

Power Plate® Introduces the New and Improved my5, Enhancing One of Its Most Trusted Whole-Body Vibration Platforms

CHICAGO, IL, UNITED STATES, September 8, 2026 /EINPresswire.com/ -- Performance Health Systems, manufacturer of [Power Plate](#), today announced the new and improved [Power Plate® my5™](#), introducing thoughtful enhancements to one of the company's most established whole-body vibration platforms.

For nearly two decades, the my5 has been used in homes, boutique studios, rehabilitation clinics, physical therapy practices and wellness facilities around the world to support strength, recovery, flexibility and overall wellness. The updated model builds on that proven foundation with a redesigned user experience that is more intuitive, more accessible and easier to navigate.



The New and Improved Power Plate my5

New features include a 5-inch LCD touchscreen display, a lower control console with an integrated repeat button for easier operation during workouts, and an extended nine-minute countdown timer that supports longer guided sessions. Additional enhancements include a redesigned remote control, four built-in training programs—Flexibility, Core, Strength and Massage—and a refined user interface that simplifies navigation while providing greater workout customization.

"Since the my5 was introduced, it has become one of the most widely recognized products in the Power Plate portfolio," said Will Febbo, CEO of Performance Health Systems. "These enhancements reflect years of feedback from customers and partners across fitness, healthcare and wellness. We've made the experience even more intuitive while preserving the technology and performance that users have trusted for nearly two decades."

The updated platform continues to utilize Power Plate's patented PrecisionWave™ Technology, delivering precise multidirectional vibrations at frequencies ranging from 30 to 40 Hz to stimulate involuntary muscle contractions that activate more than 95 percent of muscle fibers simultaneously. The technology has been used for more than 27 years across elite sport, rehabilitation, wellness and clinical environments to support strength, flexibility, circulation, recovery, and neuromuscular activation.

Power Plate is evaluated in more than 100 peer-reviewed studies demonstrating that precise vibration produces meaningful functional and neuromuscular responses," said Zak Lerner, Global Head of Clinical and Medical Strategy at Performance Health Systems. "Its real innovation is adaptability; delivering a powerful, therapeutic exercise stimulus that is accessible across all mobility levels."

Designed for a broad range of users - from active adults and longevity-focused consumers to rehabilitation patients and fitness enthusiasts - the my5 offers a space-efficient footprint with without sacrificing platform size, integrated stability column and easy-to-use controls that make whole-body vibration accessible across a variety of settings.

"The evolution of the my5 reflects our broader commitment to continuous innovation," Febbo said. "As more people integrate movement, recovery and healthy aging into their daily routines, we're focused on delivering technology that is both clinically credible and exceptionally easy to use."

The new and improved Power Plate my5 is available directly via our [official website](#) and our global network of distributors and authorized retailers.

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About Power Plate

First established in 1999, Power Plate is owned, manufactured and distributed by Performance Health Systems LLC, a global company delivering advanced technology solutions across fitness, wellness and healthcare environments. Power Plate utilizes proprietary vibration technology to enhance movement, supporting strength, circulation, neuromuscular activation and recovery. Its solutions are used by leading health clubs, wellness providers, professional athletes and medical practitioners in more than 120 countries.

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