

# POWER PLATE®

## PULSE™

### PORTABLE. POWERFUL. PERFECT

From the leader in whole body vibration for over 20 years, the Power Plate® Pulse™ is a powerful, yet whisper quiet, portable handheld massager that helps relax and rejuvenate tight and sore muscles, release fascia and promote blood flow to help you prepare faster and recover quicker.

The Pulse is a cutting-edge vibrating massager that:

- Helps relax and rejuvenate tight and sore muscles
- Accelerates exercise warm up and recovery
- Promotes blood flow and fascia release
- Enhances range of motion
- Reduces pain

 4 VIBRATION INTENSITY LEVELS

 4+ HOUR BATTERY LIFE

 WHISPER QUIET MOTOR

 LIGHTWEIGHT DESIGN

### NEW PREMIUM CARRYING CASE

The Power Plate Pulse now includes a convenient, durable carrying case. Perfect for travel, perfect for storage.

- Protective padded case
- Keeps accessories and attachments in one place
- Ensures the Pulse is ready to use whenever you are



### SIX MESSAGE ATTACHMENTS

The Power Plate Pulse comes with six different attachments to better suit your preparation and recovery.



**Also available  
In Matte Black**

## Simple, 1-Button Control



## Power Plate® Pulse™ Features

62PG-900-03  
62PG-900-04

Colors	Matte Red or Matte Black			
Charging Method	Wall Charger with Two Adapters			
User Materials	Quick Start Guide (in-box); Educational Content (via the Power Plate App)			
Vibration Levels	4 Standard Ascending Intensity Levels			
Vibrations Per Minute	Level 1 1,300/22Hz	Level 2 1,800/30Hz	Level 3 2,500/42Hz	Level 4 3,300/55Hz
Battery Charge Time	~2 Hours (120 Minutes)			
Battery Runtime	Level 1: 4-5 Hours / Level 4: 2-3 Hours			
Auto Shutoff Timer	10 Minutes			
Weight	1.12kg / 2.46lbs			
Certifications	CE, FCC			
Motor Type	Brushless Motor			
Amplitude	12mm			
Stall Force	50lbs (22.7kg)			
Carrying Case	Padded, rugged exterior with heavy grade zipper			
Product Warranty	1 Year Limited Manufacturer's Warranty			



Visit our website at [powerplate.com](http://powerplate.com) to check out the rest of our Targeted Vibration Products



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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