

POWER  PLATE®

Instructions for Use pro6⁺™ Model



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Introduction

Power Plate® 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 Power Plate, while at the same time reducing 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 this, or any, functional tool. 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 (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 or active exercises, such as stretch and massage, can be performed on a more frequent basis.

Reflexive Stabilization 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.

Medical Indications

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

Falls Prevention

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

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 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.

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.

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.

Weight Loss and Visceral Fat Reduction

- 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 total body weight, due to a mean loss of fluid, body fat or adipose tissue and/or lean mass.

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.

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.

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.

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 Power Plate, it is essential 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 Power Plate. 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 you seek the advice of a physician before using Power Plate, in order to avoid possible personal 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 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 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 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 Power Plate only for the purposes described in this user manual and only with attachments or accessories that come with the unit 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 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.

!Warning

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 not 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.

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 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.

- 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.

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, 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 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 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.

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 25 and 50 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. **WARNING:** Do not extend the cables more than 215 cm/84.64 inches (passed the colored line). Doing so will void your warranty.

Not only does 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 Power Plate. Always consult a doctor or specialist before restarting your training.

As with any training routine, it is important to start using proMOTION on the lowest level of resistance and with Power Plate 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. proMOTION cables should be used within the normal range and angle to maximize training effect and prevent damaging the device. The cables should be used between 90 degrees and 25 degrees from the horizontal base.

Technical Specifications

Power Plate pro6™ Technical Specifications

Color (standard)	Silver		
Dimensions (W x D x H)	96cm x 116cm x 152cm / 38in x 46in x 60in		
Platform Dimensions (W x D x H)	96cm x 94.5cm x 30cm / 38in x 37in x 12in		
Weight	182.5 kg / 402.4 lb		
Power Supply	100-240V, 50/60 Hertz, Nominal Power: 160-265W, Universal Voltage		
Maximum Load	227kg / 500lb		
Operation	User-friendly interactive touch screen computer		
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		
Time Selections	30, 45, or 60 seconds / up to 9 minutes		
Amplitude	High or Low		
G-Factor 1	30Hz/Low Amplitude	G-Factor 5	30Hz/High Amplitude
G-Factor 2	33Hz/Low Amplitude	G-Factor 6	33Hz/High Amplitude
G-Factor 3	36Hz/Low Amplitude	G-Factor 7	36Hz/High Amplitude
G-Factor 4	39Hz/Low Amplitude	G-Factor 8	39Hz/High Amplitude
Certifications	MDD, CE and EMC (TUV certified); RoHS / WEEE compliant, NRTL, C-NRTL, FDA listed as Class 1 device, 510k exempt		

Computer & Software Specifications

Operating System	Windows CE 6.0 Professional
Software	Power Plate proprietary pro6+ software
Upper Display	4.3in. LCD Touchscreen Display (480 x 272 dpi)
USB Port/Hub	USB 1.0 Internal service port
LAN port	10/100M Ethernet
Audio	1 Recessed Speaker with volume control

proMOTION™ Dynamic Vibration Technology Specifications

Resistance Levels	3 resistance levels. Pull toward front of the machine to increase. Push toward back of the machine to decrease.
Cable	Maximum 2.2m / 98.4in
proMOTION	Embedded

Computer & Software Specifications

Usage Control	Yes; proTRAC enabled locking system (not standard - upon request)
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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 should not try to resolve any electrical issues regarding the power source to the machine. Instead, Power Plate requests 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. No modification for this equipment is allowed.

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

Applied Parts:

- Platform
- Handlebars

Power On / Off:

- To Power On the Machine: Press the rocker switch located on lower back of the column to indicate "I" position.
- To Power Off the Machine: Press the rocker switch located on lower back of the column to indicate "O" position.
- To Power Off the Main Control Panel: While power to the machine is on, press and hold the green power button located on the lower half of the main control panel. This will power off only the main control panel for standby mode. Press and hold the green power button again to power on the main control panel.

Box Contents

pro6+ Box Contents

Straps Set (2pcs)

Exercise Mat

Protection Cover

Power Cord

Handgrips (2pcs)

EMC Declaration

Guidance and manufacture's declaration – electromagnetic emissions- for all ME EQUIPMENT and ME SYSTEMS

Guidance and manufacture's declaration – electromagnetic emission

The pro6+ is intended for use in the electromagnetic environment specified below. The customer or user of the pro6+ should assure that it is used in such an environment.

Emission test	Compliance	Electromagnetic environment – guidance
	Group 1	The pro6+ uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emission CISPR 11	Class B	Class A with IEC61000-3-2 Complies with IEC61000-3-3
Harmonic emissions IEC 61000-3-2	Class A	The pro6+ 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.
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Comply	

**Guidance and manufacture's declaration – electromagnetic immunity –
for all ME EQUIPMENT and ME SYSTEMS**

Guidance and manufacture's declaration – electromagnetic immunity

The pro6+ is intended for use in the electromagnetic environment specified below. The customer or user of the pro6+ should assure that it is used in such an environment.


Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Electrostatic discharge (ESD) IEC 61000-4-2	±6 kV contact ±8 kV air	±6 kV contact ±8 kV air	Floors should be wood, concrete or ceramic tile. If floor are covered with synthetic material, the relative humidity should be at least 30%.
Electrical fast transient/burst 61000-4-4	±2 kV for power supply lines	±2kV for power supply lines	Main power quality should be that of a typical commercial or hospital IEC environment.
Surge IEC 61000-4-5	± 1 kV line(s) to line(s)	±1 kV differential mode	Main power quality should be that of a typical commercial or hospital environment.
Voltage dips, short interruptions and voltage variations on power supply input lines 4-11	<5% U_T (>95% dip in U_T) for 0.5 cycle 40% U_T (60% dip in U_T) for 5 cycles 70% U_T (30% dip in U_T) for 25 cycles <5% U_T (>95% dip in U_T) for 5 sec	<5% U_T (>95% dip in U_T) for 0.5 cycle 40% U_T (60% dip in U_T) for 5 cycles 70% U_T (30% dip in U_T) for 25 cycles <5% U_T (>95% dip in U_T) for 5 sec	Main power quality should be that of a typical commercial or hospital environment. If the user of the pro6+ requires continued operation during power main interruptions, it is IEC 61000-recommended the pro6+ be powered from an uninterruptible power supply or a battery.
Power frequency (50Hz) magnetic 61000-4-8	3A/m	3A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.

NOTE U_T is the a.c. main voltage prior to application of the test level.

**Guidance and manufacture's declaration – electromagnetic immunity –
for ME EQUIPMENT and ME SYSTEMS that are not LIFE-SUPPORTING**

Guidance and manufacture's declaration – electromagnetic immunity

The pro6+ is intended for use in the electromagnetic environment specified below. The customer or user of the pro6+ should assure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Conducted RF IEC 61000-4-6	3 Vrms 150 kHz to 80 MHz	3 Vrms	Portable and mobile RF communications equipment should be used no closer to any part of the pro6+, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance $\sqrt{\quad}$
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz	3 Vrms	$\sqrt{\quad}$ 80 MHz to 800 MHz $\sqrt{\quad}$ 800 MHz to 2.5 GHz Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in metres (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, ^a should be less than the compliance level in each frequency range. ^b Interference may occur in the vicinity of equipment marked with the following symbol: 

NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

^a Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the pro6+ is used exceeds the applicable RF compliance level above, the pro6+ should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as reorienting or relocating the pro6+.

^b Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

! Electromagnetic Compatibility (EMC) Precautions

- The pro6+ 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 pro6+ model emits electromagnetic energy to perform its intended function. Nearby electronic equipment may be affected by this emission. Similarly the pro6+ model may be affected by electromagnetic emissions from other equipment in the vicinity.
- The pro6+ model is intended for use in the electromagnetic environment specified below. The customer or user of the pro6+ 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 pro6+ 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 pro6+ model is intended for use in an electronic environment in which radiated radio-frequency (RF) disturbances are controlled.

- The customer or user of the pro6+ model can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the pro6+ 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.

- USB Port - USB port supplies 5Volt DC current. This port is only used for software updates and uploading personal pictures to user profiles. The operator must take care to not touch the USB port and a patient simultaneously.

- LAN port - the pro6+ has included a LAN port on the lower back side of the machine. This LAN port is used to connect a LAN cable to access the internet. The operator must take care to not touch the LAN port and a patient simultaneously.

- Phone jack adapter- On the control panel of the pro6+ there is a phone jack adapter for sound playback. The operator must take care to not touch the phone jack adapter and a patient simultaneously.

Retain this user manual for your future reference.

Symbol Descriptions

The following symbols may appear in this manual or on the machine. Some of the symbols represent standards and compliances associated with the machine and its use.



Caution: Consult accompanying documents

CE 0086

CE Mark: conforms to essential requirements of the Medical Device Directive 93/42/EEC.

CE 0168

CE Mark: conforms to essential requirements of the R&TTE Directive 1999/5/EC



Date of manufacture.



Manufacturer



Type B applied part



DISPOSAL: Do not dispose this product as unsorted municipal waste. Collection of such waste separately for special treatment is necessary.

CB

CB Certification Scheme



C-TICK Certification from the Australian Communications Authority



GOST - Standard of Russia



Compliant with RoHS Directive 2002/95/EC



CQC Safety and EMC Product Certification Mark



Compliance with DENAN law Japan



Follow instructions for use

Safety Classification

1. Class I equipment;
2. Type B applied part;
3. IPX0;
4. Not category AP / APG equipment;
5. For 60601-1 2nd edition, Mode of operation: Short Time Operation : Max. of 4 minutes (This is for North America and Canada)
6. For 60601-1 3rd edition, Mode of operation: Non-continuous Operation : 9 mins on/ 3 hours off (This is for Europe)

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

WARNING

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 not 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.

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.

Users

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

- Adult men and women 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 others users should be cleared by their physician and only use Power Plate under medical supervision.

Facilities

The device is intended to be used in all types of facilities including, but not limited to:

- Domestic
- Hotels, Spas, Resorts
- Health Clubs
- Hospitals, Clinics
- Rehabilitation Centers
- Active Aging Communities

Appendix – FCC / IC statement

Radio Frequency Interference Requirements-FCC

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected
- Consult the dealer or an experienced radio/TV technician for help.

Radio Transmitters (Part 15)

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

FCC RF Exposure Guidelines

Safety Information

Reducing RF Exposure - Use Properly

Only operate the device in accordance with the instructions supplied.

This device complies with FCC radiation exposure limits set forth for an uncontrolled environment. In order to avoid the possibility of exceeding the FCC radio frequency exposure limits, human proximity to the antenna shall not be less than 20cm (8 inches) during normal operation.

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

Radio Frequency Interference Requirements-Canada

This Class B digital apparatus complies with Canadian ICES-003.

Radio Transmitters

This device complies with RSS 210 of Industry & Science Canada. Operation is subject to the following two conditions: (1) this device may not cause harmful interference and (2) this device must accept any interference received, including interference that may cause undesired operation.

Label Marking: The Term "IC:" before the radio certification only signifies that Industry Canada technical specifications were met.

pro6+ Touchscreen Controls

The **pro6+** software is easy to follow with four basic steps.

1. Select Start To Begin



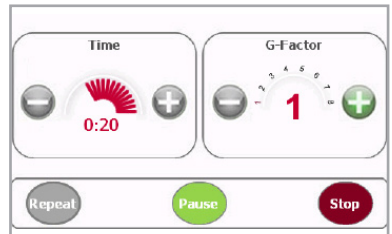
2. Select Desired Time and Press Next



3. Select G-Factor
Presets are 1, 4, and 8
Press Start



4. Program Starts



Parameters

Power Plate has three parameters to increase the intensity of the machine: frequency, amplitude and duration of the exercise expressed in seconds. This last parameter does not directly influence the intensity felt by the user but the duration of the exercise.

Intensity level

The intensity on the machine can be determined by multiplying frequency and amplitude. The platform of the Power Plate accelerates with a certain speed caused by the selected frequency and amplitude. Acceleration is expressed in meters per Second Square (m/s^2) and can be converted to g-forces. An acceleration of $9.81 m/s^2$ equals a g-force of 1g.

Setting	G-factor™
30 Hz – Low	1
33 Hz - Low	2
36 Hz - Low	3
39 Hz – Low	4
30 Hz – High	5
33 Hz – High	6
36 Hz – High	7
39 Hz – High	8

Only the Manual Mode allows a user to set the G-Factor in any level of the complete range (G0 to G8). G-Factor range for all other mode of exercising have been set to maximize your results for each exercise under each user level.

Contact and Support

If you have any questions, please visit our website:

powerplate.com.

Select your Country for local contact details

Warranty / Product Registration

To register your Power Plate please visit us online at 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 writing to Power Plate:



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