



Big Rewards. Compact Design.

my3™

The Power Plate® my3™ model is a compact solution for bringing whole body vibration training exercise into your home. With a set frequency of 35Hz and 30 or 60 second timer selections, this easy-to-use machine offers the opportunity for big transformation. No matter how demanding your schedule, you can make room for three quick total body workouts each week on your own Power Plate my3.

Welcome to the future of home fitness.



71-MY3-3100

Power Plate® my3™ Technical Specifications

Color (standard)	Silver – additional colors available upon request
Dimensions (W x D x H)	30in x 25in x 61in / 64cm x 76cm x 155cm
Platform Dimensions (W x D)	25in x 17in / 64cm x 42cm
Weight	115lb / 52kg
Power Supply	100-240 VAC, 50/60 Hz Universal Voltage
Nominal Power in Operation	250-285W
Maximum Load	264lb / 120kg
Operation	User-friendly interactive display
PrecisionWave™ Technology	High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results
Frequency / Pre-set Frequencies	35Hz
Time Selections	30 or 60 seconds
Vibration Energy Output	Low or High
Certifications	CE and EMC (CB certified); RoHS / WEEE FDA listed class 1 device, 510k exempt
Warranty	2 years parts and 1 year labor

Key Features

Max Load
264lb

Timer Setting



Performance Health Systems

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