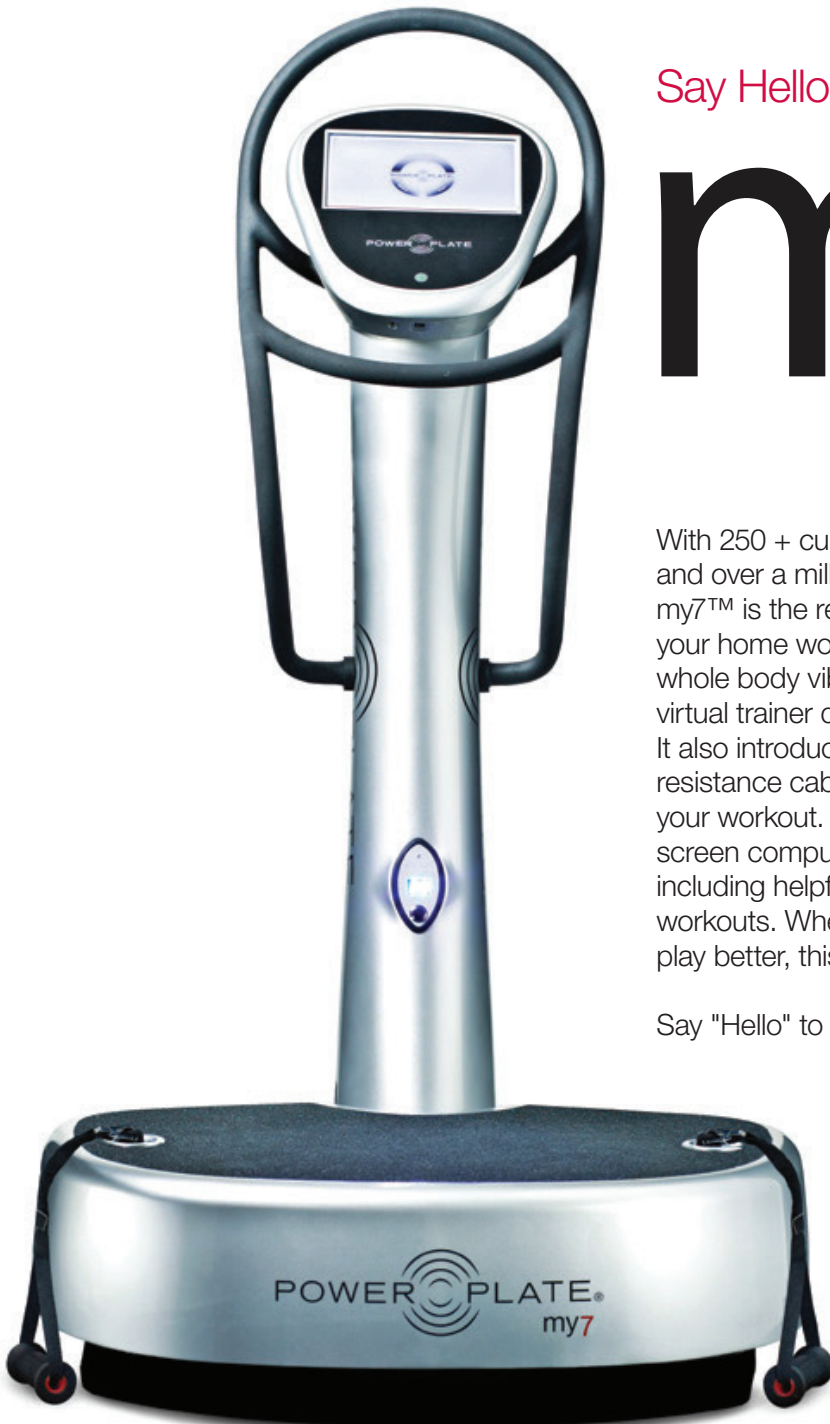


Say Hello to Your New Personal Trainer.

my7™

With 250 + customized programs, 1,000+ exercise videos, and over a million different combinations, the Power Plate® my7™ is the remarkable new exercise machine that takes your home workout in a new direction. With the latest in whole body vibration technologies, the my7 is an intelligent virtual trainer designed to work with you from start to finish. It also introduces proMOTION™ Technology, embedded resistance cables, offering multiple levels of challenge to your workout. To bring it all together, the integrated touch screen computer provides the information you need, including helpful coaching tips, to guide you during your workouts. Whether you want to look better, feel better, or play better, this advanced machine will take you there.

Say "Hello" to your new personal trainer.



Padded, textured handlebar frame

Sweat-resistant touch screen

Recessed speakers

USB port

Low control panel

LAN connectivity port

Anti-skid surface

Largest My Series platform

DualSync™ Twin Motor System



Seven-position proMOTION™ tension adjustment with modular attachment option



Colour options available*



Silverstone



Graphite

*Colours shown are an approximate representation. Additional colours available upon request for an additional fee.

Power Plate® my7™ Technical Specifications

Frequency/ Pre-set Frequencies	0-40Hz / 30Hz, 35Hz, 40Hz incremental adjustments
Amplitude	Low or High
G-Factor	1-6 with intelligent manual control options
Time Selections	0-9 minutes (15 second increments)
DualSync™ Twin Motor System	Maintains precise balance at any frequency and amplitude level, allowing perfect synchronisation of vibration for maximum muscle response and efficiency
Dimensions (W x D x H)	87cm x 80cm x 153cm / 35in x 32in x 61in
Weight	287lb / 130kg
Power Supply	100-240V, 50 / 60Hz, Nominal Power: 160-185W, Universal Voltage
Maximum Load	300 lb / 136.4kg
Processor	ARM11 533/667MHz with 3D GFX accelerator
Operating System	Windows CE 6.0 Professional
Upper Display	10.1in LCD Display (800 x 480 pixel)
USB Port/Hub	USB 1.0 Port 2x (1 external, 1 internal service port)
LAN port	10/100M Ethernet
Audio	2 x 2W
PrecisionWave™ Technology	High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results
Certifications	CE and EMC (TUV certified); RoHS/ WEEE compliant

Performance Health Systems UK Ltd.
 The Perfume Factory, G-11
 140 Wales Farm Road, London, W3 6UG
 +44 (0) 20 7317 5000
 sales@powerplate.com
 www.powerplate.com

