

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 is also introduces proMOTION™ Technology, embedded resistance cables, offering multiple levels of challenges 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.



Seven-position proMOTION™ tension adjustment with modular attachment option

Color options available*



Silverstone
71-MY7-3100



Graphite
71-MY7-3150

*Colors shown are an approximate representation. Additional colors available upon request for an additional fee.

Technical Specifications:

Frequency / Pre-set Frequencies	30–40Hz / 30Hz, 35Hz, 40Hz with 5Hz 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 synchronization of vibration for maximum muscle response and efficiency
Dimensions (W x D x H)	33in x 39in x 59in/ 84cm x 98cm x 150cm
Weight	287lb / 130k
Power Supply:	100–240V, 50/60Hz, Nominal Power: 160-185W, Universal Voltage
Maximum Load	350lbs/159kg
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 x2 (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; RoHS / WEEE compliant CB, NRTL, C-NRTL, PSE MDD certified FDA listed as Class 1 device, 510K exempt
Warranty	2 years parts/1 year labor

Performance Health Systems

401 Huehl Rd., Suite 2A
Northbrook, IL 60062
(877) 877-5283 | info@powerplate.com | powerplate.com