






# my3

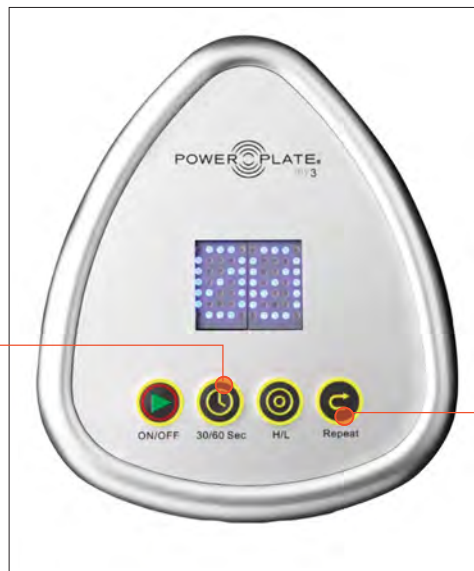
## An Uncompromising Compact Design.

The Power Plate® my3™ model is a compact solution for bringing whole body vibration training exercise into your home. With a set frequency of 35Hz and 30 or 60-second timer selections, this easy-to-use machine offers the opportunity for big transformation. No matter how demanding your schedule, you can make room for three quick total body workouts each week on your own Power Plate my3.

Welcome to the future of home fitness.

-  Accelerates and maximizes results
-  PrecisionWave Technology™
-  Patented multidirectional vibration
-  Helps boost recovery time
-  A complete workout in only 15 minutes





## Power Plate® my3™ Features

71-MY3-3100

Color (Standard)	Silver - additional colors available upon request
Dimensions (W x D x H)	25in x 29in x 60in / 64cm x 74cm x 152cm
Platform Dimensions (W x D)	25in x 14in / 64cm x 37cm
Weight (With Packaging)	145lb / 66kg
Weight (Without Packaging)	126lb / 57kg
Power Supply	100-240 VAC, 50/60 Hz Universal Voltage
Nominal Power in Operation	250-285 W
Maximum Load	264lb / 120kg
Operation	User-friendly interactive display
Frequency/ Pre-set Frequencies	35Hz fixed frequency, High/Low amplitude setting.
Time Selections	30 or 60 seconds
Amplitude / Vibration Setting	Low or High
Certifications	CE
Warranty	3 years hardware / 1 year electronics / 1 year labor

REV0620



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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