






POWER PLATE® MOVE™

GET READY TO BE MOVED

The MOVE™ by Power Plate® is the perfect combination of size and function. It's base has been designed from the ground up to save as much space as possible without compromising a shred of performance. It's light enough to be moved from room to room, yet sturdy enough to support a full 300lbs. Complete with six variable frequency modes, the MOVE™ can cover a wide range of functionality. Whether you want to achieve a relaxing massage or a gut-busting, sweat-inducing workout; the MOVE™ is efficient and effective no matter how you choose to use it.

The controls are simple and intuitive with large, easy-to-understand buttons and a digital timer, which has been fully reimagined to count up to a full nine minutes, so all you need to do is press play to get things started.

The MOVE™ can also be used in light commercial/shared group exercise settings for fitness facilities seeking to provide compelling group exercise experiences to their members but face space-constraint challenges.

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



Simple, 4-Button Controls

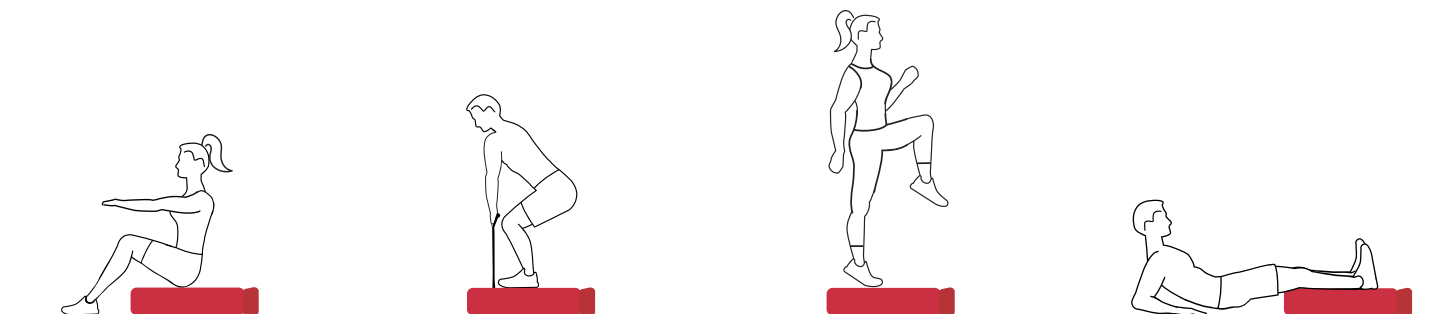


Power Plate® MOVE™ Features

71-MOV-3100

71-MOV-3600

Color (Standard)	Red or Silver
Dimensions (W x D x H)	30in x 24in x 9in / 77cm x 61cm x 23cm
Weight	87lbs / 39.5kg
Power Supply	100-240V, 50/60 Hertz
Nominal Power in Operation	250-285W, Universal Voltage
Maximum Load	300lbs
Operation	User-friendly interactive display
Precision Wave™ Technology	High quality harmonic vibration system that provides uncompromising performance for unsurpassed results
Frequency/ Pre-set Frequencies	6 Levels – (30-40Hz H/L), LED buttons indicate levels 1-6 (1=30Hz Low, 2=35Hz Low, 3=40Hz Low, 4=30Hz High, 5=35Hz High, 6=40Hz High)
Time Selections	Counts up from 0 to 9 minutes, :30 and :60 second presets accessible via remote control
Amplitude / Vibration Setting	5Hz increments
Certifications	CE, UL pending
Warranty	3 years hardware / 1 year electronics / 1 year labor



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



Performance Health Systems LLC
401 Huehl Rd., Suite 2A
Northbrook, IL 60062

(877) 877-5283
info@powerplate.com
powerplate.com