






# 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

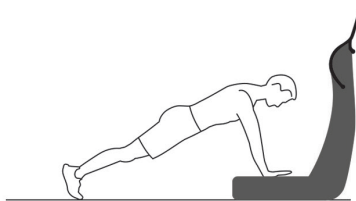


## Power Plate® my7™ Features

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

Color (Standard)	Silverstone or Graphite
Dimensions (W x D x H)	33in x 38.6in x 59in / 84cm x 98cm x 150cm
Platform Dimensions (W x D)	33in x 27.5in / 84cm x 70cm
Weight	293lb / 133kg
Power Supply	AC100-240V, Nominal Power in Operation: 160-320VA
Maximum Load	346lb / 159kg
Processor	Samsung Exynos 5260 (S5PC5260) Hex core processor
Operating System	Android 4.4.2
USB Port/ Hub	4 USB port support (USB host 2.0)
Upper Display	4-wire Capacitive type (iPAD) touch screen with 10.1" 1920x1080 resolution LCD display
Audio	Wolf sound chip WM8994, stereo in/out
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.
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	30Hz, 35Hz, 40Hz
Time Selections	30s/60s, 0-9 minutes
Amplitude / Vibration Setting	Low or High
Certifications	CE, PSE
Warranty	3 years hardware / 1 year electronics / 1 year labor

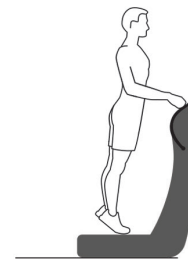
REV0620



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.

