POWER PLATE®

Discover the Difference

Instructions for Use
pro7™ Model

Contents

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.

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.

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.

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.

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

- 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.

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 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 an 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 <u>incorrect</u> ways to stand on the machine.
- The illustration below demonstrates the <u>correct</u> 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 pro7™ 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 pro7 model emits electromagnetic energy to perform its intended function. Nearby electronic equipment may be affected by this emission. Similarly the pro7 model may be affected by electromagnetic emissions from other equipment in the vicinity.

- The pro7 model is intended for use in the electromagnetic environment specified below. The customer or user of the pro7 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 pro7 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 pro7 model is intended for use in an electronic environment in which radiated radio-frequency (RF) disturbances are controlled.

- The customer or user of the pro7 model can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the pro7 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.

pro*MOTION*™ Dynamic Vibration Technology

How Does it Work?

pro*MOTION*™ 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.

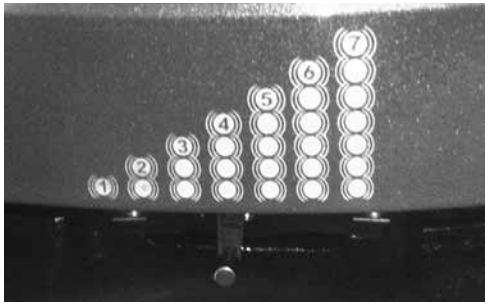
Not only does the pro*MOTION* optimize the transmission of vibrations to the targeted muscle but it also offers variable resistance. Changing the resistance puts more load on the muscles during the most intense part of the movement, offering another way to progress your workouts by increasing the intensity 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 pro*MOTION* 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 pro*MOTION* 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. pro*MOTION* 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.



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

Vectran® is a registered trademark of Hoechst Celanes Corp.

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.

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 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:

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.

G-Factor™

The G-Factor™ is the ultimate combination of frequency and amplitude to maximize your Acceleration Training™. Each exercise that 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 and Strength exercises should be performed between G-Factor level 1 and 6.
- Massage exercises shoudl be performed between 6 and 8 G-factor

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 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.

Technical Specifications

Power Plate® pro7™ Technical Specifications

Color (standard)	Graphite or Silverstone		
Dimensions (W x D x H)	96cm x 116cm x 152cm / 38in x 46in x 60in		
Base surface area	0.50sq.m		
Weight	202kg / 445lb (Est.)		
Power Supply	100-240V, 50/60 Hertz, Universal Voltage		
Nominal Power	160-265W		
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	25 - 50 Hertz		
Time Selections	0 - 9 minutes (15 second increments)		
Amplitude	High or Low		
G-Factor 0	25Hz/Low Amplitude	G-Factor 5	35Hz/High Amplitude
G-Factor 1	30Hz/Low Amplitude	G-Factor 6	40Hz/High Amplitude
G-Factor 2	35Hz/Low Amplitude	G-Factor 7	45Hz/High Amplitude
G-Factor 3	40Hz/Low Amplitude	G-Factor 8	50Hz/High Amplitude
G-Factor 4	30Hz/High Amplitude		
Certifications	MDD, CE and EMC (TUV certified); RoHS / WEEE compliant		

0086

Computer & Software Specifications

Operating System Windows	CE 6.0 Professional
Software	Power Plate F . I . T.
Graphics	Built in Graphic Card
Total Memory	Mobile-DDR SDRAM (133Hz) : 256MB
Hard Drive (Storage)	32GB micro-SD card
Screen/Monitor	10.1' LCD Display (800 x 480 pixel)
USB Port/Hub	USB 1.0 Port x3
LAN port	10/100M Ethernet
Audio	2 Recessed Speakers

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
proMOTION	Embedded

Computer & Software Specifications

Exercise Modalities	Program, Express Workout, Single Exercise, Manual
3 Goals	Feel Better, Look Better, Play Better
Number of programs	25
Levels/Durations	5
User profiles	Thousands
Usage Control	Yes; Password enabled locking system

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.

EMC Declaration

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

Guidance and manufacture's declaration – electromagnetic emission

The *Pro7* is intended for use in the electromagnetic environment specified below. The customer of the user of the *Pro7* should assure that it is used in such an environment.

Emission test	Compliance	Electromagnetic environment – guidance
	Group 1	The *Pro7* use RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interfe rence 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 *Pro7* 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	

Wi-Fi Specifications	Network Standard: IEEE 802.11b/g/n Band: 2.400-2.4835GHz Cover Range: 20meter Wi-Fi Power: 10dBm

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

Guidance and manufacture's declaration – electromagnetic immunity

The *Pro7* is intended for use in the electromagnetic environment specified below. The customer or the user of *Pro7* 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	Mains power quality should be that of a typical commercial or hospital IEC environment.
Surge IEC 61000-4-5	± 1 kV line(s) t o line(s)	±1 kV differential mode	Mains power quality should be that of a typical commercial or hospital environment.
Voltage dips, short interruptions and voltage variations on power supply input lines 61000-4-11	<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	Mains power quality should be that of a typical commercial or hospital environment. If the user of the *Pro7* requires continued operation during power mains interruptions, it is IEC recommended that the *Pro7* 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. mains 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 *Pro7* is intended for use in the electromagnetic environment specified below. The customer or the user of *Pro7* should assure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
			Portable and mobile RF communications equipment should be used no closer to any part of the *Pro7*, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance
Conducted RF IEC 61000-4-6	3 Vrms 150 kHz to 80 MHz	3 Vrms	$\sqrt{}$
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz	3 Vrms	$\sqrt{}$ 80 MHz to 800 MHz $\sqrt{}$ 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 *Pro7* is used exceeds the applicable RF compliance level above, the *Pro7* should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as reorienting or relocating the *Pro7*.
[b] Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

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
	Class II equipment
	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

Classification

1. Class II equipment;
2. Type B applied part;
3. IPX0;
4. Not category AP / APG equipment;
5. Mode of operation. Short time operation: Max. 9 minutes operation

Environmental Requirements

OPERATING CONDITIONS
Temperature: 10ºC to 40ºC
Humidity: 10% to 95% RH
Pressure altitude: Normal atmospheric conditions

STORAGE AND SHIPPING CONDITIONS
Temperature: 10ºC to 40ºC
Humidity: 10% to 95% RH
Pressure altitude: Normal atmospheric conditions

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.

Do not position the machine so that it is difficult to disconnect the mains plug.

Patient

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

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

Performance

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

- Domestic
- Hotels, Spas, Resorts
- Hospitals, Clinics, Rehabilitation Centers

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.

Pro7 Touchscreen controls

The pro7 software is organized in four modules: Complete Programs, Express workouts, Single Exercises, Manual Mode.

I.1 Home page

Complete Program:
- Select your goal between Feel Better, Look Better or Play Better
- Select a specific Program
- Select your level and duration of the program between 10 and 30 min.

Express Workouts:
- Select a mini program

Single Exercise:
- Select an element between Stretch, Core, Balance, Strength and Massage
- Select a specific exercise.

Manual Mode:
- Select a duration
- Select the G-Factor

I.1.1 Education

This button takes you to the education screen. It is broken down into 5 educational videos

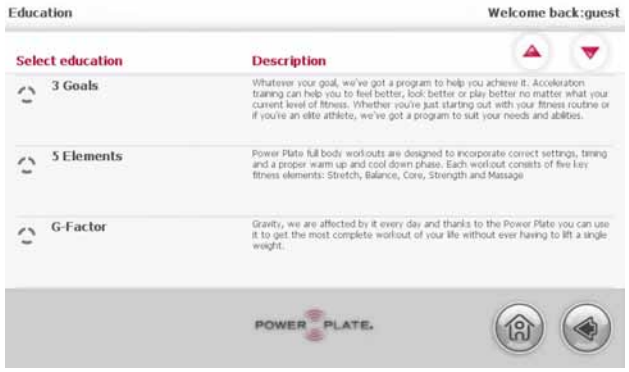
3 Goals

5 elements

G-Factor

New to Power Plate

Welcome to the pro7



I.1.2 User login

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

- New Users
- Existing User

I.1.3 Settings

The setting module is reserved for the commercial facility manager. It will be accessible via a private button and login.

Set Login

User name: admin
password: 123456

Settings

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

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

Parameters

The 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.

Amplitude can be selected as low or high.

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/s2) and can be converted to g-forces. An acceleration of 9.81 m/s2 equals a g-force of 1g.

G-Factor™
Based on our experience we have noticed that sometimes, clients find it quite difficult and confusing to set the correct setting on their Power Plate machine. For that reason Power Plate International has decided to create the G-Factor™, or the intensity level, to simplify the setting selection. The G-Factor is the ultimate combination of frequency and amplitude to maximize your Acceleration Training session. The term G-factor™ is based on g-forces as described in paragraph 1.2 Intensity Level, a combination of frequency and amplitude.

The pro 7 is the first device who offers a G-factor™ range. The table below shows the conversion of frequency and amplitude to G-factor™.

Setting	G-factor™
25 Hz – Low	0
30 Hz - Low	1
35 Hz - Low	2
40 Hz – Low	3
30 Hz – High	4
35 Hz – High	5
40 Hz – High	6
45Hz – High	7
50 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, **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.
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:

Power Plate International Ltd
First Floor, 13 George Street
London, W1U 3QJ
T +44207 317 5000
F +4420 7317 5001
info@powerplate.co.uk

Power Plate North America Inc
18100 Von Karman, Suite 150
Irvine, CA 92612, USA
T | +1 949 863 1737
F | +1 949 863 1216
info@powerplate.com
877 87 PLATE

www.powerplate.com

Rev. 1.0 – 28/MAR/2012