






pro5

-  Accelerates and maximizes results
-  PrecisionWave Technology™
-  Patented multidirectional vibration
-  Helps boost recovery time
-  A complete workout in only 15 minutes

Advanced Fitness Level.

This is the culmination of decades of research and development in the field of whole body vibration training. The Power Plate® pro5™ brings the latest technology together to provide a wide range of frequency and time settings. By letting you increase vibration levels incrementally, it 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 vibration to more parts of your body. More plate surface also means more exercise options. This model is ideal as a home health solution and it's also a proven success in commercial settings for wellness, beauty, fitness, active aging, sports performance, medicine, or rehabilitation.

Welcome to future of your workout.



POWER  PLATE®

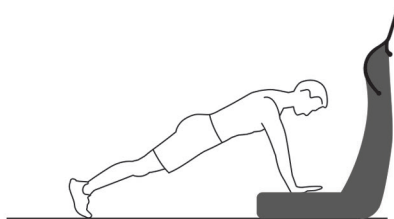
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Power Plate® pro5™ Features

71-PR5-3100
71-PR5-3200

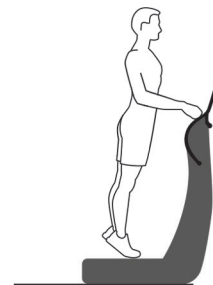
Color (Standard)	Silver or Black
Dimensions (W x D x H)	34in x 43in x 61in / 87cm x 109cm x 155cm
Platform Dimensions (W x D)	34in x 37in / 87cm x 93cm
Weight	328lb / 149kg
Power Supply	90-240 VAC, 50/60Hz, Universal Voltage
Nominal Power in Operation	200-225W
Maximum Load	400lb / 182kg
Operation	User-friendly interactive display with Stage 2 accreditation from the Inclusive Fitness Initiative (IFI)
DualSync™ Twin Motor System	DualSync Twin Motor System maintains precise balance at any frequency and amplitude level, allowing perfect synchronisation of vibration for maximum muscle response and efficiency
Precision Wave™ Technology	High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results
Frequency/ Pre-set Frequencies	25-50Hz / 30, 35, 40, and 50 Hz
Time Selections	30, 45, or 60 seconds / up to 9 minutes
Amplitude / Vibration Setting	Low or High
Certifications	CE and EMC; RoHS / WEEE compliant CB, NRTL, C-NRTL, PSE MDD certified FDA listed as Class 1 device, 501k exempt
Warranty	3 years hardware / 1 year electronics / 1 year labor
Key Features	Secondary timer and controls



Push-Up



Squat w/Static Strap



Calf Stretch



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