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Revive 200W EMS Vibration Plate

PDKW5116BK

Nine programs, 99 speed levels and EMS, all set from the remote.



200W	120 kg	9	1-99
RATED POWER	LOAD CAPACITY	PRESET PROGRAMS	SPEED LEVELS

TOP 5 FEATURES

Five things that matter most

Ranked best to least, by how much each one changes the workout.

01

0-6

EMS LEVELS

EMS on top of vibration

Add EMS to any workout. Set the level from 0 to 6 and switch between 3 EMS modes. Level 0 means EMS is off, and that is the default. Use it on clean, dry, bare feet.

02

9

PRESET PROGRAMS

Nine ready-made programs

Pick P1 to P9 with one button. Each program runs 15 minutes and changes the vibration speed for you. Prefer to set it yourself? Manual mode (HA) lets you choose 1 to 20 minutes.

03

1-99

SPEED LEVELS

A wide speed range

Change the speed while you train. Levels 1-33 are Easy, 34-66 are Medium and 67-99 are Intense. The M button on the remote jumps between 20, 50 and 80.

04

120 kg

LOAD CAPACITY

200W motor, 120 kg load

Rated power is 200W and the plate holds users up to 120 kg. One person on the plate at a time. It runs on 220-240V.

05

6.5 ft

REMOTE RANGE

Everything on the remote

Start, pause, and change time, speed, program and EMS from the remote. Effective distance is about 6.5 feet. It takes AAA batteries.

Source: package artwork, user manual and rating label for PDKW5116BK. Remote range is the manual's figure. Rated power is the figure printed on the rating label.

MORE FEATURES

The rest of the plate

Details that make it easier to use every day.

Bands

Detachable resistance bands

The plate has resistance bands with handles. They detach when you do not need them.

LED

Status display

The display shows the program (P1-P9 or HA), speed, time left, and EMS mode and level.

Non-slip

Suction cup

The package lists a non-slip suction cup. Use the plate only on a flat, sturdy, non-slip floor.

1-20 min

Timer

Set 1 to 20 minutes in manual mode. The default is 15 minutes. Preset programs run 15 minutes.

3

Intensity zones

Easy is speed 1-33, Medium is 34-66 and Intense is 67-99. Start slow and build up.

51 cm

Compact size

Plate size is 51 x 31 x 13.5 cm and the product weighs 5.9 kg.

Buyer's checklist

Check these on any vibration plate. Here is this item's value for each.

CHECK	THIS ITEM
Maximum user weight	**120 kg**
Rated motor power	**200W**
Vibration speed range	**1-99 levels**
Ready-made programs	**9 preset + manual mode**
EMS control	**Levels 0-6, 3 EMS modes**
Remote control	**Yes, about 6.5 ft effective distance**
Workout timer	**1-20 minutes, 15 recommended**
What the display shows	**Program, speed, time, EMS**
Voltage and plug	**220-240V, UK 3-pin plug**
Safety warnings in manual	**Yes, who should not use it is listed**
Warranty period	To add

SPECIFICATIONS

Full spec sheet

PDKW5116BK · Revive 200W EMS Vibration Plate with LED Display

PERFORMANCE

Rated power	**200W**
Load capacity	**120 kg**
Program modes	**9 preset, plus manual control**
Intensity levels	**Easy, Medium, Intense**
Speed range	**1-99**
EMS range	**0-6**
Usage duration	**1-20 minutes, 15 minutes recommended**

POWER AND REMOTE

Rated voltage	**220-240V, 50Hz**
Plug type	**UK 3-pin plug**
Remote battery type	**AAA batteries**
Remote effective distance	**About 6.5 feet**

BODY

Product size	**51 x 31 x 13.5 cm**
Product weight	**5.9 kg**
Package size	**53 x 34 x 16.5 cm**
Model number	**PDKW5116**
Made in	**China**

WARRANTY AND CERTIFICATIONS

Warranty	To add
Certifications	To add

Safety. Do not use for more than 30 minutes continuously. Not suitable for pregnant individuals, those with pacemakers, heart conditions, or recent injuries. Use only on a flat, non-slip floor. Read the manual before use.

Support and warranty: www.porodo.net · Designed and produced by Teqtronix International Inc.