






my3

-  Accelerates and maximizes results
-  PrecisionWave Technology™
-  Patented multidirectional vibration
-  Helps boost recovery time
-  A complete workout in only 15 minutes

An Uncompromising Compact Design.

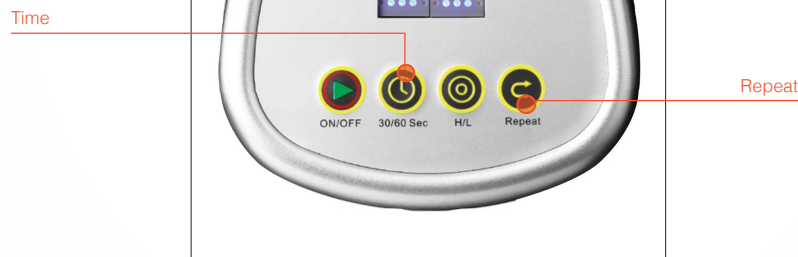
The Power Plate® my3™ model is a compact solution for bringing whole body vibration training exercise into your home. With a set frequency of 35Hz and 30 or 60 second timer selections, this easy-to-use machine offers the opportunity for big transformation. No matter how demanding your schedule, you can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

Welcome to the future of home fitness.



POWER  PLATE®

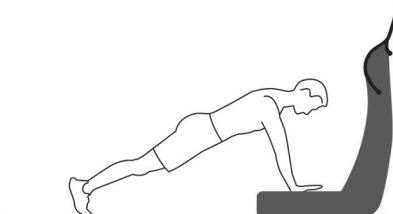
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Power Plate® my3™ Features

71-MY3-3100

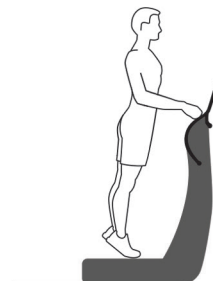
Color (Standard)	Silver - additional colors available upon request
Dimensions (W x D x H)	30in x 25in x 61in / 64cm x 76cm x 155cm
Platform Dimensions (W x D)	25in x 17in / 64cm x 42cm
Weight	115lb / 52g
Power Supply	100-240 VAC, 50/60 Hz Universal Voltage
Nominal Power in Operation	250-285
Maximum Load	264lb / 120kg
Operation	User-friendly interactive display
Precision Wave™ Technology	High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results
Frequency/ Pre-set Frequencies	30-40Hz / 35, 40, and 40 Hz
Time Selections	30 or 60 seconds
Amplitude / Vibration Setting	Low or High
Certifications	CE and EMC; RoHS / WEEE compliant CB, NRTL, C-NRTL, PSE MDD certified FDA listed as Class 1 device, 501k exempt
Warranty	3 years hardware / 1 year electronics / 1 year labor



Push-Up



Squat w/Static Strap



Calf Stretch



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