

POWER PLATE®

## Instructions for Use pro7™ Model

Consumer & Commercial Fitness



Download the Power Plate App today for even more ways to get the most out of your Power Plate.



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# Introduction

Power Plate® pro7 model is a consumer and commercial product that may be used by almost everyone for fitness and exercise purposes. Power Plate pro7 allows you to adjust training to your own level and reduce the burden on your joints, tendons and ligaments. As with every form of training, the correct use of exercises, adjusted to your personal abilities, will determine the benefits and effects of completing a training session on Power Plate, while at the same time, reduce the risk of injury to the body.

We recommend consulting your physician before beginning any new exercise program. For your safety, please review the product instructions before operating Power Plate. If at any time you feel faint, dizzy, nauseous, short of breath or in pain, stop exercising immediately and consult with your physician.

Body posture, muscle stiffness and muscle tension are important contributing factors in your training session. If muscles are tensed, or contracted, they will absorb vibrations to help strengthen and tone those muscles. Passive or active exercises, such as stretching and massage, can be performed on a more frequent basis.

Exercise should be performed on a regular basis, starting with low intensity, which means low frequency and amplitude settings for short sessions. The body should be gently stimulated in a way that will allow you to adjust to vibration training, but will not overload your body. Over time, the intensity and duration can be increased in the same manner as other progressive training programs. Once the body has adapted to vibration, training can be changed or intensified to keep improving performance.

# Important Safety Instructions

Before using the Power Plate® machine, it is essential that you read the entire user manual, including all warnings and safety instructions. You should also convey all such warnings and instructions to any other person using the Power Plate machine. Retain this user manual for future reference.

## ! Health Warning

Before beginning any exercise program, you should consult a physician for a physical examination and clearance to engage in the program, or personal injury could result.

If you have any known medical condition, or any physical limitation on your ability to exercise, Power Plate strongly recommends that you seek the advice of a physician before using the Power Plate machine, in order to avoid possible personal injury.

If while using the Power Plate machine, you experience any dizziness, faintness, shortness of breath or pain, you must stop using the machine immediately and consult a physician. Failure to do so could result in personal injury.

The Power Plate pro7 machine is a consumer and commercial device and is designed for fitness and exercise programs and supervision integrated into a closely monitored exercise program only and as part of an exercise program.

Always follow the directions on the machine's console for proper operation. Close supervision is required when the machine is used by or near, children or disabled persons.

Always take care when getting on and off the machine. Use the handles on the machine as needed, to maintain stability when getting on and off the machine. Never reach into or under the machine,

or tip the machine on its side, while it is in operation.

Use the machine only for the purposes described in this user manual and only with attachments or accessories that come with the machine or which Power Plate has specifically approved for use with the machine, or personal injury could result.

## Setup and Handling

**! Danger:** To reduce the risk of electrical shock, always unplug the Power Plate machine before cleaning or servicing it.

**! Warning:** To reduce the risk of electrical shock, fire, burns or other injury, always plug the Power Plate machine into a properly-grounded electrical outlet.

**! Warning:** To ensure safe use of the Power Plate machine, it must be regularly examined for damage and wear. The machine, however, contains no user-serviceable parts. Thus, with the exception of the maintenance tasks described later in this manual, the owner/user should always retain an authorized Power Plate service professional to perform maintenance and/or service on the machine.

## !Warning

The device is not suitable for use in the presence of flammable anesthetic mixtures with air or with oxygen or nitrous oxide.

The device requires no calibration. The device is not repairable and contains no user serviceable parts.

The user must check that the equipment functions safely and see that it is in proper working condition before being used.

The manufacturer does not require such

preventive inspections by other persons.

The plug is used to disconnect from the main supply. Do not position the machine so that it is difficult to disconnect the main plug.

!Warning: To avoid the risk of electric shock, this equipment must only be connected to a supply main with protective earth grounding.

- The machine should be set up on a hard, level surface in an area free of obstructions within at least three feet of the vibration platform.
- The machine should not be used outdoors, near a pool, or near any source of water or extreme humidity. Contact with water could cause a short-circuit, which could cause personal injury or damage the machine. Unplug the machine when not in use.
- Never attempt to lift or move the machine without assistance.
- Never operate the machine if it has been dropped, tipped over, damaged, or even partially immersed in water, unless an authorized Power Plate service professional has examined the machine and cleared it for use.
- Never insert objects into any opening on the machine. If an object falls into the machine, shut the machine off and remove the power plug before attempting to retrieve the object. If the object cannot be reached, contact an authorized Power Plate service professional.

## Position and Balance

- In order to avoid possible injury from the machine's vibrations, Power Plate recommends that the user not lean back on his/her heels or "lock" his/her joints or straighten his/her legs when standing upright on the machine.
- It is important at all times to maintain balance while on the machine. The user, however, should not "hang" on the machine's handles in order to maintain balance but should (unless the directions for a particular exercise state otherwise) keep his/her knees directly above the toes. Proper position and balance are especially important if the user employs weights during any exercise on the machine. Power Plate strongly recommends that users not employ weights while using the machine, unless they are being coached by an exercise professional or unless the user has extensive experience with weight training or with the Power Plate machine.
- The three illustrations on the right demonstrate the incorrect ways to stand on the machine.
- The illustration below demonstrates the correct way to stand on the machine.

## Correct



Legs slightly bent.

## Incorrect



You always need to be balanced when standing on the Power Plate machine. Never hang on to the handles, use them only to maintain balance.

## Incorrect



Don't lean on your heels too much. Balance your weight predominantly on the front of your feet.

## Incorrect



When training with the Power Plate machine, do not "lock" any joints, such as your knees and elbows, but keep them slightly bent.

# proMOTION™ Dynamic Vibration Technology

## How Does it Work?

proMOTION™ Dynamic Vibration Technology uses high strength cables for high quality.

The unique cables, which pound-by-pound are five times stronger than steel.

Each cable extends to more than two meters, allowing for movement in all planes and directions, so you can enjoy full range of movement and infinite dynamic exercise options.

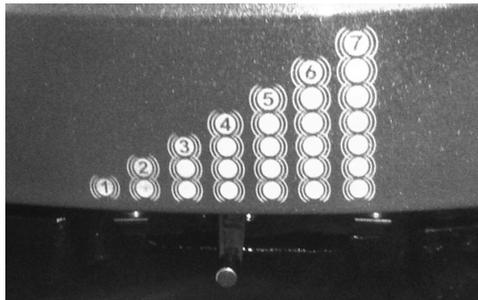
The proMOTION offers variable resistance. Changing the resistance puts more load on the muscles during the most intense part of the movement, offering another way to progress your workouts by increasing the intensity of your training. The unique gel dampening system also increases the resistance as you work harder.

As with any training routine, it is important to start using the proMOTION on the lowest level of resistance and with the Power Plate machine on a low setting. Establish a good technique before increasing the setting on the proMOTION from low to high.

Always pay special attention to your posture, especially the position of your wrists and back, and how close you are to the Power Plate machine. proMOTION cables should be used within the normal range and angle to maximize training effect and prevent damaging the device. The cables should be used between 90 degrees and 25 degrees from the horizontal base.

## Usage and Guidelines

As with any form of exercise, cease your session immediately if you feel faint, dizzy or ill while working out on the Power Plate® machine. Always consult a doctor or specialist before restarting your training.



Shift lever towards you to increase; shift away from you to decrease

# Technical Specifications

## Power Plate® pro7™ Technical Specifications

Color (standard)	Graphite or Silverstone		
Dimensions (W x D x H)	96cm x 116cm x 152cm / 38in x 46in x 60in		
Base surface area	0.50sq.m		
Weight	202kg / 445lb (Est.)		
Power Supply	100-240V, 50/60 Hertz, Universal Voltage		
Nominal Power	160-265VA		
Maximum Load	227.2kg / 500lb		
Operation	User-friendly interactive touch screen computer		
DualSync Twin Motor System	DualSync Twin Motor System maintains precise balance at any frequency and amplitude level, allowing perfect synchronization of vibration for maximum muscle response and efficiency.		
PrecisionWave Technology	High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results.		
Frequencies	25 - 50 Hertz		
Time Selections	0 - 9 minutes (15 second increments)		
Amplitude	High or Low		
G-Factor 0	25Hz/Low Amplitude	G-Factor 5	35Hz/High Amplitude
G-Factor 1	30Hz/Low Amplitude	G-Factor 6	40Hz/High Amplitude
G-Factor 2	35Hz/Low Amplitude	G-Factor 7	45Hz/High Amplitude
G-Factor 3	40Hz/Low Amplitude	G-Factor 8	50Hz/High Amplitude
G-Factor 4	30Hz/High Amplitude		
Certifications	PSE, CE Standard Electrical, NRTL, C-NRTL; RoHS / WEEE compliant		

## Computer & Software Specifications

Operating System Windows	Android OS 64bit System
Software	Power Plate proprietary pro7 software (Prepare and Recover)
Graphics	High Performance 3D Graphic Accelerator
CPU	Samsung S5P6818 Octa-core Cortex A53 processor (16GB eMMC)
Hard Drive (Storage)	TF card slot : Support iNAND, MMC/SD 64GB
Screen/Monitor	LVDS Type LCD , Resolution : 1280X800(RGB), 10.1 inch
USB Port/Hub	USB 1.0 Port x1

## proMOTION™ Dynamic Vibration Technology Specifications

Resistance Levels	7 resistance levels. Pull toward front of the machine to increase. Push toward back of the machine to decrease.
Cable	Maximum 2.2m / 98.4in
proMOTION	Embedded

Usage Control	Yes; Password enabled locking system
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# Maintenance

- ! **WARNING: THE MACHINE CONTAINS NO USER-SERVICEABLE PARTS. PLEASE CONTACT AN AUTHORIZED POWER PLATE® SERVICE PROFESSIONAL FOR ANY MAINTENANCE OR TROUBLESHOOTING NOT OTHERWISE DESCRIBED BELOW, OR PERSONAL INJURY OR DAMAGE TO THE MACHINE COULD RESULT.**
  
  - ! **CAUTION:** Any changes, modifications or unauthorized maintenance performed to or on the machine could void the product warranty.
    - Always unplug the machine and then wait for at least one minute before performing any maintenance.
    - Clean the machine only with a moist cloth. Do not use sharp objects, bristles, scrubs or acid-based detergents, which will damage the lacquer finish.
    - Do not spray any cleaning solution directly onto the machine. Instead, moisten a cloth, then apply to the machine.
    - On plastic components, use only polishes specifically designed for plastic. Use a soft brush, not a cloth, to clean the platform, including the contoured mat.
    - Clean electrical components only with a dry cloth, in order to avoid the risk of shock or damage to the components.
  
  - Troubleshooting**
    - Always unplug the machine and then wait for at least one minute before performing any troubleshooting.
    - If the machine is not operational and the console display is not illuminated, check the power connections to the machine.
    - If all power connections are working, please check the circuit breaker or fuse for the electrical outlet that is supplying power to the machine in order to ensure that the outlet is receiving electrical power.
  
  - If the console display is illuminated, but the platform will not vibrate, unplug the machine, wait at least one minute, then check the connection to the machine's motor, located under the base of the machine.
  - If the machine makes a rattling noise, unplug the machine, wait at least one minute, then check to make sure that the feet are properly tightened.
- 
- ! **DANGER:** The user not try to resolve any electrical issues regarding the power source to the machine. Instead, Power Plate requests that the user contact a licensed, professional electrician to conduct any examination and make any necessary repairs. Otherwise, serious personal injury or property damage could result. No modification for this equipment is allowed.
- APPLIED PARTS:** applied parts are not intended to deliver heat during normal use. The maximum temperature for applied part may be up to 43degrees Celsius / 109.4 degree Fahrenheit.
- Applied Parts:**
- Platform
  - Handlebars
- Power On / Off:**
- To Power On the Machine: Press the rocker switch located on lower back of the column to indicate "I" position.
  - To Power Off the Machine: Press the rocker switch located on lower back of the column to indicate "0" position.
  - To Power Off the Main Control Panel: While power to the machine is on, press and hold the green power button located on the lower half of the main control panel. This will power off only the main control panel for standby mode. Press and hold the green power button again to power on the main control panel.

# Box Contents

pro7 Box Contents

Straps Set (2pcs)

Exercise Mat

Protection Cover

Power Cord

Handgrips (2pcs)

## !Electromagnetic Compatibility (EMC)

radio-frequency (RF) disturbances are controlled.

### Precautions

- The pro7 model is suitable for use in consumer and commercial establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
  - The pro7 model emits electromagnetic energy to perform its intended function. Nearby electronic equipment may be affected by this emission. Similarly the pro7 model may be affected by electromagnetic emissions from other equipment in the vicinity.
  - The pro7 model is intended for use in the electromagnetic environment specified in this manual. The customer or user of the pro7 model should ensure that it is used in such an environment:
    - Floors should be wood, concrete or ceramic tile. If the floor is covered with synthetic material, the relative humidity in the room should be at least 30%.
    - Power quality should be that of a typical domestic, commercial environment as appropriate.
    - The pro7 model should not be used during power interruptions.
    - Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or consumer environment.
  - The pro7 model is intended for use in an electronic environment in which radiated [Retain this user manual for your future reference.](#)
- The customer or user of the pro7 model can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the pro7 model as recommended in this user manual, according to the maximum output power of the communications equipment:

The adequate separation distance to provide base immunity to RF disturbances is 1.0m.
  - USB Port - USB port supplies 5Volt DC current. This port is only used for software updates and uploading personal pictures to user profiles. The operator must take care to not touch the USB port and a patient simultaneously.
  - LAN port - the pro7 has included a LAN port on the lower back side of the machine. This LAN port is used to connect a LAN cable to access the internet. The operator must take care to not touch the LAN port and a user simultaneously.
  - Phone jack adapter- On the Control Panel of the pro7, there is a phone jack adapter for sound playback. The operator must take care to not touch the Phone jack adapter and a user simultaneously.

## Environmental Requirements

### OPERATING CONDITIONS

Temperature: 10°C to 40°C

Humidity: 10% to 95% RH

Pressure altitude: Normal atmospheric conditions/ 860-1060hPa

### STORAGE AND SHIPPING CONDITIONS

Temperature: 10°C to 40°C

Humidity: 10% to 95% RH

Pressure altitude: Normal atmospheric conditions/ 860-1060hPa

## WARNING

The device is not suitable for use in the presence of flammable anesthetic mixtures with air or with oxygen or nitrous oxide.

The device requires no calibration.

The device is not repairable and contains no user serviceable parts.

The user must check that the equipment functions safely and see that it is in proper working condition before being used.

The manufacturer does not require such preventive inspections by other persons.

The plug is used to disconnect from the main supply. Do not position the machine so that it is difficult to disconnect the main plug.

Warning: To avoid the risk of electric shock, this equipment must only be connected to a supply main with protective earth grounding.

## Users

The machine is intended for use by a diverse user population including:

- Adult men and women who are medically cleared and able to undertake physical exercises such as weight bearing and ground reaction force type exercise programs. In general this applies to healthy adults (16+ years old).
- All others users should be cleared by their physician and only use Power Plate under medical supervision.

## Facilities

The device is intended to be used in all types of facilities including, but not limited to:

- Domestic
- Hotels, Spas, Resorts
- Health Clubs

## FCC / IC statement

### Radio Frequency Interference Requirements-FCC

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected
- Consult the dealer or an experienced radio/TV technician for help.

### Radio Transmitters (Part 15)

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

### FCC RF Exposure Guidelines

#### Safety Information

#### Reducing RF Exposure - Use Properly

Only operate the device in accordance with the instructions supplied.

This device complies with FCC radiation exposure limits set forth for an uncontrolled environment. In order to avoid the possibility of exceeding the FCC radio frequency exposure limits, human proximity to the antenna shall not be less than 20cm (8 inches) during normal operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

### Radio Frequency Interference Requirements-Canada

This Class B digital apparatus complies with Canadian ICES-003.

#### Radio Transmitters

This device complies with RSS 210 of Industry & Science Canada. Operation is subject to the following two conditions: (1) this device may not cause harmful interference and (2) this device must accept any interference received, including interference that may cause undesired operation.

Label Marking: The Term "IC:" before the radio certification only signifies that Industry Canada technical specifications were met.

# pro7 Touchscreen Controls

## Home Page



The home page allows quick access to workout Preparation/Warm Up and Recovery/Cool Down exercises.

## Prepare / Warm Up



Users can select warm up exercise to prepare for seven popular workouts:

- Treadmill
- Bike
- Roller
- Elliptical
- Upper Body
- Total Body
- Lower Body

## Recover / Cool Down



Three cool down options are provided via the Recover Quicker screen:

- Lower Body
- Upper Body
- Total Body

## Home Page



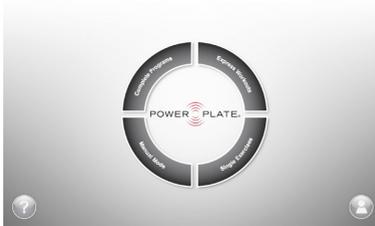
Click on the "pro7" button in the upper right hand corner (see above) to access 250+ customized programs and 1,000+ exercise videos.

Click on the "multi-colored globe" button in the lower left hand corner (see above) to access multiple languages.

# pro7 Touchscreen controls

The pro7 software is organized in four modules: Complete Programs, Express workouts, Single Exercises, Manual Mode.

## I.1 Home page



### Complete Program:

- Select your goal between Feel Better, Look Better or Play Better
- Select a specific Program
- Select your level and duration of the program between 10 and 30 min.

### Express Workouts:

- Select a mini program

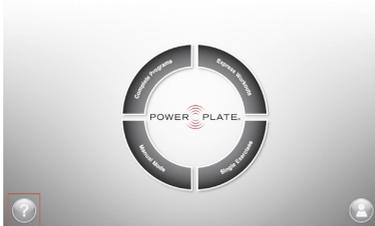
### Single Exercise:

- Select an element between Stretch, Core, Balance, Strength and Massage
- Select a specific exercise.

### Manual Mode:

- Select a duration
- Select the G-Factor

## I.1.1 Education



This button takes you to the education screen. It is broken down into 5 educational videos

3 Goals

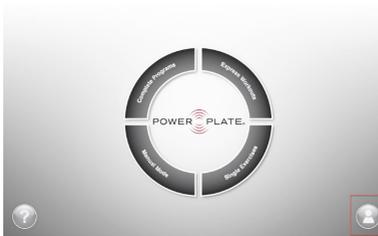
5 elements

G-Factor

New to Power Plate

Welcome to the pro7

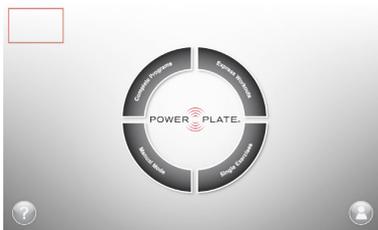
### I.1.2 User login



This button takes you to the users' login screen. It is broken down into 2 areas

- New Users
- Existing User

### I.1.3 Settings



The setting module is reserved for the commercial facility manager. It will be accessible via a private button and login.

### Set Login



User name: admin  
Password: Asyn086Si

### Settings



This button takes you to the setting module. The settings are broken down into 4 areas

- Machine Configuration
- Education/Help
- Service Menu
- Contact

# Parameters

Power Plate has three parameters to increase the intensity of the machine: frequency, amplitude and duration of the exercise expressed in seconds. This last parameter does not directly influence the intensity felt by the user but the duration of the exercise.

## Intensity level

The intensity on the machine can be determined by multiplying frequency and amplitude. The platform of the Power Plate accelerates with a certain speed caused by the selected frequency and amplitude. Acceleration is expressed in meters per Second Square ( $m/s^2$ ) and can be converted to g-forces. An acceleration of  $9.81 m/s^2$  equals a g-force of 1g.

Setting	G-factor™
25 Hz – Low	0
30 Hz - Low	1
35 Hz - Low	2
40 Hz – Low	3
30 Hz – High	4
35 Hz – High	5
40 Hz – High	6
45Hz – High	7
50 Hz - High	8

Only the Manual Mode allows a user to set the G-Factor in any level of the complete range (G0 to G8). G-Factor range for all other mode of exercising have been set to maximize your results for each exercise under each user level.

# Contact and Support

If you have any questions, please visit our website at [powerplate.com](http://powerplate.com) and select “Contact”. Complete the form and a member of the Power Plate team will contact you regarding your inquiry.

## Warranty / Product Registration

To register your Power Plate® machine please visit us online at [powerplate.com/products/registration](http://powerplate.com/products/registration)

Copies of this manual and any other paperwork may be obtained by contacting Power Plate through the “Contact Us” page online or by writing to Power Plate:



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