English

# Instructions For Use
## my5™ Model

POWER PLATE® my5™

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# Introduction



Power Plate® machines use the principles of Acceleration Training™ to stimulate the body's natural response to vibration. Power Plate® machines create vibrations that cause instability throughout the body. As these vibrations transmit waves of energy, a variety of muscles subconsciously contract to stabilise the body. This rapid cycle of muscle contraction and release is what makes training with Power Plate® equipment so effective. Acceleration Training™ was discovered in the former Soviet Union, where it was found to effectively combat the negative effects of the zero-gravity environment in space. Cosmonauts were faced with considerable loss of muscle strength and bone density from their time in space, and Acceleration Training™ exercise apparently helped reverse these effects. However, this new form of training was unknown in Western Europe until after the fall of the Iron Curtain, when the Dutch sports expert Guus van der Meer introduced the technology, resulting in the development of the first Power Plate® model in 1999. Since then, Power Plate® technology has been adapted for the masses so it is now possible for everyone to enjoy training on Power Plate® machines. That means you can strength train without the need to add extra weights, thus without overloading the body and its joints. Power Plate® machines are used by everybody from high-level, high-performance athletes, to the elderly, to those simply wishing to improve their general health and fitness levels.

**Correct use is essential for optimal results**

In theory, the Power Plate® machine can be used by almost everyone. You can adjust training to your own level and reduce any burden on your joints, tendons and ligaments. As with every form of training, the correct use of exercises, adjusted to your personal abilities, will determine the benefits and effects of completing a training session on the Power Plate® machine, while at the same time avoiding risks of injury or damage to the body.

Body posture, muscle stiffness and muscle tension (i.e. how contracted your muscle is) are important contributing factors in your training session. If muscles are tensed, or contracted, they will absorb vibrations to help strengthen and tone those muscles. Passive exercises, such as stretch and massage on the Power Plate® machine, don't absorb as much vibration and can therefore be performed on a more frequent basis.

This is why Acceleration Training™ exercise should be used on a regular basis, starting with low intensity, which means low frequency settings for short sessions. The body should be gently stimulated in a way that will allow you to adjust to vibration training, but will not overload your body. Over time, the intensity and duration can be increased in the same manner as other progressive training programs. Once the body has adapted to vibration, the training can be changed or intensified to keep improving performance, whether this improvement is desired for sports or daily life goals.

# Medical Indications

Claimed medical indications include use in relation to the prevention, treatment and/or alleviation of disease.

**Fall Prevention**
Claim: Power Plate® training can be a beneficial tool/intervention for the elderly population to prevent falls.
Definition: Fall prevention is defined as a variety of actions to help reduce the number of accidental falls suffered by older people.

**Muscular Strength and Power**
Claim: Power Plate® training can be a beneficial tool/intervention to help increase strength and power to improve daily life performance, both acute and structural.
Definition: Physical strength is the ability of a person or animal to exert force on physical objects using muscles. Increasing physical strength is the goal of strength training. Power is the amount of work done or energy transferred per unit of time.

**Pain**
Claim: Power Plate® training can be a beneficial tool/intervention to reduce and/or alleviate (chronic) pain.
Definition: Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage.

**Cellulite**
Claim: Power Plate® training can be a beneficial tool/intervention to diminish the appearance of cellulite.
Definition: Cellulite describes a condition that occurs in men and women (although much more common in women) where the skin of the lower limbs, abdomen and pelvic region becomes dimpled after puberty.

**Weight Loss**
Claim: Power Plate® training can be a beneficial tool/intervention to lose weight and specifically lose body fat.
Definition: Weight loss, in the context of medicine, health or physical fitness, is a reduction of the total body weight, due to a mean loss of fluid, body fat or adipose tissue and/or lean mass, namely bone mineral deposits, muscle, tendon and other connective tissue.

**Bone Density/Bone Mineral Density**
Claim: Power Plate® training can be a beneficial tool/intervention to increase bone density and prevent bone mineral density loss related to ageing.
Definition: Bone density (or bone mineral density) is a medical term referring to the amount of matter per cubic centimetre of bones.

**Circulation and Cardiovascular**
Claim: Power Plate® training can be a beneficial tool/intervention to improve and increase circulation and improve the function of the cardiovascular system.
Definition: The circulatory system is an organ system that moves nutrients, gases and wastes to and from cells, helps fight diseases and helps stabilise body temperature and pH to maintain homeostasis. Two types of fluids move through the circulatory system: blood and lymph. The blood, heart and blood vessels form the cardiovascular system. The lymph, lymph nodes and lymph vessels form the lymphatic system. The cardiovascular system and the lymphatic system collectively make up the circulatory system. Pulmonary circulation is the portion of the cardiovascular system which transports oxygen-depleted blood away from the heart, to the lungs, and returns oxygenated blood back to the heart.

**Flexibility/Range of Motion**
Claim: Power Plate® training can be a beneficial tool/intervention to improve flexibility and range of motion.
Definition: Flexibility is the absolute range of movement in a joint or series of joints and muscles that is attainable in a momentary effort that could involve the help of a partner or piece of equipment. The flexibility of a joint depends on many factors, particularly the length and looseness of the muscles and ligaments due to normal human variation, and the shape of the bones and cartilage that make up the joint.

**Pathology Studies**
Claim: Power Plate® training can be a beneficial tool/intervention to improve general wellbeing, fitness and daily life functioning in patient populations. The Power Plate® training will (probably) not have any influence on the state of disease or injury but it will have a positive effect on general fitness, muscle strength, daily life performance and wellbeing that can improve the quality of life of these patients.
Definition: No definition possible for this very diverse group. Examples of patients: Multiple Sclerosis, Parkinson's Disease, Fibromyalgia, Cerebral
Palsy, Spinal Cord Injury, Diabetes, Cardiac Rehabilitation.

# Important Safety Instructions

Before using the Power Plate® machine, it is essential that you read the entire user manual, including all warnings and safety instructions. You should also convey all such warnings and instructions to any other person who uses this Power Plate® machine. Retain this user manual for future reference.

**Health warnings**

! Warning: before beginning any exercise program, you should consult a physician for a physical examination and clearance to engage in the program, or personal injury could result.

If you have any known medical condition, or any physical limitation on your ability to exercise, Power Plate strongly recommends that you seek the advice of a physician before using the Power Plate® machine, in order to avoid possible personal injury.

If, while using the Power Plate® machine, you experience any dizziness, faintness, shortness of breath, or pain, you must stop using the machine immediately and consult a physician. Failure to do so could result in personal injury.

The Power Plate® machine is a medical device and is designed for therapeutic purposes within specific indications only and as part of an exercise program.

The remainder of this "Important Safety Instructions" section includes directions for the proper set-up and use of the Power Plate® machine. Please follow all directions, instructions, and warnings carefully in order to ensure your personal safety, and that of those around you, when using the Power Plate® machine.

**Set-up and handling**

! Danger: to reduce the risk of electrical shock, always unplug the Power Plate® machine before cleaning or servicing it.

! Warning: to reduce the risk of electrical shock, fire, burns, or other injury, always plug the Power Plate® machine into a properly-grounded electrical outlet.

! Warning: to ensure safe use of the Power Plate® machine, it must be regularly examined for damage and wear. The machine, however, contains no user-serviceable parts. Thus, with the exception of the maintenance tasks described later in this manual, the owner/user should always retain an authorised Power Plate® service professional to perform maintenance and/or service on the machine.

The machine should be set-up on a hard,
- level surface in an area free of obstructions within at least three feet of the vibration platform.
The machine should not be used out-
- doors, near a pool, or near any source of water or extreme humidity. Contact with water could cause a short-circuit, which could cause personal injury or damage the machine. Unplug the machine when not in use.

- Never attempt to lift or move the machine without assistance.
- Never operate the machine if it has been dropped, tipped over, damaged, or even partially immersed in water, unless an authorised Power Plate® service professional has examined the machine and cleared it for use.
- Never insert objects into any opening on the machine. If an object falls into the machine, shut the machine off and

A

B

C

remove the power plug before attempting to retrieve the object. If the object cannot be reached, contact an authorised Power Plate® service professional.

**Use Of The Power Plate® Machine**

**1.0 General health warnings for use**

- Always follow the directions on the machine's console for proper operation.
- Close supervision is required when the machine is used by, or near, children or disabled persons.
- Always use care when getting on and off the machine. Use the handles on the machine, as needed, to maintain stability when getting on and off the machine.
- Never reach into or under the machine, or tip the machine on its side, while it is in operation.
- Use the machine only for the purposes described in this user manual and only with attachments or accessories that come with the machine or which Power Plate has specifically approved for use with the machine, or personal injury could result.

**2. Specific health warnings for use**

**2.1 Proper clothing and padding**

- During exercises in which the user stands on the vibration platform, the user should wear rubber-soled shoes or, if the user chooses to exercise in socks or bare feet, the user should use one of the three contoured mats that are provided with the machine.
- During exercises in which any part of the user's body is in contact with the vibration platform, Power Plate recommends the use of at least one contoured mat.

**2.2 Proper position and balance**

- In order to avoid possible injury from the machine's vibrations, Power Plate recommends that the user not lean back on his/her heels or "lock" his/her joints or straighten his/her legs when standing upright on the machine.

- It is important at all times to maintain balance while on the machine. The user, however, should not "hang" on the machine's handles in order to maintain balance but should (unless the directions for a particular exercise state otherwise) keep his/her knees directly above the toes.
- Proper position and balance are especially important if the user employs weights during any exercise on the machine. Power Plate strongly recommends that users not employ weights while using the machine, unless they are being coached by an exercise professional or unless the user has extensive experience with weight training or with the Power Plate® machine.
- The three illustrations on the left demonstrate improper ways to stand on the machine.

A You always need to be balanced when standing on the Power Plate® machine. Never hang on to the handles, use them only to maintain balance.

B Don't lean on your heels too much. Balance your weight predominantly on the front of your feet.

C When training with the Power Plate® machine, do not "lock" any joints, such as your knees and elbows, but keep them slightly bent.

**2.3 Proper hydration**

- Power Plate recommends that the user stay well-hydrated by drinking at least 300 ml (16 ounces) of water before, during, and after each exercise session.

**2.4 Proper limitations on exercise**

! Warning: it is imperative that the user pay careful attention to his/her body's reaction to exercise on the machine and that the user not over-exert himself/herself or work to exhaustion, or personal injury could result.

- If, at any time, the user experiences dizziness, faintness, shortness of breath, or any pain, the user should immediately stop exercising and consult a physician before continuing with an exercise program, or personal injury could result.

! **Electromagnetic Compatibility (EMC) Precautions**

- The my5™ model is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes. It has been tested against, and has passed

the applicable requirements of relevant electromedical standards, including EN 60601-1-2:2007.

- The my5™ model must emit electromagnetic energy in order to perform its intended function. Nearby electronic equipment may be affected by this emission. Similarly the my5™ model may itself be affected by electromagnetic emissions from other equipment in the vicinity.

- The my5™ model is intended for use in the electromagnetic environment specified below. The customer or user of the my5™ model should assure that it is used in such an environment:

  – Floors should be wood, concrete or ceramic tile. If the floor is covered with synthetic material, the relative humidity in the room should be at least 30%.

  – Mains power quality should be that of a typical domestic, commercial or hospital environment as appropriate.

  – The my5™ model should not be used during power mains interruptions.

  – Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.

- The my5™ model is intended for use in an electronic environment in which radiated radio-frequency (RF) disturbances are controlled.

- The customer or user of the my5™ model can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the my5™ model as recommended below, according to the maximum output power of the communications equipment: The adequate separation distance to provide base immunity to RF disturbances is 1.0 metres.

**Retain this user manual for your future reference.**

# Operation

my5™ face plate

# Operation

## Once you become familiar with the basic operation of the Power Plate® machine, you can begin your training. The Power Plate® machine is very easy to operate, as you can tell from a brief review of the primary buttons on the face plate.

| Row | | | | |
|---|---|---|---|---|
| **1st** Main Controls | Start/Stop | Repeat | | |
| **2nd** Pre-sets | Strength | Stretch | Massage | Relax |
| **3rd** | Time (30/60 secs) | Low/High intensity | | |
| **4th** Incremental adjustment for the frequency (between 30 and 40 Hertz in 1 Hertz increments) | Decrease Hertz/Time | Increase Hertz/Time | | |
| **5th** Pre-set options | 30Hz | 35Hz | 40Hz | |

You should consult a physician before beginning any exercise program, including a program involving the use of the Power Plate® machine. If you have any known medical condition, or any physical limitations on your ability to exercise, Power Plate strongly recommends that you seek the advice of a physician before using the Power Plate® machine. If, while using the Power Plate® machine, you feel dizzy, faint, short of breath, or any pain, stop using the Power Plate® machine immediately, and consult a physician.

# Using the remote control
# In order to make your Power Plate® machine more user friendly, we have included a remote control.

**Presets**

Relax

Massage

Strength

Stretch

**Pre-set options**
Each button on the remote control represents a pre-set workout, which matches the control panel on your machine.

Push one of the pre-set buttons once and the machine will start at the desired setting. Push the same button again and the machine will turn off.

**Changing your workout**
If, for example, you are in the middle of a Strength exercise and you push the Massage button, your Power Plate® machine will stop and re-start according to the new setting.

The remote is designed to make your workout more streamlined and interruption-free. Your remote control is equipped with a standard 11 Amp 6V battery, which may be replaced as needed.

**Varying the Intensity**
The correct step-by-step build up of intensity is extremely important for your training to be carried out both efficiently and responsibly.

For the Power Plate® my5™ model, there are several variables that can be used to vary the intensity:

- Length of time for each exercise
- Rest time between exercises
- Number of exercises
- Frequency (amount of vibrations per second, measured in Hertz)
- Amplitude (distance the plate moves vertically per vibration)
- Sessions per week (between 2 and 3 is optimal)
- Muscle tension (how tightly contracted the muscle is) by changing the angle of the joint or, for example, performing the exercise on one leg only.
- Complexity of movement or additional movement (i.e., active or dynamic movement versus only holding an exercise position).
- Additional weight or extra load, i.e., using a weight vest or dumbbells.

The exact way of using the variables is complex and depends on the individual and training goals of the person involved. Other factors that should be taken into account are injuries, limitations, specific demands and/or any other circumstances influencing the body (and mind).

In general the following progression steps can be taken:

**Exercise time, number of exercises and rest time**
These settings depend completely on your training goals. If you are new to Acceleration Training™ sessions, we recommend performing only a few exercises and resting for the same amount of time as is spent actively using the Power Plate® machine. After a while, more exercises can be added.

When trying to accomplish weight loss, cardiovascular or endurance improvements, rest time can be reduced, exercise time can be extended and the number of exercises can be increased to add to the total volume of training.

For recovery, flexibility and preparation, it is better to perform specific exercises and keep the total volume low, with enough rest between exercises.

For strength, power and speed, the intensity (i.e., Hertz settings) per exercise can be increased, but the total volume should be kept low.

Example: If you are training for endurance or weight loss goals, you should progressively extend the duration of training to multiple sets of 60 seconds each and cut the rest period to 30 seconds or less between subsequent sets. If your goal is to achieve maximum strength or power, you should do multiple sets of short duration on high amplitude, and take long rest periods, from 1 to 4 minutes.

**Frequency**
For each type of exercise, we recommend the following frequency settings:

- Stretch settings should stay between 30 Hertz and 35 Hertz
- Strength settings should not exceed 40 Hertz
- Massage settings can be the maximum, at 40 Hertz
- Relaxation settings should not exceed 35 Hertz

When frequency is increased, the volume of the exercises should be decreased (duration, number of sets) and the rest period should be increased proportionally.

**Amplitude**
For each type of exercise, we recommend the following amplitude settings:

- Stretch setting should be LOW
- Strength setting should be LOW, progressing to HIGH
- Massage setting can be HIGH
- Relaxation setting should be LOW

When amplitude is increased from Low to High, frequency and volume of exercise should be (temporarily) decreased and the rest period increased proportionally.

**Mat**
The mat dampens the vibrations. Always use the mat when you have a body part in contact with the plate surface, or if you are exercising in socks or bare feet.

**Sessions per week**
In general, we recommend performing 2 to 3 sessions per week. Stretches, massages, relaxation and preparation programs can be performed more often.

**Extra load**
Extra load, i.e., adding weights, should only be used to increase intensity by well-trained people or users who are being coached by a professional. All of the above parameters can be varied with the extra load. When external load is added to your exercises on the Power Plate® machine, amplitude and volume of the exercises should be decreased and the rest period should be increased proportionally as though starting the entire exercise progression again.

Specialised programs and additional progression steps for individual users should be drawn up by educated and certified Power Plate® trainers.

Power Plate offers a variety of educational and training materials, including DVDs, online learning and in some countries, specialised academies. For more information please visit our website, www.powerplate.com.

**Personal Adaptation**
Training on the Power Plate® machine is like any other type of training: start with light and short training sessions, and once accustomed to the vibrations, you can begin to gradually intensify your program. However, our most important advice is to always listen to what your own body is telling you.

Changing your exercises by using more movements of your body and that also correspond to your specific goals will help increase performance even more. You can think of increasing the angle of the joint (which increases the contraction of the muscle), or varying the exercises by performing them with a variety of still (static), active (dynamic) or jumping (plyometric) movements.

Another important aspect is ensuring that between training sessions, you rest long enough to fully recover. We normally recommend two days of rest after each training session. It is our experience that one day's rest after training with Power Plate® equipment is often enough, but every body is different and you will have to find what works best for you. If you feel the schedules are too easy or too intense once you have become accustomed to this training method, you can adjust them to your comfort level.

# Technical Specifications

| | |
|---|---|
| **Colour** | Silver |
| **Maximum Load** Weight | 136 kilograms (300 pounds) |
| **Operation** | User-friendly interactive display |
| **Frequency** | 30 to 40 Hertz (1 Hertz increments) |
| **Pre-set Frequencies** | 30, 35 or 40 Hertz |
| **Time Selections** | 30 or 60 seconds |
| **Vibration Energy Output** | Low or High |
| **Dimensions** W x D x H | 68 x 90 x 150 cm (27 x 35 x 59") |
| **Surface Plate** Dimensions W x D | 69 x 59 cm (27 x 23") |
| **Weight** | 90 kilograms (200 pounds) |
| **Power Supply** | 90–260 VAC, 50 / 60 Hertz, Universal Voltage |
| **Nominal Power** | .35 kw (in operation) |
| **Certifications** | CE and EMC (TUV certified); RoHS / WEEE compliant |

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**Maintenance**

! WARNING: THE MACHINE CONTAINS NO USER-SERVICEABLE PARTS. PLEASE CONTACT AN AUTHORISED POWER PLATE® SERVICE PROFESSIONAL FOR ANY MAINTENANCE OR TROUBLESHOOTING NOT OTHERWISE DESCRIBED BELOW, OR PERSONAL INJURY OR DAMAGE TO THE MACHINE COULD RESULT.

! CAUTION: Any changes, modifications, or unauthorised maintenance performed to or on the machine could void the product warranty.

- Always unplug the machine and let stand for at least one minute before performing any maintenance.
- Clean the machine only with a moist cloth. Do not use sharp objects, bristles, scrubs, or acid-based detergents, because this will damage the lacquer finish.
- Do not spray any cleaning solution directly onto the machine. Instead, moisten a cloth, then apply to the machine.
- On plastic components, use only polishes specifically designed for plastic.
- Use a soft brush, not a cloth, to clean the platform, including the contoured mat.
- Clean electrical components only with a dry cloth, in order to avoid the risk of shock or damage to the components.

**Troubleshooting**

- Always unplug the machine and let stand for at least one minute before performing any troubleshooting.
- If the machine is not operational and the console display is not illuminated, check the power connections to the machine.
- If all power connections are proper, please check the circuit breaker or fuse for the electrical outlet that is supplying power to the machine in order to ensure that the outlet is receiving electrical power.
- If the console display is illuminated, but the platform will not vibrate, unplug the machine, wait at least one minute, then check the connection to the machine's motor, located under the base of the machine.
- If the machine makes a rattling noise, unplug the machine, wait at least one minute, then check to make sure that the feet are properly tightened.

! Danger: Power Plate strongly recommends that the user not try to resolve any electrical issues regarding the power source to the machine by oneself. Instead, Power Plate strongly recommends that the user contact a licensed, professional electrician to conduct any examination and make any necessary repairs. Otherwise, serious personal injury or property damage could result.

# Contact and Support

## If you have any questions, please visit our website, **www.powerplate.com**. Select your country for local contact details.

**Warranty / Product Registration**
To register your Power Plate® machine / complete a warranty registration (where applicable), please visit us online at www.powerplate.com. Copies of this manual and any other paperwork may be obtained by contacting Power Plate through the "Contact Us" page online or by writing to Power Plate:


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