



Enjoy big transformation from a smaller package.

my3™

The Power Plate® my3™ model is the trimmest, most economical way to bring Acceleration Training™ exercise into any size home or apartment. No matter how demanding your schedule, you can make room in your space and your life for three 15-minute full-body workouts a week on the upgraded my3™ machine. The machine is not a miracle. But where it takes you is.

POWER  PLATE®
my3™



www.powerplate.com



Technical Specifications of the Power Plate® my3™ model

| | |
|------------------------------------|---|
| Color (standard) | Silver |
| Maximum load (weight upon machine) | 120 kilograms / 264 pounds |
| Operation | User-friendly interactive display |
| Frequency / Pre-set frequencies | 35 Hertz |
| Time Selections | 30 or 60 seconds |
| Vibration energy output | Low and High |
| Dimensions (W x D x H) | 65 cm x 82 cm x 157 cm – 26 in x 32 in x 62 in |
| Weight | 90 kilograms / 200 pounds |
| Power supply | 90-260 VAC, 50/60 Hz |
| Nominal power | .35 kw (in operation) |
| Certifications | CE and EMC (TUV certified); RoHS / WEEE compliant |

