



The Cornerstone of Excellence.

pro5™

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 the future of your workout.



71-PR5-3100
71-PR5-3200

Power Plate® pro5™ Technical Specifications

Colour (standard)	Silver or Black
Dimensions (W x D x H)	34in x 43in x 61in / 87cm x 109cm x 155cm
Platform Dimensions (W x D)	34in x 37in / 87cm x 93cm
Weight	328lb / 149kg
Power Supply	90-240 VAC, 50/60Hz, Universal Voltage
Nominal Power in Operation	200-225W
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
PrecisionWave™ Technology	High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results
Frequency / Pre-set Frequencies	25-50Hz / 30, 35, 40, and 50Hz
Time Selections	30, 45 or 60 seconds / up to 9 minutes
Vibration Energy Output	Low or High
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
Key Features	Secondary timer and controls



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