

# my7

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

## Inspired By Performance.

With 250+ customized programs, 1,000+ exercise videos, and over a million different combinations, the Power Plate® my7™ is the remarkable new exercise machine that takes your home workout in a new direction. With the latest in whole body vibration technologies, the my7 is an intelligent virtual trainer designed to work with you from start to finish. It also introduces proMOTION™ Technology, embedded resistance cables, offering multiple levels of challenges to your workout. To bring it all together, the integrated touch screen computer provides the information you need, including helpful coaching tips, to guide you during your workouts. Whether you want to look better, feel better, or play better, this advanced machine will take you there.

Say “Hello” to your new personal trainer.



POWER  PLATE®

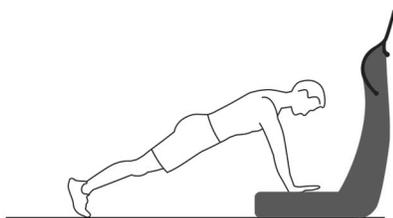
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## Power Plate® my7™ Features

**71-MY7-3100** Silverstone  
**71-MY7-3150** Graphite

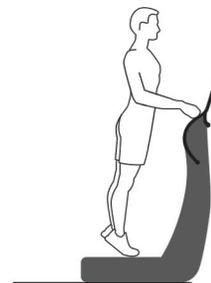
Color (Standard)	Silverstone or Graphite
Dimensions (W x D x H)	33in x 39in x 59in / 84cm x 98cm x 150cm
Platform Dimensions (W x D)	33in x 29in / 84cm x 74cm
Weight	287lb / 130kg
Power Supply	100-240 VAC, 50/60Hz, Nominal Power: 160-185W, Universal Voltage
Maximum Load	350lb / 159kg
Processor	ARM11 533/667MHz with 3D GFX accelerator
Operating System	Windows CE 6.0 Professional
USB Port/ Hub	USB 1.0 Port x2 (1 external, 1 internal service port)
LAN Port	10/ 100M Ethernet
Upper Display	10.1in LCD Display (800 x 480 pixel)
Audio	2 x 2W
G-Factor	1-6 with intelligent manual control options
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
Precision Wave™ Technology	High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results
Frequency/ Pre-set Frequencies	30-40Hz / 30, 35, 40, with 5Hz incremental adjustments
Time Selections	0-9 minutes (15 second increments)
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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