

## The Choice for Elite Athletes

# pro5<sup>HP</sup>

The Power Plate® pro5 High Performance model is designed to meet the needs of the world's elite athletes. The columnless design allows for 360 degree range of motion around the plate surface or for integration with other equipment such as a squat rack, so athletes can perform a full range of static, dynamic and plyometric exercises. The user-friendly remote control allows athletes or their trainers to adjust settings instantly and without interruption to their workout. The HP model comes complete with travel case so it can be conveniently stored away or transported, making it ideal for professional athletes who are on the move.

Welcome to the future of your workout.



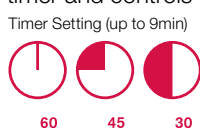
**MDD Certification**  
All Power Plate machines are  
certified Class IIa medical devices  
in Europe



## Power Plate® pro5 Technical Specifications

<b>Colour (standard)</b>	Black
<b>Dimensions (W x D x H)</b>	34in x 38in x 12in / 87cm x 98cm x 30cm
<b>Platform Dimensions (W x D)</b>	34in x 28in / 87cm x 72cm
<b>Weight</b>	352lb / 160kg
<b>Power Supply</b>	220-240 VAC, 50/60Hz: Voltage Specific
<b>Nominal Power in Operation</b>	230-265W
<b>Maximum Load</b>	600lb / 272kg
<b>Operation</b>	User-friendly interactive display and remote control
<b>DualSync™ Twin Motor System</b>	DualSync Twin Motor System maintains precise balance at any frequency and amplitude level, allowing perfect synchronisation of vibration for maximum muscle response and efficiency
<b>PrecisionWave™ Technology</b>	High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results
<b>Frequency / Pre-set Frequencies</b>	25 to 50 Hertz / 30, 35, 40, and 50 Hertz
<b>Time Selections</b>	30, 45 or 60 seconds / up to 9 minutes
<b>Vibration Energy Output</b>	Low or High
<b>Certifications</b>	CE and EMC (TUV certified); RoHS / WEEE compliant; MDD Certified
<b>Key Features</b>	Secondary timer and controls

Max Load  
**600lb**



## Performance Health Systems

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