POWER PLATE®

PRODUCT COMPARISON CHART

REV0224

	PERSONAL	MOVE	my5	my7	pro5	pro7	pro5HP	pro7HC
Column with Handles			✓	✓	✓	✓		✓
Maximum User Weight	264 lbs.	300 lbs.	300 lbs.	350 lbs.	400 lbs.	500 lbs.	500 lbs.	500 lbs.
Time Options	30 or 60 Sec	30, or 60 sec or up to 9 min continuously	30 or 60 Sec	30, or 60 sec or up to 9 min continuously	30, 45 or 60sec or up to 9 min continuously	30, 45 or 60sec or up to 9 min continuously	30, 45 or 60sec or up to 9 min continuously	0-9 min (15sec increments)
Frequency Options	35Hz	30, 35, 40Hz	30, 35, 40Hz	30, 35, 40Hz	25-50Hz / 1Hz increments	25-50Hz / 1Hz increments	25-50Hz / 1Hz increments	25-50Hz / 1Hz increments
Touchscreen Display				✓		✓		✓
F.I.T. Software				✓		✓		✓
Static Straps	✓	✓	✓	✓	✓	✓	✓	✓
Rubber Mat	✓	✓	✓	✓	✓	✓	✓	✓
Carrying Bag/Dust Covers	✓		✓	✓	✓	✓	✓	✓
Resistance Cables/Hand Straps				✓		✓		✓
proMOTION Handles				✓		✓		✓
Remote Control	✓	✓	✓				✓	
Color Options	●	● ●	●	●	●	●	●	●
Machine Weight	36 lbs.	87 lbs.	151 lbs.	395 lbs.	328 lbs.	410 lbs.	396 lbs.	430 lbs.
Platform Size Dimensions	28in x 19in	30in x 24in	27in x 28in	33in x 29in	34in x 37in	38in x 37in	38in x 37in	38in x 33in
Warranty	1yr hardware 1yr electronics 1 yr labor	3yr hardware 1yr electronics 1 yr labor	3yr hardware 1yr electronics 1 yr labor	3yr hardware 1yr electronics 1 yr labor	3yr hardware 1yr electronics 1 yr labor	3yr hardware 1yr electronics 1 yr labor	3yr hardware 1yr electronics 1 yr labor	3yr hardware 1yr electronics 1 yr labor