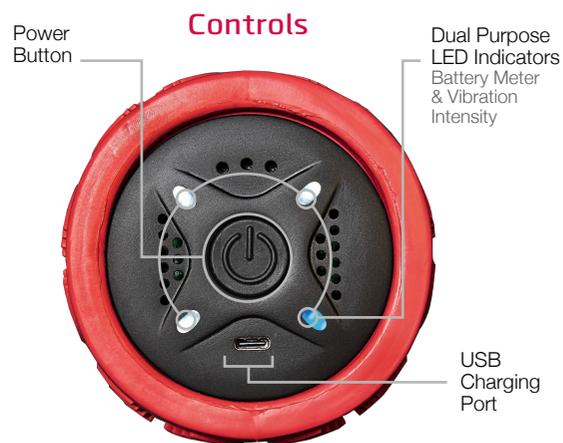


CONTROLS & FUNCTIONS



Pressing the Power Button once will display the battery life of the Roller™ indicated by the Dual Purpose LED Indicators. Pressing the Power Button a second time will cause the Roller 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 Roller enters Oscillation Mode, where it will cycle between vibration intensity levels. A sixth press will turn the Roller off. To save battery life, the Roller's internal ten-minute automatic safety shut-off will trigger if the product has been running continuously for a full ten minutes.



ONE PRESS

Displays current battery life



TWO PRESSES

Starts vibration at intensity level 1



THREE PRESSES

Advances to vibration intensity level 2



FOUR PRESSES

Advances to vibration intensity level 3



FIVE PRESSES

Advances Roller to Oscillation Mode



SIX PRESSES

Turns Roller off



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® Roller™ 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

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.**

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POWER PLATE®
ROLLER™

QUICK START GUIDE



POWER PLATE® ROLLER™

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



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



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



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



Anterior Hip/Quads
TIME: 30-90 seconds
VIBRATION LEVEL: 2-3



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



Lateral Quad/ITB
TIME: 30-90 seconds
VIBRATION LEVEL: 3-4



Lats
TIME: 30-90 seconds
VIBRATION LEVEL: 2-3



Lower back / QL
TIME: 30-90 seconds
VIBRATION LEVEL: 2-3



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



Shoulder/Deltoid
TIME: 30-90 seconds
VIBRATION LEVEL: 3-4

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 tension and keep you going strong.

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.

PERSONAL
POWER PLATE.
MOVE™



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