



Say Hello to Your New Personal Trainer.

my7™



With 250+ customized programs, 1,000+ exercise videos, and over a million different combinations, the Power Plate® my7™ is the remarkable new exercise machine that takes your home workout in a new direction. With the latest in whole body vibration technologies, the my7 is an intelligent virtual trainer designed to work with you from start to finish. It also introduces proMOTION™ Technology, embedded resistance cables, offering multiple levels of challenges to your workout. To bring it all together, the integrated touch screen computer provides the information you need, including helpful coaching tips, to guide you during your workouts. Whether you want to look better, feel better, or play better, this advanced machine will take you there.

Say "Hello" to your new personal trainer.

Padded, textured handlebar frame

Sweat-resistant touch screen

Recessed speakers

USB port

Lower control panel

LAN connectivity port

Anti-skid surface

Largest My Series platform

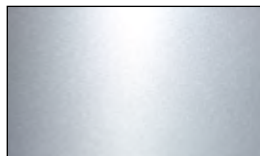
DualSync™ Twin Motor System



Seven-position proMOTION™ tension adjustment with modular attachment option



Color options available*



Silverstone
71-MY7-3100



Graphite
71-MY7-3150

*Colors shown are an approximate representation. Additional colors available upon request for an additional fee.

Power Plate® my7 Technical Specifications

Color	Silverstone and Graphite
Frequency / Pre-set Frequencies	30-40 Hz / 30Hz, 35 Hz, 40 Hz Low Amplitude or High Amplitude (6 x Pre-set Frequencies)
Amplitude	Low or High
G-Factor	1-6 with intelligent manual control options
Time Selections	0-9 minutes (15 second increments)
DualSync™ Twin Motor System	Maintains precise balance at any frequency and amplitude level, allowing perfect synchronisation of vibration for maximum muscle response and efficiency
Dimensions (W x D x H)	33in x 39in x 59in / 84cm x 98cm x 150cm
Weight	287lb / 130kg
Power Supply	100-240V, 50 / 60 Hz, Nominal Power: 160-185W, Universal Voltage
Maximum Load	350 lb / 159 kg
Processor	ARM11 533/667MHz with 3D hardware accelerator
Operating System	Windows CE 6.0 Professional
Upper Display	10.1in LCD Display (800 x 480 pixel)
USB Port/Hub	USB 1.0 Port 2x (1 external, 1 internal service port)
LAN port	10/100M Ethernet
Audio	2 x 2W
PrecisionWave Technology	High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results
Certifications	CE and EMC; RoHS / WEEE compliant CB, NRTL, C-NRTL, PSE MDD certified FDA listed as Class 1 device, 510K exempt
Warranty	3 years hardware / 1 year electronics / 1 year labor

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