





my8

 Accelerates and maximizes results

 PrecisionWave Technology™

 Patented multidirectional vibration

 Helps boost recovery time

 A complete workout in only 15 minutes

Inspired By Performance.

The most advanced in-home Power Plate ever - the versatile, all-new Power Plate my8™!

With over 250 coach-led workouts and a video library of 1000 unique exercises, the my8 has

features never available in a home model, including:

- Retractable, electronically controlled proMOTION™ resistance cables
- A vibration range of 30-45Hz frequency settings, adjustable in 1Hz increments
- Intuitive “Quick Start” home screen, “Bend Your Knees” reminder and a 3-second countdown notification

Say “Hello” to your new personal trainer.



POWER  PLATE®

MEDICALFITSOLUTIONS.COM



Power Plate® my8™ Technical Specifications

Color (standard)	Matte Black
Dimensions (W x D x H)	33in x 39in x 59in / 84cm x 98cm x 149cm
Platform Dimensions (W x D x H):	33in x 24in x 10in / 84cm x 60cm x 26cm
Weight	245lbs / 111kg
Power Supply	100-240V, 50/60 Hertz, Universal Voltage
Nominal Power	160-185W
Maximum Load	350lb / 159kg
Operation	User-friendly interactive display
DualSync Twin Motor System	DualSync Twin Motor System maintains precise balance at any frequency and amplitude level, allowing perfect synchronization of vibration for maximum muscle response and efficiency.
PrecisionWave Technology	High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results.
Frequencies	30 - 45 Hertz (1 Hertz increments)
Time Selections	0 - 9 minutes (15 second increments)
Vibration Energy Output	High or Low

Certifications PSE, CE Standard Electrical , NRTL, C-NRTL; FCC, FDA Listed as Class 1 Device, RoHS / WEEE compliant

Computer & Software Specifications

Operating System Windows	Android OS 64bit system
Software	Power Plate proprietary My8 software
Graphics	High Performance 3D Graphic Accelerator
CPU	Samsung S5P6818 Octa-core Cortex A53 processor (16GB eMMC)
Hard Drive (Storage)	TF card slot : Support iNAND, MMC/SD 64GB
Screen/Monitor	LVDS Type LCD , Resolution : 1280X800(RGB), 10.1 inch
USB Port/Hub	USB 1.0 Port x1

proMOTION™ Dynamic Vibration Technology Specifications

Resistance Levels	Low, Medium & High resistance control from touchscreen using electronic proMOTION
Cable	Maximum 2.2m / 98.4in



Push-Up

Squat w/Static Strap

Calf Stretch

REV0723



For training tips, workouts and even more ways to get the most out of our products, download the Power Plate App.

