

POWER PLATE®

Discover the Difference

## Instructions for Use my7™ Model



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# Introduction

Power Plate® machines use the principles of Acceleration Training™ exercise to stimulate the body's natural response to vibration. Power Plate machines create vibrations that cause instability throughout the body. As these vibrations transmit waves of energy, a variety of muscles subconsciously contract throughout the body. This rapid cycle of muscle contraction and release is what makes training with Power Plate equipment so effective. Acceleration Training was discovered in the former Soviet Union, where it was found to effectively combat the negative effects of the zero-gravity environment in space. Cosmonauts were faced with considerable loss of muscle strength and bone density from their time in space, and Acceleration Training exercise helped reverse these effects. However, this new form of training was unknown in Western Europe until after the fall of the Iron Curtain, when Dutch sports expert Guus van der Meer introduced the technology, resulting in the development of the first Power Plate model in 1999. Since then, Power Plate technology has been adapted for the masses so it is now possible for everyone to enjoy training on Power Plate machines. That means you can strength train without the need to add extra weights, thus without overloading the body and its joints. Power Plate machines are used by everyone from high performance athletes to the elderly, and anyone wishing to improve their general health and fitness levels.

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## Correct Use is Essential for Optimal Results

In theory, the Power Plate machine can be used by almost everyone. You can adjust training to your own level and reduce any 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 the Power Plate machine, while at the same time reducing the risk of injury or damage to the body.

Body posture, muscle stiffness and muscle tension (i.e. how contracted your muscle is) 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 exercises, such as stretch and massage on the Power Plate machine, don't absorb as much vibration and can therefore be performed on a more frequent basis.

Acceleration Training exercise should be used 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, the training can be changed or intensified to keep improving performance, whether this improvement is desired for sports or daily life goals.

# Medical Indications

Claimed medical indications include use in relation to the prevention, treatment and/or alleviation of disease.

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## Fall Prevention

- **Claim:** Power Plate® training can be a beneficial tool/intervention for the elderly population to prevent falls.
- **Definition:** Fall prevention is defined as a variety of actions to help reduce the number of accidental falls suffered by older people.

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## Muscular Strength and Power

- **Claim:** Power Plate training can be a beneficial tool/intervention to help increase strength and power to improve daily life performance, both acute and structural.
- **Definition:** Physical strength is the ability of a person or animal to exert force on physical objects using muscles. Increasing physical strength is the goal of strength training. Power is the amount of work done or energy transferred per unit of time.

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## Pain

- **Claim:** Power Plate training can be a beneficial tool/intervention to reduce and/or alleviate (chronic) pain.
- **Definition:** Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage.

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## Cellulite

- **Claim:** Power Plate training can be a beneficial tool/intervention to diminish the appearance of cellulite.
- **Definition:** Cellulite describes a condition that occurs in men and women (although much more common in women) where the skin of the lower limbs, abdomen and pelvic region becomes dimpled after puberty.

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## Weight Loss

- **Claim:** Power Plate training can be a beneficial tool/intervention to lose weight and specifically lose body fat.
- **Definition:** Weight loss, in the context of medicine, health or physical fitness, is a reduction of the total body weight, due to a mean loss of fluid, body fat or adipose tissue and/or lean mass, namely bone mineral deposits, muscle, tendon and other connective tissue.

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## Bone Density/Bone Mineral Density

- **Claim:** Power Plate training can be a beneficial tool/intervention to increase bone density and prevent bone mineral density loss related to aging.
- **Definition:** Bone density (or bone mineral density) is a medical term referring to the amount of matter per cubic centimeter of bones.

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## Circulation and Cardiovascular

- **Claim:** Power Plate training can be a beneficial tool/intervention to improve and increase circulation and improve the function of the cardiovascular system.
- **Definition:** The circulatory system is an organ system that moves nutrients, gases and wastes to and from cells, helps fight diseases and helps stabilize body temperature and pH to maintain homeostasis. Two types of fluids move through the circulatory system: blood and lymph. The blood, heart and blood vessels form the cardiovascular system. The lymph, lymph nodes and lymph vessels form the lymphatic system. The cardiovascular system and the lymphatic system collectively make up the circulatory system. Pulmonary circulation is the portion of the cardiovascular system which transports oxygen-depleted blood away from the heart, to the lungs, and returns oxygenated blood back to the heart.

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## Flexibility/Range of Motion

- **Claim:** Power Plate® training can be a beneficial tool/intervention to improve flexibility and range of motion.
- **Definition:** Flexibility is the absolute range of movement in a joint or series of joints and muscles that is attainable in a momentary effort involving a partner or a piece of equipment. The flexibility of a joint depends on many factors, particularly the length and looseness of the muscles and ligaments due to normal human variation, and the shape of the bones and cartilage that make up the joint.

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## Pathology Studies

- **Claim:** Power Plate training can be a beneficial tool/intervention to improve general well being, fitness and daily life functioning in patient populations. Power Plate might have a positive impact on general fitness, muscle strength, daily life performance and well being but does not have a direct impact on the state of the disease or injury. It will improve patient's life quality.
- **Definition:** No definition possible for this very diverse group. Examples of patients: Multiple Sclerosis, Parkinson's Disease, Fibromyalgia, Cerebral Palsy, Spinal Cord Injury, Diabetes, Cardiac Rehabilitation.

# Important Safety Instructions

Before using the Power Plate® 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 medical device and is designed for therapeutic purposes within specific medical indications 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 of the three contoured mats that are 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 establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes. Both models have been tested against, and have passed the applicable requirements of relevant electromedical standards, including EN 60601-1-2:2007.

- 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.

- The my7 model is intended for use in the electromagnetic environment specified below. The customer or user of the my7 model should ensure 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%.

- 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.

[Retain this user manual for your future reference.](#)

## 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 the 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 1.2 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/s<sup>2</sup>) and can be converted to g-forces. An acceleration of 9.81 m/s<sup>2</sup> is equal to a g-force of 1g.
- Stretch – Readies your muscles and connecting tissues. An excellent prep for any workout.
- Balance – Activates your mind/body connection and increases your stabilizing muscle strength.
- Core – Engages and strengthens your central pillar including abs, obliques and spinal erectors.
- Strength – Builds lean muscle, tones and burns fat with both dynamic and static style exercises.
- Massage – Stimulates blood flow and relaxes muscles while reducing post-workout fatigue.

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 three Main Categories:

- i. Diagnostics
- ii. Usage Statistics
- iii. Technical Support

### i. Diagnostics

- a. Will allow the user to run a self diagnostics check on the system. This diagnostic check will produce error codes if the system has an internal software problem.

### ii. Usage Statistics

- a. Will display the total machine hours of use

### iii. Technical Support

#### a. Software Information & Updates

- i. Provide current software application version number
- ii. Install software updates

#### b. Hardware Information

- i. Embedded hardware information

#### c. Hardware Touchscreen Calibration

- i. To recalibrate touchscreen

#### d. Troubleshooting & Support

- i. Touchscreen support
  1. Touchscreen non responsive, actions:
    - a. Reboot the my7
    - b. Recalibrate touchscreen
    - c. Contact support at [www.powerplate.com](http://www.powerplate.com) > Choose your Country > Click on "Support"
  - ii. Touchscreen support
    1. Touchscreen freezes or hangs, actions:
      - a. Reboot the my7
      - b. Recalibrate touchscreen
      - c. Contact support at [www.powerplate.com](http://www.powerplate.com) > Choose your Country > Click on "Support"
  - iii. Touchscreen support
    1. How do I clean the touchscreen?
      - a. 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 could leave white marks on the screen** because of 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.**
      - b. Do not use excessive force when cleaning, to avoid damaging the touchscreen. The touchscreen is not a rigid hard surface and can be damaged if too much pressure is applied.
  - iv. my7 Machine support
    1. my7 power is intermittent, follow the actions below:
      - a. Reboot the my7
      - b. Check to ensure the power cord is inserted fully into the power inlet (just above the on/off switch.)
      - b. Contact Power Plate representative for local service provider information
  - v. Software support
    1. my7 software support
      - c. Contact support at [www.powerplate.com](http://www.powerplate.com) > Choose your Country > Click on "Support"

# proMOTION™ Dynamic Vibration Technology

## How Does it Work?

proMOTION™ Dynamic Vibration Technology uses high strength Vectran® cables, which have been specifically chosen for their unique ability to optimize the transfer of vibrations generated by the platform directly to the targeted muscle. Specifically upper body muscles. The Vectran cables, which pound-by-pound are five times stronger than steel, transfer vibration to the upper body at high-speed frequency rates between 30 and 40 times per second. Vectran® is a registered trademark of Hoechst Celanese Corp

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.

Not only does the proMOTION optimize the transmission of vibrations to the targeted muscle but it also 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.



Shift lever towards you to increase;  
shift away from you to decrease



# 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.

The step-by-step build up of intensity is extremely important for your training so that it is both efficiently and responsibly.

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 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 training regimen.

In general the following progression steps can be taken:

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## Exercise Time, Number of Exercises and 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, with enough 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.

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## 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.

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## 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.

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## 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.

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## Extra Load

We recommend only adding external load, such as using weights, 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 drawn up 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](http://www.powerplate.com).

# Technical Specifications

## Power Plate® my 7™ 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 / 394.63lb
Power Supply	100-240V, 50/60 Hertz, Universal Voltage
Nominal Power	160-185W
Maximum Load	136.4kg / 300lb
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 (1Hertz increments)
Time Selections	0 - 9 minutes (15second 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	MDD, CE and EMC (TUV certified); RoHS / WEEE compliant



## Computer & Software Specifications

Operating System Windows	CE 6.0 Professional
Software	Power Plate proprietary My7 software (v1.0)
Graphics	Built in Graphic Card
Total Memory	Mobile-DDR SDRAM (133Hz) : 256MB
Hard Drive (Storage)	16GB micro-SD card
Screen/Monitor	10.1" LCD Display (800 x 480 pixel)
USB Port/Hub	USB 1.0 Port x2
LAN port	10/100M Ethernet
Audio	2 x 2W

## proMOTION™ Dynamic Vibration Technology Specifications

Resistance Levels	6 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.

- 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.
- On plastic components, use only polishes specifically designed 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 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 all power connections are working, 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:** The user not try to resolve any electrical issues regarding the power source to the machine. Instead, Power Plate requests that the user contact a licensed, professional electrician to conduct any examination and make any necessary repairs. Otherwise, serious personal injury or property damage could result.

## Contact and Support

If you have any questions,  
please visit our website,

**[www.powerplate.com](http://www.powerplate.com).**

Select your country for  
local contact details.

### Warranty / Product Registration

To register your Power Plate®  
machine please visit us online at  
[www.powerplate.com](http://www.powerplate.com).

Copies of this manual and any other  
paperwork may be obtained by  
contacting Power Plate through the  
"Contact Us" page online or by  
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