



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.





**MDD Certification**  
All Power Plate machines are  
certified Class IIa medical devices  
in Europe



## Power Plate® pro5™ Technical Specifications

<b>Colour (standard)</b>	Silver – additional colours available upon request
<b>Dimensions (W x D x H)</b>	34in x 42in x 62in / 87cm x 107cm x 157cm
<b>Platform Dimensions (W x D)</b>	34in x 28in / 87cm x 72cm
<b>Weight</b>	330lb / 150kg
<b>Power Supply</b>	90-240 VAC, 50/60Hz, Universal Voltage
<b>Nominal Power in Operation</b>	200-225W
<b>Maximum Load</b>	400lb / 182kg
<b>Operation</b>	User-friendly interactive display with Stage 2 accreditation from the Inclusive Fitness Initiative (IFI)
<b>DualSync™ Twin Motor System</b>	DualSync Twin Motor System maintains precise balance at any frequency and amplitude level, allowing perfect synchronisation of vibration for maximum muscle response and efficiency
<b>PrecisionWave™ Technology</b>	High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results
<b>Frequency / Pre-set Frequencies</b>	25-50Hz / 30, 35, 40, and 50Hz
<b>Time Selections</b>	30, 45 or 60 seconds / up to 9 minutes
<b>Vibration Energy Output</b>	Low or High
<b>Certifications</b>	CE and EMC (TUV certified); RoHS / WEEE compliant; Stage 2 IFI accredited; MDD Certified
<b>Key Features</b>	Secondary timer and controls

Max Load  
**400lb**



## Performance Health Systems

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