

CONTROLS & FUNCTIONS



For exclusive content, trainer insights and more ways to use your Power Plate product, download the Power Plate App today.



1-YEAR WARRANTY

The Power Plate® Pulse™ is backed by a 1-year limited manufacturer's warranty.

To register your product, please visit online at powerplate.com/products/registration



@PowerPlateUSA
info@powerplate.com
powerplate.com



Attachments



Specifications

- Vibration Intensity Levels: Four
- Battery Charge Time: Approx. 2 Hours
- Battery Run Time: 4+ Hours
- Safety Shut-Off Timer: 10 Min



WARNINGS: The product should not be used near any source of water. Contact with water could cause a short-circuit, which could cause personal injury or damage to the product. The device is not suitable for use in the presence of flammable anesthetic mixtures with air or with oxygen or nitrous oxide. The user must check that the equipment functions safely and see that it is in proper working condition before being used. Overuse may cause minor bruising for some individuals; if this occurs use should be curtailed until symptoms are reduced. Permissible environmental conditions of use including conditions for transport and storage.

PRODUCT LIMITED WARRANTY SUMMARY: To register your product, please visit online at powerplate.com/products/registration. Registering your product will help Performance Health Systems, LLC (PHS) provide quicker and more efficient service and support. Registering also ensures you will receive full advantage of the product warranty. Performance Health Systems, LLC ("PHS") warrants this product to be free of defects in material or workmanship for a period of One (1) year from the original date of purchase. The warranty is available only to the original purchaser and only if purchased directly from Power Plate® or through an authorized distributor or reseller. If the product is found to be defective by PHS during the warranty period, PHS will, in its sole discretion, either repair or replace the product with a new or factory reconditioned model. All consequential damages or losses are waived by purchaser. **NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, ARE GRANTED BY PHS EXCEPT AS PROVIDED BELOW.**

Additional applicable sales terms, conditions and disclaimers are found at powerplate.com/legal/sales-and-warranty-terms-and-conditions-of-sale-us. For sales and purchases outside of the United States, please refer to additional applicable sales and warranty terms and conditions found at: powerplate.com/legal/warranty-terms-uk

Performance Health Systems® ©2019 Performance Health Systems, LLC, a Delaware corporation. All rights reserved. Power Plate® Pulse™ logo and product design are the registered trademarks of Performance Health Systems, LLC and/or its affiliated companies in the United States and/or select foreign countries. Manufactured and distributed under license from Performance Health Systems, LLC.



QUICK START GUIDE



POWER PLATE®
PULSE™

Congratulations on the purchase of your Power Plate® Pulse.™
Follow this quick start guide to help you rejuvenate tight and sore
muscles, relieve tension and feel better overall.



Feet
TIME: 30-60 seconds
VIBRATION LEVEL: 2-3
ATTACHMENT: Small Ball

Calves
TIME: 30-60 seconds
VIBRATION LEVEL: 1-2
ATTACHMENT: Small Ball

Anterior Hip & Quad
TIME: 30-60 seconds
VIBRATION LEVEL: 1-2
ATTACHMENT: Large Ball

Lateral Quad / ITB
TIME: 30-60 seconds
VIBRATION LEVEL: 2-3
ATTACHMENT: Small Flat



Lateral Hip / Glute
TIME: 30-60 seconds
VIBRATION LEVEL: 1-2
ATTACHMENT: Large Flat

Chest / Pecs
TIME: 30-60 seconds
VIBRATION LEVEL: 3-4
ATTACHMENT: Large Flat

Upper Back/Traps
TIME: 30-60 seconds
VIBRATION LEVEL: 2-3
ATTACHMENT: Small Ball

Shoulder
TIME: 30-60 seconds
VIBRATION LEVEL: 1-2
ATTACHMENT: Small Ball



Deltoid
TIME: 30-60 seconds
VIBRATION LEVEL: 2-3
ATTACHMENT: Large Flat

Bicep
TIME: 30-60 seconds
VIBRATION LEVEL: 2-3
ATTACHMENT: Small Flat

Tricep
TIME: 30-60 seconds
VIBRATION LEVEL: 2-3
ATTACHMENT: Small Flat

Forearm
TIME: 30-60 seconds
VIBRATION LEVEL: 2-3
ATTACHMENT: Fork

MORE GREAT PRODUCTS

POWER PLATE®
DUALSPHERE™



The Power Plate® DualSphere™ is perfect for effective, concentrated massage. Featuring a unique contoured shape, the DualSphere is ideal for targeting hard to reach areas including feet, neck and back. This recovery and movement enhancement solution can be used at home, the gym, your office or even when you travel.

POWER PLATE®
ROLLER™



Power Plate® Roller™ is a portable massager that helps relax and rejuvenate tight and sore muscles, release fascia and promote blood flow to help you prepare faster and recover quicker. It is a perfect solution to use at home, the gym, your office or even when you travel.

PERSONAL POWER PLATE®



The Personal Power Plate® is a multi-benefit whole body vibration exercise tool that helps you reach your goals, faster and more effectively. It's compact and easy to store under a bed or in a closet; perfect for on-the-go workouts.

POWER PLATE®
MOVE™



The Power Plate® MOVE™ is the perfect combination of size and function. Its 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. If you want to pack more power into your whole body vibration routine, look no further.

For more information about these products, visit powerplate.com.
For questions, please email us at info@powerplate.com