

POWERFUL RESULTS

in a **COMPACT DESIGN**

The Personal Power Plate® is a multi-benefit exercise tool that helps you reach your goals, faster and more effectively. Delivering the gold standard in whole body vibration technology, the Personal Power Plate® has a set frequency of 35 Hz, a 30 or 60 second timer, and a remote control for easy operation. In fact, studies have shown Power Plate users lose twice as much fat over six months compared to those using simple fitness and diet alone*. It's compact and easy to store under a bed or in a closet, with various optional case choices for travel and quick, on-the-go workouts. Add the Personal Power Plate® to your routine and experience the world-renowned vibration technology that is now available in it's most compact size.

Accelerate your workout.

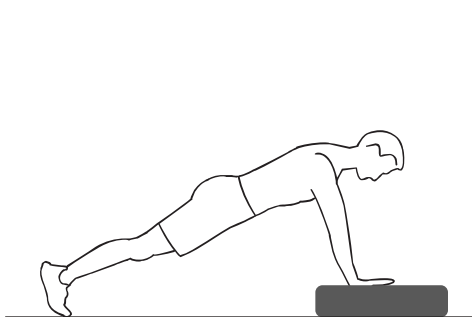


powerplate.com/personal

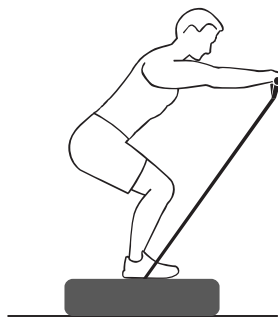


Personal Power Plate®

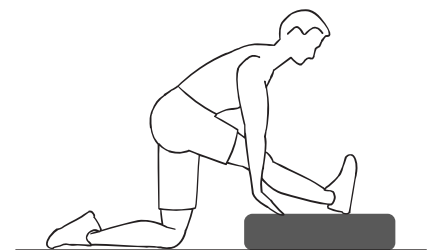
Color (Standard)	Black
Maximum Load	264 lb / 120 kg
Frequency	35 Hz
Time Selections	30 or 60 seconds
Vibration Setting	Low or High
Machine Dimensions (W x D x H) with packing	32.3 in x 22 in x 10.6 in / 82 cm x 56 cm x 27 cm
Platform Dimensions (W x D x H) without packing	27.5 in x 18.7 in x 6.2 in / 70 cm x 47.5 cm x 15.7 cm
Weight (with packing)	47.3 lb / 21.5 kg
Weight (without packing)	36.3 lb / 16.5 kg
Power Supply	100-240V, 50/60 Hertz, Nominal Power: 20-55W, Universal Voltage
Warranty	1 year



Push-Up



Squat w/Static Strap



Calf Stretch