

WHOLE BODY VIBRATION



POWER PLATE.
MOVE



my5



my7



pro5



pro7



POWER PLATE.
Pro7 HC



BEST-IN-CLASS

- **Trusted** by the World's Best: Empowering Clubs, Olympians, Pro Sports Teams, Coaches, and Millions of Users in 100+ Countries
- **Globally Accredited** Education and Training Programs, with the Largest Global Whole Body Vibration Master Trainer Network
- **Equipment of Choice** for Whole Body Vibration Research, with the Largest Database of Research Studies and Education
- **Research Proven** to Help People Look, Feel, and Live Better
- **State-of-the-Art Engineering** Quality with Patented Durable Dual-Sync Motors
- **Unique Patented** Embedded proMotion™ Upper Body Training System and 3D Patented Vibration
- **Most Certified** Product in the Industry—No Other Fitness Equipment Brand in the World Has Earned These Combined Medical Accreditations:

TARGETED VIBRATION



DUALSPHERE™



PULSE™



ROLLER™



Power Plate has redefined health and wellness equipment with its innovative design and unrivaled results. From fitness and rehabilitation to rejuvenation and active aging, Power Plate is the Best-in-Class solution.