

POWER PLATE®

DUALSPHERE™

PORTABLE. POWERFUL. PERFECT

From the leader in whole body vibration for over 20 years, the Power Plate® DualSphere™ is perfect for effective, concentrated massage. Featuring a unique contoured shape and exclusive textured design, the DualSphere is ideal for targeting hard to reach areas including feet, neck and back to help relax and rejuvenate tight and sore muscles, release fascia and promote blood flow to help you prepare faster and recover quicker.

The DualSphere 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
- Reduces pain



USB CHARGING



LONG-LIFE BATTERY



MASSAGING TEXTURE



4 VIBRATION INTENSITY LEVELS



EXERCISE & QUICK START GUIDE



ONE-YEAR WARRANTY



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



Simple, 1-Button Control



Power Plate® DualSphere™ Features

62PG-900-02

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): 2,200 / 3,300 / 4,000 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	840g / 1.85lbs
Product Warranty	1 Year Limited Manufacturer's Warranty
Certifications	CE, FCC



Visit our website at powerplate.com to check out the rest of our targeted vibration products.



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