

# pro7

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

## The Ultimate for Performance.

Achieve functional training results like never before with the Power Plate® pro7™. Scientifically proven to get results in half the time of traditional programs, your clients will feel the difference in just one session. The pro7 is the first commercial vibration training machine to feature an integrated LCD touch screen with Functional Interactive Training (F.I.T.) software, taking clients through every stage of their Power Plate program. Equipped with embedded proMOTION™ multidirectional cables with variable resistance and the largest Power Plate platform available, training clients on the pro7 is limited only to your imagination.

Functional training made simple.



POWER  PLATE®

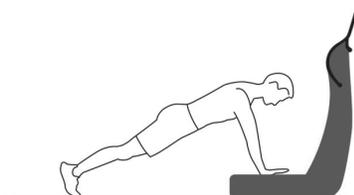
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## Power Plate® pro7™ Features

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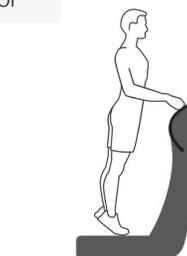
Color (Standard)	Graphite
Dimensions (W x D x H)	38in x 46in x 61in / 96cm x 116cm x 155cm
Platform Dimensions (W x D)	38in x 46in / 96cm x 116cm
Weight	410lb / 186kg
Power Supply	100–240V, 50/60Hz, Nominal Power: 160-265W, Universal Voltage
Maximum Load	500lb / 227kg
STAX™	Advanced Stabilization and Compensation System
Operating System	Windows CE 6.0 Professional
USB Port/ Hub	USB 1.0 Port x2 (1 external, 1 internal service port)
Net Access	10 /100M Ethernet
Upper Display	10.1in LCD Display (800 x 480 pixel)
Audio	2 recessed speakers with headphone option and volume control
G-Factor™ Settings	0-8 (with 27 sublevels of intensity)
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
proMotion™ Dynamic Vibration Technology	Three-position tension adjustment; embedded with modular attachment option
Frequency	25 - 50 Hz
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