



It's what you gain that matters, not what you lose.

my5™

Get the vital body you've always wanted, but didn't believe you could achieve. The Power Plate® my5™ model, an exciting Acceleration Training™ machine, now designed for home use, brings great full-body fitness results in workouts as short as 15 minutes a day, only three days a week. Advanced Vibration Technology™, the science behind Power Plate® machines, provides a revolutionary, low-stress exercise and rehabilitation solution. The sleek design and color choices on the my5™ models combine with the machine's technology to create a wonderful blend of science and elegance for any home. The machine is not a miracle. But where it takes you is.

POWER PLATE®
my5™

www.powerplate.com



Technical Specifications of the Power Plate® my5™ model

Color (standard)	Silver, Black, White
Maximum load (weight upon machine)	155 kilograms / 300 pounds
Operation	User-friendly interactive display
Frequency / Pre-set frequencies	30 to 40 Hz / 30, 35 or 40 Hz
Time Selections	30 seconds or 60 seconds
Vibration energy output	Low and High
Dimensions (W x D x H)	68 cm x 90 cm x 150 cm – 27 in x 35 in x 59 in
Weight	90 kilograms / 200 pounds
Power supply	90-260 VAC, 50/60 Hz
Nominal power	.35 kw (in operation)
Certifications	CE and EMC (TUV certified); RoHS / WEEE compliant; IFI accredited

Additional Features

The my5™ model is supplied with a remote control, and both the machine and the remote are pre-programmed with Quick Start options of Strength, Stretch, Massage, and Relax.

