

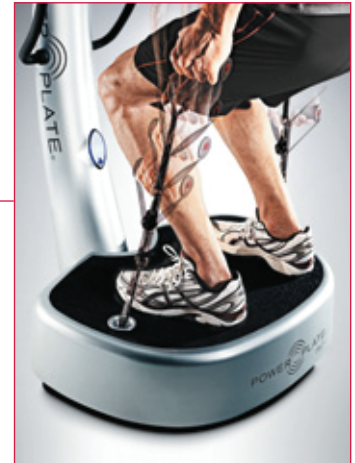
Say Hello to Your New Personal Trainer.

my7™

With 250+ customized programs, 1,000+ exercise videos, and over a million different combinations, the Power Plate® my7™ is the remarkable new exercise machine that takes your home workout in a new direction. With the latest in whole body vibration technologies, the my7 is an intelligent virtual trainer designed to work with you from start to finish. It also introduces proMOTION™ Technology, embedded resistance cables, offering multiple levels of challenge to your workout. To bring it all together, the integrated touch screen computer provides the information you need, including helpful coaching tips, to guide you during your workouts. Whether you want to look better, feel better, or play better, this advanced machine will take you there.

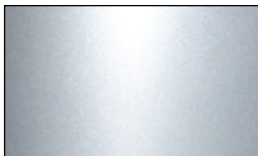
Say "Hello" to your new personal trainer.





Seven-position proMOTION™ tension adjustment with modular attachment option

Colour options available*



Silverstone



Graphite

*Colours shown are an approximate representation. Additional colors available upon request for an additional fee.

Technical Specifications:

Frequency / Pre-set Frequencies	0–40Hz / 30Hz, 35Hz, 40Hz with +1Hz incremental adjustments
Amplitude	Low or High
G-Factor	1–6 with intelligent manual control options
Time Selections	0–9 minutes (15 second increments)
DualSync™ Twin Motor System	Maintains precise balance at any frequency and amplitude level, allowing perfect synchronisation of vibration for maximum muscle response and efficiency
Dimensions (W x D x H)	87cm x 80cm x 153cm / 35in x 32in x 61in
Weight	287lb / 130kg
Power Supply:	100–240V, 50/60Hz, Nominal Power: 160-185W, Universal Voltage
Maximum Load	300lb / 136.4kg
Processor	ARM11 533/667MHz with 3D GFX accelerator
Operating System	Windows CE 6.0 Professional
Upper Display	10.1in LCD Display (800 x 480 pixel)
USB Port/Hub	USB 1.0 Port x2 (1 external, 1 internal service port)
LAN port	10/100M Ethernet
Audio	2 x 2W
PrecisionWave™ Technology	High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results
Certifications	CE and EMC (TUV certified); RoHS / WEEE compliant