

Maximize Results with Power Plate®

Power Plate is a vibrating platform that helps you **prepare faster, perform better, and recover quicker**. It makes you feel better by stimulating natural reflexes, increasing muscle activation, and improving circulation. Power Plate enhances any movement, simple or complex, typically performed on the ground.

Strength

Improves muscle tone, builds explosive power and endurance.

Flexibility

Increases range of motion, coordination, balance and stability.

Circulation

Improves and increases blood flow to strengthen the cardiovascular system.

Weight Loss

Reduces body fat and enhances metabolism.

Cellulite Reduction

Diminishes the appearance of cellulite for smoother, softer skin.

Anti-Aging

Stimulates anti-aging hormones, benefiting skin and internal systems.

Pain Alleviation

Promotes faster recovery of damaged muscles and tendons, decreases pain, and improves joint function.



Specialty Equipment



Description	The pro7HC is the first commercial vibration training machine designed for the needs of medical facilities and treatment centers.
Vibration	25 - 50 Hz, 0-8 G-Factor (with 37 sublevels) Low or High
Dimensions	38in x 46in x 61in / 96cm x 116cm x 155cm
Weight	416lb / 189kg
Max Load	500lb / 227kg
Accessories	2 upper body straps, 1 contoured mat



Power Plate GULF
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Equipment Catalog



Accelerates and maximizes results



PrecisionWave Technology™



Patented multidirectional vibration



Helps boost recovery



A complete workout in only 15 minutes

The Global Leader in Whole Body Vibration Technology

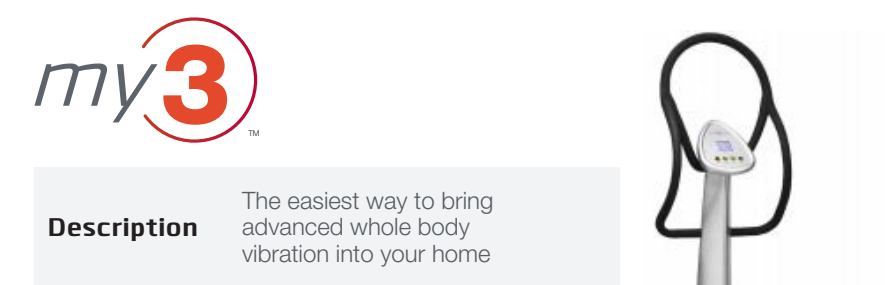
Power Plate® redefines optimal health and wellness equipment for every age and ability. Manufactured to the highest health and safety standards, each Power Plate is precisely engineered to apply the science behind the body's natural response to destabilization. The Power Plate platform uses a consistent, safe and controlled level of vibration that moves in three directions (up and down, front and back, and side to side). From rejuvenation and anti-aging treatments to rehabilitation and therapeutic massage, Power Plate provides exceptional results. With an unparalleled aesthetic, featuring exquisite lines and attention to detail, Power Plate offers exceptional beauty and unrivaled results in an all-encompassing solution. Whether you want to look better, feel better, or play better, Power Plate is the solution.



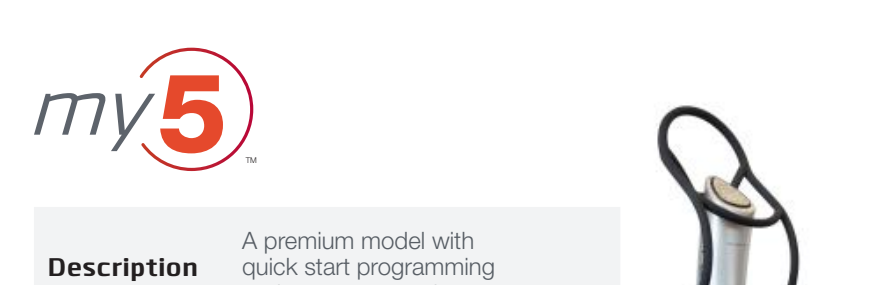
Description	Compact and column free, the Personal Power Plate is a lightweight, portable tool that provides body changing results in any space or on-the-go.
Vibration	35 Hz pre-setting High / Low vertical displacement
Dimensions	27.5in x 18.7in x 6.2in / 70cm x 47.5cm x 15.7cm
Weight	40.4lb / 18.2kg
Accessories	2 upper body straps, 1 contoured mat, remote
Max Load	264 lbs.



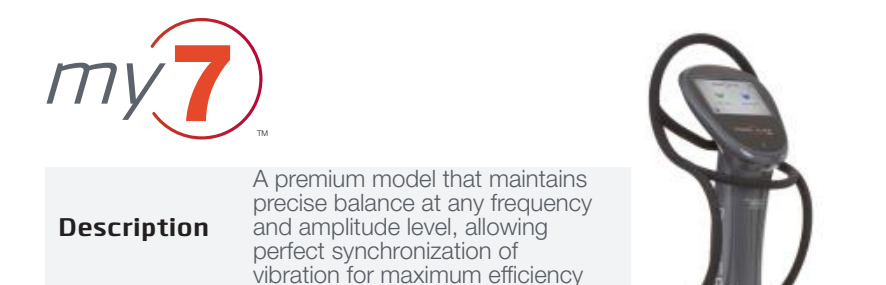
Description	The Power Plate MOVE is a columnless, mid-weight unit that gives you a full-sized base and 6-levels of intensity to choose from, perfectly adapting to your routine.
Vibration	6 Levels – (30-40Hz H/L) 5Hz increments
Dimensions	30in x 24in x 9in / 77cm x 61cm x 23cm
Weight	87 lbs / 39.5 kg
Accessories	2 upper body straps, 1 contoured mat, 1 remote.
Max Load	300lbs



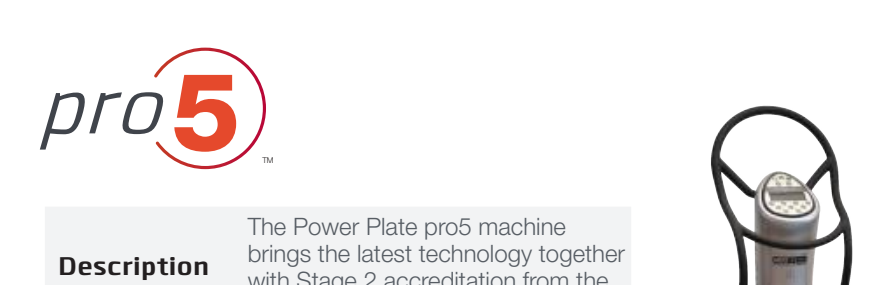
Description	The easiest way to bring advanced whole body vibration into your home
Vibration	35 Hz, High/Low amplitude setting.
Dimensions	30in x 25in x 61in / 64cm x 76cm x 155cm
Weight	115lb / 52kg
Accessories	2 upper body straps, 3 contoured mats
Max Load	264 lbs.



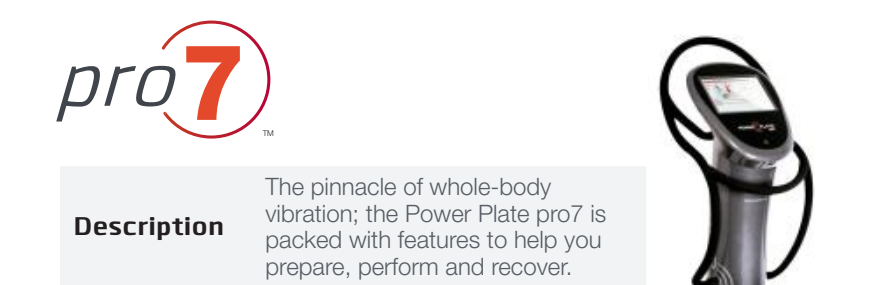
Description	A premium model with quick start programming and remote control
Vibration	30, 35, or 40 Hz pre-settings One-step 5Hz increments possible High / Low vertical displacement
Dimensions	27in x 36in x 58in / 68cm x 92cm x 148cm
Weight	150.6 lbs / 68.3 kg
Accessories	2 upper body straps, 3 contoured mats, 1 exercise poster.
Max Load	300 lbs.



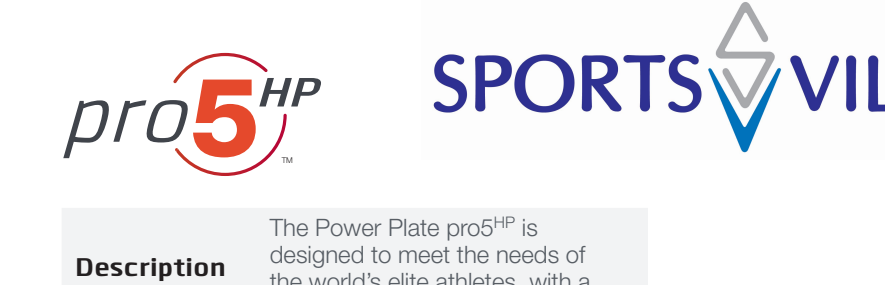
Description	A premium model that maintains precise balance at any frequency and amplitude level, allowing perfect synchronization of vibration for maximum efficiency
Vibration	30, 35, or 40 Hz pre-settings One-step 5Hz increments possible High / Low vertical displacement
Dimensions	33in x 39in x 59in / 84cm x 98cm x 150cm
Weight	295lb / 134kg
Accessories	2 upper body straps, 1 contoured mat
Max Load	350 lbs.



Description	The Power Plate pro5 machine brings the latest technology together with Stage 2 accreditation from the Inclusive Fitness Initiative (IFI)
Vibration	25-50Hz / 30, 35, 40, and 50 Hz Low or High
Dimensions	34in x 43in x 61in / 87cm x 109cm x 155cm
Weight	328lb / 149kg
Accessories	2 upper body straps, 1 contoured mat, 1 exercise poster.
Max Load	400lb / 182kg



Description	The pinnacle of whole-body vibration; the Power Plate pro7 is packed with features to help you prepare, perform and recover.
Vibration	25 - 50 Hz, 0-8 G-Factor (with 37 sublevels of intensity) Low or High
Dimensions	38in x 46in x 61in / 96cm x 116cm x 155cm
Weight	410lb / 186kg
Accessories	2 upper body straps, 1 contoured mat
Max Load	500lb / 227kg



Description	The Power Plate pro5 ^{HP} is designed to meet the needs of the world's elite athletes, with a columnless base for 360° motion.
Vibration	25-50Hz; 1Hz Increments, Presets 30, 35, 40 and 50 Hz - Low or High
Dimensions	38in x 46in x 12in / 96cm x 116cm x 30cm
Weight	396lb / 180kg
Accessories	2 upper body straps, 1 contoured mat, 1 remote.
Max Load	500lb / 227kg