

[Manuals.plus](#) /

› [Power Plate](#) /

› Power Plate Personal Vibrating Exercise Tool User Manual

## Power Plate 71-PT1-3200

# Power Plate Personal Vibrating Exercise Tool

MODEL: 71-PT1-3200

Brand: Power Plate

### Introduction

The Power Plate Personal is a compact and effective vibrating exercise tool designed to enhance your fitness routine. Utilizing advanced vibration technology, it helps to increase core strength, improve balance and stability, and boost metabolism. This device is suitable for a wide range of users, from those seeking general fitness to individuals focusing on rehabilitation or specific health goals.

Studies have indicated that Power Plate users can achieve significant results, including losing twice as much fat compared to those relying solely on traditional fitness and diet. Its design allows for versatile use, making it a valuable addition to any home workout space.

PREPARE  
FASTER  
PERFORM  
BETTER  
RECOVER  
QUICKER

POWER  PLATE.

Image: Power Plate's core benefits: Prepare Faster, Perform Better, Recover Quicker.

## Included Components

Your Power Plate Personal package includes the following items:

- Personal Power Plate Unit (Black)
- Hand Straps (set of 2)
- Rubber Mat Set
- Remote Control
- Instructions for Use
- Soft Carrying Case
- Power Cord



# *Power Plate* **Personal**

*The Personal Power Plate is a multi-benefit exercise tool that helps you reach your goals, faster and more effectively.*

- ✓ Hand Straps (set of 2)
- ✓ Rubber Mat Set
- ✓ Remote Control
- ✓ Instructions for Use
- ✓ Soft Carrying Case
- ✓ Power Cord



Image: All components included with the Power Plate Personal unit.

## Setup

The Power Plate Personal is designed for easy setup and portability. Follow these steps to prepare your device for use:

1. **Unpack:** Carefully remove all components from the packaging.
2. **Placement:** Place the Power Plate unit on a flat, stable surface. Ensure there is sufficient space around the unit for safe exercise.
3. **Power Connection:** Connect the power cord to the unit and then to a standard electrical outlet. The unit is corded electric.
4. **Accessories:** Attach the hand straps to the designated points on the unit if you plan to use them for upper body exercises. The rubber mat can be placed on the platform for additional comfort or specific exercises.
5. **Storage:** When not in use, the compact design allows for easy storage under a bed or in a closet. The included soft carrying case facilitates convenient transport and storage.



Image: The Power Plate Personal unit shown with its soft carrying case, highlighting its portability.

## Operating the Power Plate Personal

The Power Plate Personal features intuitive controls for a seamless workout experience. It operates in an automatic mode with two pre-set programs and one resistance level.

- **Power On/Off:** Use the power button on the unit or the remote control to turn the device on or off.
- **Program Selection:** The unit offers 2 distinct programs. Select your desired program using the controls on the unit or the remote.
- **Frequency:** The vibration frequency is set at 35Hz, with time selections of 30 or 60 seconds.
- **Remote Control:** The included remote control allows for convenient adjustment of settings during your workout without needing to bend down.



Image: Key features of the Power Plate Personal, including frequency and time settings.

### Using the YOURTRAINER App

Enhance your training with the free YOURTRAINER app, available for iOS and Android. This app provides free video tutorials and customized Power Plate personal training workouts, offering guidance and variety for your sessions.

# *Power plate* **Personal**

*Additionally, for training tips, workouts and even more ways to get the most out of our products, download the FREE Power Plate App, available for iOS and Android.*



Image: The Power Plate Personal unit alongside a smartphone showing the companion app, which offers training tips and workouts.

## **Usage Guidelines & Exercises**

The Power Plate Personal can be integrated into various exercise routines to amplify results. The vibration technology activates muscles in a consistent and controlled manner, making workouts more efficient.

- **Standing Exercises:** Perform squats, lunges, or calf raises while standing on the platform to engage more muscles and improve balance.
- **Floor Exercises:** The platform can be used for push-ups, planks, or core exercises by placing hands or feet on the vibrating surface.
- **Stretching & Recovery:** Use the platform for stretching routines to improve flexibility and aid in post-workout recovery.



Image: A user demonstrating an exercise on the Power Plate Personal with resistance bands.



Image: Various users engaging in different exercises on Power Plate machines, showcasing diverse applications.

### **Official Product Video: Personal Power Plate Vibrating Exercise Tool**

Video: This official video demonstrates various exercises and highlights the benefits of using the Power Plate Personal Vibrating Exercise Tool for a comprehensive workout.

## Maintenance & Care

To ensure the longevity and optimal performance of your Power Plate Personal, follow these simple maintenance guidelines:

- **Cleaning:** Wipe down the unit with a soft, damp cloth after each use. Avoid using abrasive cleaners or solvents that could damage the surface.
- **Storage:** Store the unit in a cool, dry place away from direct sunlight and extreme temperatures. Utilize the provided carrying case for protection when not in use or during transport.
- **Cord Care:** Inspect the power cord regularly for any signs of damage. Do not use the unit if the cord is frayed or damaged.
- **Regular Inspection:** Periodically check all connections and components to ensure they are secure.

## Troubleshooting

If you encounter any issues with your Power Plate Personal, refer to the following common troubleshooting tips:

- **Unit Not Powering On:** Ensure the power cord is securely plugged into both the unit and a working electrical outlet. Check if the outlet is receiving power.
- **No Vibration:** Verify that the unit is powered on and a program has been selected. Check the remote control's battery if using it to start the vibration.
- **Unusual Noises:** If the unit makes unusual noises, power it off immediately and inspect for any obstructions or loose components. Contact customer support if the issue persists.
- **Remote Control Not Responding:** Replace the batteries in the remote control. Ensure there are no obstructions between the remote and the unit's sensor.

For more complex issues or if troubleshooting steps do not resolve the problem, please contact Power Plate customer support.

## Product Specifications

Detailed technical specifications for the Power Plate Personal:

| Feature    | Detail  |
|------------|---|
| Model Name | 71-PT1-3200                                   |
| Brand      | Power Plate                                   |
| Color      | Black   |
| Material   | Acrylonitrile Butadiene Styrene (ABS), Rubber |

|                               |                            |
|-------------------------------|----------------------------|
| Product Dimensions (LxWxH)    | 28"D x 19"W x 7"H          |
| Item Weight                   | 47.3 Pounds                |
| Maximum Weight Recommendation | 119.7 Kilograms            |
| Controls Type                 | Remote                     |
| Display Type                  | LED                        |
| Number of Programs            | 2                          |
| Number of Resistance Levels   | 1                          |
| Operation Mode                | Automatic                  |
| Power Source                  | Corded Electric            |
| UPC                           | 743062461197, 672587416538 |

**POWER PLATE.**

WARRANTY: 1 YR HARDWARE    1 YR ELECTRONIC    1 YR LABOR

# Power Plate Specifications

**MACHINE DIMENSIONS:** 27.5IN X 18.7IN X 6.7IN / 70CM X 47.5CM X 17.2CM  
**WEIGHT:** 40.4LB / 18.2KG  
**MAXIMUM LOAD:** (LBS AND KG): 264LB / 120KG  
**POWER SUPPLY:** AC100-240V  
**NOMINAL POWER IN OPERATION:** 20-55W CERTIFICATIONS: CE, PSE, UL

Image: Visual representation of the Power Plate Personal's key specifications.

## Warranty Information

The Power Plate Personal comes with the following warranty coverage:

- **Electronics:** 1 year
- **Hardware:** 1 year
- **Labor:** 1 year

Please retain your proof of purchase for warranty claims. For detailed terms and conditions, refer to the full user manual or contact Power Plate customer support.