



# Assembly Instruction for Power Plate My7



## My7 Assembly Instructions

### Carton Contents:

#### Column Carton:

- 1 – Column Assembly
- 1 – Column Dust Cover

#### Platform/Steel Base Carton:

- 1 – Platform Assembly
- 1 – Platform Dust Cover
- 1 – Line Cord
- 1 – Remote control
- 1 – User Manual
- 1 – Rubber/Form Mat
- 2 – Straps
- 3 – Column Securing Bolts  
with Washers
- 3 – Setting Screw Rod
- 1 – Risers (set)

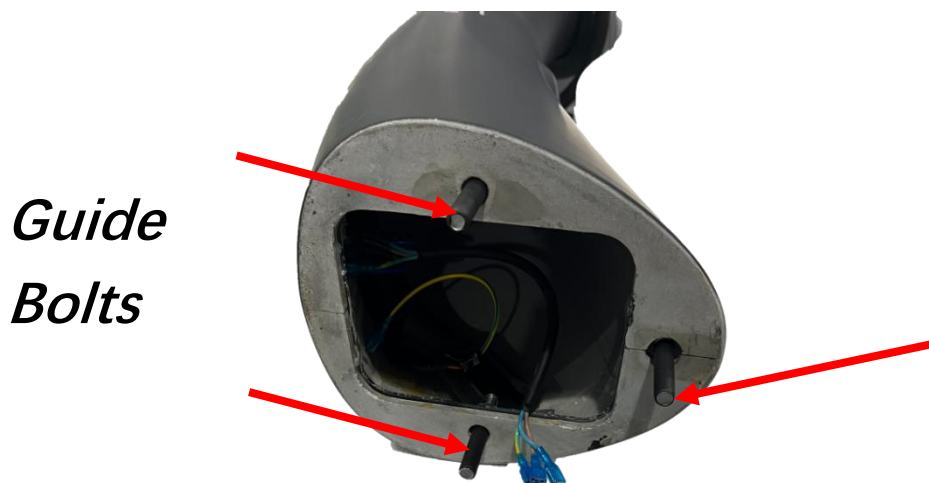


**Tools Needed:**

- 1 – 16mm or 5/8 Wrench or Socket Set
- 1 – Riser or Blocks 4-5” in height (Included)
- 3 – Setting Screw Rod (Included)

**STEP 1:**

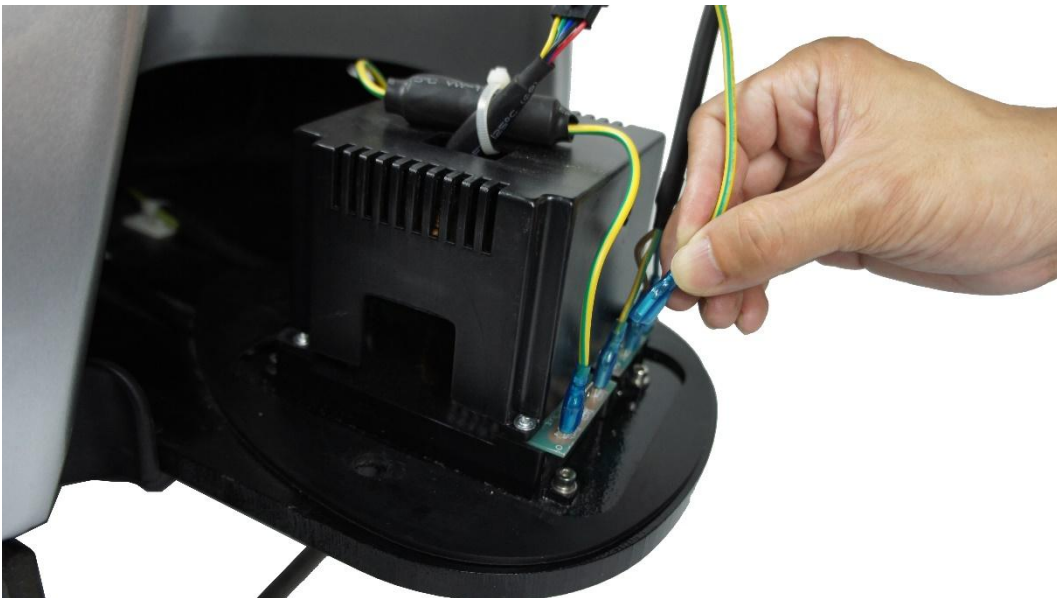
Remove the Platform Base from the carton and set both back corners on top of Risers (included) lifting off the floor 4-5 inches. Then install the Guide Bolts (included) into the three holes on the bottom of the Column as shown below.

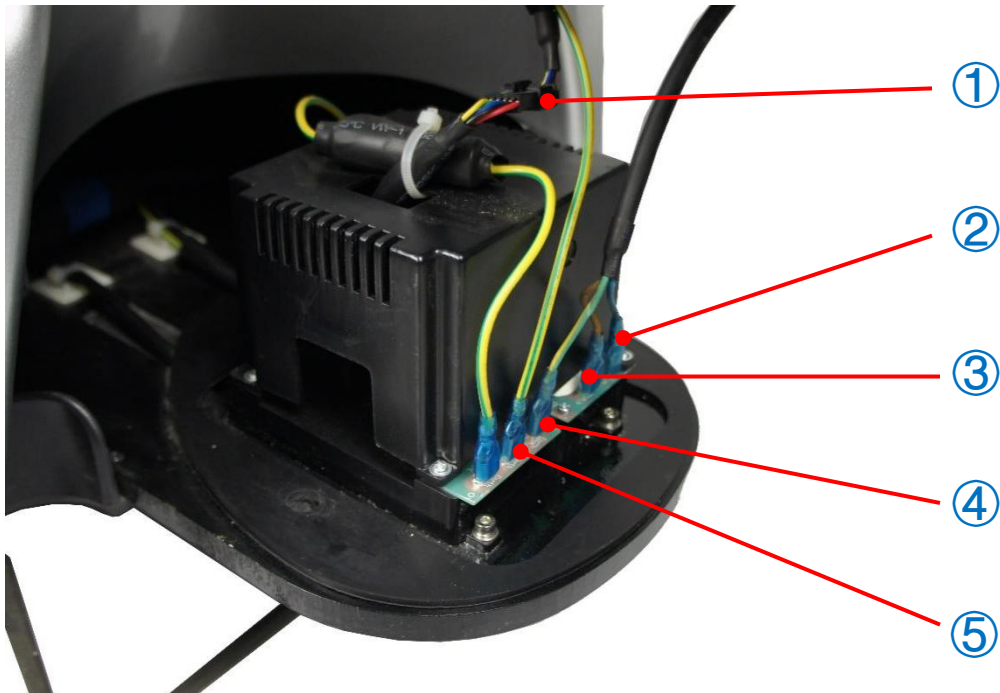




## **STEP 2:**

Holding the Column next to the Platform Base, you **MUST** make the wire connections **BEFORE** securing the Column. Attached the Multicolored Data Cable #1 from the Column to the Platform connection, then attach #2 Blue and #3 Brown to the filter PCB terminals and finally #4 and #5 Yellow/Green wires to remaining terminals Ground (Earth).





- ① **Multi-Colored cable: Control Panel signal cable**
- ② **Blue cable: Filter power cable**
- ③ **Brown cable: Filter power cable**
- ④ **Yellow/green cable I: Filter ground cable**
- ⑤ **Yellow/green cable II: Control Panel ground cable**

## STEP 3:

After all data cable connections are made. Lower the Column into place with Guide Bolts going through correct holes (be careful not to pinch any cables) After the Column is in place and Guide Bolts are through their holes, remove the Guide Bolts and attach the column to the platform using the supplied 3x 16mm securing Platform Bolts including spring and flat washers. (*HINT: do one at a time to keep alignment*)



## STEP 4:

Carefully remove assembled My7 from Risers, making sure it is on level surface. Connect the Power Cord to the back of the My7 and plug in to the nearest power outlet and turn ON and test. Place all accessories (3- Mats, 2- Straps, 1- Remote, 1- Manual and dust covers) on top of My7 Platform.

