POWER PLATE®
MOVE™

GET READY TO BE MOVED

The MOVE™ by Power Plate® is the perfect combination of size and function. It's base has been designed from the ground up to save as much space as possible without compromising a shred of performance. It's light enough to be moved from room to room, yet sturdy enough to support a full 300lbs. Complete with six variable frequency modes, the MOVE™ can cover a wide range of functionality. Whether you want to achieve a relaxing massage or a gut-busting, sweat-inducing workout; the MOVE™ is efficient and effective no matter how you choose to use it.

The controls are simple and intuitive with large, easy-to-understand buttons and a digital timer, which has been fully reimagined to count up to a full nine minutes, so all you need to do is press play to get things started.

The MOVE™ can also be used in light commercial/shared group exercise settings for fitness facilities seeking to provide compelling group exercise experiences to their members but face space-constraint challenges.

- Accelerates and maximizes results
- PrecisionWave Technology™
- Patented multidirectional vibration
- Helps boost recovery time
- A complete workout in only 15 minutes

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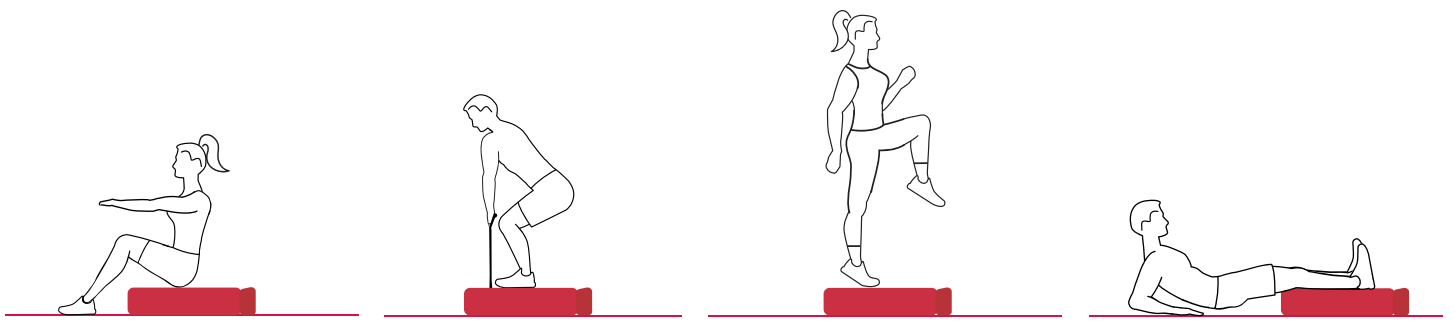
Simple, 4-Button Controls

Power Plate® MOVE™ Features*

71-MOV-3100
71-MOV-3600

Color (Standard)	Red or Silver
Dimensions (W x D x H)	30in x 24in x 9in / 77cm x 61cm x 23cm
Weight	37kg / 80 lbs
Power Supply	100-240V, 50/60 Hertz
Nominal Power in Operation	250-285W, Universal Voltage
Maximum Load	300lbs
Operation	User-friendly interactive display
Precision Wave™ Technology	High quality harmonic vibration system that provides uncompromising performance for unsurpassed results
Frequency/ Pre-set Frequencies	6 Levels – (30-40Hz H/L), LED buttons indicate levels 1-6 (1=30Hz Low, 2=35Hz Low, 3=40Hz Low, 4=30Hz High, 5=35Hz High, 6=40Hz High)
Time Selections	Counts up from 0 to 9 minutes, :30 and :60 second presets accessible via remote control
Amplitude / Vibration Setting	5Hz increments
Certifications	CE, UL pending
Warranty	3 years hardware / 1 year electronics / 1 year labor



*specs based on prototype and are subject to change

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