



PERSONAL

MOVE

my3

my5

my7

Compact and column free, the Personal Power Plate is lightweight yet powerful enough to provide body changing results

The perfect combination of size and function, the MOVE has six variable frequency modes and remote control

A sleek and economical solution for bringing whole body vibration into your home

A premium model with quick start programming and remote control

Top-of-the-line model with 250+ customized programs, 1,000+ exercise videos and built in resistance cables

Column	No	No	Yes	Yes	Yes
Machine Weight	36lbs	87lbs	115lbs	151lbs	395lbs
Weight Limit	264lbs	300lbs	264lbs	300lbs	350lbs
Platform Size Dimensions	28inx19in	30inx24in	25inx17in	27inx28in	33inx29in
Time Options	30 Seconds or 60 Seconds	30 or 60 Seconds or up to 9 minutes continuously	30 Seconds or 60 Seconds	30 Seconds or 60 Seconds	30,45 or 60 Seconds or up to 9 minutes continuously
Frequency Options	35 Hz	30, 35, 40 Hz	35 Hz	30, 35, 40 Hz	30, 35, 40 Hz
Amplitude Options	Low or High	Low or High	Low or High	Low or High	Low or High
Warranty	1 yr hardware 1 yr electronics 1 yr labor	3 yrs hardware 1 yr electronics 1 yr labor	3 yrs hardware 1 yr electronics 1 yr labor	3 yrs hardware 1 yr electronics 1 yr labor	3 yrs hardware 1 yr electronics 1 yr labor
Static Straps	Yes	Yes	Yes	Yes	Yes
Embedded Resistance Cables	No	No	No	No	Yes
Remote Control	Yes	Yes	No	Yes	No
Shipping Method	UPS Delivery	UPS Delivery	White Glove Delivery	White Glove Delivery	White Glove Delivery