



At-Home Models



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PERSONAL



Description Compact and column free, the Personal Power Plate is lightweight yet powerful enough to provide body changing results

Key Features Color: Black
Time Selections: 30 or 60 Seconds
Max Load: 264 lbs
Vibration Settings: Low or High
Frequency: 35Hz
Size: 32in x 22in x 11in

MOVE



Description The perfect combination of size and function, the MOVE has six variable frequency modes and remote control

Key Features Color: Red or silver
Time Selections: 0-9 minutes, :30 and :60 second presets accessible via remote control
Max Load: 300 lbs
Vibration Settings: 6 levels; 5Hz increments
Frequency: 30-40Hz
Size: 30in x 24in x 9in

my3



Description A sleek and economical solution for bringing whole body vibration home

Key Features Color: Silver
Time Selections: 30 or 60 seconds
Max Load: 264lb lbs
Vibration Settings: Low or High
Frequency: 35Hz
Size: 30in x 25in x 61in

my5



Description A premium model with quick start programming and remote control

Key Features Color: Silver
Time Selections: 30 or 60 seconds
Max Load: 300lb
Vibration Settings: Low or High
Frequency: 30, 35 and 40Hz
Size: 27in x 36in x 58in

my7



Description Top-of-the-line model with 250+ customized programs, 1,000+ exercise videos and built in resistance cables

Key Features Color: Graphite
Time Selections: 0-9 min (15 sec increments)
Max Load: 350lb
Vibration Settings: Low or High
Frequency: 30, 35 and 40Hz
Size: 33in x 39in x 59in