






pro7

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

The Ultimate for Performance.

Achieve functional training results like never before with the Power Plate® pro7™. Scientifically proven to get results in half the time of traditional programs, your clients will feel the difference in just one session. The pro7 is the first commercial vibration training machine to feature an integrated LCD touch screen with Functional Interactive Training (F.I.T.) software, taking clients through every stage of their Power Plate program. Equipped with embedded proMOTION™ multidirectional cables with variable resistance and the largest Power Plate platform available, training clients on the pro7 is limited only to your imagination.

Functional training made simple.



POWER  PLATE®

innovativeFIT.com | 877.720.4004 | 770.218.9390



Power Plate® pro7™ Features

71-PR7-3150

Color (Standard)	Graphite
Dimensions (W x D x H)	38in x 46in x 60in / 96cm x 116cm x 152cm
Platform Dimensions (W x D)	38in x 33in / 96.5cm x 83.8cm
Weight	430lb / 195kg
Power Supply	100–240V, 50/60Hz, Nominal Power: 160-265W, Universal Voltage
Maximum Load	500lb / 227.2kg
STAX™	Advanced Stabilization and Compensation System
Operating System	Android 4.4.2
USB Port/ Hub	4 USB port support (USB host 2.0)
Net Access	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™ Settings	0-8 (with 27 sublevels of intensity)
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	25 - 50 Hz
Time Selections	30, 60 seconds, 0-9 minutes
Amplitude / Vibration Setting	Low or High
Certifications	CE, PSE
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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