynamic Vibration Technology. This model uses high strength Vectran® cables which transfer vibrations to the upper body to help build muscle tone and strength. The cables are five times stronger than steel and extend more than two metres, so the pro6 can be used for over 200 exercises, from static to dynamic. Whatever your fitness goals are, you can achieve them with the pro6.

**Now there's no excuse for anyone's work-out to stand still.**





**MDD Certification**  
Power Plate is a certified Class IIa medical device in Europe



### Power Plate® pro6™ Technical Specifications

|  |   |
|--|---|
| <b>Colour (standard)</b>               | Silver — additional colours available upon request  |
| <b>Dimensions (W x D x H)</b>          | 87cm x 107cm x 156cm / 34in x 42in x 61in   |
| <b>Weight</b>                          | 169.75kg / 374lb  |
| <b>Power Supply</b>                    | International: 220–240 VAC, 50Hz, voltage specific  |
| <b>Nominal Power in Operation</b>      | 0.35kw  |
| <b>Maximum Load</b>                    | 227kg / 500lb   |
| <b>Operation</b>                       | User-friendly interactive display with Stage II accreditation from the Inclusive Fitness Initiative (IFI)   |
| <b>DualSync Twin Motor System</b>      | DualSync Twin Motor System maintains precise balance at any frequency and amplitude level, allowing perfect synchronisation of vibration for maximum muscle response and efficiency |
| <b>PrecisionWave Technology</b>        | High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results  |
| <b>Frequency / Pre-set Frequencies</b> | 25-40Hz (+ / - in 1Hz increments) / 25, 30, 35 or 40Hz  |
| <b>Time Selections</b>                 | 30, 45 or 60 sec. / Up to 9 min   |
| <b>Vibration Energy Output</b>         | High or Low   |
| <b>AIRdaptive™ Settings</b>            | 1 = up to 60kg / 130lb<br>2 = between 60–90kg / 130–200lb<br>3 = above 90kg / 200lb   |
| <b>Certifications</b>                  | CE and EMC (TUV certified); RoHS / WEEE compliant; Stage II IFI accredited; MDD Certified   |

### proMOTION™ Dynamic Vibration Technology Specifications

|                          |   |
|--------------------------|---|
| <b>Dimensions</b>        | 28cm x 25cm x 18cm / 10.9in x 9.8in x 7in                   |
| <b>Resistance Levels</b> | High or Low. Lift lever to increase; press down to decrease |
| <b>Cable</b>             | Maximum 2.2m / 98.4in                                       |



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