

# MY-SERIES TECHNICAL SPECIFICATIONS



my body, my time™



Specifications	my5™	my3™
Colour (standard)	Silver, Black or White	Silver or Black
Maximum Load	136 kilograms / 300 pounds	120 kilograms / 264 pounds
Frequency	30 to 40 Hertz	35 Hertz
Frequency Adjust	1 Hertz increments	3 mats / varying thickness
Time Selections	30 or 60 seconds	30 or 60 seconds
Vibration Energy Output	Low or High	Low or High
Dimensions (W x D x H)	68 cm x 90 cm x 150 cm 27 in x 35 in x 59 in	65 cm x 82 cm x 150 cm 26 in x 32 in x 59 in
Surface Plate Dimensions (W x D)	69 cm x 59 cm 27 in x 23 in	64 cm x 39 cm 25 in x 15 in
Weight	90 kilograms / 200 pounds	57 kilograms / 126 pounds
Power Supply	90-260 VAC, 50/60 Hertz, Universal Voltage	90-260 VAC, 50/60 Hertz, Universal Voltage
Additional Features (by series)	Remote Control: Quick-start settings of strength, stretch, massage and relax	—

# PRO-SERIES TECHNICAL SPECIFICATIONS



my body, my time™



Specifications	pro5 AIRdaptive™ High Performance	pro5 AIRdaptive™	pro5™
Colour (standard)	Matte Black	Silver	Silver
Maximum Load	272 kilograms / 600 pounds	227 kilograms / 500 pounds	182 kilograms / 400 pounds
Frequency	25 to 50 Hertz	25 to 50 Hertz	25 to 50 Hertz
Frequency Adjust	1 Hertz increments	1 Hertz increments	1 Hertz increments
Time Selections	30, 45 or 60 seconds / up to 9 minutes	30, 45 or 60 seconds / up to 9 minutes	30, 45 or 60 seconds / up to 9 minutes
Vibration Energy Output	Low or High	Low or High	Low or High
Dimensions (W x D x H)	87 cm x 107 cm x 29 cm 34 in x 42 in x 11 in	87 cm x 107 cm x 156 cm 34 in x 42 in x 61 in	87 cm x 107 cm x 156 cm 34 in x 42 in x 61 in
Surface Plate Dimensions (W x D)	84 cm x 84 cm 33 in x 33 in	84 cm x 84 cm 33 in x 33 in	84 cm x 84 cm 33 in x 33 in
Weight	150 kilograms / 330 pounds	158 kilograms / 348 pounds	150 kilograms / 330 pounds
Power Supply	220-230 VAC, 50 Hertz, Voltage Specific	220-230 VAC, 50 Hertz, Voltage Specific	90-260 VAC, 50/60 Hertz, Universal Voltage
Additional Features (by series)	- Remote Control - 20% increase in output - AIRdaptive™ settings 1, 2 or 3: 1 = up to 60 kgs / 130 lbs 2 = between 60-90 kgs / 130-200 lbs 3 = above 90 kgs / 200 lbs	AIRdaptive™ settings 1, 2 or 3: 1 = up to 60 kgs / 130 lbs 2 = between 60-90 kgs / 130-200 lbs 3 = above 90 kgs / 200 lbs	—