

POWER PLATE®

REV

REVOLUTIONIZE YOUR WORKOUT

An Unparalleled Exercise Experience. Press the Lever and Unleash the Power of Vibration and your Innate Potential.

Inspired by the elite cyclists of the cobbles of Paris-Roubaix, the most challenging terrain in the sport, this game-changing product is the first of its kind to be integrated into fitness training. The concept is simple: vibration, when applied to riding has been proven to drive significantly more muscle activation, increased oxygen uptake and greater calorie burn than traditional exercise*. This type of training has never been possible until now.



Accelerates and Maximizes Results



Six Levels of Resistance



Built-In Heart Rate Calculator



Intuitive Digital Display



Equipped with VibeShift™ Technology

PATENT PENDING

VIBESHIFT™ TECHNOLOGY

The Power Plate® REV™, may look familiar, but it is far from ordinary. VibeShift™ Technology (patent-pending) delivers consistent, safe, precise and predictable effective vibration through the pedals - a press of the lever shifts the mode from standard to full-on vibration.

Accelerations in this mode deliver maximum cardio, strength and wellness benefits in a minimum amount of time while providing increased muscle activation.

*compared to training without vibration.





Matte Black Standard: 71-REV-3900
 Matte Black Extended Height: 71-REV-3990
 Silver Standard: 71-REV-3100
 Silver Extended Height: 71-REV-3190

Power Plate® REV™ Features

Color (Standard)	Matte Black or Silver	
Pedals	Dual-sided, SPD and toe cage	
Seat and Handlebar Adjustment	Vertical and Fore-Aft	
Flywheel	Rear, Aluminum	
Drive & Vibration System	Belt Drive with VibeShift™ Technology	
Display	LED - Heart Rate (Real & Avg.), RPM (Real & Avg.), Speed, Watts (Real & Avg.), Distance, Calories, Resistance Level, Vibration (on/off) Elapsed Time, Bluetooth Indicator	
Display Power	Rechargeable Battery or External Power Supply	
Maximum User Weight	330 lbs / 150 kg	
Dimensions (W x D x H)	23.8" W x 53.9" (60.5cm W x 137cm D)	
Minimum Seat Height	Standard REV: Approx. 36.3in / 92cm	Extended Height REV: Approx. 37.8in / 96cm
Maximum Seat Height	Standard REV: Approx. 41.2in / 104.5cm	Extended Height REV: Approx. 42.9in / 109cm
Handlebar Height	Minimum: 44.9in / 114cm Maximum: 47.3in / 120cm	
Weight (With Packaging)	143.3 lbs / 65 kg	
Weight (Without Packaging)	121.2 lbs / 55.0 kg	
User Height	Suitable for users between approx. 61in & 84.6in / 155cm & 215cm	
Warranty	Frame & Gearbox/Mechanical - 2 years, Display - 1 year, Wear Parts - 6 Months	

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For training tips, workouts and even more ways to get the most out of our products, download the Power Plate App.

