POWER PLATE®

REV

User Manual

CUSTOMER SERVICE ADDRESS

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TABLE OF CONTENTS

TECHNICAL SPECIFICATIONS:

The REV has the following Class SA testing and electrical safety reports, EN ISO 20957-1:2013, EN ISO 20957-10:2018EN 60335-1:2012/A15:21 and EN 62233:2008. The REV is for use in a controlled environment such as a sport, or fitness facilities under the supervision of a trainer. The REV may also be used in a home environment with proper understanding of use described in this manual. The REV uses a magnetic brake which provides resistance independent from the speed (RPMs) at which the training equipment is being used.

WEIGHT OF BIKE:	125.4 lb. / 57 kg
MAX USER WEIGHT	330 lb. / 150 kg
USER HEIGHT:	SUITABLE FOR USERS BETWEEN APPROX. 155 AND 215 CM
REQUIRED FOOTPRINT:	APPROX. 23.82 in W x 53.94 in D / 60.5 cm W x 137 cm D
MAX SADDLE HEIGHT:	APPROX 43.31 in / 110 cm
MAX HANDLEBAR HEIGHT:	APPROX. 48.43 in / 123 cm

Electronic components adhere to EN 60335-1 for electrical safety.

IMPORTANT PRECAUTIONS

WARNING!

To reduce the risk of serious injury due to improper use of the training equipment, carefully read and adhere to the following important precautions and information before operating the REV.

1. Do not operate the REV until it has been properly assembled and inspected as described in this manual.

2. Keep the REV away from moisture and dust. Do not place the REV in a garage, covered patio, or near water or pools. The operating temperature of the training equipment must be between 10°C~ 40°C Celsius (50°~104°F) at max. the Relative humidity:10¾~951.RH

3. Always place the REV on a stable, level surface. If the REV will be placed on a hardwood floor or carpet, it is recommended to place a floor mat beneath the REV, to protect the floor from damage.

4. Safe use of the REV requires regular inspection for potential damage and wear & tear. (e.g., fixing points, pedals, toe straps, etc.). Consult an authorized service provider or the manufacturer if guidance on conducting regular inspections is required.

5. Regularly conduct maintenance, care and service procedures as described in this manual. Defective parts must be replaced immediately, and the REV must not be used until the repairs have been carried out. Only use original parts from the manufacturer. Repairs must be completed only by manufacturer-authorized service technicians.

6. Unsupervised children should be always kept away from the REV.

7. WARNING: The REV is to be used under proper supervision only by individuals ages 14 years and older. A complete and thorough user instruction should be provided prior to first use. Persons with reduced physical, sensory, or mental capabilities are prohibited from using the REV. Children shall not play on, with or near the REV. Cleaning and user maintenance shall not be performed by children without adult supervision.

8. The REV must not be used by persons exceeding a weight of 330 lbs./150 kg.

9. While operating the REV always wear tight-fitting athletic attire and sturdy, closed toe shoes (preferably cycling shoes).

10. If you feel pain or dizziness while exercising, stop immediately. It is recommended that you consult a doctor if the pain does not subside for an extended period.

11. Cycling and rider metrics delivered by the display are provided to guide training and measure performance. Only exercise within your physical limitations. Only exercise within your physical limitations.

WARNING!

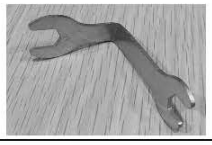
If you have pre-existing health problems or a disability, it is recommended that you consult your physician, to find the training method which is best suited to you. Incorrect or extensive training can result in serious health injuries.

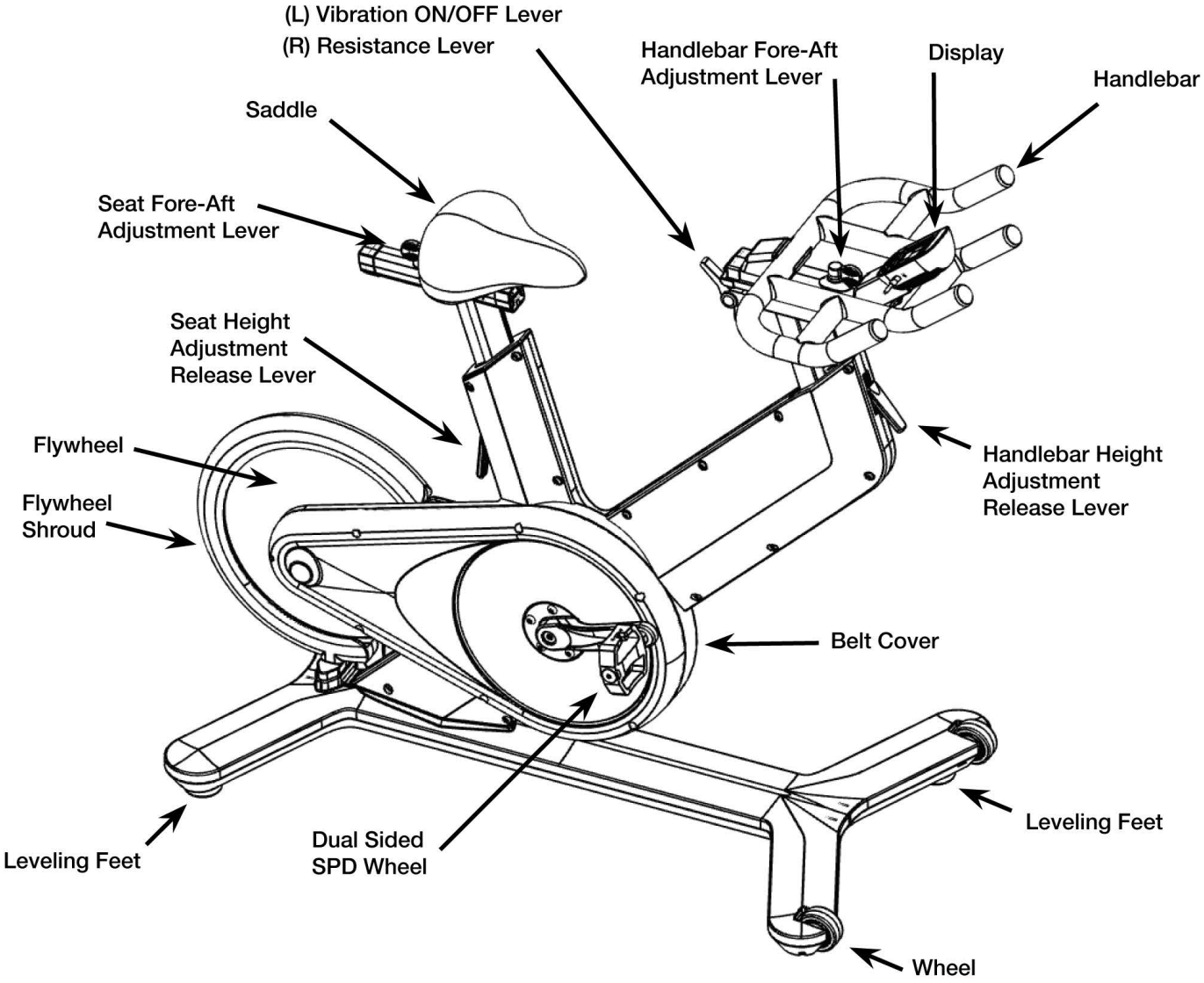
CONGRATULATIONS on your purchase of the Power Plate® REV™, a revolutionary training product designed by world-leading engineering and research teams.

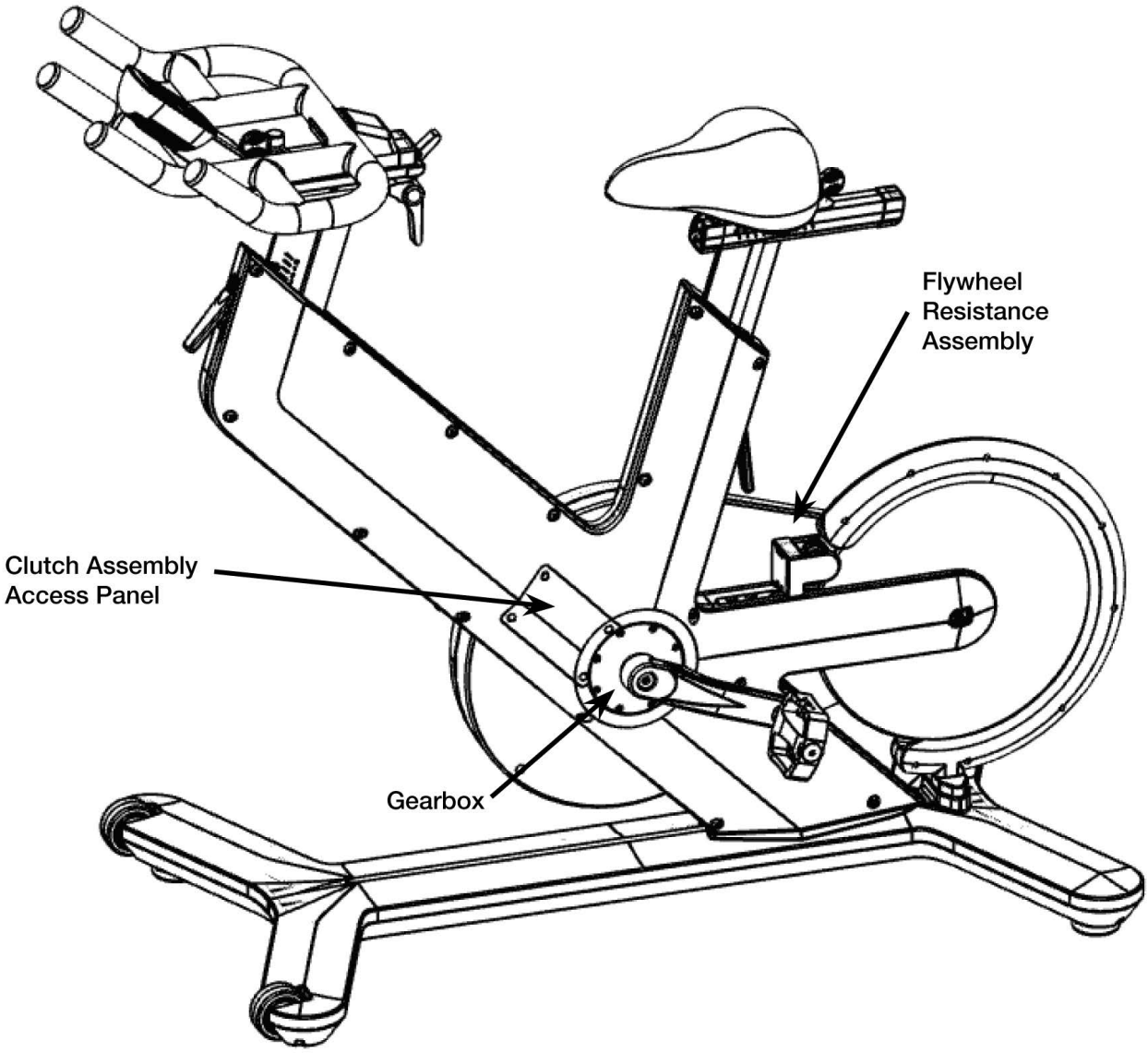
“The Power Plate REV, may look familiar, but it is far from ordinary. VibeShift Technology ™ (patent-pending) delivers consistent, safe and effective vibration through the pedals - a press of the lever shifts the mode from standard to full-on vibration. Accelerations in this mode deliver maximum cardio, strength and wellness benefits in a minimum amount of time; increases in lower body muscle activations exceed 100%.

To enjoy the REV for years to come, make sure to adhere to the maintenance procedures outlined in this manual.

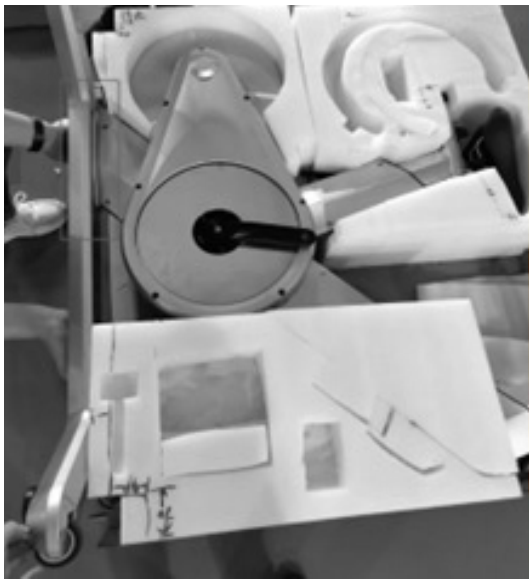
REV ASSEMBLY TOOLS

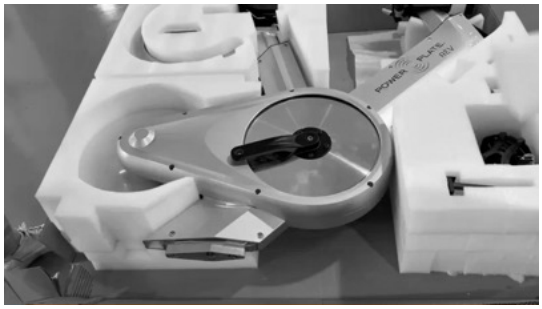
Description	Picture	Specification	Qtys	Assembly Step
Right Angle Double-ended Spanncer 10MM/8MM		8MM/10MM	1	Cable replacement
Double-ended Spanncer 10MM/8MM		8MM/10MM	1	Cable replacement
Double-ended Spanncer 17MM/19MM		17-19MM	1	Step 14, 15
Hex-Key 2.5MM		2.5MM	1	Cable replacement
Hex-Key 3MM		3MM	1	Step 6, 8, 9, 17
Hex-Key 4MM		4MM	1	Step 9, 13
Hex-Key 6MM		6MM	1	Step 4, 11, 16
Hex-Key 14MM		14MM	1	Step 4
T-shaped Sleeve 8MM		8MM	1	Cable replacement


(L) Vibration ON/OFF Lever
(R) Resistance Lever
Handlebar Fore-Aft
Adjustment Lever
Display
Handlebar
Saddle
Seat Fore-Aft
Adjustment Lever
Seat Height
Adjustment
Release Lever
Flywheel
Flywheel
Shroud
Handlebar Height
Adjustment
Release Lever
Belt Cover
Leveling Feet
Dual Sided
SPD Wheel
Leveling Feet
Wheel


Flywheel
Resistance
Assembly
Clutch Assembly
Access Panel
Gearbox

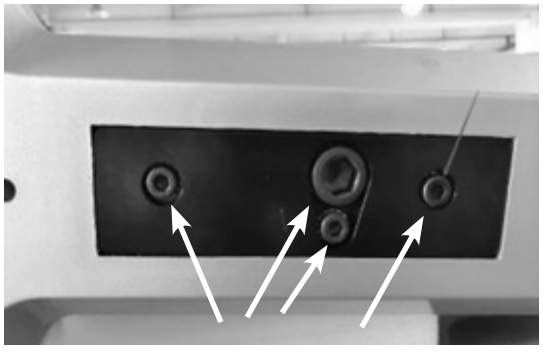
Step 1: Remove the REV base from the top layer of box contents,





Step 2: Remove all accessories and packing foam. Fold the carton box edge as shown to prepare for attaching the REV base to the main upright assembly.

Step 3:Align the bolt holes in the REV base to corresponding holes in the REV Upright.



Step 4: Place washer on each of the mounting bolts. Insert each bolt in its respective REV base hole and tighten securely.

Step 5: Place the REV in a standing, upright position.

Step 7: Connect the signal cable socket to the display.

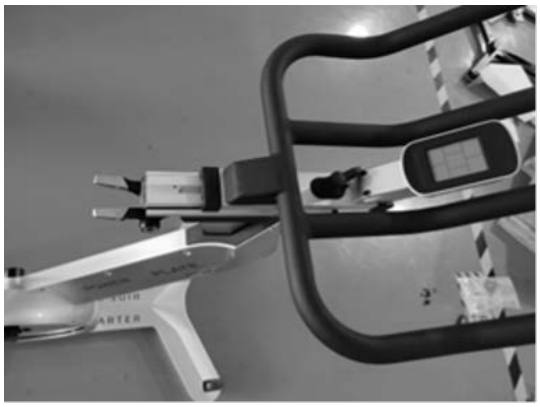
Step 6: Align the holes in the display mounting bracket with corresponding holes on the handlebar fore-aft slider bracket. Tighten four (4) M3*10 bolts to secure the bracket.

Step 8: Secure the display to the mounting bracket with two (2) M3*10 bolts.

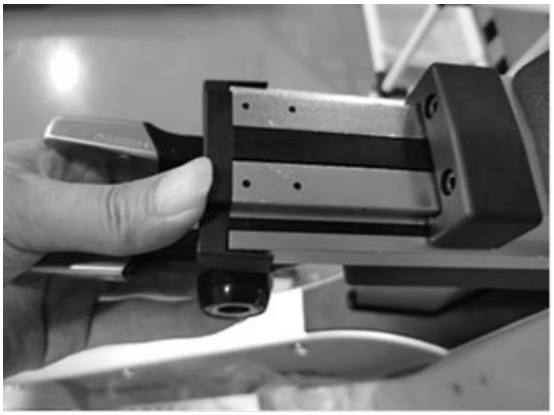
Step 9: Secure the display bracket cover to the bracket with two (2) M3*10 bolts.

Step 10: Put both levers fully in the down position. Move the fore-aft handlebar slider to the 8th position and lock the slider into place.

Step 11: Align the handlebar bolt holes with the corresponding holes in the slider bar. Secure handlebars in place using two (2) M8*25 bolts.

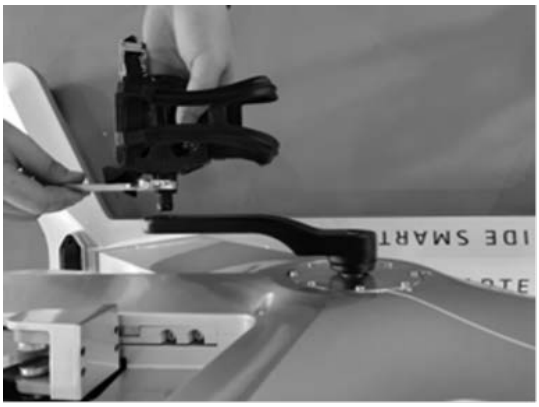


Step 12: Untighten the fore-aft handlebar lever and move the slider to the 9th position setting.

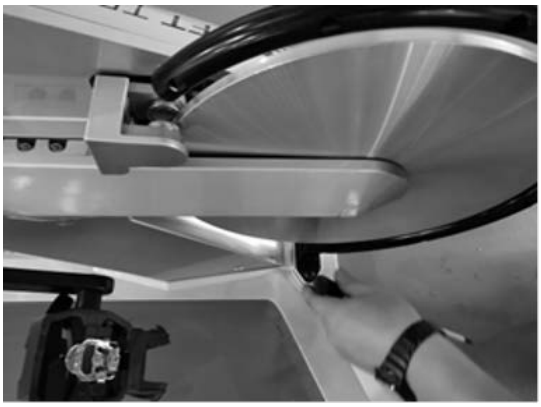


Step 13: Secure the handle bar slider cover with XX M4*10 bolts.

Step 14: Align the RIGHT pedal spindle with the RIGHT pedal crank arm. Secure the pedal using a 17mm spanner wrench (included).



Step 15: Align the LEFT pedal spindle with the LEFT pedal crank arm. Secure the pedal using a 17mm spanner wrench (included).



Step 16: Secure the bottom of the flywheel cover to the REV base using two (2) M8*20 bolts

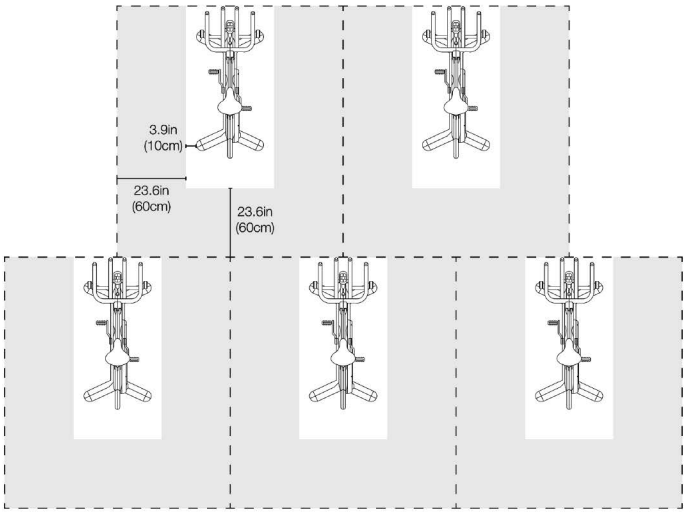
Step 17: Secure the top of the flywheel cover using nine (9) M3*9 bolts.

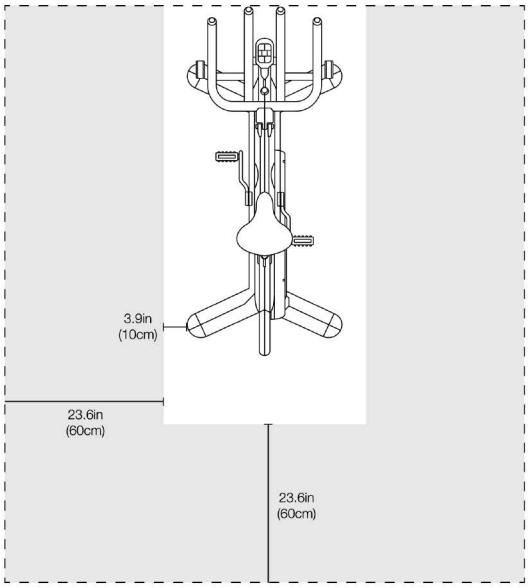
REV INSTALLATION

To ensure peak product performance, the steps below must be performed after the REV is initially assembled. Please read and follow the instructions carefully. Not configuring the REV as outlined may result in excessive component wear and tear and potentially subsequent damage.

1. Level the REV. If the REV “rocks” or “wobbles”, adjust the leveling feet until it is fully stable.
2. Crank arms is this supposed to be a full sentence?
3. Pedals is this supposed to be a full sentence?
4. Wipe down REV
5. Check all parts are tightened

To ensure rider safety and assure a comfortable experience, a surrounding area of .6M (need Imperial measurement) must be provided on all sides of the REV. This area should remain uncluttered and free of items that may impede the use of the REV - operation, mounting, dismounting, etc.





CUSTOMER SERVICE

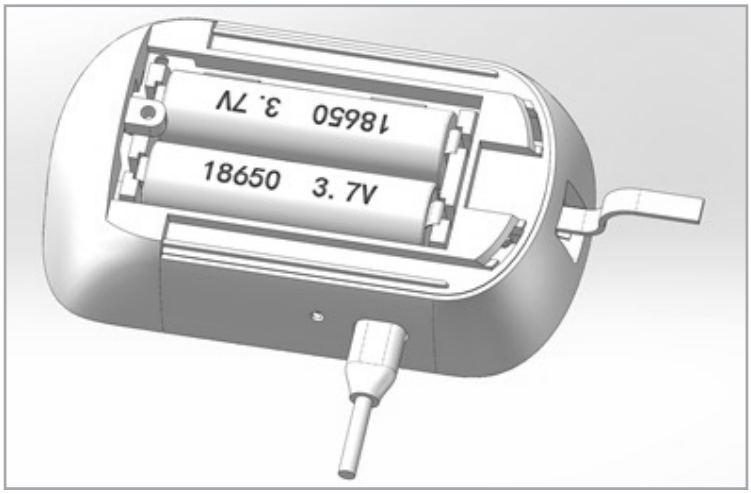
1. Provide the customer with basic maintenance instructions and direct them to detailed maintenance instructions.

2. Have the sign-off sheet for the manual, explanation of maintenance procedures and verification of the working condition of the REV confirmed by the customer.

3. Repairs must only be carried out by manufacturer-authorized service technicians.

REV DISPLAY

The REV requires two rechargeable batteries (Model # 18650, 3.7V. 3200 mAH). See diagram for battery installation guideline.

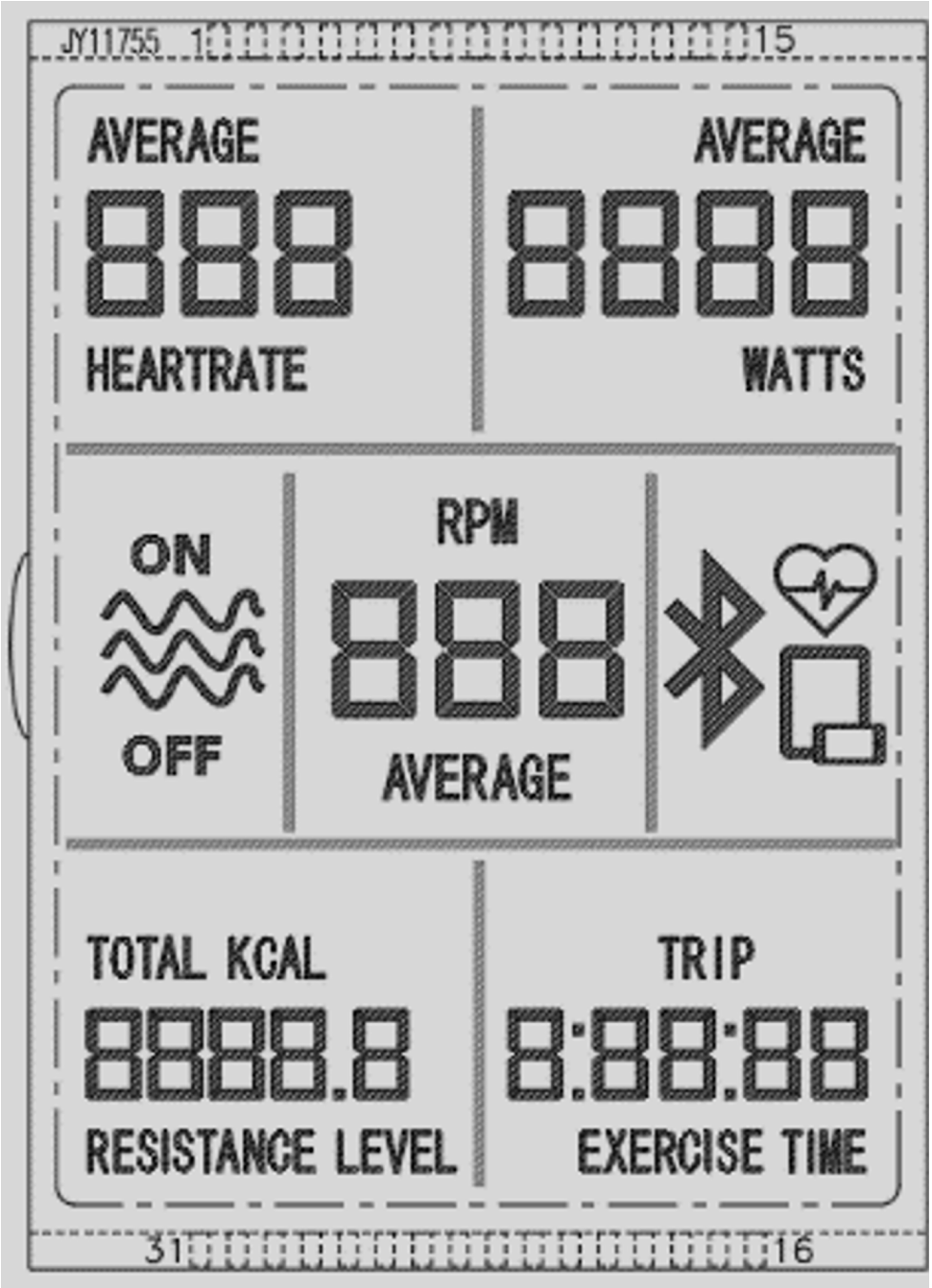


BATTERIES MAY NOT

- Come into contact with fire
- Come into contact with coins or other metallic objects
- Products labeled with this symbol are NOT to be disposed with normal refuse. Consult local guidelines to determine the proper disposal method for your area.

Under typical operation, battery life is approximately 85 hours. To recharge the batteries simply connect the USB-C charging cable (included) to an external power source.

NOTE: The REV display may be powered directly from an external power source using the USB-C charging cord (no batteries required).



1) Heart Rate / Average Heart Rate
2) Power
3) Vibration ON/OFF
4) Speed (RPM) / Average RPM
5) Bluetooth Connection (On/Standby/Off)
6) Resistance Level (1-6)
7) Exercise Time (H: MM: SS)
8) Trip Distance (KM/Miles)

DISPLAY OPERATION

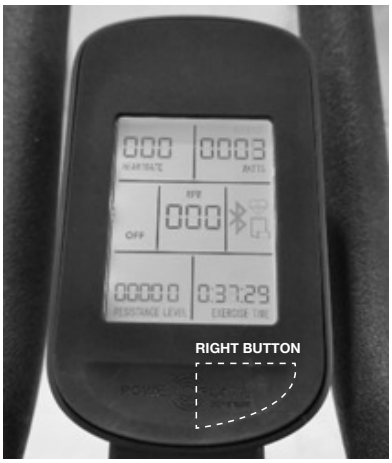
Left Button:
Press the left button to toggle between real-time and average performance metrics. (e.g real-time heart rate...)

Press for 2 seconds to reset the exercise data of the console

Right Button:
Press the right button for 3 seconds to pair heart rate device with the REV display

WARNING! Most heart rate monitors are intended for training and recreational use only and are NOT a medical device. Stop exercising immediately if you feel chest pain, sick, faint, dizzy or otherwise uncomfortable.

BLUETOOTH PAIRING WITH HEART RATE DEVICE



Press the right button for 3 seconds until the Bluetooth icon on the display screen begins to flash.

When the Bluetooth icon appears on the screen, pair a Heartrate bracelet until the Bluetooth icon stops twinkling. Bracelet is then connected.

The REV display will begin to provide heart rate data once pairing is successful.

SEAT HEIGHT ADJUSTMENT

Raising the Seat:

Gently pull up on the seat post to the desired height.

The seat post has a total of nine (9) height positions.

SEAT FORE-AFT ADJUSTMENT

Lowering the Seat:

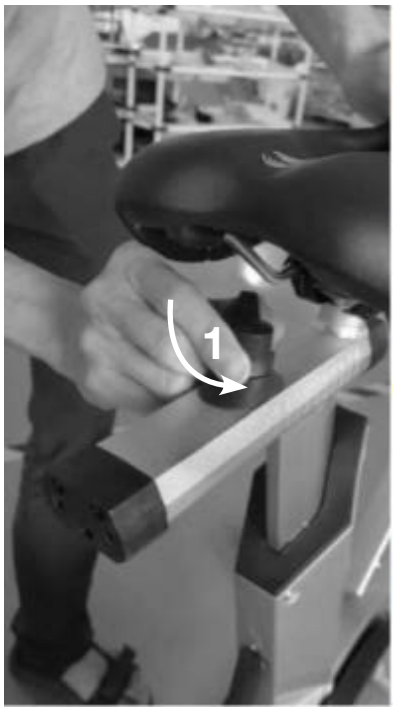
Pull up the locking lever as shown and press the seat downward.

SEAT FORE-AFT ADJUSTMENT

Step 1 - Rotate knob counterclockwise to release seat slider.

Step 2 - Pull the seat slider forward or backward to desired seat position

Step 3 - Rotate adjustment lever clockwise to lock the seat slider into place.



RAISING THE HANDLEBAR

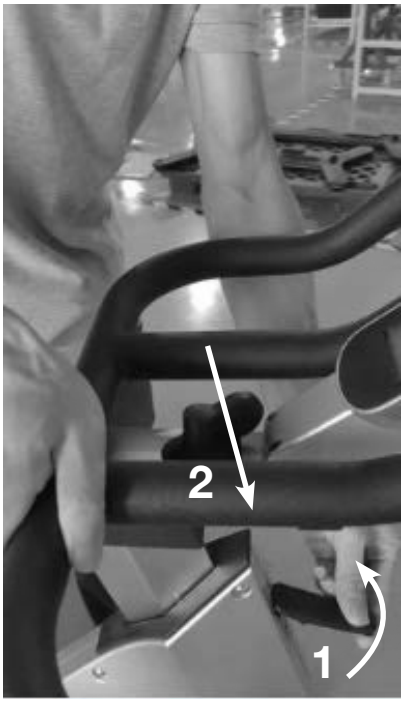
Raising the Handlebar:

Gently pull up on the handlebar post to the desired height.

The handlebar post has a total of three (3) height positions.

Lowering the Handlebar:

Pull up the locking lever as shown and press the handlebar downward.

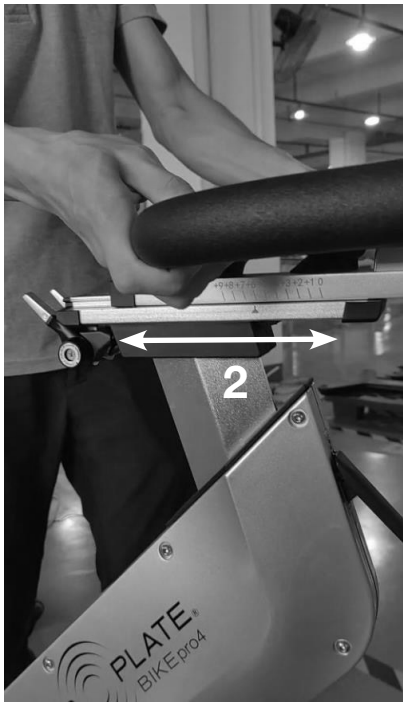


SEAT FORE-AFT ADJUSTMENT

Step 1 - Rotate knob counterclockwise to release handlebar slider.

Step 2 - Pull the handlebar slider forward or backward to desired handlebar position

Step 3 - Rotate adjustment lever clockwise to lock the handlebar slider into place.



PEDALS ADJUSTMENT

The pedals feature toe-clips on one side and SPD cleats on the opposite side. The toe-clip straps should be snug but not too tight.

FLYWHEEL RESISTANCE ADJUSTMENT

The Power Plate REV has six (6) resistance levels ranging from 1 (lowest) to 6 (greatest).

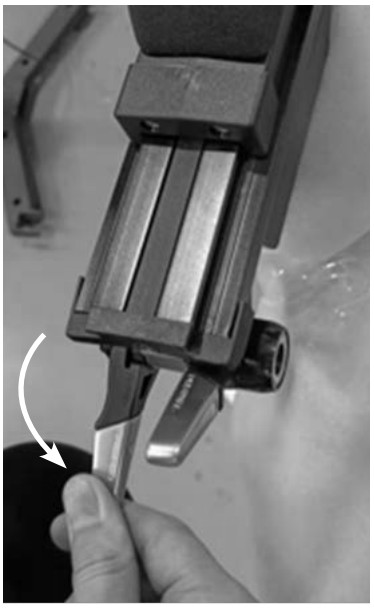
The lever on the right controls resistance. Simply push the lever down to increase resistance and pull up to decrease resistance.

CAUTION: Press the lever all the way down to engage the Emergency Stop. (Brake the flywheel entirely)

ENGAGING VIBRATION MODE

The Power Plate REV features advanced, proprietary VibeShift Technology(TM) to deliver the incredible benefits of vibration in a cycling modality.

To engage VIBRATION MODE simply fully push the LEFT shift lever down WHILE PEDALING. To return to traditional riding mode pull the lever back up to the original “Up” position.



***WARNING:** Failure to FULLY push the lever ALL THE WAY DOWN to engage Vibration Mode may cause component damage and REV failure.

VIBRATION

The vibration frequency is determined by the pedal speed (RPM). The higher the pedal RPM, the greater the vibration frequency.

The REV delivers 18 vibrations per pedal revolution. You can find the vibration frequency for traditional RPM speeds in the table below.

NOTE: higher vibration frequency does not necessarily mean a better or more intense impact on the exerciser.

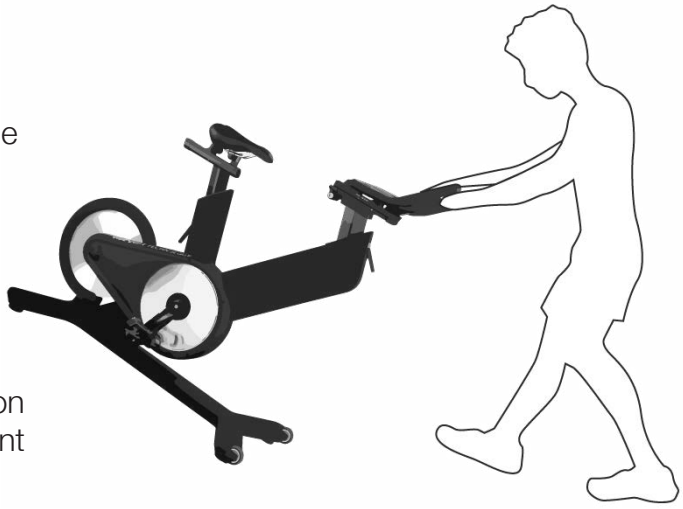
See the “Sample Programs For The REV” section on the next page for suggested training protocols.

IMPORTANT: Always start and end the exercise session on the REV with the VIBRATION MODE in the “OFF” setting. This helps ensure the exerciser properly warms up before engaging vibration as well as maintaining the mechanical operation of the REV.

RPM	FREQ.(Hz)
60	18
70	21
80	24
90	27
100	30
110	33
120	36
130	39

MOVING THE REV

To move the REV first securely fix the handle bar in the highest position. From in front of the handlebars slowly tilt the REV forward, lifting the rear flywheel off of the ground. Carefully balance the REV on the front wheels to move it to a desired location.



We HIGHLY RECOMMEND a second person be available to provide guidance and prevent any unintended tipping of the REV.

Allow a minimum safety distance away from the nearest equipment, objects or walls as illustrated on page 14.

Performance (REHIT)				
EXERCISE		SETS	TIME	TOTAL TIME
A1	Warm-up - no vibration	1	3 mins	7.4 mins
A2	Maximal effort - Vibration	1	20 seconds	
A3	Recovery pace - no vibration	1	2 mins	
A4	Maximal effort - Vibration	1	20 seconds	
A5	Recovery pace - no vibration	1	2 mins	
Goal - generate the greatest power output and fastest sustainable rpms each time while progressing the resistance				

Performance (RPM)				
EXERCISE		SETS	TIME	TOTAL TIME
A1	Warm-up - no vibration	1	2 mins	17.5 mins
A2	Vibration - 60 rpm/tabata style 20:10	5	30 seconds	
A3	Vibration - 70 rpm/tabata style 20:10	5	30 seconds	
A4	Vibration - 80 rpm/tabata style 20:10	5	30 seconds	
A5	Vibration - 90 rpm/tabata style 20:10	5	30 seconds	
A6	Vibration - 100 rpm/tabata style 20:10	5	30 seconds	
A7	Recovery pace - no vibration	1	3 mins	
Goal - sustain the rpm level consistently over the time frame reliably while progressing the resistance				

Health				
EXERCISE		SETS	TIME	TOTAL TIME
A1	Vibration - 50% HRR	1	2 mins	Vary
B1	Vibration - 60% HRR	2	4 mins	
C1	Vibration - 70% HRR	3	6 mins	
D1	Vibration - 80% HRR	4	8 mins	
Goal - progress the frequency achieved weekly. *Each protocol would require 2-3 min warm-up with no vibration and 2-3 min recovery with no vibration				

Biohacking (Oxidative REHIT)				
EXERCISE		SETS	TIME	TOTAL TIME
A1	Warm-up - no vibration	1	2 min	16.5 mins
B1	Sprint - 120 rpm - vibration	30	8 seconds	
B2	Recovery - no vibration	30	15 seconds	
C1	Recovery - no vibration	1	3 mins	
Goal - generate the greatest power output and fastest sustainable rpms each time while progressing the resistance				

Biohacking (Fasted REHIT **same as REHIT)				
EXERCISE		SETS	TIME	TOTAL TIME
A1	Warm-up - no vibration	1	3 mins	7.4 mins
A2	Maximal effort - Vibration	1	20 seconds	
A3	Recovery - no vibration	1	2 mins	
A4	Maximal effort - Vibration	1	20 seconds	
A5	Recovery - no vibration	1	2 mins	
Goal - active fat metabolism, sustain power output, progress resistance				

Preventive Maintenance (PM) is a schedule of maintenance actions taken to preserve and enhance the REV's reliability and performance. PM activities includes cleaning, lubrication of key components, visual inspections, etc. Tight adherence to a PM schedule will dramatically limit equipment issues and increase the lifespan of the REV.

WARNING!

Please carefully observe the following maintenance instructions. The PM and care procedures must be performed regularly, to ensure maximum operating safety and lifespan. Failure to follow PM and care procedures will lead to increased wear to the product and may void the warranty. If you have any further questions on this topic, please contact our technical support team.

Please use only acid- and solvent- free materials to prevent damage to the REV.

DAILY MAINTENANCE

1. Make sure that the REV is stable and on a level surface.

2. Cleaning: The REV must be regularly cleaned after each use for protection and hygiene reasons. First, make sure to disinfect the saddle and handlebars with a suitable agent and then wipe off all residual cleaning material off the REV.

WEEKLY MAINTENANCE

Cleaning: Depending on how often the REV is used, it must be extensively cleaned once a week. To do this, spray a maintenance spray onto a soft cloth and clean all plastic parts, the entire flywheel, and exposed frame components including stabilizers and the plastic casing.

Never spray maintenance spray or other liquid directly onto the flywheel or pedal, as this could damage internal components or cause the drive belt to slip during use.

BI-WEEKLY MAINTENANCE

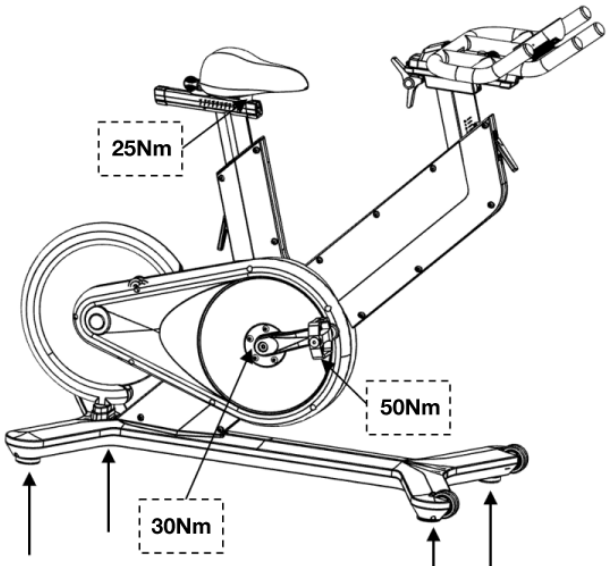
1. Saddle Adjustment Mechanisms: To maintain easy adjustment, the vertical and horizontal saddle posts must be regularly cleaned and lubricated. To do this, position the vertical saddle post (A) in the uppermost position, spray with maintenance spray and rub down the entire exterior surfaces including the horizontal post with a soft cloth.

2. Handlebar Adjustment Mechanisms: To maintain easy adjustment of the handlebar posts, the vertical and horizontal handlebar posts must be regularly cleaned and lubricated. To do this, position the handlebar (A) in the uppermost position, spray the handlebar posts with maintenance spray and rub down the entire exterior surfaces including the horizontal post with a soft cloth.

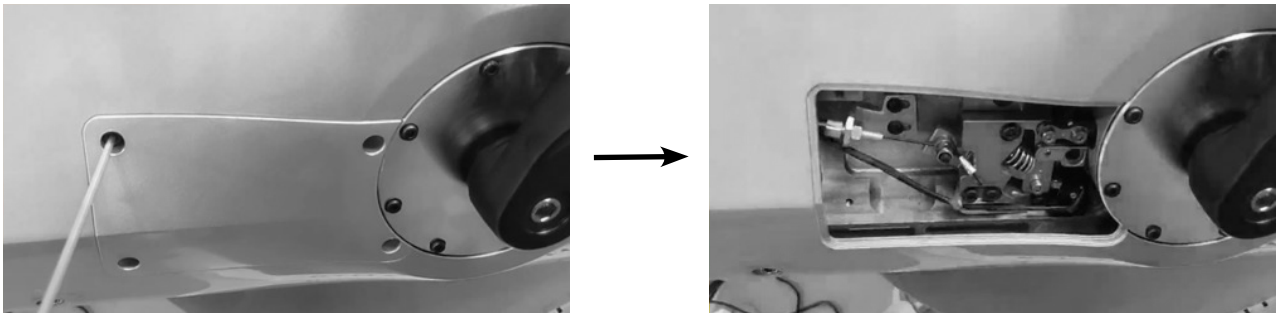
3. Inspect for any loose assemblies, nuts or bolts and tighten as necessary. As the REV produces vibration, tightening loose assemblies is a key to Preventive Maintenance!

MONTHLY MAINTENANCE

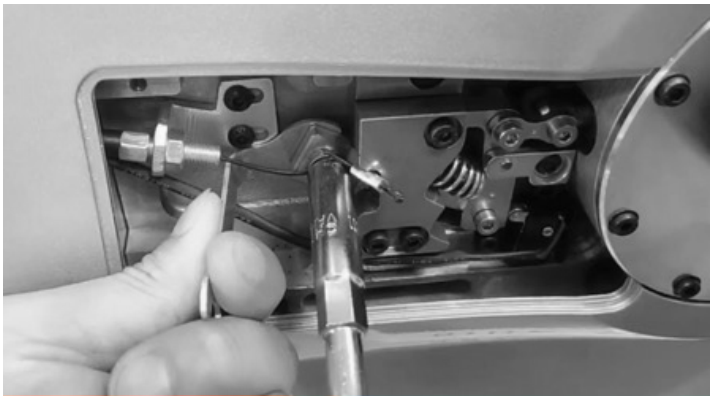
1. Connecting and fastening components: During regular maintenance and care procedures, all bolts, nuts etc. on the REV must be checked for firm seating and function. Replace all parts showing wear or damage.



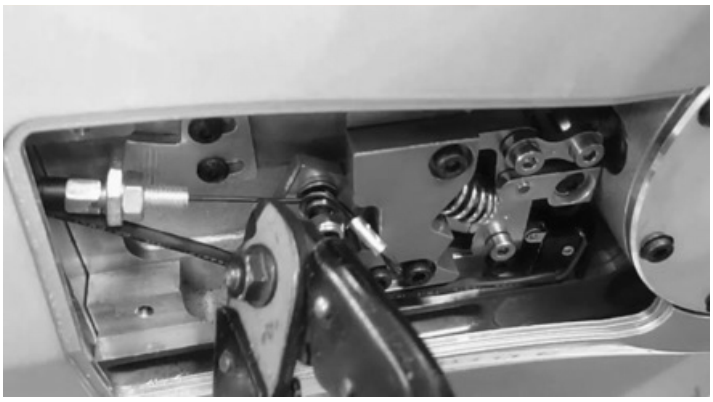
CABLE REPLACEMENT PROCEDURE



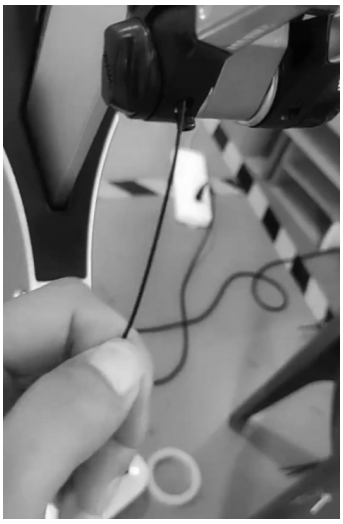
Step 1: REMOVE ACCESS PANEL: Remove four (4) bolts from clutch access panel cover. Remove cover.



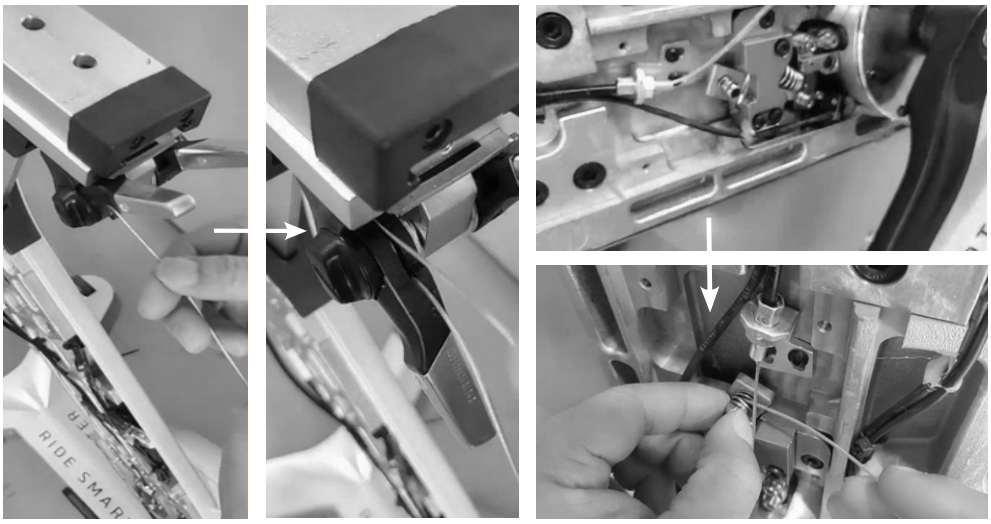
Step 2: RELEASE CABLE LOCK NUT: Use special tooling and wrench to release the lock nut of the REV cable



Step 3: CUT CABLE WIRE: Use a wire cutter to cut off the cable and remove the remaining cable end from the nut



Step 4: EXTRACT OLD CABLE: Pull down the vibration engagement lever and push it up again. Then extract the used cable from the lever.



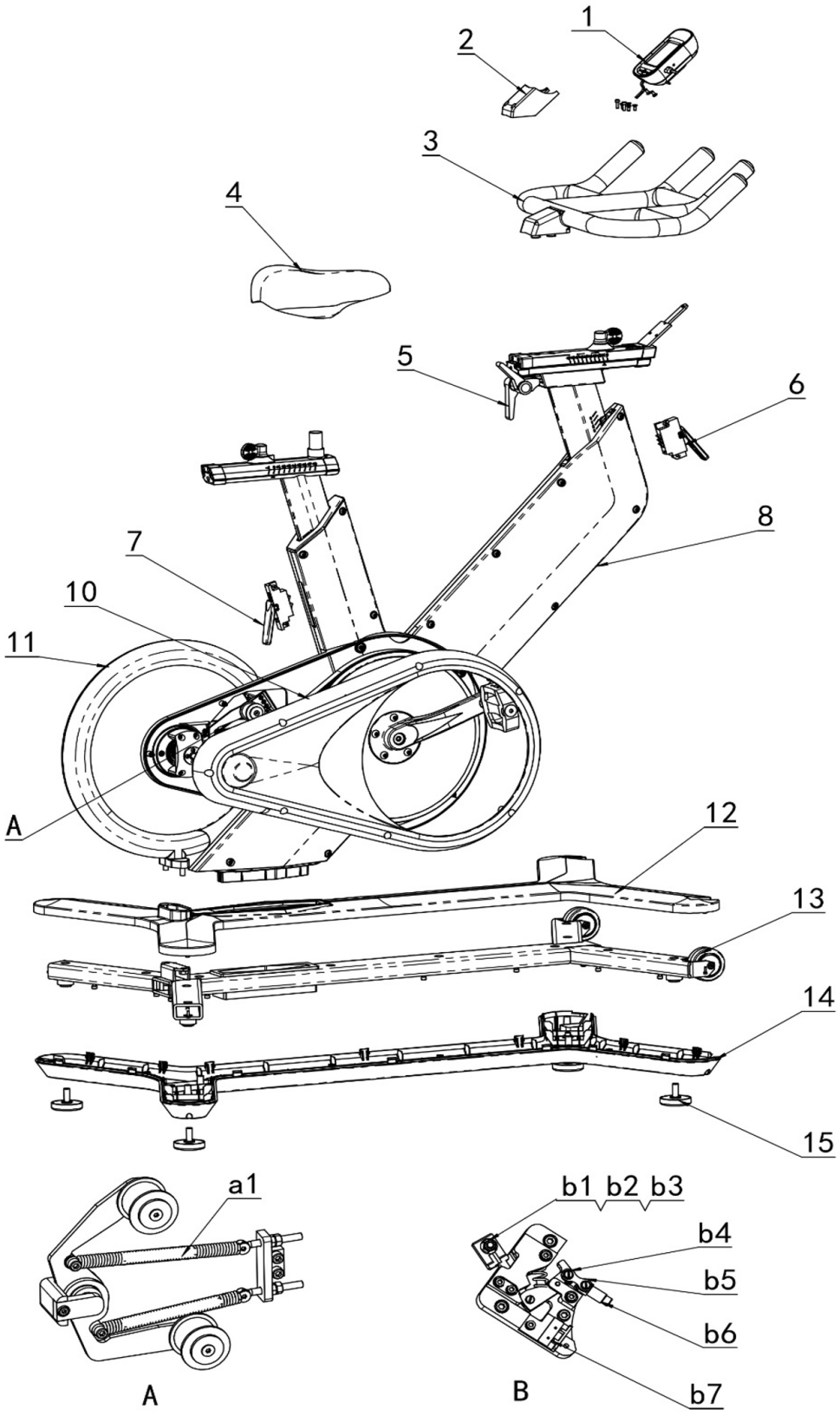
Step 5: INSTALL NEW CABLE: Push down the vibration engagement lever and insert the new cable into the lever. Continue to feed the cable through the cable tube until appears at the clutch assembly access area.

Step 6: CLAMP NEW CABLE: Apply the cable terminal to the end of the cable and use tooling to clamp it. Use a wirecutter to remove excess cable. off the redundant cable.

Step 7: CLOSE AND SECURE ACCESS PANEL: Reinstall the access panel cover and tighten four (4) bolts.

Bike No.	Serial Number	Observations	Action Taken	Result	Name/Date

Item #	Part Number	Assembly Part Name	Part Name	Qty	Wear/Replacement Parts
1	63PB-500-00	Console Assembly	Bike Console	1	Replacement Part
2	63PB-501-00	Console Assembly	Bike Console Cover	1	Replacement Part
3	63PB-400-00	Handlebar Assembly	Handlebar Assembly	1	Replacement Part
4	63PB-303-00	Seat Assembly	Seat	1	Replacement Part
5	63PB-405-00	Adjustment Lever Assembly	Shift Lever	1	Replacement Part
6	63PB-402-00	Handlebar Assembly	Handlebar Locking Arm Assembly	1	Replacement Part
7	63PB-402-01	Seat Assembly	Seat Pole Locking Arm Assembly	1	Replacement Part
8	63PB-302-00	Upright Assembly	Upright (Right)	1	Replacement Part
9	63PB-209-00	Upright Assembly	Belt Shroud	1	Replacement Part
10	63PB-212-00	Flywheel Assembly	Transmission Belt	1	Wear Part
11a	63PB-215-00	Flywheel Assembly	Flywheel Guard Cover (Left)	1	Replacement Part
11b	63PB-216-00	Flywheel Assembly	Flywheel Guard Cover (Right)	1	Replacement Part
12	63PB-100-02	Upright Assembly	Base Cover (Upper)	1	Replacement Part
13	63PB-101-00	Base Assembly	2.5" Rubber Wheel	2	Replacement Part
14	63PB-100-03	Upright Assembly	Base Cover (Lower)	1	Replacement Part
15	63PB-102-00	Base Assembly	Rubber Feet	4	Wear Part
16	63PB-200-02	Upright Assembly	Upright (Left)	1	Replacement Part
17	63PB-200-01	Upright Assembly	Cover, Vibration Clutch	1	Replacement Part
18	63PB-201-00	Gearbox Assembly	Gearbox	1	Replacement Part
19	63PB-206-00	Crank Pulley Assembly	170mm Crank (Left)	1	Replacement Part
19	63PB-206-01	Crank Pulley Assembly	170mm Crank (Right)	1	Replacement Part
20a	63PB-208-00	Crank Pulley Assembly	Pedals (Left)	1	Replacement Part
20b	63PB-207-00	Crank Pulley Assembly	Pedals (Right)	1	Replacement Part
21	63PB-200-04	Upright Assembly	Cover, Left Upright	1	Replacement Part
a1	63PB-213-01	Tensioner Assembly	Extension Spring	2	Wear Part
b1	63PB-202-01	Vibration Clutch	Steel Wire Shaft	1	Wear Part
b2	63PB-202-02	Vibration Clutch	Flat Washer	2	Wear Part
b3	63PB-202-03	Vibration Clutch	Hexagon Self-Locking Nut	1	Wear Part
b4	63PB-202-04	Vibration Clutch	Plug Screw	3	Wear Part
b5	63PB-202-05	Vibration Clutch	Pin Connecting Rod	1	Replacement Part
b6	63PB-202-06	Vibration Clutch	Clutch Pin	1	Wear Part
b7	63PB-202-07	Vibration Clutch	Clutch Sensor	1	Replacement Part
n/a	63PB-202-08	Vibration Clutch	Vibration Clutch Assembly	1	Replacement Part
c1	63PB-405-01	Brake Assembly	Brake Rubber	1	Wear Part
	63PB-600-01	Brake Assembly	Resistance Level Sensor	1	Replacement parts
	63PB-600-02	Bike Sensor	Cable Adaptor Board	1	Replacement Part
	63PB-600-03	Bike Sensor	Control Cable for Console (Set)	1	Replacement Part
	63PB-600-04	Bike Sensor	Signal Cable for Console (LAN cable)	1	Replacement Part
	63PB-405-03	Vibration Clutch	Large Wire Sleeve	1	Wear Part
	63PB-405-04	Adjustment Lever Assembly	Small Wire Sleeve	2	Wear Part
	63PB-405-01	Adjustment Lever Assembly	Cable	2	Wear Part
	63PB-405-02	Adjustment Lever Assembly	Cable Tube	2	Wear Part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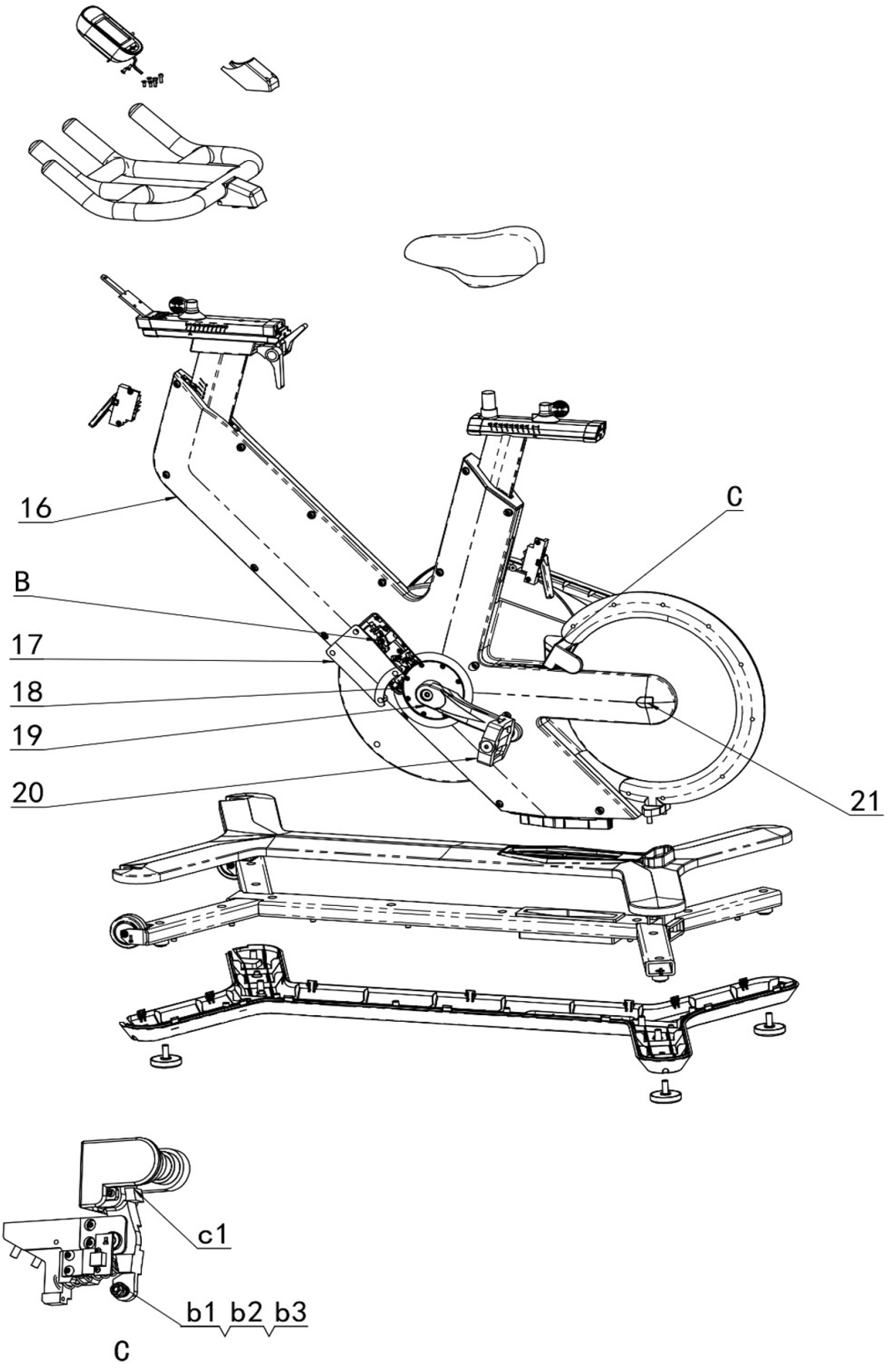
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