






# pro5

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

## Advanced Fitness Level.

This is the culmination of decades of research and development in the field of whole body vibration training. The Power Plate® pro5™ machine brings the latest technology together to provide a wide range of frequency and time settings. By letting you increase vibration levels incrementally, it can take you as far as you want to go with your fitness goals while letting you move at your own pace. The large plate surface provides vibration to more parts of your body. More plate surface also means more exercise options. This machine is ideal as a home health solution and it's also a proven success in commercial settings for wellness, beauty, fitness, active aging, sports performance, medicine, or rehabilitation.

Welcome to future of your workout.





## Power Plate® pro5™ Features

71-PR5-3100  
71-PR5-3200

Color (Standard)	Silver or Black
Dimensions (W x D x H)	34in x 42in x 61in / 87cm x 107cm x 156cm
Platform Dimensions (W x D)	34in x 30in / 86.3cm x 76.2cm
Weight (With Packaging)	356lb / 162kg
Weight (Without Packaging)	301lb / 137kg
Power Supply	AC100-240V
Nominal Power in Operation	160-265VA
Maximum Load	400lb / 182kg
Operation	User-friendly interactive display with Stage 2 accreditation from the Inclusive Fitness Initiative (IFI)
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
Frequency/ Pre-set Frequencies	25-50Hz / 5 Hz Increments
Upper Display	B/W LCD display with keypad, WiFi included
Time Selections	30, 60 seconds / up to 9 minutes
Amplitude / Vibration Setting	Low or High
Certifications	CE, PSE
Warranty	3 years hardware / 1 year electronics / 1 year labor
Key Features	Secondary timer and controls

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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