

POWER PLATE®
my7™

Discover the Difference

Say Hello to your New Personal Trainer



Your time is precious.
my7™ will give you a
full body workout in
as little as 20 minutes.



1

The perfect coach at your fingertips.

1000+ exercises.
Over 250 workouts.
Unlimited possibilities.



Over 250 customised programs. Over 1000 individual exercises. Over a million different combinations. The my7™ is the remarkable new exercise machine that takes your workout in a whole new direction. That's because it's with you every step from start to finish. In addition to our unique Advanced Vibration Technology™, my7 features an integrated touch screen computer complete with over 1000 exercise videos and coaching tips to guide you. So, whatever your goal, this advanced machine will take you there.

2

Change your life, change your workout.

Powerful Argument

Acceleration Training exercise can lead to more than a 25% reduction in the appearance of cellulite.

Research into the Effects of Vibration Training on Cellulite Frank, H.; B. Moos; SANADERM Professional Clinic for Skin Illnesses and Allergies, Bad Mergentheim, Germany. 2003.

The my7™ is an intelligent virtual trainer that can flex with you, helping you to personalise your workout. We've divided the programs into three lifestyle goals – FEEL better, LOOK better and PLAY better – all designed to help you achieve results. Inside the brain of the my7 are over 250 pre-programmed workouts. So, whether you're preparing for a marathon, warming up for the ski season, looking to lose weight or concerned about bone health, my7 has a unique program to help you reach your goal.



3

It's all about you.

Powerful Argument

Participants in a study achieved a 1.5% net increase in bone density after using Power Plate equipment regularly.

Verschueren et al: Effect of 6-month Whole Body Vibration Training™ on Hip Density, Muscle Strength and Postural Control in Post-menopausal Women: A Randomized Controlled Pilot Study. Journal of Bone and Mineral Research, Vol. 19, No. 3, 2004.

Save your favourites and access them quickly.



The added beauty of my7™ is that it grows with you. As your life changes, so can your workout – leading to more varied, more tailored routines. Once you've found an exercise you love, just select it to make it a 'favourite' on your profile page, so you can quickly get to it whenever you like.

The my7 loves to share, too. Customise your profile and invite your friends and family to create their personal profiles too. The my7 has a great memory that can handle over 50 unique profiles with favourite exercises and workouts.



4

Actually... it is rocket science.

Powerful Argument

A study has shown Acceleration Training exercise contributed to a 57% improvement in weight loss compared to conventional exercise and diet alone.

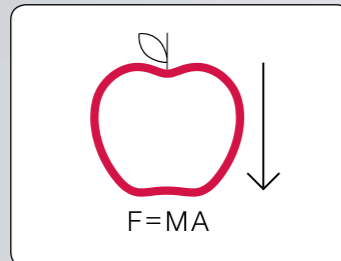
Visser et al: Effect of Long-Term Whole Body Vibration Training™ on Visceral Adipose Tissue: A Preliminary Report. Obesity Facts, The European Journal of Obesity, Vol. 3, Suppl. 2, 2010.

Harnessing the power of physics for accelerated results.

First used by Soviet cosmonauts in the '60s to combat the effects of microgravity in space, Power Plate's exclusive principles of Acceleration Training™ exercise trigger the body's neuromuscular response to vibration. By using one of the most basic laws of physics (Force = Mass x Acceleration), this revolutionary training technique delivers harmonic vibration to the body, stimulating a natural reflex to contract the muscles as frequently as 30 to 40 times a second. The benefits range from increased flexibility, improved strength, stronger bones, better circulation throughout the body and even a reduction in cellulite. You can't get that with free weights.

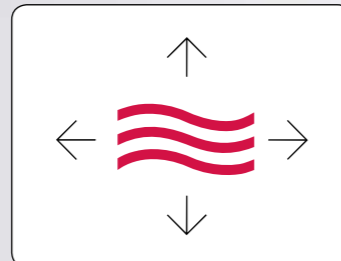
Here's how it works:

01



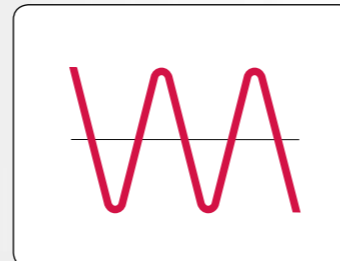
Acceleration Training exercise uses the principle of Newton's second law, Force = Mass x Acceleration. Where conventional exercise increases mass, the Power Plate machine increases acceleration through vibration.

02



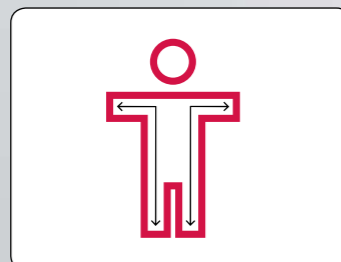
Power Plate equipment vibrates primarily up and down to improve muscle strength, and left to right and front to back to aid balance and coordination.

03



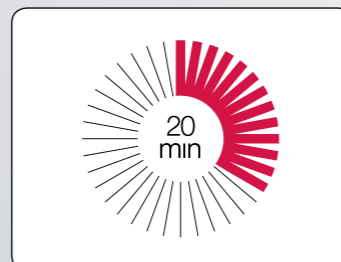
Power Plate equipment uses PrecisionWave™ Technology—a high-fidelity harmonic vibration system that provides a controlled level of vibration across all areas of the plate surface for consistent and dependable results.

04



These vibrations cause the muscles to contract in a multiple, reflexive action between 30 to 40 times a second to deliver a full body workout.

05



Acceleration Training exercise enhances your performance while increasing the efficiency of your workout, allowing for a complete workout in only 20 minutes, two or three times a week.

06



With regular Acceleration Training exercise, you will soon see results, such as an increase in strength and flexibility, heightened muscle definition and tone, and reduced cellulite and body fat.

But my7™ knows that not everyone is a rocket scientist, so we kept things simple by creating the G-Factor™, a simple progression that increases the vibration forces, translating power into accelerated performance. Just 20 minutes three times a week on my7 will produce visible results. Less pain, more gain... in less time.



5

No time? No problem. The solution is elemental.

Every pre-programmed workout on my7™ takes you through a warm-up, workout and cool-down, using a combination of exercises drawn from the five key elements of movement:



Stretch: readies your muscles and connecting tissues – an essential place to start.



Balance: activates your mind/body connection and increases your stabilising 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 exercises.



Massage: stimulates blood flow and relaxes muscles while reducing post-workout fatigue.

What would a good coach be without clear communication? my7 demonstrates and explains the exercises to you so that you can focus on getting the most out of every workout. So, once you've chosen your program or exercise, simply watch the video, press start, and you're on your way.





6

Powerful Argument

my7's Advanced Vibration Technology applies gravitational forces to the body. At the highest setting, exercising on my7 is safely producing resistance equal to 5 times your body weight.

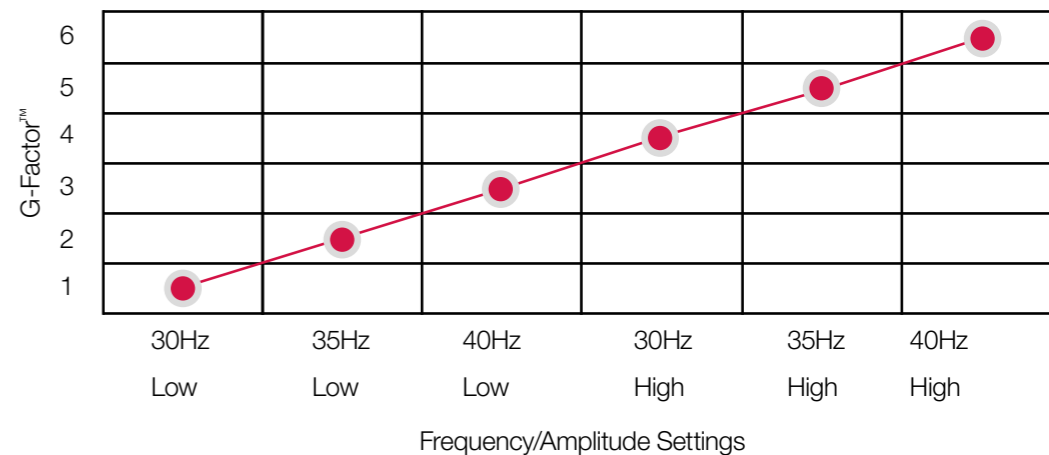
Acceleration measured by the University of Leuven, Belgium.

Get a handle on your workout.

proMOTION™ technology keeps your workouts moving.

my7™ is the first full body home machine to feature proMOTION Dynamic Vibration Technology, offering even more dynamic movement – to build your arms, tone your shoulders and tighten your core. proMOTION uses high strength Vectran cables, specifically chosen for their unique ability to optimise the transfer of vibrations generated by the platform directly to the targeted muscle. So you can do traditional dynamic-movement exercises like bicep curls, shoulder presses and rows with the added benefit of Advanced Vibration Technology™ – which stimulates muscle response as frequently as 30 to 40 times per second – as you move through your workout.

When it's time to increase the intensity of your workout, you've got options. As you adjust the G-Factor™ setting, the my7 controls the intensity for optimal results. The independent proMOTION cable system offers an additional six levels of resistance meaning you'll find the perfect setting for every exercise, every time.



No other exercise machine provides such a complete and innovative combination of movement options and technology. And it's all backed up by our superior after sales service and two-year warranty on parts (one-year labour) that leave the competition standing still – in more ways than one.

7

Take a look at your future. We did.

Upgradeable and expandable so you'll never outgrow it.

The way you train will never be the same again. That's because my7™ is the first piece of equipment to utilise the proprietary Power Plate Plug and Train™ expansion system. So wherever you place the my7, upgrades and additional content will be easy to access with either a USB stick or through your local internet connection. Coming in 2012, the my7 will have even more options with access to the 7-Series website. Imagine sharing your progress, starting a buddy group and other community and tracking functions that move seamlessly from your my7 to your online account. The possibilities are nearly limitless and will become more robust in the coming years. We've future-proofed your fitness, making the my7 the last piece of equipment you may ever need to own.



Colour



Silverstone

| | |
|--|---|
| Frequency / Pre-set Frequencies | 30 – 40Hz (with one step advance) / 30, 35, 40Hz |
| Amplitude | Low or High |
| G-Factor | 1 – 6 with intelligent manual control options |
| Time Selections | 0 – 9 minutes (15 second increments) |
| DualSync™ Twin Motor System | Maintains precise balance at any frequency and amplitude level, allowing perfect synchronisation of vibration for maximum muscle response and efficiency. |
| Dimensions (W x D x H) | 87cm x 80cm x 153cm / 35in x 32in x 61in |
| Weight | 130kg / 287lb |
| Power Supply: | 100 – 240V, 50/60 Hertz, Nominal Power: 160 – 185W, Universal Voltage |
| Maximum Load | 136.4kg / 300lb |
| Processor | ARM11 533 / 667MHz with 3D GFX accelerator |
| Operating System | Windows CE 6.0 Professional |
| Screen / Monitor | 10.1in LCD Display (800 x 480 pixel) |
| USB Port / Hub | USB 1.0 Port x2 |
| LAN port | 10 / 100M Ethernet |
| Audio | 2 x 2W |
| PrecisionWave™ Technology | High-fidelity harmonic vibration system that provides uncompromising performance for unsurpassed results. |
| Certifications | CE and EMC (TUV certified); RoHS / WEEE compliant |



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my7™. Limitless possibilities, all for you.