

PERSONAL POWER PLATE®



Powerful Results, Compact Design.

The Personal Power Plate® is a multi-benefit exercise tool that helps you reach your goals, faster and more effectively. Delivering the gold standard in whole body vibration technology, the Personal Power Plate® has a set frequency of 35 Hz, a 30 or 60 second timer, and a remote control for easy operation. In fact, studies have shown Power Plate users lose twice as much fat over six months compared to those using simple fitness and diet alone*. It's compact and easy to store under a bed or in a closet, with various optional case choices for travel and quick, on-the-go workouts. Add the Personal Power Plate® to your routine and experience the world-renowned vibration technology that is now available in it's most compact size.

Accelerate your workout.



Accelerates and maximizes results



PrecisionWave Technology™



Patented multidirectional vibration



Helps boost recovery time



A complete workout in only 15 minutes



powerplategulf.com
powerplate.in

*The European Journal of Obesity: 2010; 3(2):93-100

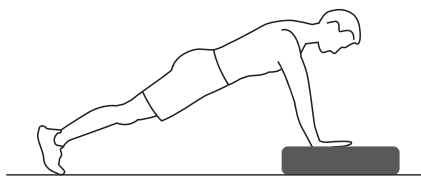


Personal Power Plate® Features

71-PT1-3200

Color (Standard)	Black
Maximum Load	264 lb / 120 kg
Frequency	35Hz
Time Selections	30 or 60 seconds
Vibration Setting	Low or High
Machine Dimensions (W x D x H)	27.5in x 18.7in x 6.7in / 70cm x 47.5cm x 17.2cm
Platform Dimensions (W x D x H)	27.5in x 18.7in / 70cm x 47.5cm
Weight (with packing)	46.7lb / 21 kg
Weight (without packing)	40.4lb / 18.2kg
Power Supply	AC100-240V, Nominal Power: 20-55W
Warranty	1 year hardware / 1 year electronics / 1 year labor
Certifications	CE, PSE, UL

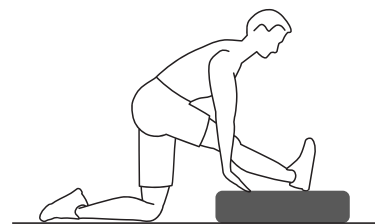
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Push-Up



Squat w/Static Strap



Calf Stretch

