



Instructions for Use my7™ Model

Consumer & Commercial Fitness



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out of your Power Plate.



Contents

Introduction	01
Important Safety Instructions	02
Health Warnings	02
Setup and Handling	02
Hydration	03
Clothing and Padding	03
Position and Balance	03
EMC Precautions	04
Touchscreen Controls	06
Settings	07
Service Menu	08
proMOTION™ Dynamic Vibration Technology	09
proMOTION™ How Does it Work?	09
proMOTION™ Usage and Guidelines	09
Varying the Intensity	10
Exercise Time, Number of Exercises and Rest Time	10
G-Factor	11
Mat	11
Sessions Per Week	11
Extra Load	11
Technical Specifications	12
Maintenance	13
Troubleshooting	13
Contact and Support	15
Warranty	15

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Introduction

Power Plate® my7 model is a consumer and commercial product that may be used by almost everyone for fitness and exercise purposes. Power Plate my7 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, reduce 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 stretching 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 Safety Instructions

Before using the Power Plate® my7 machine, it is essential that you read the entire user manual, including all warnings and safety instructions. You should also convey all such warnings and instructions to any other person using the Power Plate machine. Retain this user manual for future reference.

! Health 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, Power Plate strongly recommends that you seek the advice of a physician before using the Power Plate machine, in order to avoid possible personal injury.

If while using the Power Plate machine, 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.

The Power Plate machine is a consumer and commercial device and is designed for fitness and exercise programs and supervision integrated into a closely monitored exercise program only and as part of an exercise program.

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 take care when getting on and off the machine. Use the handles on the machine as needed, to maintain stability 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, or personal injury could result.

Setup and Handling

! Danger: To reduce the risk of electrical shock, always unplug the Power Plate machine before cleaning or servicing it.

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

! Warning: To ensure safe use of the Power Plate machine, 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 the machine. Unplug the machine when not in use.
- Never attempt to lift or move the machine without assistance.
- 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 plug before attempting to retrieve the object. If the object cannot be reached, contact an authorized Power Plate service professional.

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.

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 one 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.

Position and Balance

- In order to avoid possible injury from the machine's vibrations, Power Plate recommends that 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, however, should not "hang" on the machine's handles in order to maintain balance but 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 that 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 the Power Plate machine.

- The three illustrations on the right demonstrate the incorrect ways to stand on the machine.
- The illustration below demonstrates the correct way to stand on the machine.

Correct



Legs slightly bent.

Incorrect



You always need to be balanced when standing on the Power Plate machine. Never hang on to the handles, use them only to maintain balance.

Incorrect



Don't lean on your heels too much. Balance your weight predominantly on the front of your feet.

Incorrect



When training with the Power Plate machine, do not "lock" any joints, such as your knees and elbows, but keep them slightly bent.

! Electromagnetic Compatibility (EMC) Precautions

- The my7 model is suitable for use in all consumer and commercial establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
 - The my7 model emits electromagnetic energy to perform its intended function. Nearby electronic equipment may be affected by this emission. Similarly the My7 model may be affected by electromagnetic emissions from other equipment in the vicinity.
- 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%.
- Power quality should be that of a typical domestic, commercial or hospital environment as appropriate.
- The my7 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 hospital environment.
- The my7 model is intended for use in an electronic environment in which radiated radio-frequency (RF) disturbances are controlled.
 - The customer or user of the my7 model can help prevent electromagnetic

interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the My7 model as recommended in this user manual, according to the maximum output power of the communications equipment:

The adequate separation distance to provide base immunity to RF disturbances is 1.0m/ 3.3 feet.

Retain this user manual for your future reference.

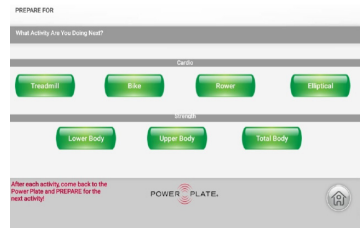
my7 Touchscreen Controls

Home Page



The home page allows quick access to workout Preparation/Warm Up and Recovery/Cool Down exercises.

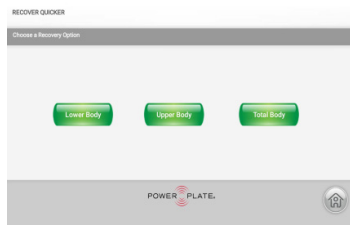
Prepare / Warm Up



Users can select warm up exercise to prepare for seven popular workouts:

- Treadmill
- Bike
- Roller
- Elliptical
- Upper Body
- Total Body
- Lower Body

Recover / Cool Down



Three cool down options are provided via the Recover Quicker screen:

- Lower Body
- Upper Body
- Total Body

Home Page



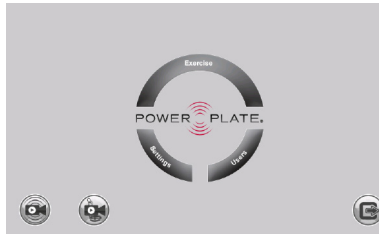
Click on the “my7” button in the upper right hand corner (see above) to access 250+ customized programs and 1,000+ exercise videos.

Click on the “multi-colored globe” button in the lower left hand corner (see above) to access multiple languages.

my7 Touchscreen controls

The my7 software is organized in three modules: MANAGE – EXERCISE – USERS

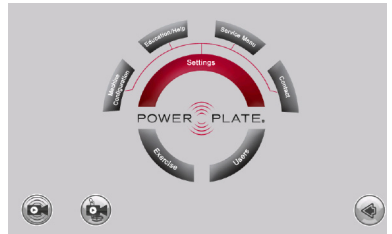
Home Page



The home page allows a quick access to SETTINGS, USERS and EXERCISE as well as educational videos about our company and the my7.

- Feel Better
- Look Better
- Play Better

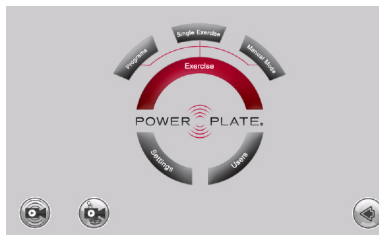
Settings



This button takes you to the setting module. The settings are broken down into 4 areas.

- Machine Conf
- Education/Help
- Service Menu
- Contact

Exercise



This button takes you to the exercise module. The exercise are broken down into 3 areas.

- Programs
- Single Exercises
- Manual Mode

Users



This button takes you to the users' module. It is broken down into 2 areas.

- New Users
- Existing Users

Settings

G-factor™

- The my7 model offers a new way of setting the machine, called “G-Factor™”, which simplifies how one sets the machine to operate at various levels of intensity. The G-Factor combines the frequencies and amplitudes, as shown in the table below.

The term G-factor™ is based on g-forces as described in paragraph “Intensity Level”, a combination of frequency and amplitude.

Intensity level

- The intensity at which the machine operates can be determined by multiplying frequency and amplitude, which shows how fast and how far the platform is accelerating. Acceleration is expressed in meters per second squared (m/s²) and can be converted to g-forces. An acceleration of 9.81 m/s² is equal to a g-force of 1g.
- Stretch – Readies your muscles and connecting tissues. An excellent prep for any workout.
 - Recommended G-Factor 1
- Balance – Activates your mind/body connection and increases your stabilizing muscle strength.
 - Recommended G-Factor 1-2
- Core – Engages and strengthens your central pillar including abs, obliques and spinal erectors.
 - Recommended G-Factor 1-6
- Strength – Builds lean muscle, tones and burns fat with both dynamic and static style exercises.
 - Recommended G-Factor 1-6
- Massage – Stimulates blood flow and relaxes muscles while reducing post-workout fatigue.
 - Recommended G-Factor 1-6

Programs and exercises performed on the my7 model will always communicate the recommended settings as G-Factor.

Settings	G-factor™
30 Hz - Low	1
35 Hz - Low	2
40 Hz - Low	3
30 Hz - High	4
35 Hz - High	5
40 Hz - High	6

Settings – Service Menu

Service Menu has 8 categories:

1. Sizzle Loop 2. Diagnostic Information 3. Usage Statistics 4. Technical Support
5. Software Updates 6. Troubleshooting and Support 7. Software 8. System Reset

1. Sizzle Loop

- a. Will play a power plate demonstration video

2. Diagnostic Information

- a. Will let you view any system error messages

3. Usage Statistics

- a. Will display the total machine hours used

4. Technical Support

- a. Hardware gives you embedded hardware information
- b. Android is a password protected area that allows you to close the Power Plate software program and access the OS

5. Software Updates

- a. Indicates the version of Power Plate software is currently installed on the unit

6. Troubleshooting & Support

a. Touchscreen non responsive

- i. Reboot the My7 (turn Power Switch to Off position, "0", then back to On position, "1")
- ii. Reboot the touchscreen (hold down GREEN button on lower half of Control Panel for 2 seconds)
- iii. Contact support at www.powerplate.com > Contact > Fill out Online Form & Click "Submit"

b. Touchscreen Freezes Up or "Hangs"

- i. Reboot the My7 (turn Power Switch to Off position, "0", then back to On position, "1")
- ii. Reboot the touchscreen (hold down GREEN button on lower half of Control Panel for 2 seconds)
- iii. Contact support at www.powerplate.com > Contact > Fill out Online Form & Click "Submit"

c. How Do I Clean the Touchscreen

i. Turn touchscreen off. Use a piece of dry, lint free soft cloth. First wipe down monitor to remove dust. Please use deionized or distilled water or iso-propyl alcohol – Don't use tap water or mineral water as they may leave white marks on the screen due to the dissolved salts. Spray this liquid on the cloth. Never spray liquid directly onto the touchscreen. Moisten the cloth with the cleaner and gently move the wet cloth in just one direction – from top to bottom. Completely dry the touchscreen with a second cloth. Do not use any solutions that contain Acetone, ethyl alcohol, toluene, ethyl acid, ammonia, or methyl chloride.

d. To avoid damaging the touchscreen, do not use excessive force when cleaning. The touchscreen is not a rigid hard surface and can be damaged if too much pressure is applied.

7. Software

a. my7 software support

- i. Contact support at www.powerplate.com > Contact > Fill out online form and click "Submit"
- ii. Once you have submitted the online Contact form, a Power Plate Customer Service representative will be in contact

8. System Reset

- a. This area is currently non-functioning and a placeholder for future software updates

proMOTION™ Dynamic Vibration Technology

How Does it Work?

proMOTION™ Dynamic Vibration Technology uses high strength cables for high quality.

The unique cables, which pound-by-pound are five times stronger than steel.

Each cable extends to more than two meters, allowing for movement in all planes and directions, so you can enjoy full range of movement and infinite dynamic exercise options.

The proMOTION offers variable resistance. Changing the resistance puts more load on the muscles during the most intense part of the movement, offering another way to progress your workouts by increasing the intensity of your training. The unique gel dampening system also increases the resistance as you work harder.

Usage and Guidelines

As with any form of exercise, cease your session immediately if you feel faint, dizzy or ill while working out on the Power

Plate® machine. Always consult a doctor or specialist before restarting your training.

As with any training routine, it is important to start using the proMOTION on the lowest level of resistance and with the Power Plate machine on a low setting. Establish a good technique before increasing the setting on the proMOTION from low to high.

Always pay special attention to your posture, especially the position of your wrists and back, and how close you are to the Power Plate machine. Dynamic exercises should be performed mainly in vertical movements. **WARNING:** Do not extend the cables more than 215 cm/84.64 inches (passed the colored line). Doing so will void your warranty.



Shift lever on the proMOTION towards you to increase resistance; shift away from you to decrease resistance

Varying the Intensity

Training on the Power Plate machine is like any other type of training: start with light and short training sessions, and once accustomed to the vibrations, one can begin to gradually intensify the program. We strongly recommend that you always listen to what your own body is telling you.

Gradual increases in intensity should be introduced over time to realize improved training results.

The exercise intensity can be varied simply by using the following variables:

- Length of time for each exercise
- Rest time between exercises
- Number of exercises
- G-Factor
- Sessions per week (between 2 and 3 is optimal)
- Muscle tension (how tightly contracted the muscle is) 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 only holding an exercise position)
- Additional weight or extra load, i.e., using a weight vest or dumbbells

How these variables are applied depends on the individual and their training goals. Other factors that should be taken into account are injuries, limitations, specific demands and/or any other circumstances influencing the training regimen.

In general the following progression steps can be taken:

- Exercise Time
- Number of Exercises
- Rest Time

These settings depend on your training goals. If you are new to Acceleration Training™ sessions, we recommend performing only a few exercises and resting for the same amount of time as is spent actively using the Power Plate machine. 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.

For recovery, flexibility and preparation, it is better to perform specific exercises and keep the total volume low, and allow sufficient rest between exercises.

For strength, power and speed, the intensity (i.e., Hertz settings) per exercise can be increased, but the total volume should be kept low.

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.

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.

G-Factor

Exercise which is selected manually has its own preset setting and G-factor range. For each type of exercise, we recommend the following g-factor settings:

- Stretch settings should be performed on G-factor level 1.
- Balance settings should be performed between G-factor level 1 and 2.
- Core, Strength and Massage exercises should be performed between G-factor level 1 and 6.

When the G-factor level is increased, the volume of exercises should be decreased (duration, number of sets) and the rest period should be 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 two to three sessions per week.

Stretches, massages, relaxation and preparation programs can be performed more often.

Extra Load

We recommend adding external load, such as using weights, only if you are an experienced Power Plate user, or if your professional coach or trainer is supervising your training. All of the above parameters can be varied with the extra load. When external load is added to your exercises on the Power Plate® machine, amplitude and volume of the exercises should be decreased and the rest period should be increased proportionally as though starting the entire exercise progression again.

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

Power Plate offers a variety of educational and training materials, including DVDs, online learning and in some countries, specialized academies. For more information please visit our website, www.powerplate.com.

Technical Specifications

Power Plate® my7™ Technical Specifications

Color (standard)	Graphite or Silverstone
Dimensions (W x D x H)	87cm x 80cm x 153cm / 35 in x 32 in x 61 in
Weight	179kg / 350lb
Power Supply	100-240V, 50/60 Hertz, Universal Voltage
Nominal Power	160-185W
Maximum Load	159kg / 350lb
Operation	User-friendly interactive display
DualSync Twin Motor System	DualSync Twin Motor System maintains precise balance at any frequency and amplitude level, allowing perfect synchronization of vibration for maximum muscle response and efficiency.
PrecisionWave Technology	High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results.
Frequencies	30 - 40 Hertz (5 Hertz increments)
Time Selections	0 - 9 minutes (15 second increments)
Vibration Energy Output	High or Low
G-Factor 1	30Hz/low amplitude
G-Factor 2	35Hz/low amplitude
G-Factor 3	40Hz/low amplitude
G-Factor 4	30Hz/high amplitude
G-Factor 5	35Hz/high amplitude
G-Factor 6	40Hz/high amplitude
Certifications	PSE, CE Standard Electrical , NRTL, C-NRTL; RoHS / WEEE compliant



Computer & Software Specifications

Operating System Windows	Android OS 64bit system
Software	Power Plate proprietary My7 software (Prepare and Recover)
Graphics	High Performance 3D Graphic Accelerator
CPU	Samsung S5P6818 Octa-core Cortex A53 processor (16GB eMMC)
Hard Drive (Storage)	TF card slot : Support iNAND, MMC/SD 64GB
Screen/Monitor	LVDS Type LCD , Resolution : 1280X800(RGB), 10.1 inch
USB Port/Hub	USB 1.0 Port x1

proMOTION™ Dynamic Vibration Technology Specifications

Resistance Levels	7 resistance levels. Pull toward front of the machine to increase, push toward back of the machine to decrease.
Cable	Maximum 2.2m / 98.4in

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.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

- Always unplug the machine and then wait 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, which will damage the lacquer finish.
- Do not spray any cleaning solution directly onto the machine. Instead, moisten a cloth, then apply to the machine where needed.
- On plastic components, use only polishes specifically designed for plastic.
- On the rubber handles and cushion mat, only use mild cleaners that are safe for all surfaces.
- To clean the grip tape surface of the platform use a soft bristle brush.
- To clean the body (painted areas) of the machine, only use automotive cleaners & polishes that are designed to be use on the painted surfaces of an automobile. If you have a deep scuff or paint transfer on the body you can use automotive rubbing compound to buff out the blemish.
- To clean the touchscreen only use cleaners that are approved for use on computer monitors and TV screens.
- Clean any electrical components with a dry cloth only, in order to avoid the risk of shock or damage to the components.
- Inspect the retractable cables for frays and contact the Power Plate Service Department if you have damage.

Troubleshooting

Always unplug the machine and then wait 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 the power cord is just slightly unplugged it could cause this problem. Disconnect and reconnect the power cord from both the wall and the machine.
- If the power connections are okay, please check the circuit breaker connected to the electrical outlet in order to confirm that the outlet is receiving electrical power.
- Confirm that power is turned off to your unit before attempting the next troubleshooting step. If the machine still has no power after confirming the electrical outlet is operational, try checking the fuse. There is a small fuse compartment located on the power inlet. The fuse compartment is situated between the power switch and the power cord on the power inlet. Once the fuse compartment has been removed you will see two fuses. Switch the positions of the two fuses, reinstall the fuse compartment and test your unit.

Environmental Requirements

OPERATING CONDITIONS

Temperature: 10°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

Maintenance

Troubleshooting Continued

- 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.
- If the vibration feels uneven like it gets stronger than weaker again (waving) try calibrating the motors. To do this, run your machine in manual mode at the highest vibration setting (setting 6) for 9 minutes.

DANGER: Do not try to resolve any electrical issues regarding the power source to the machine. Instead, contact the Power Plate Service Department and report your issue. Please have the serial number of your machine ready when you call (the 8 digit serial number is located on a white sticker at the very base of the unit, on the backside). The Power Plate Service Department will assist you in securing an authorized local service provider to conduct all necessary diagnostic examinations and repairs. Otherwise, serious personal injury and/or property damage can occur.



Download the Power Plate App today
for even more ways to get the most
out of your Power Plate.

