






my7

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

Inspired By Performance.

With 250+ customized programs, 1,000+ exercise videos, and over a million different combinations, the Power Plate® my7™ is the remarkable new exercise machine that takes your home workout in a new direction. With the latest in whole body vibration technologies, the my7 is an intelligent virtual trainer designed to work with you from start to finish. It also introduces proMOTION™ Technology, embedded resistance cables, offering multiple levels of challenges to your workout. To bring it all together, the integrated touch screen computer provides the information you need, including helpful coaching tips, to guide you during your workouts. Whether you want to Prepare faster, Perform better, or Recover quicker, this advanced machine will take you there.

Say "Hello" to your new personal trainer.



POWER  PLATE®

powerplate.com



Power Plate® my7™ Features

71-MY7-3100 Silverstone
71-MY7-3150 Graphite

Color (Standard)	Silverstone or Graphite
Dimensions (W x D x H)	35 in x 32 in x 61 in / 87cm x 80cm x 153cm
Platform Dimensions (W x D)	33in x 29in / 84cm x 74cm
Weight	179kg / 350lb
Power Supply	100-240V, 50/60 Hertz, Universal Voltage
Maximum Load	159kg / 350lb
Processor	Samsung S5P6818 Octa-core Cortex A53 processor (16GB eMMC)
Operating System	Android OS 64bit system
USB Port/ Hub	USB 1.0 Port x1
Upper Display	LVDS Type LCD , Resolution : 1280X800(RGB), 10.1 inch
Audio	2 x 2W
G-Factor	1-6 with intelligent manual control options
DualSync™Twin Motor System	DualSync Twin Motor System maintains precise balance at any frequency and amplitude level, allowing perfect synchronization of vibration for maximum muscle response and efficiency.
Precision Wave™ Technology	High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results.
proMotion™ Dynamic Vibration Technology	7 resistance levels. Pull toward front of the machine to increase, push toward back of the machine to decrease. Maximum cable length: 2.2m / 98.4in
Frequency/ Pre-set Frequencies	30 - 40 Hertz (5Hz increments)
Time Selections	0-9 minutes (15 second increments)
Amplitude / Vibration Setting	Low or High
Certifications	MDD, PSE, CE, CB, NRTL, C-NRTL and FDA Listed as Class 1 device, 510k exempt; RoHS / WEEE compliant
Warranty	3 years hardware / 1 year electronics / 1 year labor

