

New & Improved

Whole-Body Wellness, Simplified.

The Power Plate® my5™ brings clinical-grade vibration technology into your home and makes it feel less like exercise, more like a daily ritual.

Patented PrecisionWave Technology™ sends precise, multidirectional vibrations through your body up to 40 times per second, triggering involuntary muscle contractions that activate more than 95% of muscle fibers simultaneously. The result: faster strength gains, improved flexibility, and accelerated recovery in a fraction of the time of conventional exercise.

With frequency options from 30–40Hz, a large platform for full range of motion, and a sturdy column for stability and support, the my5 adapts to every body and every goal. Four pre-set programs — Flexibility, Core, Strength, and Massage — let you start immediately with zero guesswork, while an up-to-9-minute countdown timer, touch screen console, lower repeat controls, and included remote put total control at your fingertips.

Built for busy professionals, active adults, longevity seekers and anyone who wants to train smarter, not harder.

What's New:

- **5" touchscreen display** — a sharper, more intuitive console that puts settings at your fingertips
- **Lower repeat button** — instantly repeat your last session without bending or reaching



Accelerates and maximizes results



PrecisionWave Technology™



Patented multidirectional vibration



Helps boost recovery time



A complete workout in only 15 minutes



powerplate.com

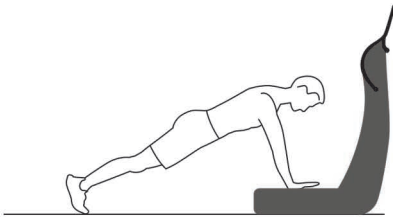


Power Plate® my5™ Features

71-M5U-3900

Color (Standard)	Matte Black
Machine Dimensions (W x D x H)	27in x 38.5in x 58in / 68cm x 98cm x 148cm
Platform Dimensions (W x D x H)	27in x 23in x 10in / 68cm x 59cm x 25cm
Weight (With Packaging)	178.2lb / 81kg
Weight (Without Packaging)	153lb / 69kg
Power Supply	AC100-240V
Nominal Power in Operation	160-320VA
Maximum Load	300lb / 136kg
Operation	NEW User-friendly touchscreen LCD display
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
Frequency/ Pre-set Frequencies	30 - 40Hz, 1Hz increments
Time Selections	9-minute timer
Amplitude / Vibration Setting	Low or High
Certifications	CE, PSE
Key Features	NEW Secondary timer and lower repeat button, quick start programs & remote control
Warranty (US)	3 years hardware / 1 year electronics / 1 year labor
Warranty (Outside the US)	2 years hardware / 2 year electronics / 2 year labor

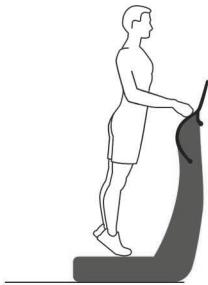
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Push-Up



Squat w/Static Strap



Calf Stretch



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

