

POWER  PLATE®

Discover the Difference

The Future of Fitness.

pro6™

Power Plate, the global leader in Acceleration Training™, offers the advanced total body training solution—the Power Plate® pro6™ with integrated proMOTION™ Dynamic Vibration Technology. This model uses high strength Vectran® cables which transfer vibrations to the upper body to help build muscle tone and strength. The cables are five times stronger than steel and extend more than two metres, so the pro6 can be used for over 200 exercises, from static to dynamic. Whatever your fitness goals are, you can achieve them with the pro6.

Now there's no excuse for anyone's work-out to stand still.



MDD Certification
Power Plate is a certified Class IIa
medical device in Europe



Power Plate® pro6™ Technical Specifications

Colour (standard)	Silver — additional colours available upon request
Dimensions (W x D x H)	87cm x 107cm x 156cm / 34in x 42in x 61in
Weight	169.75kg / 374lb
Power Supply	International: 220–240 VAC, 50Hz, voltage specific
Nominal Power in Operation	0.35kw
Maximum Load	227kg / 500lb
Operation	User-friendly interactive display with Stage II accreditation from the Inclusive Fitness Initiative (IFI)
DualSync Twin Motor System	DualSync Twin Motor System maintains precise balance at any frequency and amplitude level, allowing perfect synchronisation of vibration for maximum muscle response and efficiency
PrecisionWave Technology	High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results
Frequency / Pre-set Frequencies	25-40Hz (+ / - in 1Hz increments) / 25, 30, 35 or 40Hz
Time Selections	30, 45 or 60 sec. / Up to 9 min
Vibration Energy Output	High or Low
AIRdaptive™ Settings	1 = up to 60kg / 130lb 2 = between 60–90kg / 130–200lb 3 = above 90kg / 200lb
Certifications	CE and EMC (TUV certified); RoHS / WEEE compliant; Stage II IFI accredited; MDD Certified

proMOTION™ Dynamic Vibration Technology Specifications

Dimensions	28cm x 25cm x 18cm / 10.9in x 9.8in x 7in
Resistance Levels	High or Low. Lift lever to increase; press down to decrease
Cable	Maximum 2.2m / 98.4in

