

POWER  PLATE®

# Instructions For Use Personal Model



# Contents

Introduction	03
Important Medical and Safety Warnings	04
Important Safety Instructions	05
Set Up and Handling	06
Environmental Requirements and Warnings	07
Operation	08
Varying the Intensity	10
Personal Adaptation	11
Accessories	12
Technical Specifications	13
Maintenance	14
Troubleshooting	14
Contact and Support	15
Warranty	15

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# Introduction

Power Plate® may be used by almost everyone. Power Plate allows you to adjust training to your own level and reduce the burden on your joints, tendons and ligaments. As with every form of training, the correct use of exercises, adjusted to your personal abilities, will determine the benefits and effects of completing a training session on Power Plate, while at the same time, Power Plate reduces the risk of injury to the body.

We recommend consulting your physician before beginning any new exercise program. For your safety, please review the product instructions before operating Power Plate. If at any time you feel faint, dizzy, nauseous, short of breath or in pain, stop exercising immediately and consult with your physician.

Body posture, muscle stiffness and muscle tension are important contributing factors in your training session. If muscles are tensed, or contracted, they will absorb vibrations to help strengthen and tone those muscles. Passive or active exercises, such as stretch and massage, can be performed on a more frequent basis.

Exercise should be performed on a regular basis, starting with low intensity, which means low frequency and amplitude settings for short sessions. The body should be gently stimulated in a way that will allow you to adjust to vibration training, but will not overload your body. Over time, the intensity and duration can be increased in the same manner as other progressive training programs. Once the body has adapted to vibration, training can be changed or intensified to keep improving performance.

# Important Medical and Safety Warnings

Before using Power Plate it is essential that you read the entire user manual, including all medical and product warnings and safety instructions. You should also convey all such warnings and instructions to any other person who uses Power Plate. Retain this manual for future reference.

## Medical and Safety Warnings:

**Warning:** Before beginning any exercise program, you should consult a physician for a physical examination and clearance to engage in the program, or personal injury could result.

If you have any known medical condition, or any physical limitation on your ability to exercise, it is strongly recommended that you seek the advice of a physician before using Power Plate in order to avoid possible injury.

If, while using Power Plate, you experience any dizziness, faintness, shortness of breath, or pain, you must stop using the machine immediately and consult a physician. Failure to do so could result in personal injury.

Power Plate is not intended to treat any specific medical or disease conditions, unless directed by your doctor or other health care professional.

The remainder of this manual includes directions for the proper set up and use of Power Plate. Please follow all directions, instructions and warnings carefully in order to ensure your personal safety, and that of those around you when using the Power Plate.

Never operate the machine if it has been dropped, tipped over, damaged, or even partially immersed in water, unless an authorized Power Plate service professional has examined the machine and cleared it for use.

Never insert objects into any opening on the machine. If an object falls into the machine, shut the machine off and remove the power cord before attempting to retrieve the object. If the object cannot be reached, contact an authorized Power Plate service professional.

# Important Safety Instructions

## 1. General Safety Warnings:

- Always follow the directions on the machine's console for proper operation.
- Close supervision is required when the machine is used by, or near, children or disabled persons.
- Always use care when getting on and off the machine.
- Never reach into or under the machine, or tip the machine on its side, while it is in operation.
- Use the machine only for the purposes described in this user manual and only with attachments or accessories that come with the machine or which Power Plate has specifically approved for use with the machine.

## 2. Specific Safety Warnings

### 2.1 Proper Clothing and Padding

- During exercises in which the user stands on the vibration platform, the user should wear rubber-soled shoes or, if the user chooses to exercise in socks or bare feet, the user should use the contoured mat that is provided with the machine.
- During exercises in which any part of the user's body is in contact with the vibration platform, Power Plate recommends the use of at least one contoured mat.

### 2.2 Proper Position and Balance

- In order to avoid possible injury from the machine's vibrations, Power Plate recommends the user not lean back on his/her heels or "lock" his/her joints or straighten his/her legs when standing upright on the machine.
- It is important at all times to maintain balance while on the machine. The user, should (unless the directions for a particular exercise state otherwise) keep his/her knees directly above the toes.
- Proper position and balance are especially important if the user employs weights during any exercise on the machine. Power Plate strongly recommends users not employ weights while using the machine, unless they are being coached by an exercise professional or unless the user has extensive experience with weight training or with Power Plate.

The three pictures on the right demonstrate proper and improper ways to stand on the machine.

A. You always need to be balanced when standing on Power Plate. Do not "lock" any joints, such as your knees and elbows, but keep them slightly bent.

B. Don't place your weight close to the edge of the platform as this may cause Power Plate to become unstable.

C. When training with Power Plate, keep your weight towards the center of the platform. Also, balance your weight predominantly on the front of your feet.

### 2.3 Proper Hydration

Power Plate recommends that the user stay well-hydrated by drinking at least 300 ml (16 ounces) of water before, during, and after each exercise session.

### 2.4 Proper Limitations on Exercise

**! Warning:** it is imperative the user pay careful attention to his/her body's reaction to exercise on the machine and that the user not over-exert himself/herself or work to exhaustion, or personal injury could result.

**! If, at any time, the user experiences dizziness, faintness, shortness of breath, or any pain, the user should immediately stop exercising and consult a physician before continuing with an exercise program, or personal injury could result.**

A



B



C



# Set Up and Handling

## Set up and Handling Instructions

**Danger:** to reduce the risk of electrical shock, always unplug Power Plate before cleaning or servicing it.

**Warning:** to reduce the risk of electrical shock, fire, burns, or other injury, always plug Power Plate into a properly-grounded electrical outlet.

**Warning:** to ensure safe use of Power Plate, it must be regularly examined for damage and wear. The machine, however, contains no user-serviceable parts. Thus, with the exception of the maintenance tasks described later in this manual, the owner/user should always retain an authorized Power Plate service professional to perform maintenance and/or service on the machine.

The machine should be set-up on a hard, level surface in an area free of obstructions within at least three feet of the vibration platform.

The machine should not be used outdoors, near a pool, or near any source of water or extreme humidity. Contact with water could cause a short-circuit, which could cause personal injury or damage to the machine. Unplug the machine when not in use.

Never attempt to lift or move the machine in an unsafe manner.

## Electromagnetic Compatibility (EMC) Precautions

The Personal model is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.

The Personal model emits electromagnetic energy to perform. Nearby electronic equipment may thus be effected by this emission. Similarly the Personal model may itself be affected by electromagnetic emissions from other equipment in the vicinity.

The Personal model is intended for use in the electromagnetic environment as specified below. The customer or user of the Personal model should assure that it is used in such an environment:

- Floors should be wood, concrete or ceramic tile. If the floor is covered with synthetic material, the relative humidity in the room should be at least 30%.
- Electric power quality should be that of a typical domestic, or commercial environment as appropriate.
- The Personal model should not be used during power interruptions.
- Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or domestic environment.

The Personal model is intended for use in an electronic environment in which radiated radio-frequency (RF) disturbances are controlled.

The user of the Personal model can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the Personal model as recommended below, according to the maximum output power of the communications equipment:  
The adequate separation distance to provide base immunity to RF disturbances is 1.5 feet or 1.0 meters.

Retain this user manual for your future reference.

# Environmental Requirements

## OPERATING CONDITIONS

Temperature: 15°C to 40°C  
Humidity: 10% to 95% RH  
Pressure altitude: Normal atmospheric conditions/ 860-1060hPa

## STORAGE AND SHIPPING CONDITIONS

Temperature: 10°C to 40°C  
Humidity: 10% to 95% RH  
Pressure altitude: Normal atmospheric conditions/ 860-1060hPa

## ADDITIONAL WARNINGS

The device is not suitable for use in the presence of flammable anesthetic mixtures with air or with oxygen or nitrous oxide.

The device requires no calibration.  
The device is repairable and contains no user serviceable parts.

The user must check that the equipment functions safely and see that it is in proper working condition before being used.

Permissible environmental conditions of use including conditions for transport and storage.

The manufacturer does not require such preventive inspections by other persons.

The plug is used to disconnect from the main supply. Do not position the machine so that it is difficult to disconnect the main plug.

Warning: To avoid the risk of electric shock, this equipment must only be connected to a supply main with protective earth grounding.

## User Population

The machine is intended for use by a diverse population including:

- Adult men and woman who are medically cleared and able to undertake physical exercises such as weight bearing and ground reaction force type exercise programs. In general this applies to healthy adults (16+ years old).
- All other users should be cleared by their physician and only use the Power Plate under medical supervision.

## Facilities

The machine is intended to be used in the following environments:

- Domestic or Personal use
- Hotels, Spas, Resorts
- Fitness Centers

# Operation

## Power On / Off:

- To Power On the Machine: Press the rocker switch located on lower back of the display console to indicate "1" position.
- To Power Off the Machine: Press the rocker switch located on lower back of the display console to indicate "0" position.

Personal Power Plate Display Console



Personal Power Plate Remote Control





# Operation

Once you become familiar with the basic operation of Power Plate, you can begin your training. Power Plate is very easy to operate, as you can tell from a brief review of the primary buttons on the faceplate and remote control.

## Main Controls

\*The Personal Power Plate vibration is set at 35 Hz

Start/Stop



Repeat



Time (30/60 secs)



Low/High Intensity



## Remote Controls

Start/Stop



Repeat



Time (30/60 secs)



Low/High Intensity



You should consult a physician before beginning any exercise program, including a program involving the use of. If you have any known medical condition, or any physical limitations on your ability to exercise, Power Plate strongly recommends that you seek the advice of a physician before using Power Plate. If, while using Power Plate, you feel dizzy, faint, short of breath, or any pain, stop using Power Plate immediately, and consult a physician.

# Varying the Intensity

The correct step-by-step build up of intensity is extremely important for your training to be carried out both efficiently and responsibly.

For the Personal Power Plate model, there are several variables that can be used to vary the intensity:

- Length of time for each exercise
- Rest time between exercises
- Number of exercises
- Amplitude (distance the plate moves vertically per vibration)
- Sessions per week (between 2 and 3 is optimal)
- Muscle tension (how tightly the muscle is contracted) by changing the angle of the joint or, for example, performing the exercise on one leg only. Complexity of movement or additional movement (i.e., active or dynamic movement versus holding a static exercise position).
- Additional weight or load, (i.e., using a weight vest or dumbbells).

The exact way of using the variables is complex and depends on the individual and training goals of the person involved. Other factors that should be taken into account are injuries, limitations, specific demands and/or any other circumstances influencing the body (and mind).

In general the following progression steps can be taken:

Exercise time, number of exercises and rest time.

These settings depend completely on your training goals. If you are new to whole body vibration training, we recommend performing only a few exercises and resting for the same amount of time as is spent actively using Power Plate. After a while, more exercises can be added.

When trying to accomplish weight loss, cardiovascular or endurance improvements, rest time can be reduced, exercise time can be extended and the number of exercises can be increased to add to the total volume of training.

It is recommended that you perform specific exercises and keep the total volume low, with enough rest between exercises.

Example: If you are training for endurance or weight loss goals, you should progressively extend the duration of training to multiple sets of 60 seconds each and cut the rest period to 30 seconds or less

between subsequent sets. If your goal is to achieve maximum strength or power, you should do multiple sets of short duration on high amplitude, and take long rest periods, from 1 to 4 minutes.

## Amplitude

For each type of exercise, we recommend the following amplitude settings:

- Stretch setting should be LOW
- Strength setting should be LOW, progressing to HIGH
- Massage setting can be HIGH
- Relaxation setting should be LOW

When amplitude is increased from Low to High, frequency and volume of exercise should be (temporarily) decreased and the rest period increased proportionally.

## Mat

The mat dampens the vibrations. Always use the mat when you have a body part in contact with the plate surface, or if you are exercising in socks or bare feet.

## Sessions per week

In general, we recommend performing 2 to 3 sessions per week. Stretches, massages, relaxation and preparation programs can be performed more often.

## Extra load

Extra load, i.e., adding weights, should only be used to increase intensity by well-trained people or users who are being coached by a professional.

Specialized programs and additional progression steps for individual users should be drawn up by educated and certified Power Plate® trainers.

A variety of educational and training materials, including DVDs, online learning and in some countries, specialized academies is offered. For more information please visit our website, [powerplate.com](http://powerplate.com).

Training on Power Plate is like any other type of training: start with light and short training sessions, and once accustomed to the vibrations, you can begin to gradually intensify your program. However, our most important advice is to always listen to what your own body is telling you.

Changing your exercises by using more movements of your body that correspond to your specific goals will further increase performance even more. You can think of increasing the angle of the joint (which increases the contraction of the muscle), or varying the exercises by performing them with a variety of still (static), active (dynamic) or jumping (plyometric) movements.

# Personal Adaptation

Another important aspect is ensuring that between training sessions, you rest long enough to fully recover. We normally recommend two days of rest after each training session. It is our experience that one day's rest after training with Power Plate equipment is often enough, but every body is different and you will have to find what works best for you. If you feel the schedules are too easy or too intense once you have become accustomed to this training method, you can adjust them to your comfort level.

# Accessories



Personal Power Plate Accessories:

Included:

- Strap Set (2pcs)
- Exercise Mat
- Power Cord
- Soft Cloth Carrying Case

Available Separately:

- Back Pillow
- Power Shield
- Stability Bar
- Folding Cushion

## Power Shield



## Back Pillow



## Folding Cushion



## Stability Bar



# Technical Specifications

Color (standard)	Black
Maximum Load Weight	120 kilograms / 264 pounds
Operation Frequency	User-friendly display with Remote Control 35 Hertz
Time Selections	30 or 60 seconds
Vibration Energy Output	Low or High
Machine Dimensions W x D x H	70cm x 47.5cm x 15.7cm 27.5in x 18.7in x 6.2in
Dimensions with Packaging W x DxH	82cm x 56cm x 27cm 32.3in x 22in x 10.6in
Weight	16.9 kilograms (37.2 pounds)
Power Supply	100–240 VAC, 50 / 60 Hertz, Universal Voltage
Nominal Power	20-55W
Certifications	CE, PSE, UL, cUL FCC ID, IC ID, TELEC RF



# Maintenance

WARNING: THE MACHINE CONTAINS NO USER-SERVICEABLE PARTS. PLEASE CONTACT AN AUTHORIZED POWER PLATE™ SERVICE PROFESSIONAL FOR ANY MAINTENANCE OR TROUBLESHOOTING NOT OTHERWISE DESCRIBED BELOW, OR PERSONAL INJURY OR DAMAGE TO THE MACHINE COULD RESULT.

! **CAUTION:** Any changes, modifications, or unauthorized maintenance performed to or on the machine could void the product warranty.

- Always unplug the machine and let stand for at least one minute before performing any maintenance.
- Clean the machine only with a moist cloth. Do not use sharp objects, bristles, scrubs, or acid-based detergents, because this will damage the lacquer finish.
- Do not spray any cleaning solution directly onto the machine. Instead, moisten a cloth, then apply to the machine.
- On plastic components, use only polishes with specifications for plastic.
- Use a soft brush, not a cloth, to clean the platform, including the contoured mat.
- Clean electrical components only with a dry cloth, in order to avoid the risk of shock or damage to the components.

## Troubleshooting

- Always unplug the machine and let stand for at least one minute before performing any troubleshooting.
- If the machine is not operational and the console display is not illuminated, check the power connections to the machine.
- If all power connections are proper, please check the circuit breaker or fuse for the electrical outlet that is supplying power to the machine in order to ensure that the outlet is receiving electrical power.
- If the console display is illuminated, but the platform will not vibrate, unplug the machine, wait at least one minute, then check the connection to the machine's motor, located under the base of the machine.
- If the machine makes a rattling noise, unplug the machine, wait at least one minute, then check to make sure that the feet are properly tightened.

! **Danger:** It is strongly recommended that the user not try to resolve electrical issues regarding the power source to the machine. Rather, it is strongly recommended that the user contact a licensed professional electrician to diagnose and make necessary repairs. Otherwise, serious and permanent personal injury or property damage may result.

APPLIED PARTS: applied parts are not intended to deliver heat during normal use. The maximum temperature for applied part may be up to 43 degrees Celsius / 109.4 degree Fahrenheit.

Applied Parts:  
• Platform

Power On / Off:

- To Power On the Machine: Press the rocker switch located on lower back of the column to indicate "1" position.
- To Power Off the Machine: Press the rocker switch located on lower back of the column to indicate "0" position.

## Warranty / Product Registration

To register your Power Plate please visit us online at [powerplate.com/products/registration](http://powerplate.com/products/registration). Registering your product will help Performance Health Systems provide you with quicker and more efficient service and support. Registering also ensures you will receive full advantage of manufacture warranty.