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## Power Plate 62PG-900-15

# Power Plate Vibrating Massage Roller Instruction Manual

Model: 62PG-900-15 | Brand: Power Plate

## INTRODUCTION

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The Power Plate Vibrating Massage Roller is designed to enhance your pre and post-workout routines by providing targeted vibration therapy to tight and sore muscles. This innovative foam roller features multiple vibration modes to help relax and rejuvenate your body, promoting faster warm-up and recovery. Its compact and lightweight design makes it ideal for both home use and travel.



Image: The Power Plate Vibrating Massage Roller, a black cylindrical device with the "POWER PLATE" logo and circular patterns on its surface.

## SAFETY INFORMATION

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Always use the Power Plate Roller on a flat, stable surface. Avoid placing the roller on sensitive areas such as the lower back, groin, or directly on bones. Start with the lowest vibration setting and gradually increase as needed. Do not use the roller for more than 15 minutes at a time to prevent overheating. If you experience any discomfort or pain, discontinue use immediately and consult a healthcare professional.

## SETUP

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Before first use, ensure the Power Plate Vibrating Massage Roller is fully charged. The battery charge time is approximately 2 hours (120 minutes). Use the provided charging cable to connect the roller to a suitable power source. The charging port is located on the end cap of the roller.



Image: A close-up view of the end cap of the Power Plate Vibrating Massage Roller, showing the central power button, indicator lights, and

## OPERATING INSTRUCTIONS

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To operate the Power Plate Vibrating Massage Roller:

1. **Power On/Off:** Press and hold the power button located on the end cap to turn the roller on or off.
2. **Change Vibration Modes:** Once powered on, short press the power button to cycle through the different vibration modes.

The roller features three standard vibrating modes and one rhythmic pulse mode:

- **Level 1 (Standard):** 2,000 vibrations per minute
- **Level 2 (Standard):** 2,700 vibrations per minute
- **Level 3 (Standard):** 3,700 vibrations per minute
- **Level 4 (Rhythmic Pulse):** 2,000 - 2,700 vibrations per minute

The roller has an auto shutoff timer of 10 minutes to conserve battery life and prevent overuse.

**Usage Directions:** Place the Power Plate Roller under your feet, back, and shoulders to help release fascia and promote blood flow for faster warm-up and recovery. The vibration modes assist in preparing your muscles faster, improving performance, and accelerating recovery, leveraging whole body vibration training for enhanced flexibility, circulation, and pain alleviation.



*Image: A woman lying on her back, using the Power Plate Vibrating Massage Roller under her lower back for muscle relief.*



*Image: A man lying on his side, using the Power Plate Vibrating Massage Roller on his outer thigh to target muscle tension.*



*Image: A woman lying on her side, positioning the Power Plate Vibrating Massage Roller to target her hip and gluteal muscles.*

To ensure the longevity and optimal performance of your Power Plate Vibrating Massage Roller:

- **Cleaning:** Wipe the roller with a damp cloth after each use. Do not submerge the roller in water or use harsh chemical cleaners.
- **Storage:** Store the roller in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery Care:** For best battery life, avoid fully discharging the battery frequently. Charge the roller regularly, even if not in constant use.

## TROUBLESHOOTING

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If you encounter any issues with your Power Plate Vibrating Massage Roller, consider the following common solutions:

- **Roller not turning on:** Ensure the battery is fully charged. Connect the roller to its charger and allow it to charge for at least 2 hours.
- **Vibrations are weak or inconsistent:** This may indicate a low battery. Recharge the device. If the issue persists after charging, contact customer support.
- **Device overheating:** The roller has an auto shutoff after 10 minutes. If it feels excessively hot during use, discontinue use immediately and allow it to cool down before resuming. Do not exceed the recommended usage time.

For issues not covered here, please refer to the warranty and support section for contact information.

## TECHNICAL SPECIFICATIONS

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Feature	Detail
Product Dimensions	4.13 x 4.13 x 11.93 inches
Weight	2.9 Pounds (1300g)
Model Number	62PG-900-15
Battery Type	1 Lithium Ion battery (included)
Battery Charge Time	~2 Hours (120 Minutes)
Battery Runtime	~3 Hours
Auto Shutoff Timer	10 Minutes
Vibration Levels	4 (3 Standard, 1 Rhythmic Pulse)
Material	Foam
Color	Black
TSA Approved	Yes (for carry-on)

## WARRANTY AND SUPPORT

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The Power Plate Vibrating Massage Roller comes with a **1 Year Limited Manufacturer's Warranty**. Please retain your proof of purchase for warranty claims.

For technical support, warranty inquiries, or further assistance, please visit the official Power Plate website or contact their customer service department. You can also visit the Power Plate Store on Amazon for more information and product

resources.