

Discover the Difference



The Ultimate Functional Fitness Training System

# pro7™

The Power Plate® pro7™ takes you beyond balls, bands and bars to make functional training simple. Scientifically proven to get results in half the time of traditional exercise programs, your clients will feel the difference in just one session. The pro7's Functional Interactive Training (F.I.T) software gets your Power Plate program off the ground with just the push of a button. With proMOTION™ dynamic cables embedded into the largest Power Plate platform yet, training on the pro7 is limitless.

Power Plate—fast, functional fitness.



Standard Color\*



Graphite

\*Color shown is an approximate representation. Custom colors available upon request for an additional fee.

### Technical Specifications:

Frequency	25–50Hz
Amplitude	Low or High
G-Factor™ Settings	0–8 (with 27 sublevels of intensity)
Time Selections	0–9 minutes (15 second increments)
DualSync™ Twin Motor System	Maintains precise balance at any frequency and amplitude level, allowing perfect synchronization of vibration for maximum muscle response and efficiency
Dimensions (W x D x H)	96cm x 116cm x 152cm / 38in x 46in x 60in
Weight	445lb / 202kg
Power Supply	100–240V, 50/60Hz, Nominal Power: 160-265W, Universal Voltage
Maximum Load	500lb / 227kg
proMOTION™ Dynamic Vibration Technology	Seven-position tension adjustment; embedded with modular attachment option
STAX™	Advanced stabilization and compensation system
Operating System	Windows CE 6.0 Professional
Upper Display	10.1in LCD Display (800 x 480 pixel)
USB Port/Hub	USB 1.0 Port x3 (1 external, 1 internal service port)
Net Access	10/100M Ethernet / Wireless connectivity
Audio	2 recessed speakers with headphone option and volume control
PrecisionWave™ Technology	High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results
Certifications	MDD, CE and EMC (TUV certified); RoHS / WEEE compliant; FDA Listed as Class 1 device, 510k exempt

### Power Plate North America

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