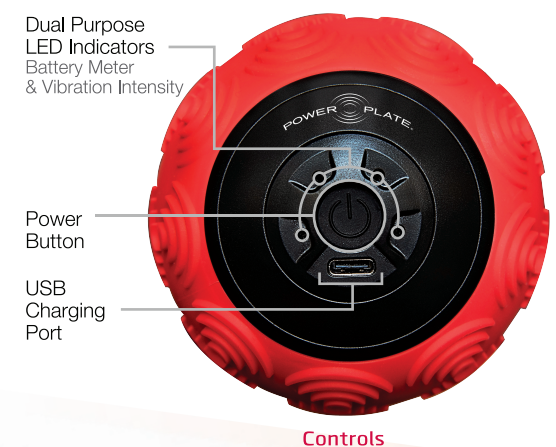


# CONTROLS & FUNCTIONS



Controls



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® DualSphere™ is backed by a 1-year limited manufacturer's warranty.

To register your product, please visit online at [powerplate.com/products/registration](https://powerplate.com/products/registration)



@PowerPlateUSA  
info@powerplate.com  
powerplate.com



## Operating the Power Plate® DualSphere™

Pressing the Power Button once will display the battery life of the DualSphere indicated by the 4 LEDs that surround the Power Button.

Pressing the Power Button again will cause the DualSphere to turn on and begin vibrating at intensity level 1. Each additional press of the Power Button will advance vibration to the next intensity level. At level 4, the DualSphere enters Oscillation Mode, where it will cycle between vibration intensity levels. Once at this level, pressing the Power Button again will turn off the DualSphere. To save battery life, the DualSphere's internal ten-minute automatic safety shut-off will trigger if the product has been running continuously for a full ten minutes.

<b>ONE PRESS</b> Battery Meter shows current battery life.		<b>TWO PRESSES</b> Vibration begins at intensity level 1		<b>THREE PRESSES</b> Vibration advances to level 2	
<b>FOUR PRESSES</b> Vibration advances to level 3		<b>FIVE PRESSES</b> DualSphere begins to vibrate in Oscillation Mode		<b>SIX PRESSES</b> DualSphere turns off	

**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](https://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.

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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](https://powerplate.com/legal/warranty-terms-uk)

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## QUICK START GUIDE





# POWER PLATE® DUALSPHERE™

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



**Feet**  
TIME: 30-90 seconds  
VIBRATION LEVEL: 1-2



**Calves**  
TIME: 30-90 seconds  
VIBRATION LEVEL: 1-2



**Lateral Hip/Glute**  
TIME: 30-90 seconds  
VIBRATION LEVEL: 1-2



**Hamstrings**  
TIME: 30-90 seconds  
VIBRATION LEVEL: 1-2



**Medial Hip/Adductors**  
TIME: 30-90 seconds  
VIBRATION LEVEL: 2-3



**Lower Back / QL**  
TIME: 30-90 seconds  
VIBRATION LEVEL: 3-4



**Chest/Pecs**  
TIME: 30-90 seconds  
VIBRATION LEVEL: 2-3



**Forearms/Elbow**  
TIME: 30-90 seconds  
VIBRATION LEVEL: 3-4



**Tricep**  
TIME: 30-90 seconds  
VIBRATION LEVEL: 1-2

## MORE GREAT PRODUCTS

### POWER PLATE® PULSE™



The Power Plate® Pulse™ is a powerful, yet whisper quiet, portable handheld deep tissue massager. Perfect for professional athletes to everyday gym-goers, the Pulse delivers targeted percussive therapy to relieve muscle knots and keep you going strong.

### 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](https://powerplate.com)  
For questions, please email us at [info@powerplate.com](mailto:info@powerplate.com)