

IMPORTANT! TOOLS NEEDED FOR ASSEMBLY

TWO (2) TOOLS REQUIRED - ASSEMBLY NOT POSSIBLE WITHOUT THE FOLLOWING:

For assembly of Power Plate my5, my7, pro5, pro6+ and pro7 models (not required for my3)

1) Two (2) Wooden Blocks ("Risers")

2) 16mm (or 5/8") wrench or socket



* Approximately 1 ft. long each
 * **OPTION:** "Double up" 2x4s boards - taped or nailed together - instead of using 4x4s

That's all you need!

"Quick Start" Assembly Instructions

(Not to replace full assembly instructions)

1) Place platform on 2 wooden blocks

STEP 1



2) Have partner hold column on platform

STEP 2



3) Connect 6 wires plus black data cable

STEP 3



Wiring Guide:

Yellow/Green (Ground)	Yellow/Green (Ground)	Yellow/Green (Ground)	Yellow/Green (Ground)	Brown (Live/Hot)	Blue (Neutral)
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4) Insert 3 bolts from underneath platform to secure column

STEP 4



Assembly is complete after Column is secured. To remove the risers:

- 1) Tilt the machine towards the front and have partner remove risers. This can be accomplished by standing on platform, holding handle bars, and shifting weight backwards until machine tilts.
- 2) Gently lower machine back to the ground after risers are removed.

NOTE: White Glove Delivery includes Power Plate assembly in room of customer's choice, testing for operation, AND removal of all debris.

CONTACT US FOR HELP

1-877-877-5283 (option #2)

IF YOU ENCOUNTER A PROBLEM DURING INSTALLATION,
 PLEASE CONTACT US BEFORE LEAVING THE CUSTOMER'S PREMISES
 IN MOST CASES WE CAN HELP COMPLETE A SUCCESSFUL INSTALLATION.

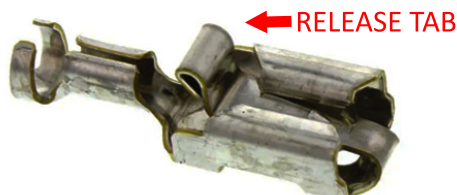
THERE ARE 2 FUSES:

(Check fuses if machine will not power on)

* ADDITIONAL TIPS *

CONNECTORS:

IMPORTANT! Connectors have release tabs. You must press tab in to remove connector. Failure to do so will pull wire out of connector.



Scan QR code for additional Assembly resources



Or visit www.installer.help

