





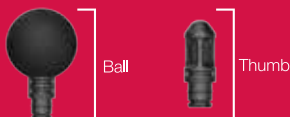
CONTROLS & FUNCTIONS



Specifications

-  Vibration Intensity Levels: 4
-  Battery Charge Time: 3.5 Hours
-  Battery Run Time: 5 Hours
-  Safety Shut-Off Timer: 10 Min

Attachments



Charging



Only use the included USB charger to charge the Power Plate Mini+. The use of other chargers may result in product damage and will void the product warranty.



For exclusive content, trainer insights and more ways to use your Power Plate product, download the Power Plate App today.



1-YEAR WARRANTY

The Power Plate® Mini+™ is backed by a 1-year limited manufacturer's warranty.

To register your product, please visit online at powerplate.com/products/registration



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info@powerplate.com
powerplate.com

WARNINGS: The product should not be used near any source of water. Contact with water could cause a short-circuit, which could cause personal injury or damage to the product. The device is not suitable for use in the presence of flammable anesthetic mixtures with air or with oxygen or nitrous oxide. The user must check that the equipment functions safely and see that it is in proper working condition before being used. Overuse may cause minor bruising for some individuals; if this occurs use should be curtailed until symptoms are reduced. Permissible environmental conditions of use including conditions for transport and storage.

PRODUCT LIMITED WARRANTY SUMMARY: To register your product, please visit online at powerplate.com/products/registration. Registering your product will help Performance Health Systems, LLC (PHS) provide quicker and more efficient service and support. Registering also ensures you will receive full advantage of the product warranty. Performance Health Systems, LLC ("PHS") warrants this product to be free of defects in material or workmanship for a period of one (1) year from the original date of purchase. The warranty is available only to the original purchaser and only if purchased directly from Power Plate® or through an authorized distributor or reseller. If the product is found to be defective by PHS during the warranty period, PHS will, in its sole discretion, either repair or replace the product with a new or factory reconditioned model. All consequential damages or losses are waived by purchaser. NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, ARE GRANTED BY PHS EXCEPT AS PROVIDED BELOW.

Additional sales terms, conditions and disclaimers are found at powerplate.com/legal/sales-and-warranty-terms-and-conditions-of-sale-us. For sales and purchases outside of the United States, please refer to additional applicable sales and warranty terms and conditions found at: powerplate.com/legal/warranty-terms-uk

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POWER PLATE®
MINI+™

QUICK START GUIDE



Congratulations on the purchase of your Power Plate® Mini+™
Follow this quick start guide to help you ease tight and sore
muscles, relieve tension and feel better overall.



Feet
TIME: 30-60 seconds
VIBRATION LEVEL: 2-3
ATTACHMENT: Thumb

Calves
TIME: 30-60 seconds
VIBRATION LEVEL: 1-2
ATTACHMENT: Ball

Anterior Hip & Quad
TIME: 30-60 seconds
VIBRATION LEVEL: 1-2
ATTACHMENT: Ball

Lateral Quad / ITB
TIME: 30-60 seconds
VIBRATION LEVEL: 2-3
ATTACHMENT: Ball



Lateral Hip / Glute
TIME: 30-60 seconds
VIBRATION LEVEL: 1-2
ATTACHMENT: Ball

Chest / Pecs
TIME: 30-60 seconds
VIBRATION LEVEL: 3-4
ATTACHMENT: Ball

Upper Back/Traps
TIME: 30-60 seconds
VIBRATION LEVEL: 2-3
ATTACHMENT: Thumb

Shoulder
TIME: 30-60 seconds
VIBRATION LEVEL: 1-2
ATTACHMENT: Ball



Hands
TIME: 30-60 seconds
VIBRATION LEVEL: 3-4
ATTACHMENT: Ball

Bicep
TIME: 30-60 seconds
VIBRATION LEVEL: 2-3
ATTACHMENT: Ball

Tricep
TIME: 30-60 seconds
VIBRATION LEVEL: 2-3
ATTACHMENT: Ball

Forearm
TIME: 30-60 seconds
VIBRATION LEVEL: 2-3
ATTACHMENT: Thumb

MORE GREAT PRODUCTS



The Power Plate® DualSphere™ is perfect for effective, concentrated
massage. Featuring a unique contoured shape, the DualSphere is
ideal for targeting hard to reach areas including feet, neck and back.
This recovery and movement enhancement solution can be used at
home, the gym, your office or even when you travel.



Power Plate® Roller™ is a portable massager that helps relax and
rejuvenate tight and sore muscles, release fascia and promote blood flow
to help you prepare faster and recover quicker than traditional foam rollers.



The Power Plate® MOVE™ is the perfect combination of size and function.
Its 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. If you
want to pack more power into your whole body vibration routine, look no further.

For more information about these products, visit powerplate.com.
For questions, please email us at info@powerplate.com