

## Making Positive Changes for Your Employees.

The *FitStop*™ is designed to revitalize employees during the workday and resolve the negative effects of sedentary behavior. The *FitStop* includes easy to follow instructions, and can be used in normal work wear.

It is recommended employees take two short *FitStop* breaks per day. The *FitStop* prescription includes four program options; Rejuvenation, Focused Relaxation, Cardio Boost, and QuickStop. The options consist of simple stretches and exercises aimed to help resolve the most common problems cause by sitting at a desk all day.

Installing a *FitStop* in your office shows your commitment to offering the best path to wellness. Through a corporate wellness program, employers can advocate healthy habits ultimately producing productive and happy employees.



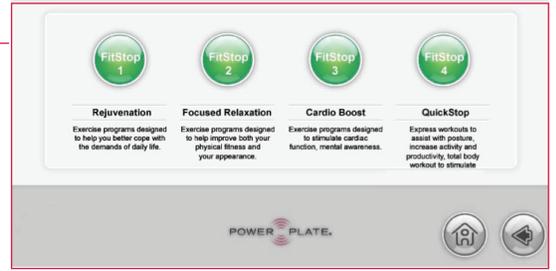
Padded, textured handlebar frame

Sweat-resistant touch screen

Recessed speakers



USB port



Low control panel

LAN connectivity port

Seven-position proMOTION™ tension adjustment with modular attachment option

Anti-skid surface

Largest My Series platform

DualSync™ Twin Motor System



**Power Plate® FitStop™ Technical Specifications**

**71-MY7-3500**

|  |  |
|--|--|
| <b>Color</b>                           | White  |
| <b>Frequency / Pre-set Frequencies</b> | 30-40Hz/ 30Hz, 35Hz, 40Hz Low Amplitude or High Amplitude (6 x Pre-set Frequencies)  |
| <b>Amplitude</b>                       | Low or High  |
| <b>G-Factor</b>                        | 1-6 with intelligent manual control options  |
| <b>Time Selections</b>                 | 0-9 minutes (15 second increments)   |
| <b>DualSync™ Twin Motor System</b>     | Maintains precise balance at any frequency and amplitude level, allowing perfect synchronisation of vibration for maximum muscle response and efficiency |
| <b>Dimensions (W x D x H)</b>          | 33in x 39in x 59in / 84cm x 98cm x 150cm   |
| <b>Weight</b>                          | 295lb / 134kg  |
| <b>Power Supply</b>                    | 100-240V, 50 / 60Hz, Nominal Power: 160-185W, Universal Voltage  |
| <b>Maximum Load</b>                    | 300 lb / 136.4kg   |
| <b>Processor</b>                       | ARM11 533/667MHz with 3D hardware accelerator  |
| <b>Operating System</b>                | Windows CE 6.0 Professional  |
| <b>Upper Display</b>                   | 10.1in LCD Display (800 x 480 pixel)   |
| <b>USB Port/Hub</b>                    | USB 1.0 Port 2x (1 external, 1 internal service port)  |
| <b>LAN port</b>                        | 10/100M Ethernet   |
| <b>Audio</b>                           | 2 x 2W   |
| <b>Warranty</b>                        | 3 years hardware / 1 year electronics / 1 year labor   |
| <b>Certifications</b>                  | CE and EMC roHS/WEEE CB NRTL PSE MDD certified<br>FDA listed as Class 1 device, 510k exempt  |
| <b>PrecisionWave™ Technology</b>       | High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results   |



**Performance Health Systems**

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