



## The Choice for Elite Athletes

# pro5HP™

The Power Plate® pro5 High Performance model is designed to meet the needs of the world's elite athletes. The columnless design allows for 360 degree range of motion around the plate surface or for integration with other equipment such as a squat rack, so athletes can perform a full range of static, dynamic and plyometric exercises. The user-friendly remote control allows athletes or their trainers to adjust settings instantly and without interruption to their workout. The HP model has an optional travel case so it can be conveniently stored away or transported, making it ideal for professional athletes who are on the move.

Welcome to the future of your workout.





### Power Plate® pro5HP Technical Specifications

<b>Color (Standard)</b>	Matte black
<b>Frequency</b>	25-50Hz
<b>Amplitude</b>	Low or High
<b>Vibration Settings</b>	1 Hz Increments
<b>DualSync™Twin Motor System</b>	Maintains precise balance at any frequency and amplitude level, allowing perfect synchronization of vibration for maximum muscle response and efficiency
<b>Time Selections</b>	30, 45 or 60 seconds /up to 9 minutes
<b>Total Dimensions (W x D x H)</b>	96cm x 114cm x 30cm / 38in x 46in x 12in
<b>Platform Dimensions (W x D x H)</b>	96cm x 94.5cm x 30cm / 38in x 37in x 12in
<b>Case Dimensions (W x D x H)</b>	122cm x 122cm x 65cm / 48in x 48in x 25.5in
<b>Weight</b>	396 lb / 180 kg
<b>Power Supply</b>	100-240 VAC, 50/60 Hz, Nominal Power: 160-265VA, Universal Voltage
<b>Maximum Load</b>	500 lb / 227 kg
<b>Operation</b>	User-friendly interactive display and remote control
<b>Stabilization System</b>	Advanced stabilization and compensation system
<b>Certifications</b>	MDD, CE and EMC (TUV certified); RoHS/WEEE compliant, NRTL, C-NRTL, FDA Listed as Class 1 device, 510k exempt

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