

You can take your body far. We'll help you take it further.

# pro5™

This is the culmination of decades of research and development in the field of Acceleration Training™ exercise. The Power Plate® pro5™ machine brings all the latest technology together and provides the largest variety of settings, giving users a greater degree of flexibility. By letting you increase vibration levels incrementally, this machine can take you as far as you want to go with your fitness goals while letting you move at your own pace. The large plate surface provides exposure to vibration to larger parts of your body. More plate surface also means more exercise options. This machine is ideal as a home health solution. It's also a proven success in commercial settings for wellness, beauty, fitness, active aging, sports performance, medicine or rehabilitation. The machine is not a miracle. But where it takes you is.

POWER PLATE®  
pro5™



www.powerplate.com



#### Technical Specifications of the Power Plate® pro5™ model

Color (standard)	Silver
Maximum load (weight upon machine)	182 kilograms / 400 pounds
Operation	User-friendly interactive display
Frequency / Pre-set frequencies	25 to 50 Hz / 30, 35, 40, and 50 Hz
Time Selections	30, 45 or 60 seconds / up to 9 minutes
Vibration energy output	Low and High
Dimensions (W x D x H)	87 cm x 107 cm x 156 cm – 34 in x 42 in x 61 in
Weight	150 kilograms / 330 pounds
Power supply	90-260 VAC, 50/60 Hz, 110 or 220 - Dual Voltage
Nominal power	.35 kw (in operation)
Certifications	CE and EMC (TUV certified); RoHS / WEEE compliant; IFI accredited

