





# FitStop

-  Accelerates and maximizes results
-  PrecisionWave Technology™
-  Patented multidirectional vibration
-  Helps boost recovery time

## Making Positive Changes for Your Employees.

The my7 FitStop™ is designed to revitalize employees during the workday and resolve the negative effects of sedentary behavior. The my7 FitStop includes easy to follow instructions, and can be used in normal work wear. It is recommended employees take two short FitStop breaks per day. The FitStop prescription includes four program options: Rejuvenation, Focused Relaxation, Cardio Boost, and QuickStop. The options consist of simple stretches and exercises aimed to help resolve the most common problems cause by sitting at a desk all day. Installing a my7 FitStop in your office shows your commitment to offering the best path to wellness. Through a corporate wellness program, employers can advocate healthy habits ultimately producing productive and happy employees.



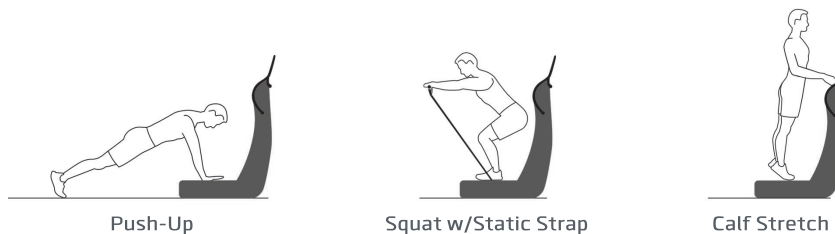


## Power Plate® my7FitStop™ Features

71-MY7-3500

Color (Standard)	White
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	100-240 VAC, 50/60Hz, Nominal Power: 160-320VA, Universal Voltage
Maximum Load	350lb / 159kg
Processor	Samsung Exynos 5260 (S5PC5260) Hex core processor
Operating System	Android 5.1
USB Port/ Hub	4 USB port support (USB host 2.0)
LAN Port	10/ 100M Ethernet
Upper Display	4-wire Capacitive type 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 synchronisation of vibration for maximum muscle response and efficiency
proMotion™ Dynamic Vibration Technology	Three-position tension adjustment; embedded with modular attachment option
Frequency/ Pre-set Frequencies	30Hz, 35Hz, 40Hz with 5Hz incremental adjustments
Time Selections	0-9 minutes (15 second increments)
Amplitude / Vibration Setting	Low or High
Certifications	CE, PSE
Warranty	3 years hardware / 1 year electronics / 1 year labor

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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.



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