

# POWER PLATE®

## ROLLER™

### PORTABLE. POWERFUL. PERFECT

From the leader in whole body vibration for over 20 years, the Power Plate® Roller™ is a portable vibrating massager that helps relax and rejuvenate tight and sore muscles, release fascia and promote blood flow to help you prepare faster and recover quicker.

The Roller is a cutting-edge vibrating massager that:

- Helps relax and rejuvenate tight and sore muscles
- Promotes blood flow and fascia release
- Accelerates exercise warm up and recovery
- Enhances range of motion
- Increases flexibility
- Reduces pain



USB CHARGING



LONG-LIFE BATTERY



MASSAGING TEXTURE



4 VIBRATION INTENSITY LEVELS



To get training tips, workouts and even more ways to get the most out of the Roller, download the Power Plate App.



## Simple, 1-Button Control



### Power Plate® Roller™ Features

**62PG-900-01**

Color	Red
Charging Method	USB
User Materials	Quick Start Guide (in-box); Educational Content (via the Power Plate App)
Vibration Levels	3 Standard, 1 Rhythmic Pulse (Oscillation Mode)
Vibrations Per Minute	Standard Levels (levels 1-3): 2,000 / 2,700 / 3,700 Rhythmic Pulse (level 4): 2,000 - 2,700
Battery Charge Time	~ 2 Hours (120 Minutes)
Battery Runtime	~ 3 Hours
Auto Shutoff Timer	10 Minutes
Weight	1300g / 2.9lbs
Product Warranty	1 Year Limited Manufacturer's Warranty
Certifications	CE, FCC



Visit our website at [powerplate.com](http://powerplate.com) to check out the rest of our targeted vibration products.



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