






# pro5<sup>HP</sup>

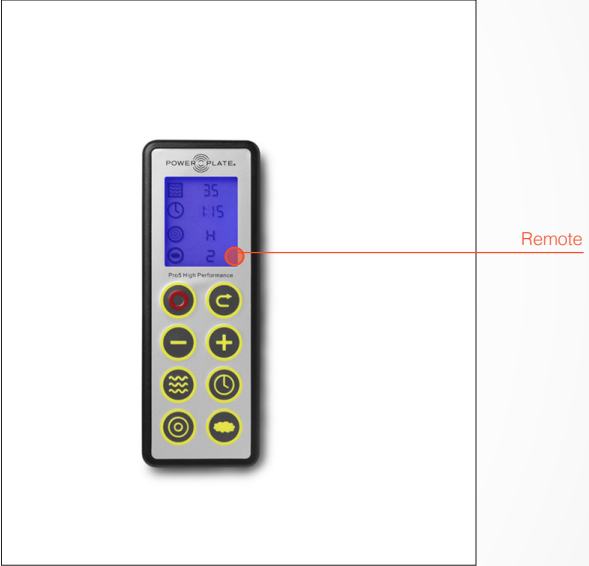
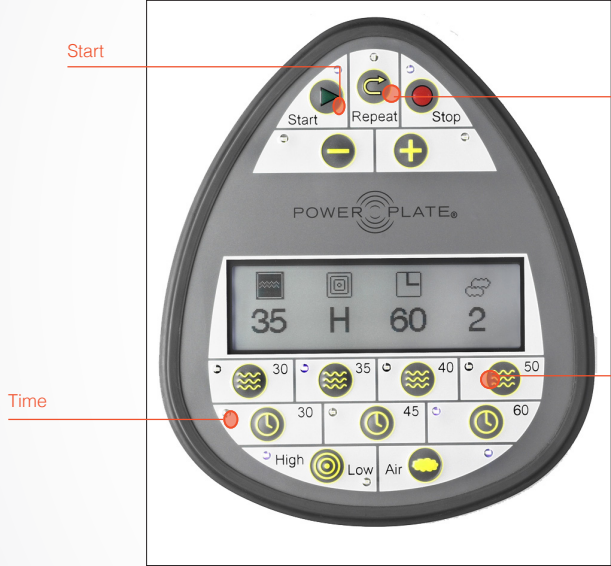
## Performance in a Practical Package.

The Power Plate® pro5HP™ 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.

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

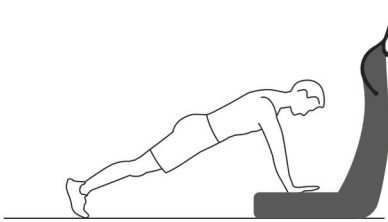




## Power Plate® pro5HP™ Features

71-HPR-3200

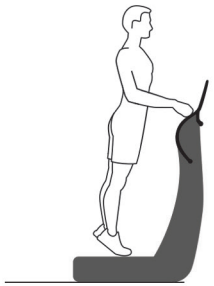
Color (Standard)	Matte black
Dimensions (W x D x H)	38in x 46in x 12in / 96cm x 116cm x 30cm
Platform Dimensions (W x D x H)	38in x 37in / 96cm x 95cm
Case Dimensions (W x D x H)	48in x 48in x 25.5in / 122cm x 122cm x 65cm
Weight	396lb / 180kg
Power Supply	100-240 VAC, 50/60 Hz, Nominal Power: 160-265VA, Universal Voltage
Maximum Load	500lb / 227kg
Operation	User-friendly display and remote control
DualSync™Twin Motor System	DualSync Twin Motor System maintains precise balance at any frequency and amplitude level, allowing perfect synchronisation of vibration for maximum muscle response and efficiency
Stabilization System	Advanced stabilization and compensation system
Frequency	25-50Hz; 1Hz Increments
Time Selections	30, 45, or 60 seconds / up to 9 minutes
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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