



Updated Virtual Gym Training

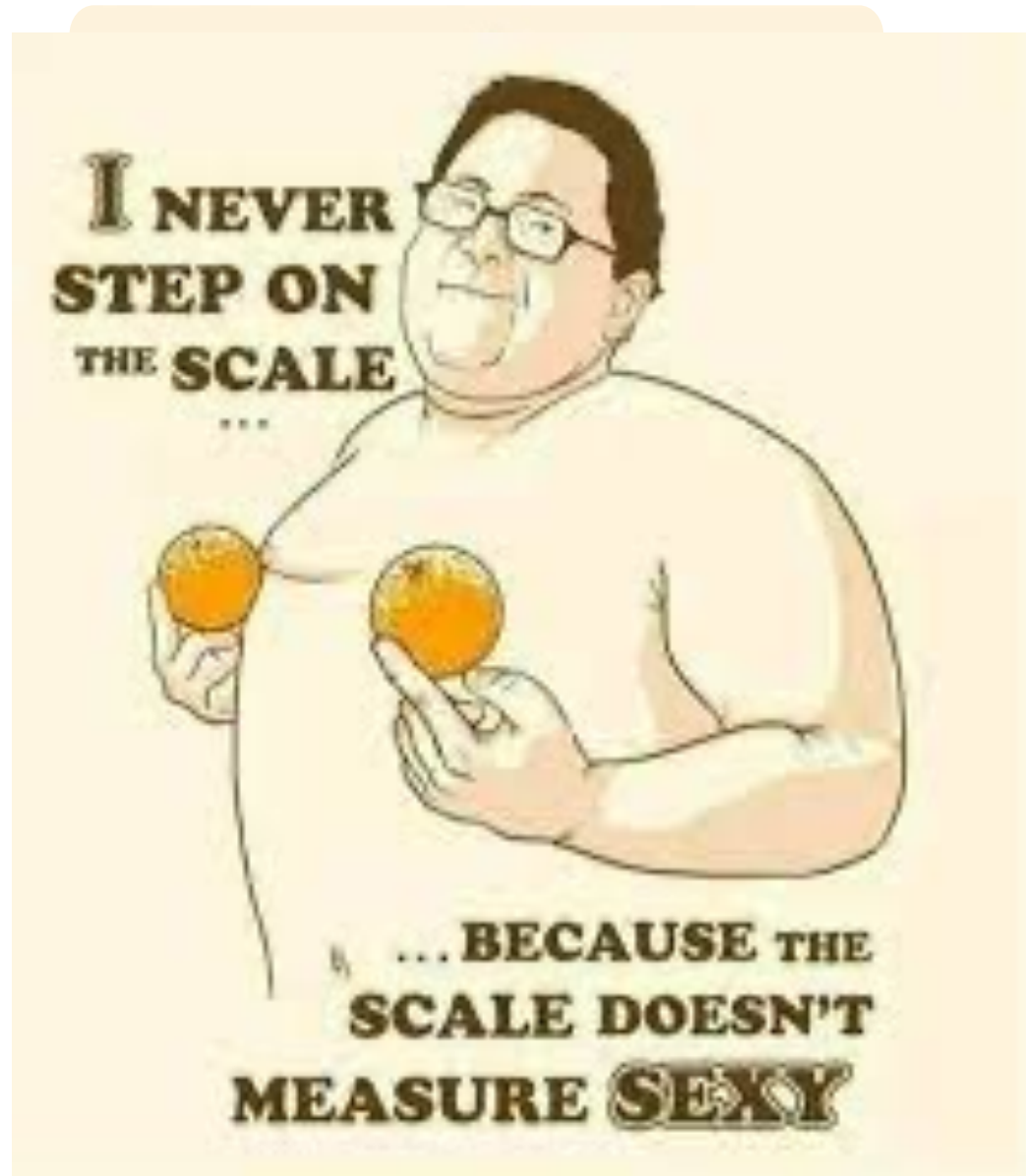
ONE VIRTUAL GYM Treatment  
=  
4 – 8 WEEKS IN THE GYM!



Depending on:

- ❖ Size / Weight
- ❖ Lifestyle
- ❖ Age
- ❖ Health Status





## CONSULTATION

- RULE 1.

PACEMAKER AND PREGNANCY ARE CONTRAINDICATIONS

- RULE 2.

TREATMENTS ARE SOLD IN PACKAGES. MUST MAKE A COMMITMENT

- RULE 3.

NUMBER OF TREATMENTS DEPEND ON

A/ THE SIZE OF THE BODY,

B/ LIFESTYLE

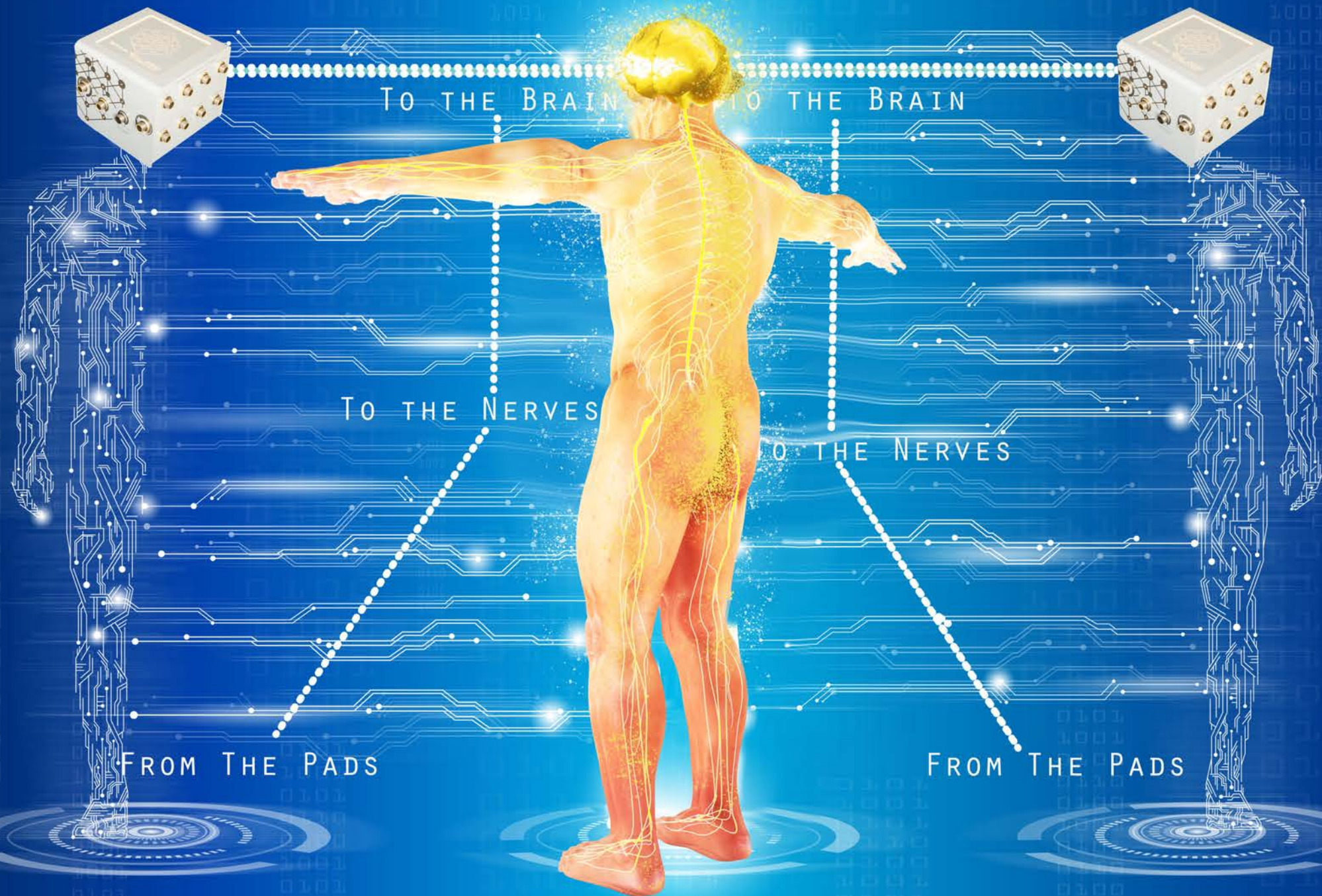
C/ EXERCISE

D/ EATING HABITS

- SMOKING OR DRINKING ALCOHOL WILL REQUIRE MORE TREATMENTS

- EXCESSIVE FOOD CONSUMPTION: THE BODY WILL UTILIZE THE FOOD THE INDIVIDUAL CONSUMES TO GENERATE ENERGY AND BUILD MUSCLE RATHER THAN THE FAT

THE BRAIN RELEASES HORMONES & ORDERS THE NERVES TO CONTRACT THE BODY



TO THE BRAIN TO THE BRAIN

TO THE NERVES TO THE NERVES

FROM THE PADS

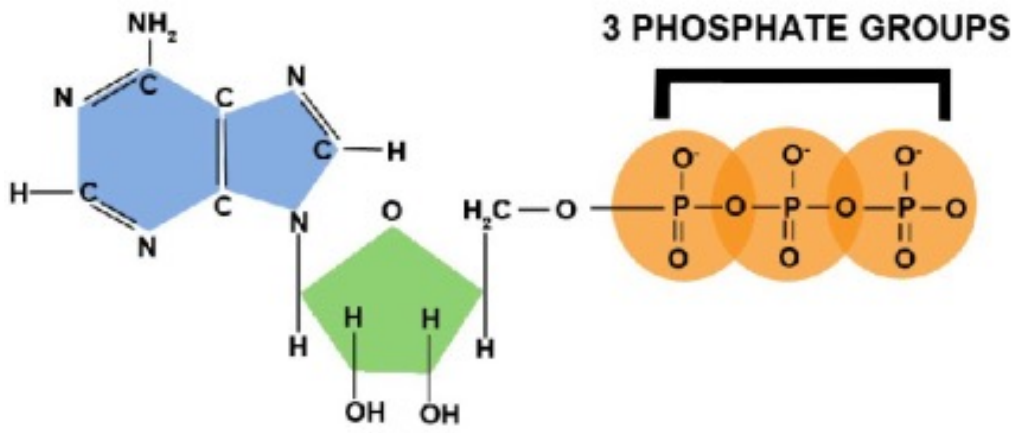
FROM THE PADS

# The VIRTUAL GYM IS NOT A MUSCLE STIMULATOR

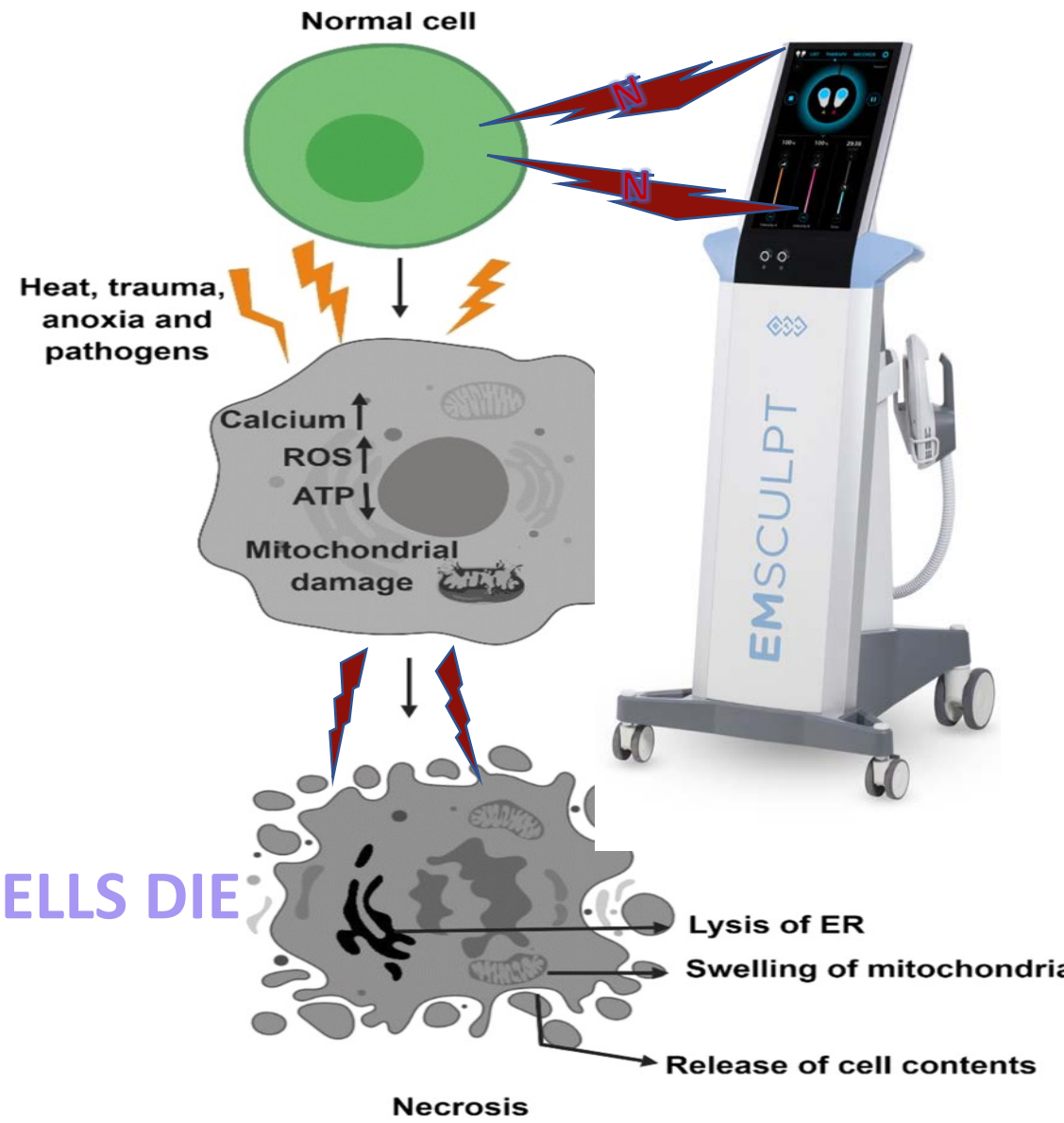
MUSCLE STIMULATORS DEPOLARIZE MUSCLE  
DEplete ATP / DEplete THE ENERGY  
OF MUSCLE CELLS

## An ATP Molecule

ADENINE Promotes Adenosine



RIBOSE Sugar, a natural part of DNA and RNA



MUSCLE CELLS DIE

Over 50 years old gym workout

WILL GIVE YOU This!



VISCERAL FAT  
UNDER MUSCLE

Only the Virtual Gym Can give you This



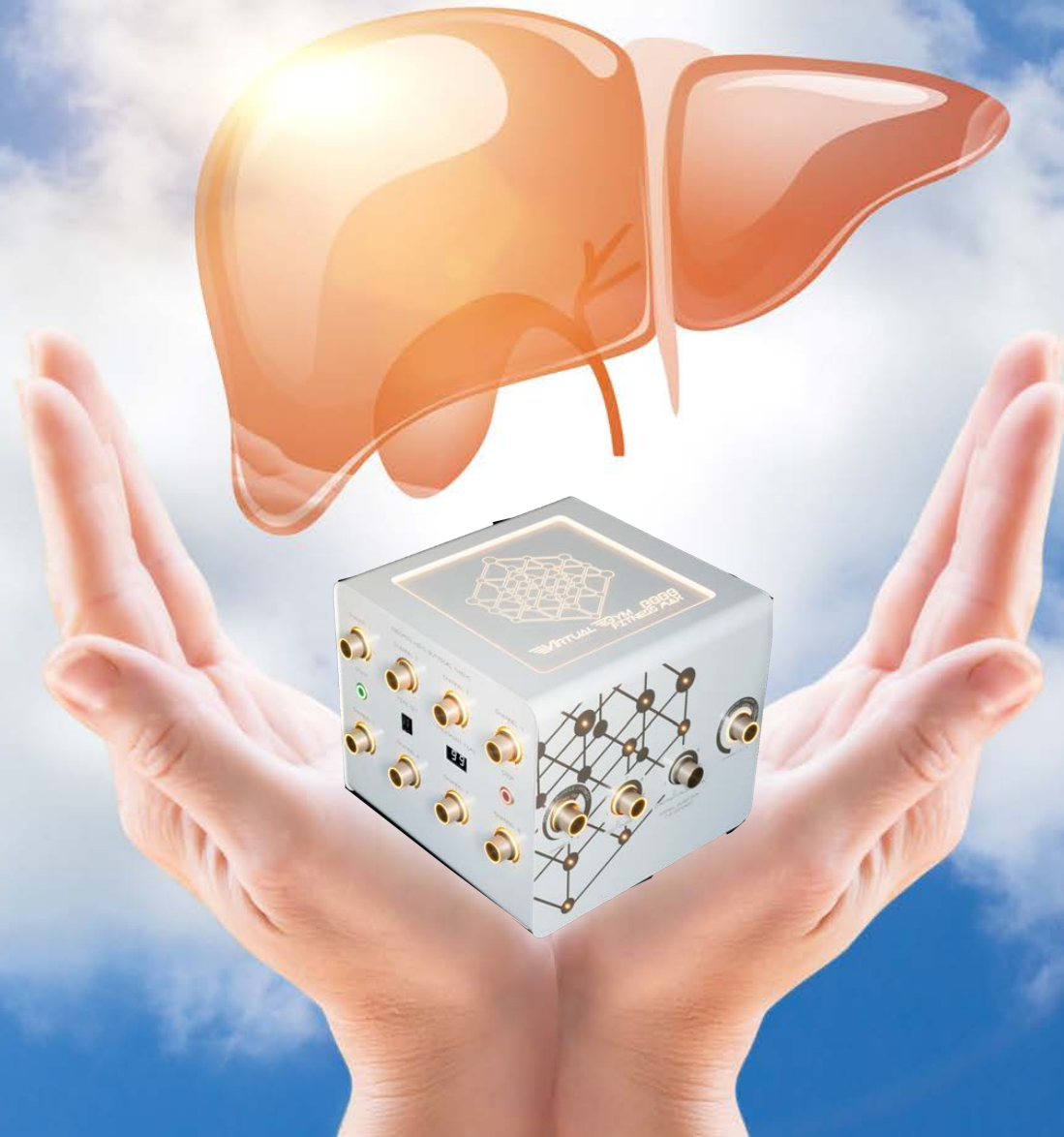


ENERGY  
BOOST

INCREASE  
MOTIVATION  
PRODUCTIVITY



# Healthy / REPAIRED LIVER





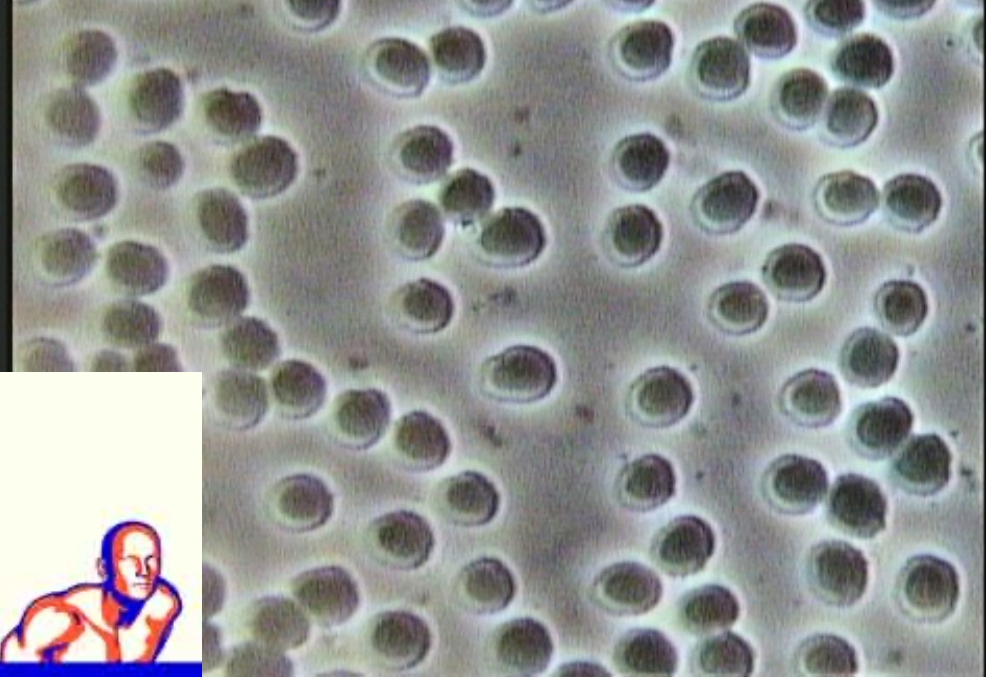
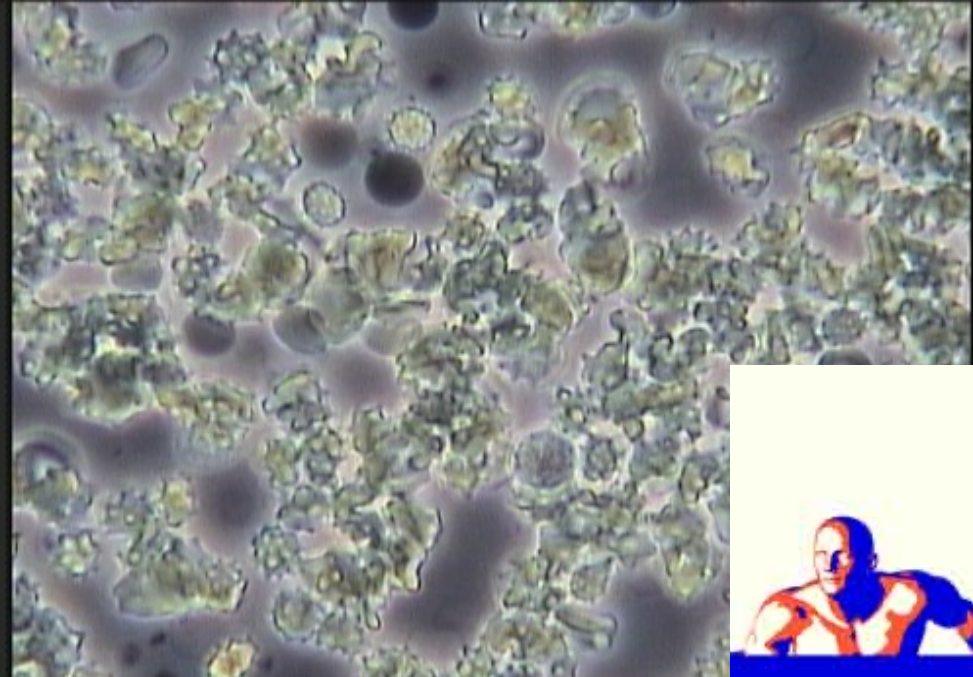
Free from:

- ✓ Mood Swings
- ✓ Muscle Aches
- ✓ Fatigue
- ✓ Brain Fog
- ✓ Constipation

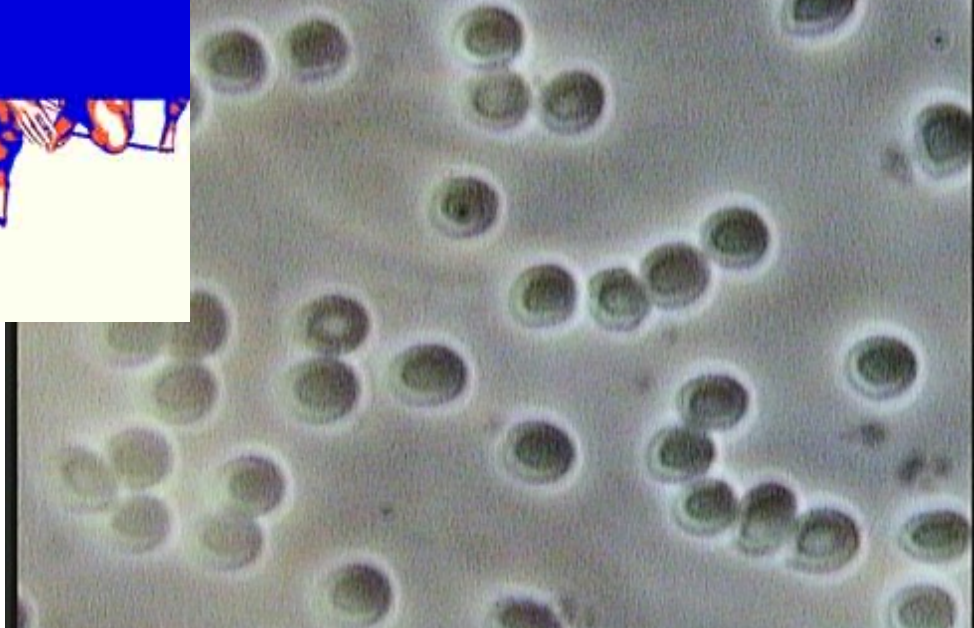
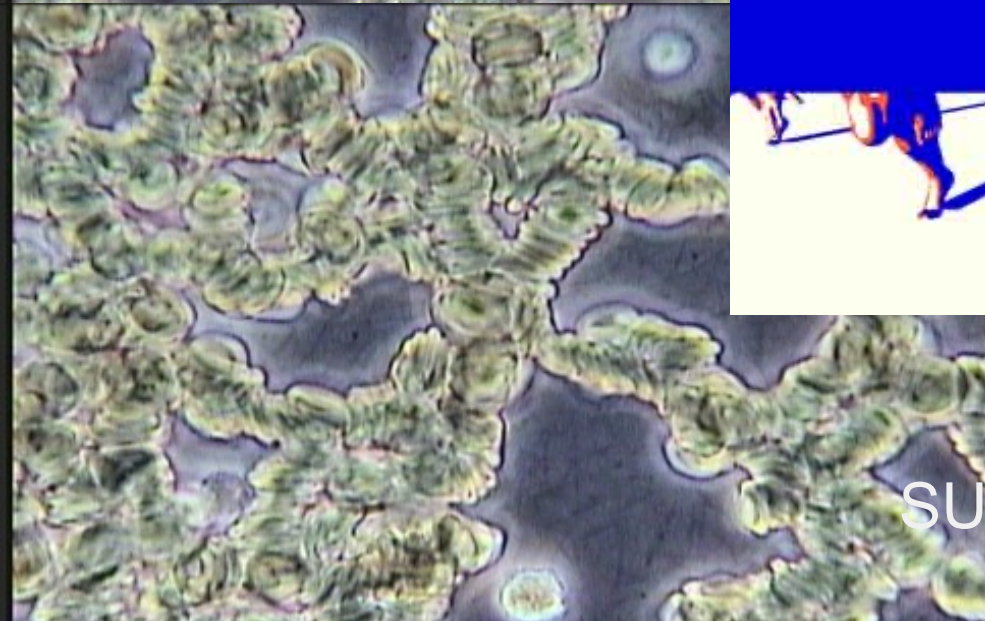


Free T-3 ( Triiodothyronine -Active Metabolite of TSH (Thyroid Stimulating Hormone) - T4 Thyroxine / Inactive - T3	<0.00001	P<0.00001	Free T3 was increased by +41.07%
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# INCREASES LIBIDO BECAUSE BLOOD SEPARATION ACTS AS A NATURAL VIAGRA



1290 SUBJECTS



SUBJECT 10



The Virtual Gym  
REDUCES STRESS

Due to Normal Cortisol

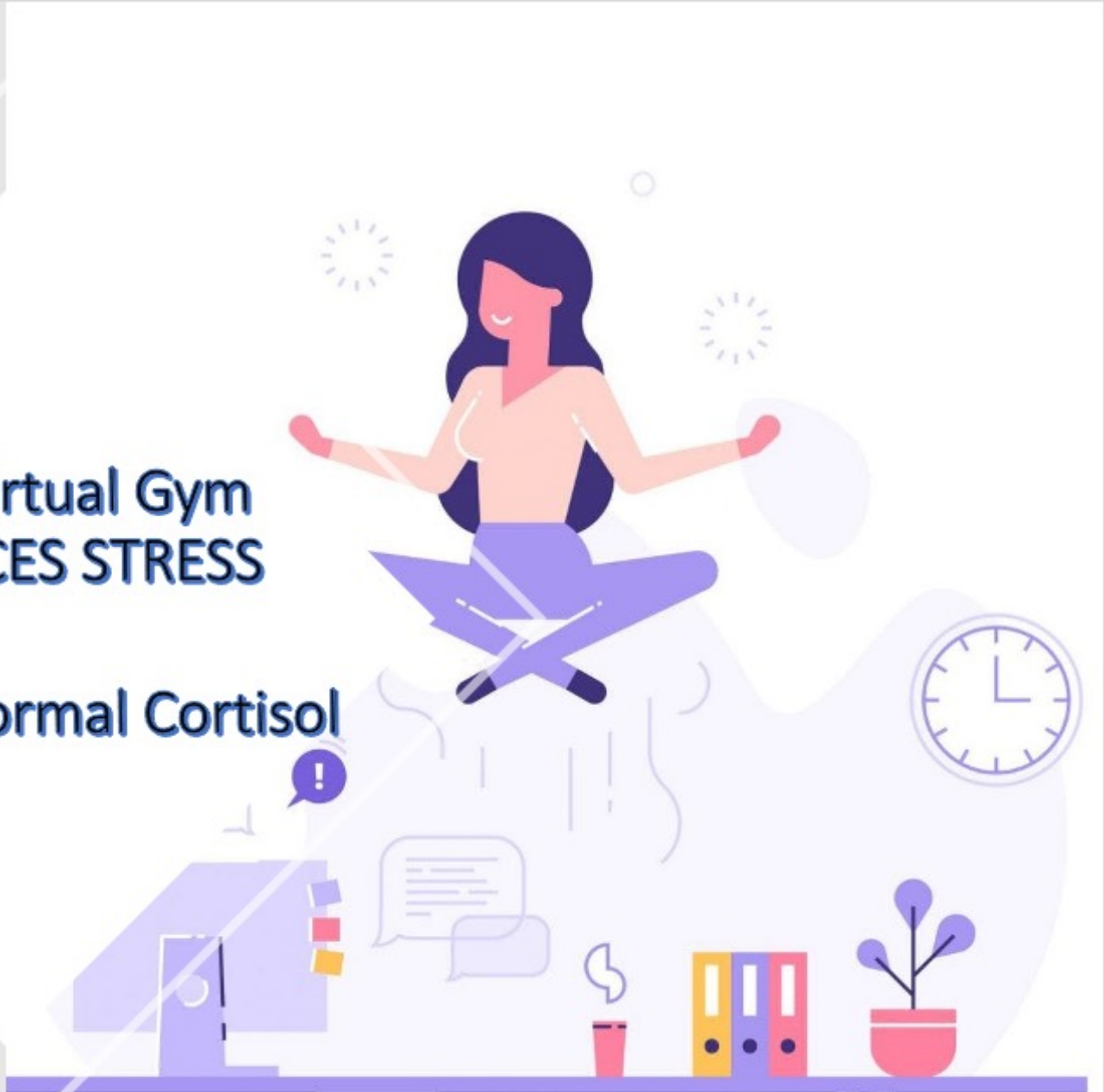
Cortisol / STRESS

$<0.00001$

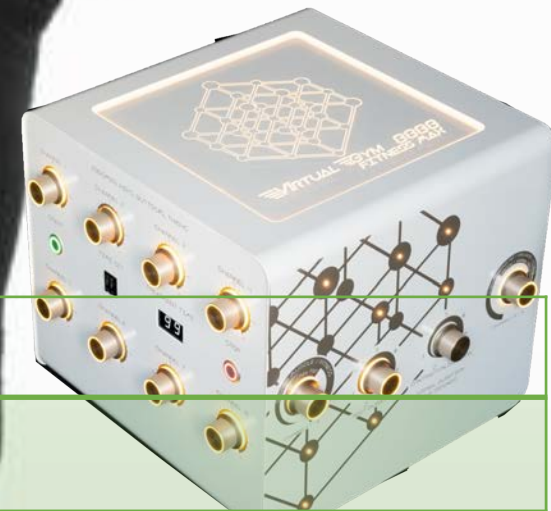
$P < 0.00001$

Cortisol decreased by -21.92%

130 Subjects

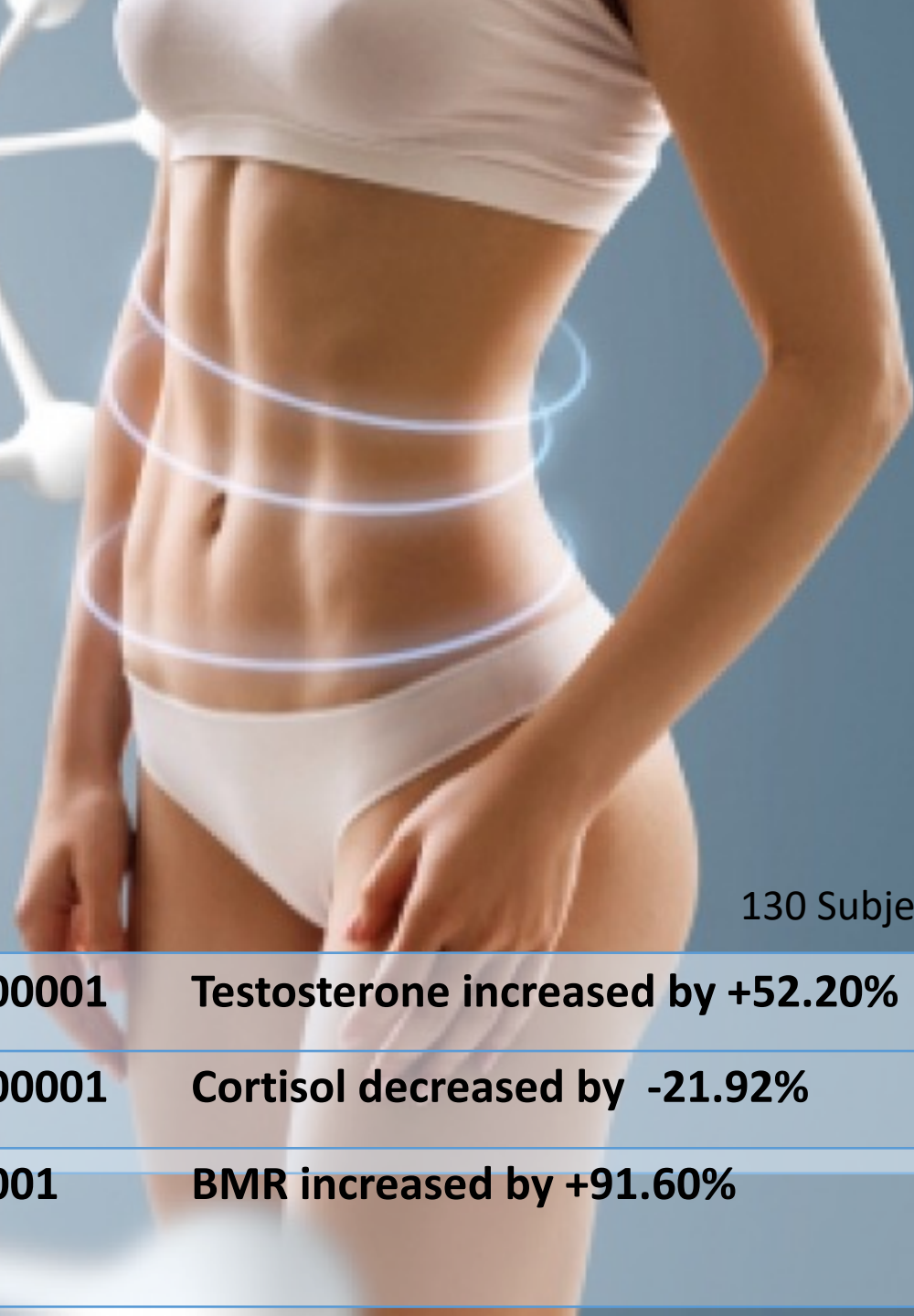


# DETOX & Balanced GHRELIN / LEPTIN Reduces Hunger & Cravings



<b>Leptin (DECREASES APPETITE)</b>		<b>Leptin increased by +13.41%</b>
<b>Ghrelin (INCREASES APPETITE)</b>		<b>Ghrelin decreased by -8.28%</b>

- \* Low Cortisol
- \* High Testosterone
- \* High BMR =
- Faster Slimming
- Permanent Results



130 Subjects

Testosterone. ENERGY / WEIGHT LOSS	<0.00001	P<0.00001	Testosterone increased by +52.20%
<b>Cortisol. STRESS</b>	<0.00001	P<0.00001	Cortisol decreased by -21.92%
BMR - Basal Metabolic Rate (Calories spent at rest)	0.00055	P<0.001	BMR increased by +91.60%



# BREAST LIFT



# NECK LIFT



***STOP DIABETES***



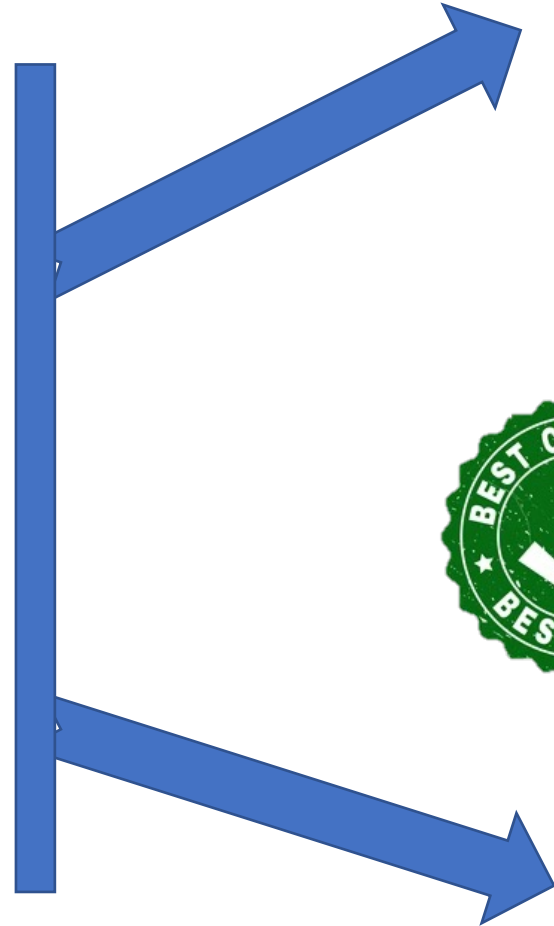
**With the Virtrual Gym**



# 1 TREATMENT OPTION

Essential for 45 and older / Beneficial for 45 and younger

- ENERGY
- MOTIVATION
- CONFIDENCE
- LIBIDO
- STRESS



8 WEEKS  
8 ONE-HOUR  
TREATMENTS  
ONCE A WEEK

OR

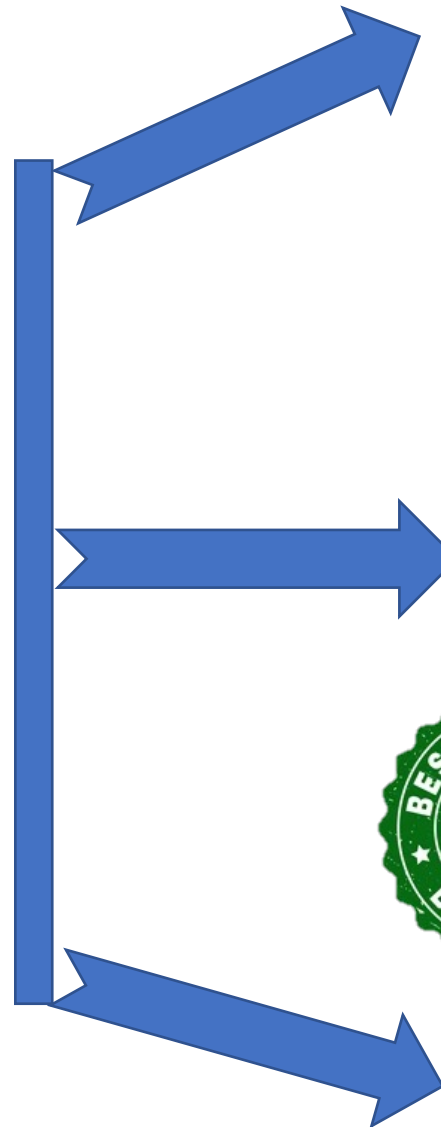


4 WEEKS  
8 HALF-HOUR  
TREATMENTS  
TWICE WEEKLY

## 2. TREATMENT OPTION

Essential at any age

- DETOX
- SUPPRESS HUNGER
- REDUCE INFLAMMATION



10 WEEKS  
10 30-MINUTE  
TREATMENTS  
ONCE A WEEK

OR

5 WEEKS  
10 30-MINUTE  
TREATMENTS  
TWICE A WEEK

OR



2.5 WEEKS  
10 30-MINUTE  
TREATMENTS  
THREE TIMES A WEEK

# 3. TREATMENT OPTION

Essential for 45 or older  
Beneficial at any age

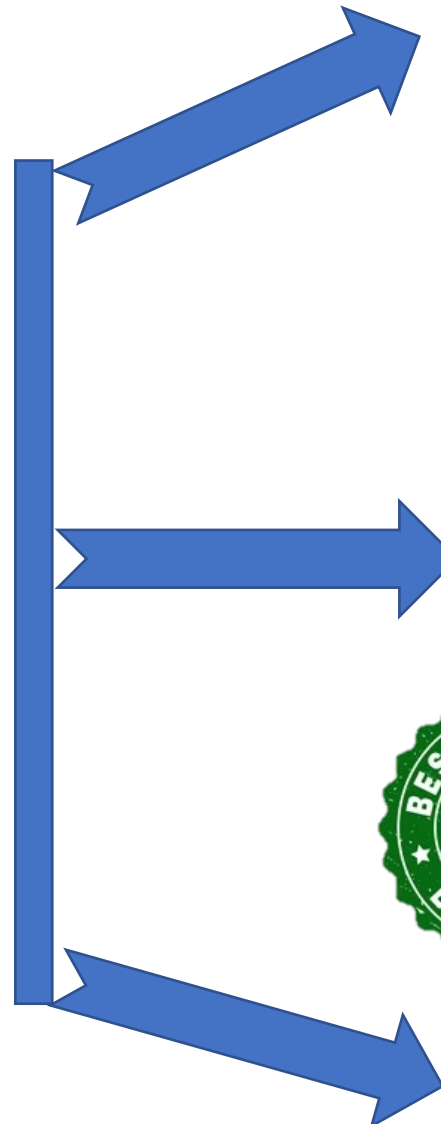
➤ BODY SHAPING

➤ BREAST LIFT

essential after pregnancy

➤ NECK LIFT

➤ MINI FACE LIFT



10 WEEKS  
10 40-MINUTE  
TREATMENTS  
ONCE A WEEK

OR

5 WEEKS  
10 40-MINUTE  
TREATMENTS  
TWICE A WEEK

OR



2.5 WEEKS  
10 40-MINUTE  
TREATMENTS  
THREE TIMES A WEEK

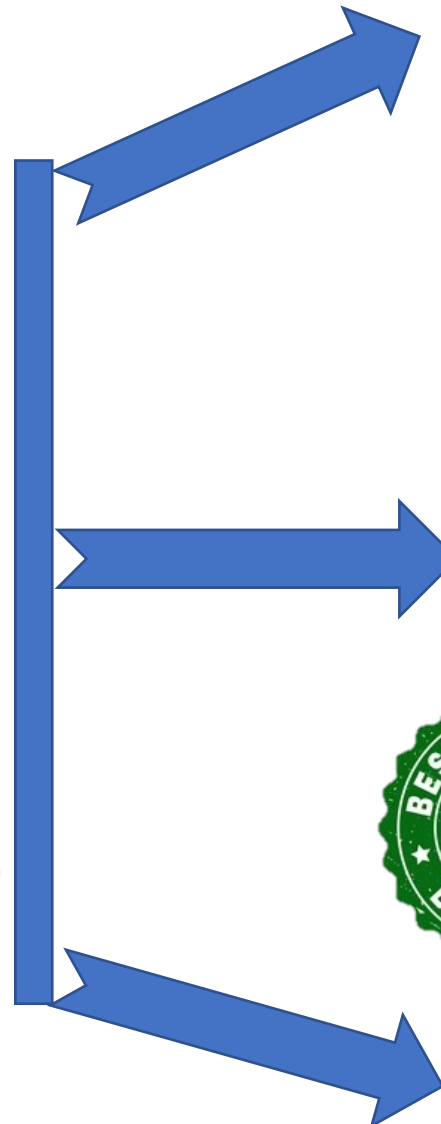
# 4. TREATMENT OPTION

➤ INCONTINENCE

➤ VAGINAL

REJUVENATION

essential after pregnancy



10 WEEKS  
10 30-MINUTE  
TREATMENTS  
ONCE A WEEK

OR

5 WEEKS  
10 30-MINUTE  
TREATMENTS  
TWICE A WEEK

OR



2.5 WEEKS  
10 30-MINUTE  
TREATMENTS  
THREE TIMES A WEEK

# 5. TREATMENT OPTION

Essential for 45 & older

- VISCERAL FAT
- FATTY LIVER
- HIGH CHOLESTEROL

18 WEEKS  
18 ONE-HOUR  
TREATMENTS  
ONCE A WEEK

OR

9 WEEKS  
18 ONE-HOUR  
TREATMENTS  
TWICE A WEEK

OR



6 WEEKS  
18 ONE-HOUR  
TREATMENTS  
THREE TIMES A WEEK

# 6. TREATMENT OPTION

Essential at any age

➤ HYPOTHYROID

➤ HYPERTHYROID

18 WEEKS  
18 ONE-HOUR  
TREATMENTS  
ONCE A WEEK

OR

9 WEEKS  
18 ONE-HOUR  
TREATMENTS  
TWICE A WEEK

OR

6 WEEKS  
18 ONE-HOUR  
TREATMENTS  
THREE TIMES A WEEK



# 7. TREATMENT OPTION

Essential at any age

- DIABETES
- PREDIABETES
- HYPERGLYCEMIA

20 WEEKS  
20 ONE-HOUR  
TREATMENTS  
ONCE A WEEK

OR

10 WEEKS  
20 ONE-HOUR  
TREATMENTS  
TWICE A WEEK

OR



5 WEEKS  
20 ONE-HOUR  
TREATMENTS  
THREE TIMES A WEEK

# EFFORTLESS EXERCISE GIVES RESULTS FASTER THAN THE GYM

- 1 VIRTUAL GYM treatment = 1-2 MONTHS in the gym.
- 12 VIRTUAL GYM treatment = 12- 16 MONTHS in the gym.
- MONITOR YOUR DIET
- MORE treatments are required for:
  - Stress
  - Diabetes
  - Hyperthyroid
  - Hypothyroid
  - Hormonal Imbalance
  - Obesity
  - Fatty Lifer





# MANDATORY BEFORE TREATMENT

1. CLIENT FILLS IN THE  
HEALTH QUESTIONNAIRE

2. CLIENT SIGNS THE CONCENT  
FORM

3. CLIENT FILLS IN THE NUTRITION  
/ FOOD INTAKE QUESTIONNAIRE /  
GET SCORE AND DISCUSS IT WITH  
THE PATIENT

4. CLIENT FILLS IN THE  
CONSULTATION  
QUESTIONNAIRE / DISCUSS

5. CLIENT SIGNS THE GUARANTEE

6. CLIENT IS ASKED TO  
RESERVE HIS OWN SET OF  
PADS FOR SANITARY AND  
AVOID A POSSIBLE BACTERIAL  
INFECTION

7. CLIENT'S PHYSIQUE AND  
LIFESTYLE ARE ASSESSED & NO OF  
TREATMENTS:  
ONE TREATMENT IS EQUIVALENT  
TO ONE OR TWO MONTHS IN THE  
GYM

8. REALISTIC EXPECTATIONS: EG.  
IF CLIENTS NEED 2-3 YEARS IN THE  
GYM THAT'S EQUIVALENT TO 12  
/24-16 / 32 TREATMENTS

9. EXPLAIN THAT THE BODY WILL  
USE FOOD AS ENERGY BEFORE  
BURNING FAT. THEREFORE  
PROPER DIET IS CRUCIAL.  
SMOKING + ALCHOHOL INCREASE  
TOXICITY HENCE THE NEED FOR  
MORE TREATMENTS

10. PADS MAY CAUSE REDNESS  
WHICH NORMALLY GOES AWAY  
AFTER 15 MIN TO HALF HOUR

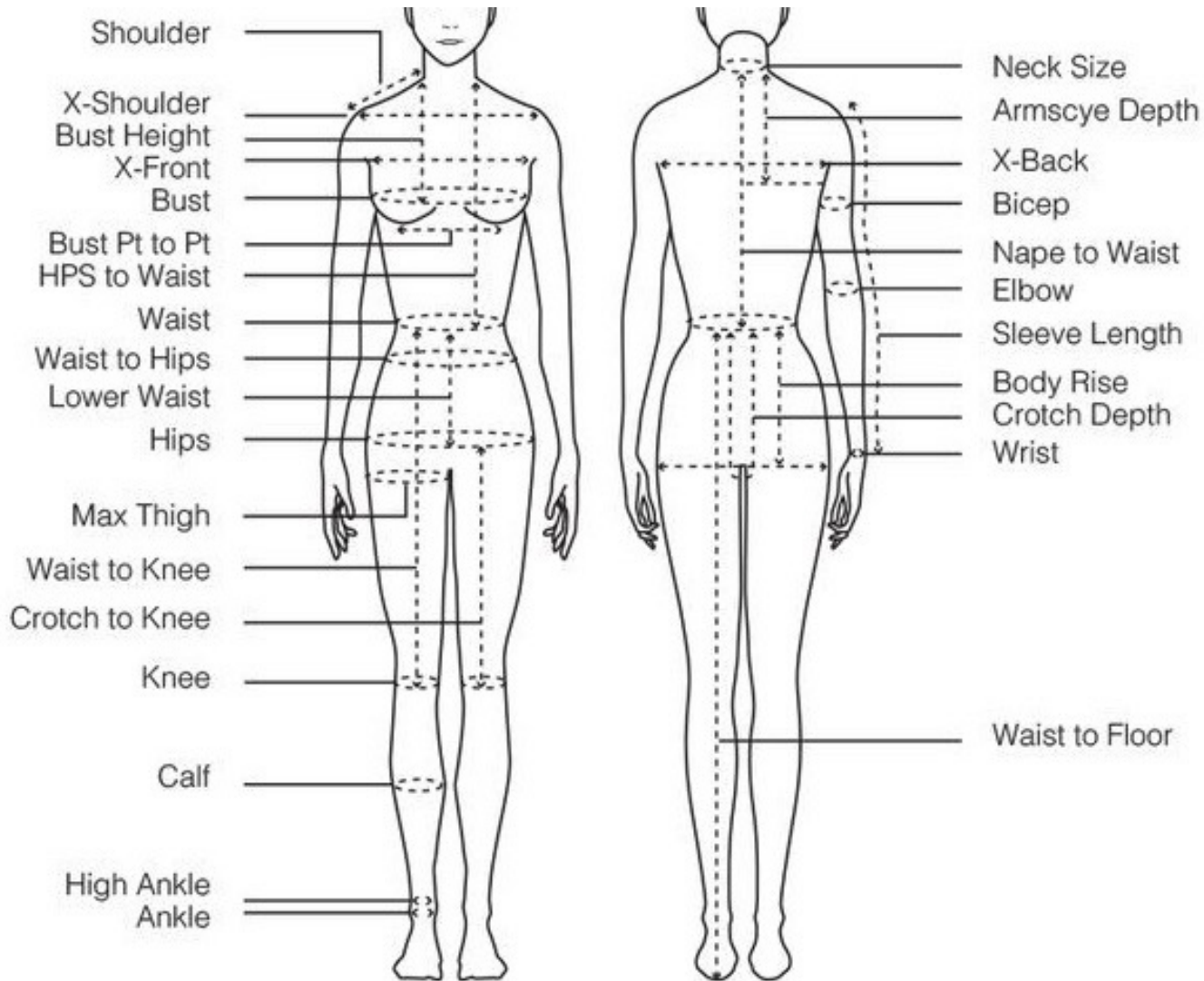
11. CLIENT MUST BE INFORMED  
OF THE HEALTH CRISIS /  
HERXHEIMER REACTION AFTER  
INTENSE DETOX



## **KEEPING RECORDS**

### **ALWAYS TAKE PICTURES BEFORE AND AFTER EVERY TREATMENT**

- MAKE AN X ON THE FLOOR WHERE THE PATIENT STANDS
- MAKE AN X ON THE FLOOR WHERE THE PHOTOGRAPHER STANDS
- 3. TAKE PICTURE FROM THE FOLLOWING PERSPECTIVES
  - FRONT
  - QUARTER FRONT LEFT,
  - SIDE LEFT,
  - QUARTER BACK LEFT
  - BACK,
  - QUARTER BACK RIGHT,
  - SIDE RIGHT,
  - QUARTER FRONT RIGHT



## KEEPING RECORDS BEFORE AND AFTER TREATMENT MEASUREMENTS

- Draw 8-12 lines on the FRONT of the abdomen.
- Draw 8-12 lines on the LEFT SIDE of the abdomen
- Draw 8-12 lines on the RIGHT SIDE of the abdomen
- Draw 8-12 lines at the back

NOW TAKE THE MEASURING TAPE AND PLACE IT EXACTLY ON THE LINES YOU HAVE DRAWN AROUND THE ABDOMEN

- DRAW 3 LINES on the OUTSIDE AND INSIDE OF THE THIGHS. THEN MEASURE ON YOUR MARKS
- DRAW 1 LINE on the OUTSIDE AND INSIDE OF THE KNEES. THEN MEASURE ON YOUR MARKS
- DRAW 1 LINE on the OUTSIDE AND INSIDE OF THE THIGHS. THEN MEASURE ON YOUR MARKS
- 1-2 Measurements on the arms.
- 2-3 Measurements on the CHEST SHOULDERS

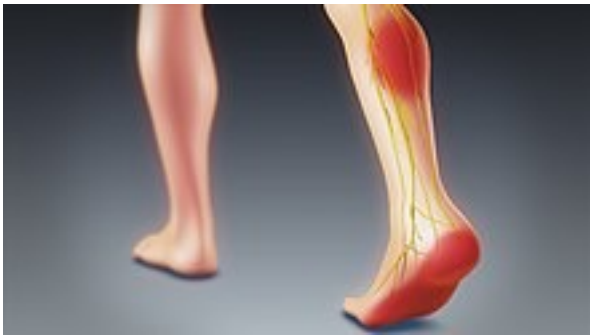
Some people have sciatica if a client complains of discomfort

1. Immediately disconnect that self-adhesive pad.

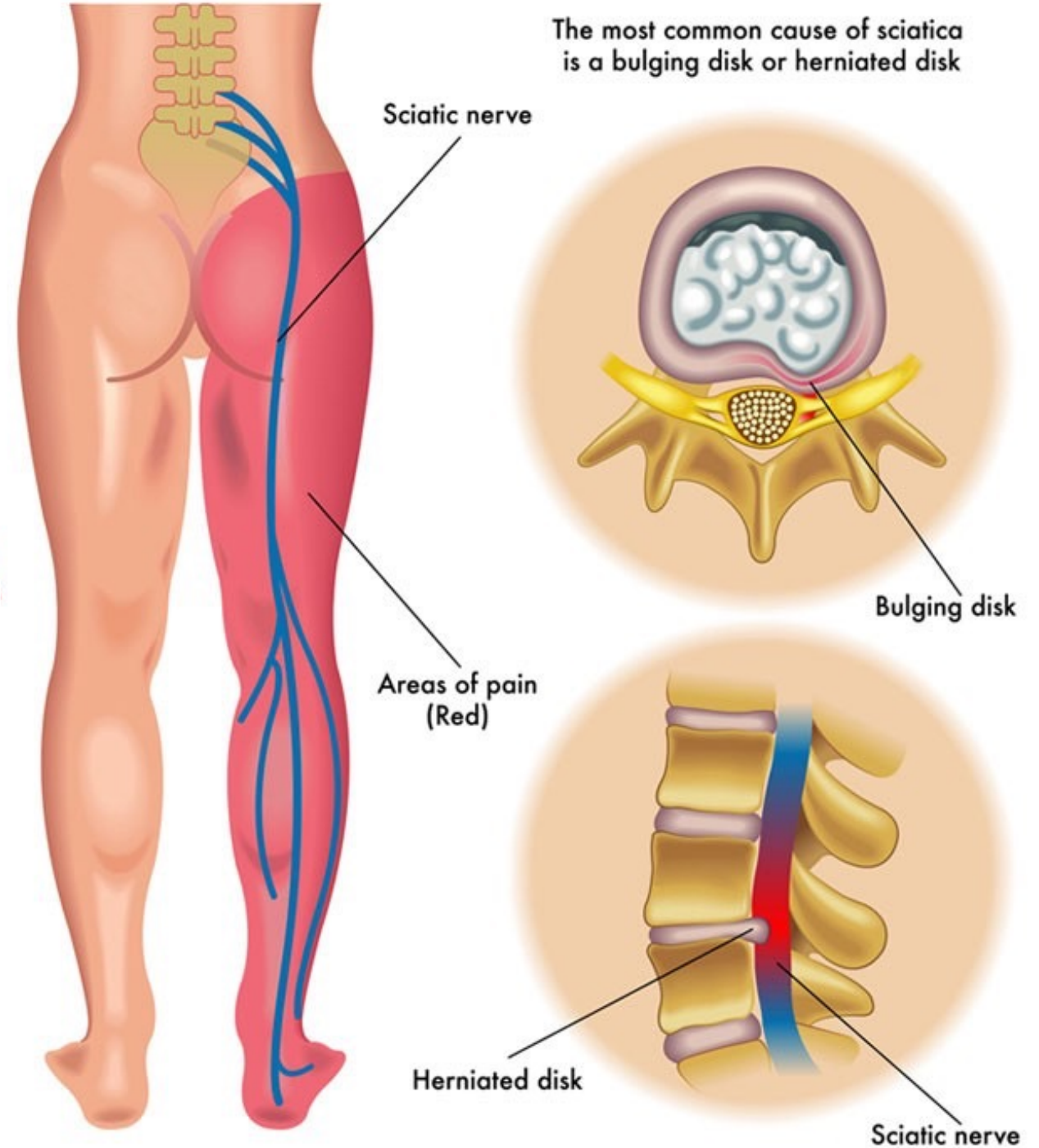
2. Turn the rest light to 8 secs to give you more time.

3. While the rest light is on, place this self-adhesive pad away from the sciatic nerve on the same side of the body.

4. When it's done turn rest dial back to 2 secs.



Sciatica often results in pain radiating down the leg



# What Can Cause Inflammation of the Stomach

- Bacterial Infection
- Medications and Pain-Killers
- Lifestyle Choices
- Gastric Disorders
- Autoimmune Disorders
- Stomach Inflammation



Some people may experience pain in their stomachs due to inflammation if a client complains of discomfort

1. Immediately disconnect that self-adhesive pad.
2. Turn the rest light to 8 secs to give you more time.
3. While the rest light is on, place this self-adhesive pad away from the sciatic nerve on the same side of the body.
4. When it's done turn rest dial back to 2 secs.

If the client feels discomfort from a pad check the pad to see if its worn out. If the pad is worn out **immediately**



**ALWAYS INSPECT THE PADS PRIOR TO PLACING THEM ON THE BODY**



You should not have placed this pad on the client's abdomen. This pad can only be used on the legs



**Do not put self adhesive pads on abrasions, pimples, or wounds of the skin. Check the skin before you place the self-adhesive pads.**



## AFTER TREATMENT



Closed ✓



Left opened ✗

### Cable removal

- o When the treatment is done, quickly disconnect and remove the cables from the client.
- o Make sure the clips are all closed

### Gel pad removal

- o Remove the pads from the customer by holding them from the middle of the pad NOT the edge.
- o **DO NOT REUSE THE PADS with another patient DUE TO HYGENIC REASONS.**



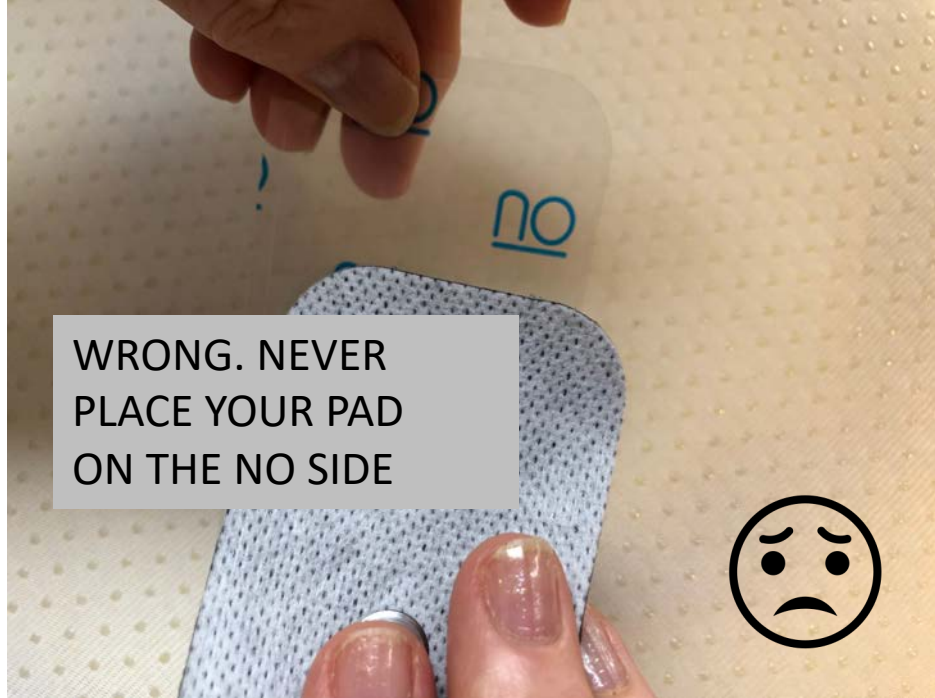
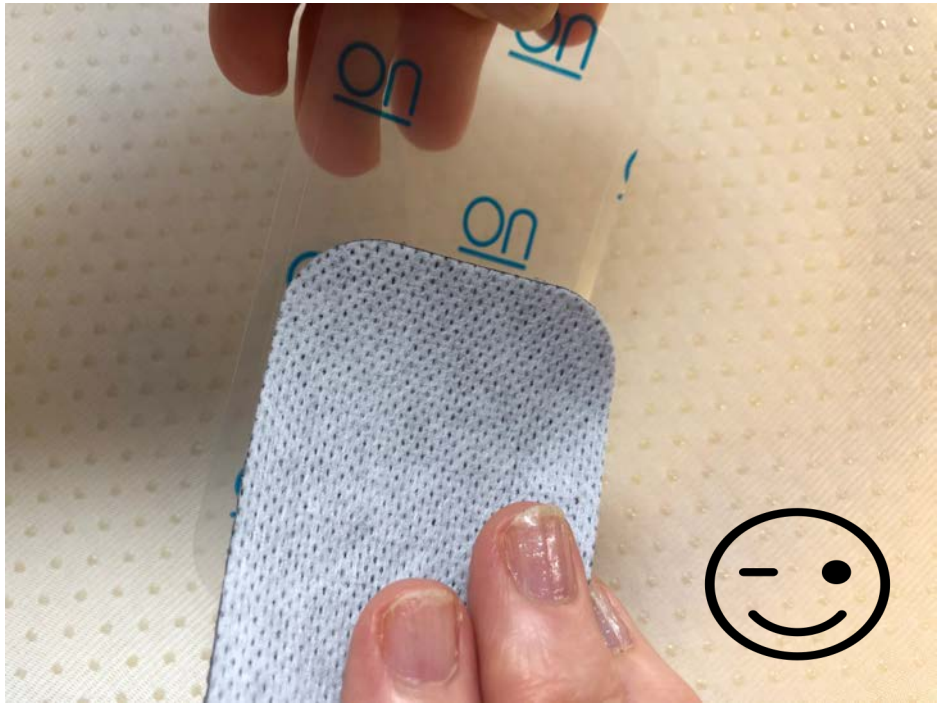


**HOW TO PLACE PADS BACK ON THE PLASTIC**

**CORRECT. PLACE PAD BACK ON THE ON SIDE**



**CORRECT. ALWAYS HOLD PAD FROM THE MIDDLE OF THE PAD**



**WRONG. NEVER PLACE YOUR PAD ON THE NO SIDE**



## **PADDING** General Rules.

1. Quad cables must be on channels 1, 4, 9, 12, 14, 16
2. You must inspect the pad prior to placing it on the body. Worn-out pads should not be placed on the abdomen
3. **Pads must be one finger apart from each other. THEY MUST BE FIVE FINGERS AWAY FROM EITHER SIDE OF THE SPINE**
4. You wrap the fat or the muscle with the pad.
5. Pads must be tailored to the body
6. Never Put 1-8 channels on the Upper body.
7. You start UNDER the umbilicus right on the left side of the umbilicus

PINCH THE FAT OR MUSCLE ON TARGET AREA



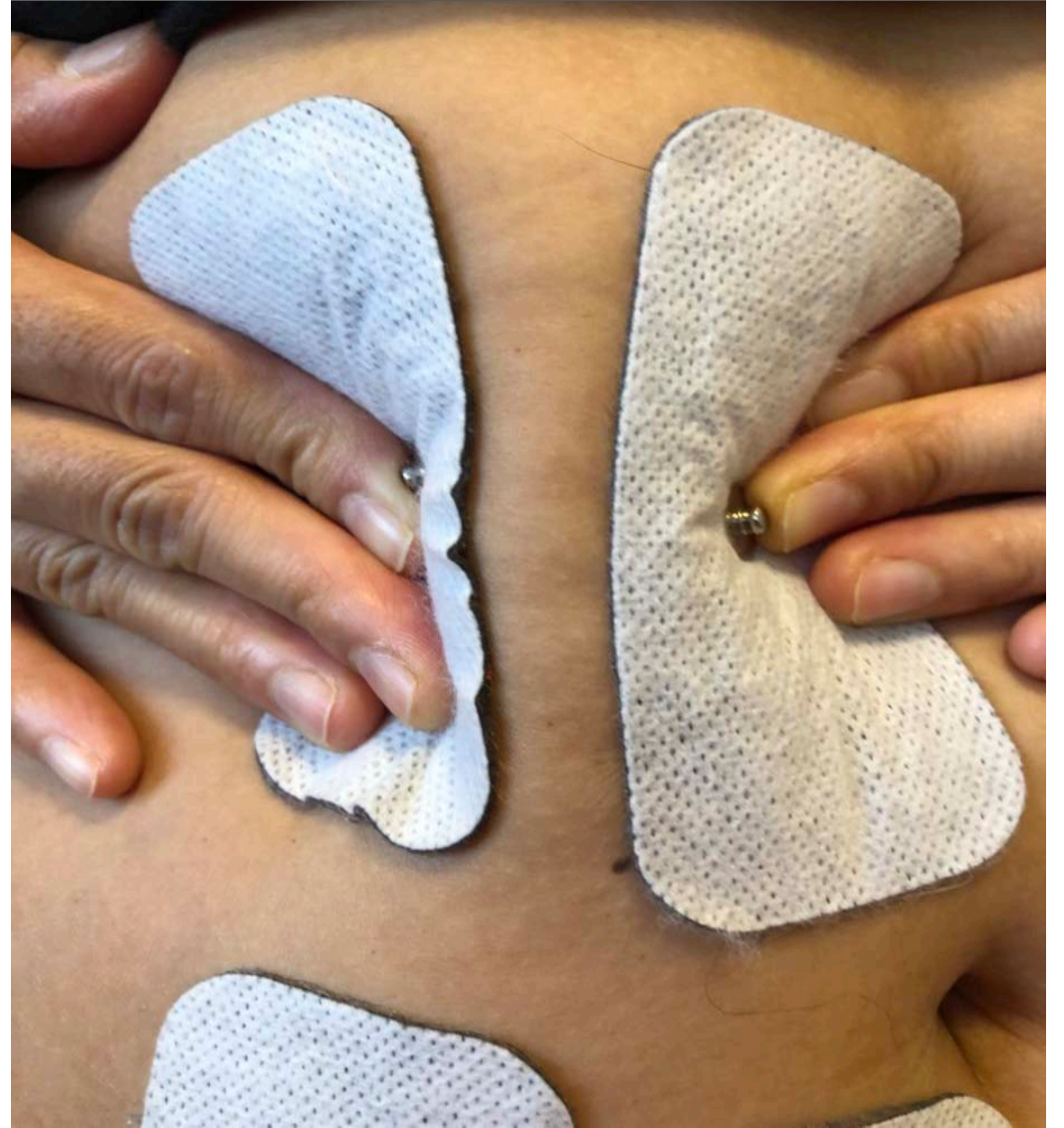
SANDWICH THE AREA YOU PINCH WITH TWO PADS



PINCH THE FAT OR MUSCLE ON TARGET AREA



SANDWICH THE AREA YOU PINCH WITH TWO PADS



PAD LOWER ABDOMEN FIRST ON THE LEFT SIDE

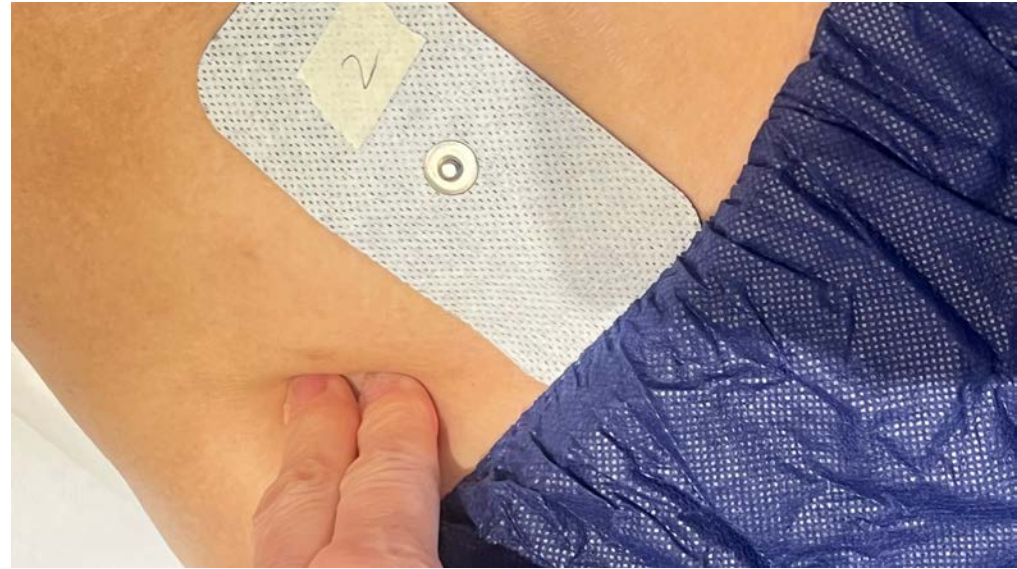
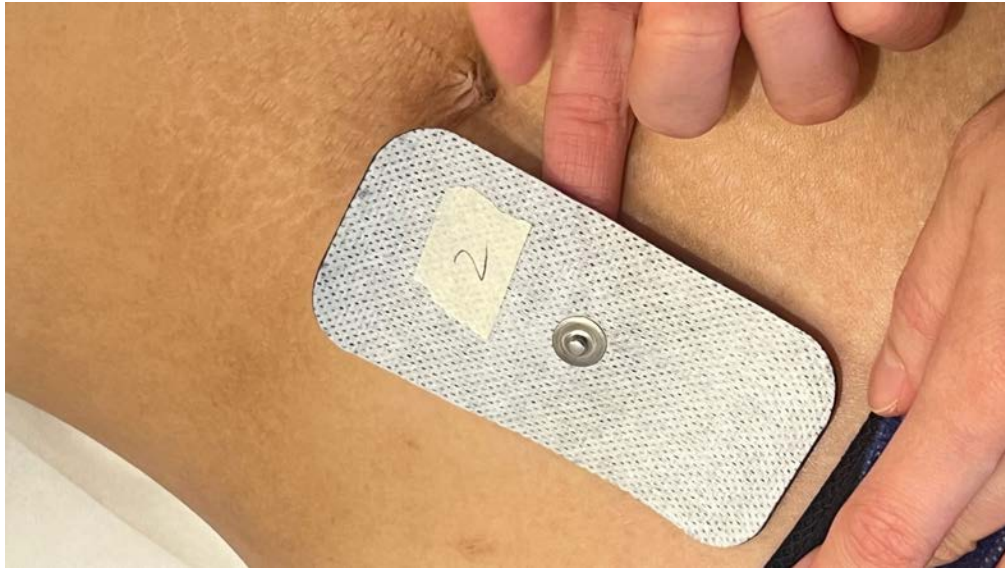


THEN PAD UPPER ABSOMEN ON SAME SIDE ... ETC





CONNECT  
FAT WITH FAT

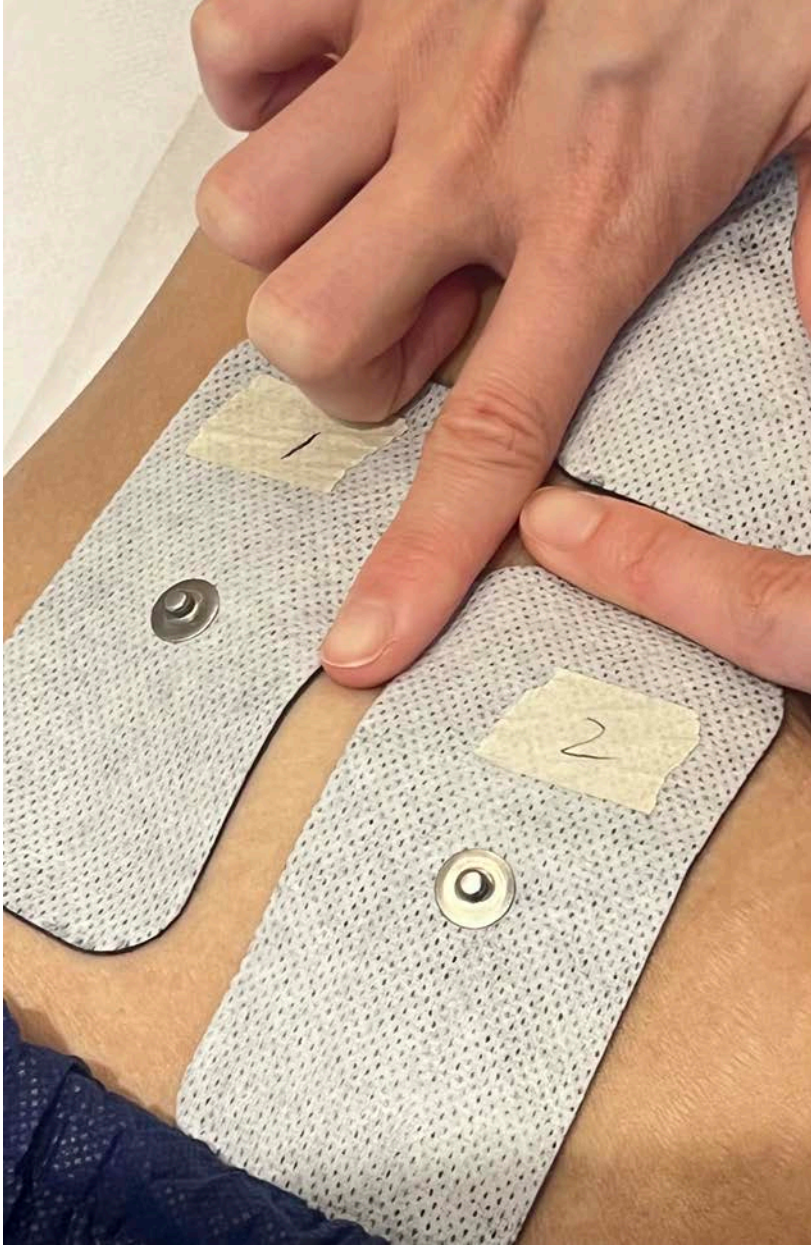
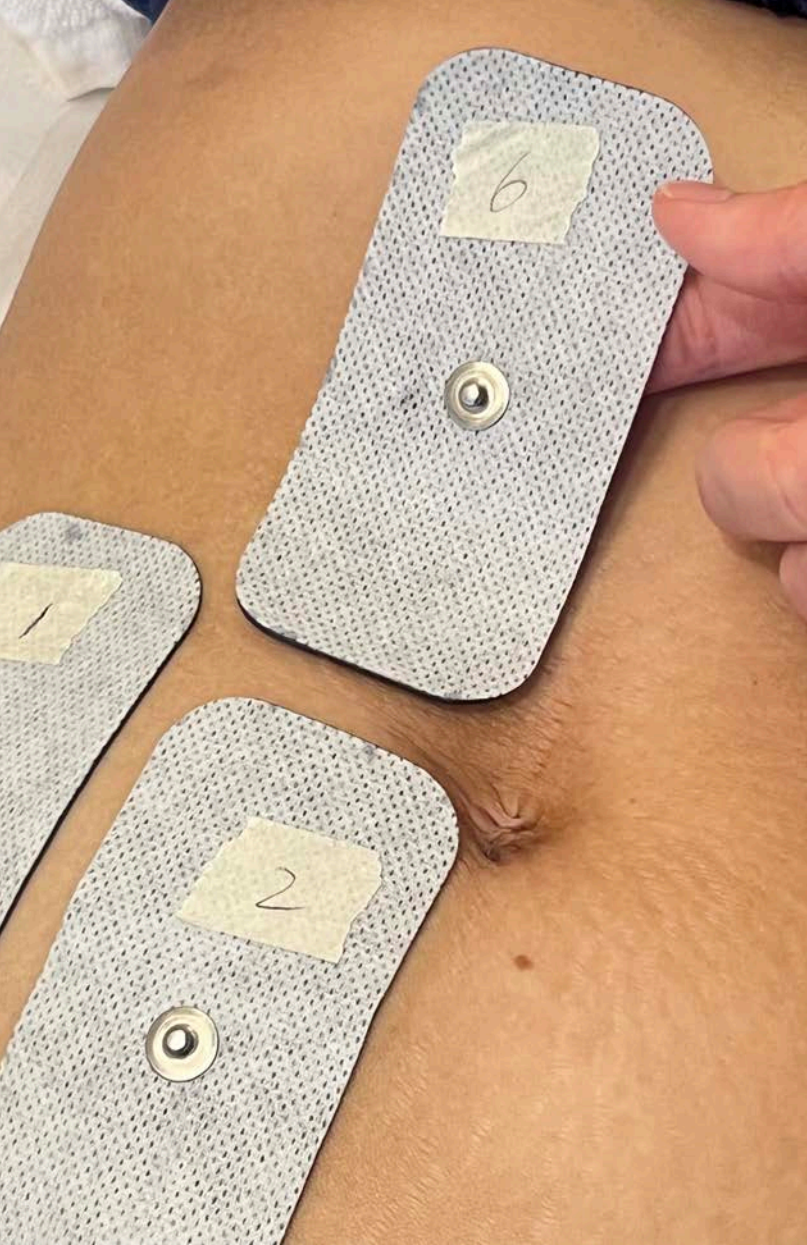


On the abdomen start from the bottom of the belly, Then follow the outline of the belly.

No point placing pads on the bone unless there is a cushion of fat above the bone



ALL BLACK MUST BE ON THE FRONT. FOR LARGER PEOPLE YOU MAY NEED TO USE 13 AND 15 BLACK ON THE FRONT OR EVEN YOU MAY HAVE TO ADD 14 AND 16 BLACK FOR X-LARGE SIZES. EVERYTHING THAT YOU HAVE ON THE FRONT LEFT SIDE MUST BE IN RED AT THE BACK OF THE OPPOSITE SIDE --





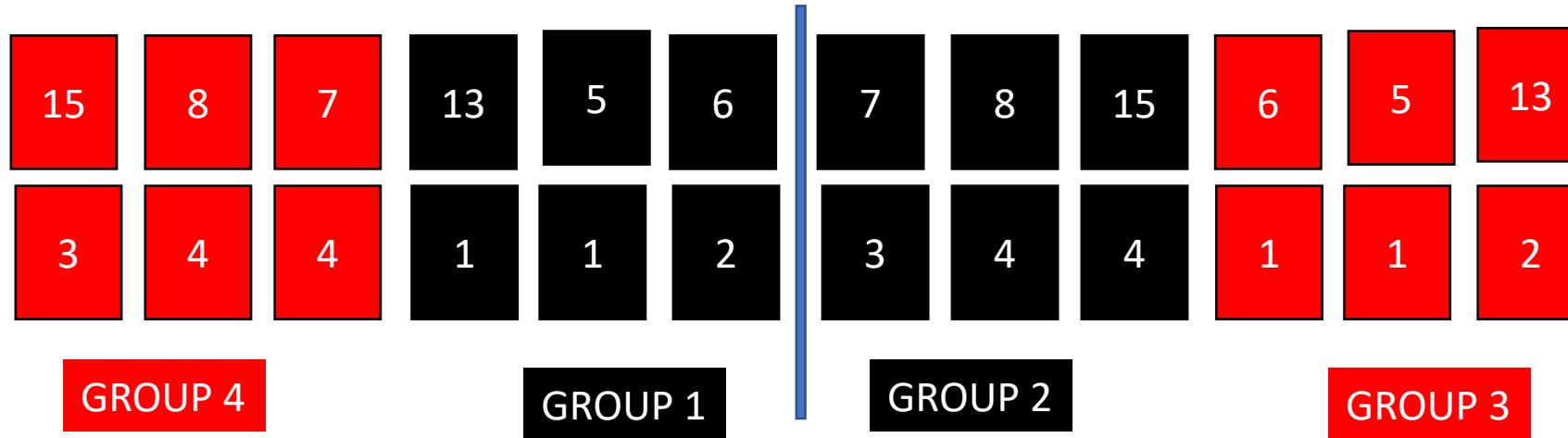


THE PADS CAN BE VERTICAL OR HORIZONTAL TO ACCOMMODATE THE BODY OF THE CLIENT

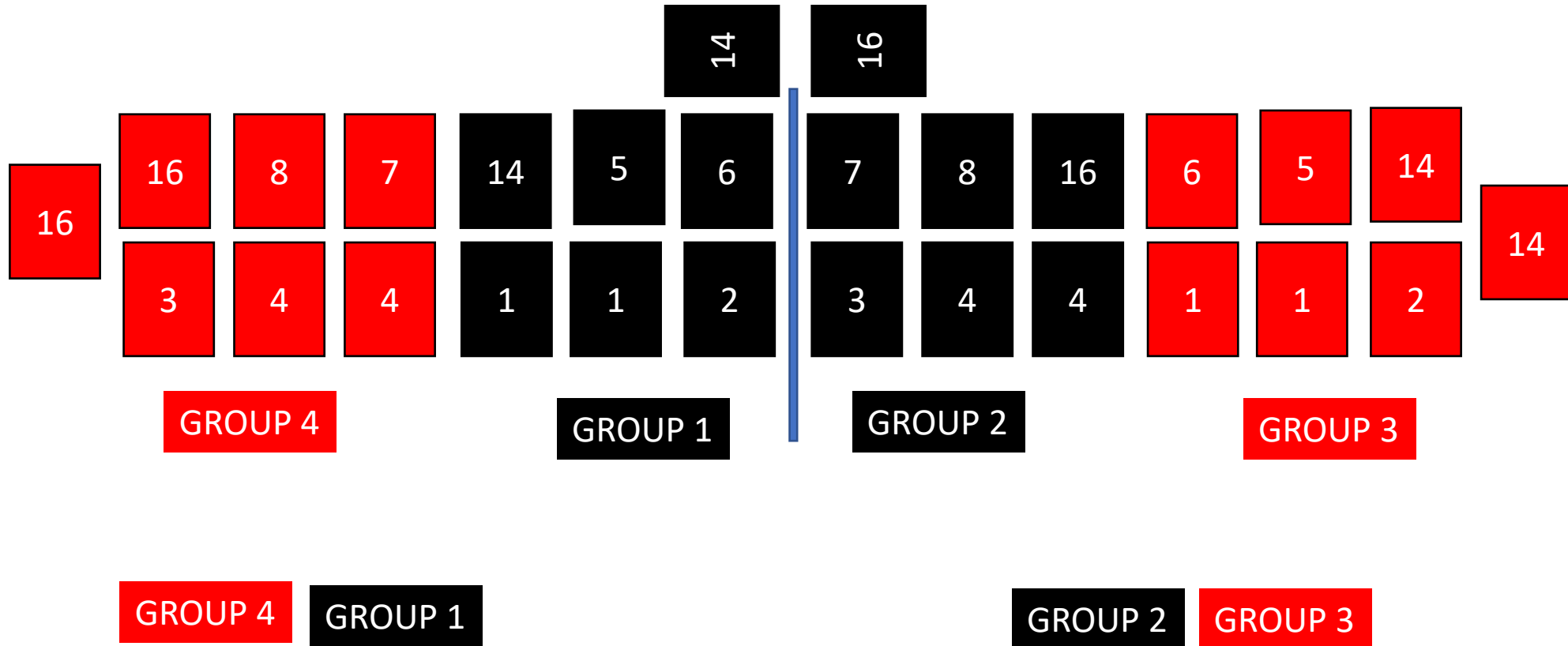
FILL UP THE ABDOMEN WITH BLACK PADS. IF ANY RED PADS ARE LEFT AND DO NOT FIT ON THE ABDOMEN, PLACE THE REMAINING RED PAD ON THE BUTTOCKS OR HIPS



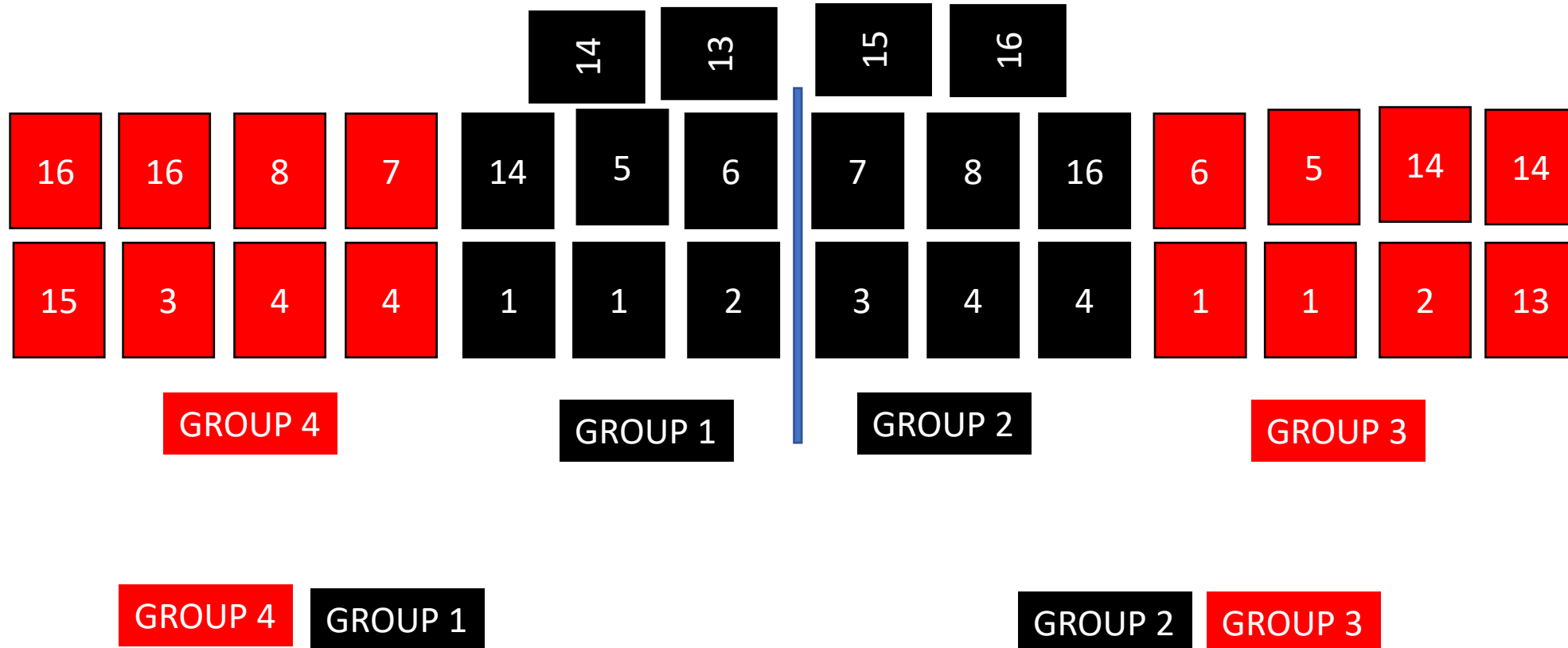
# ORGANIZE YOUR PADS. MODERATE TO LARGE SIZE



# ORGANIZE YOUR PADS. LARGE TO X-LARGE SIZE



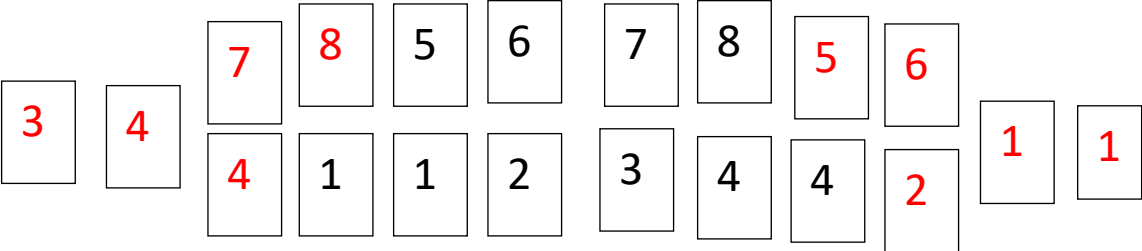
# ORGANIZE YOUR PADS. X-LARGE TO XXX-LARGE SIZE



**Average Size : – Most fat on lower belly – less fat on upper belly above the waist.**

LEFT ABDOMEN

RIGHT ABDOMEN

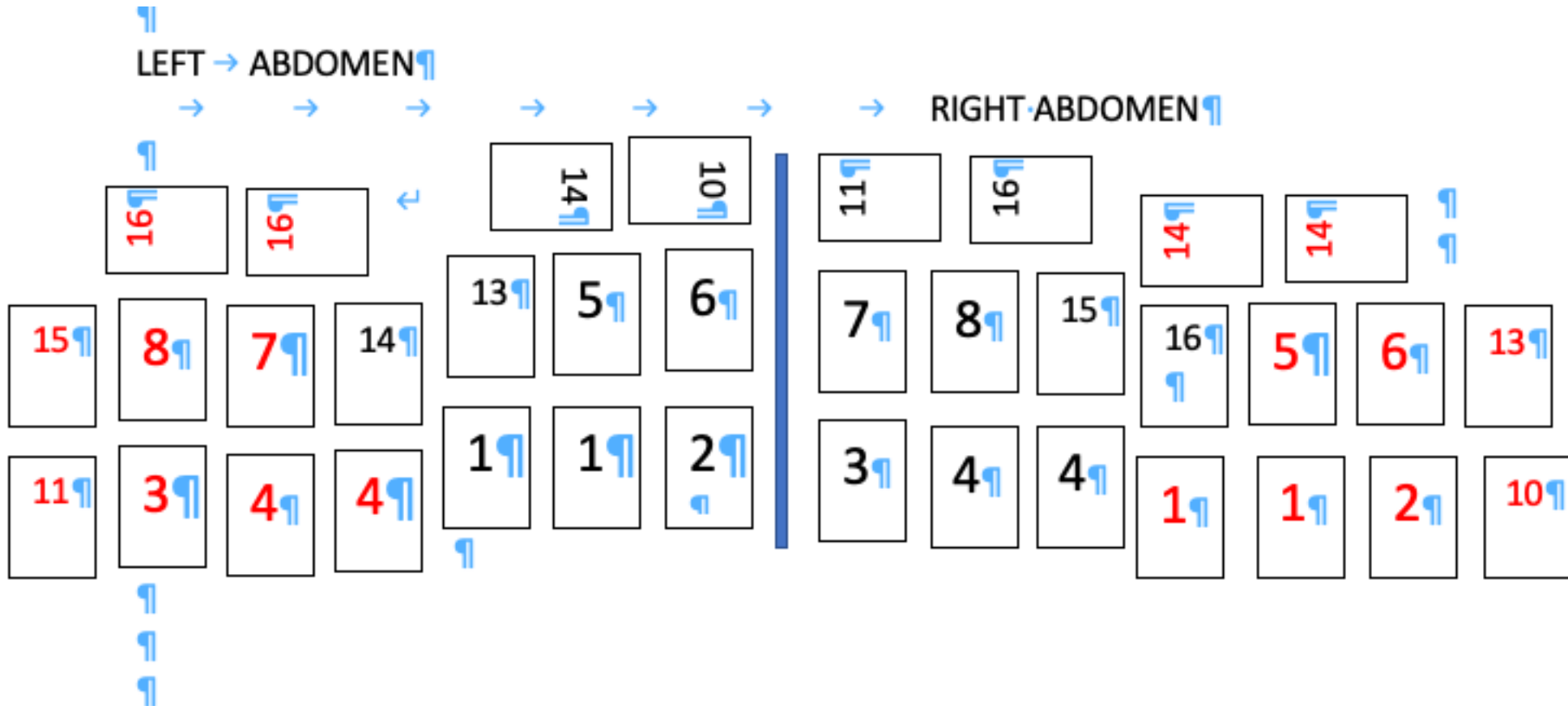


For Younger people and Athletes: European Football / Runners  
Use 30 min contraction duration 10 and 30 min contraction duration 2.

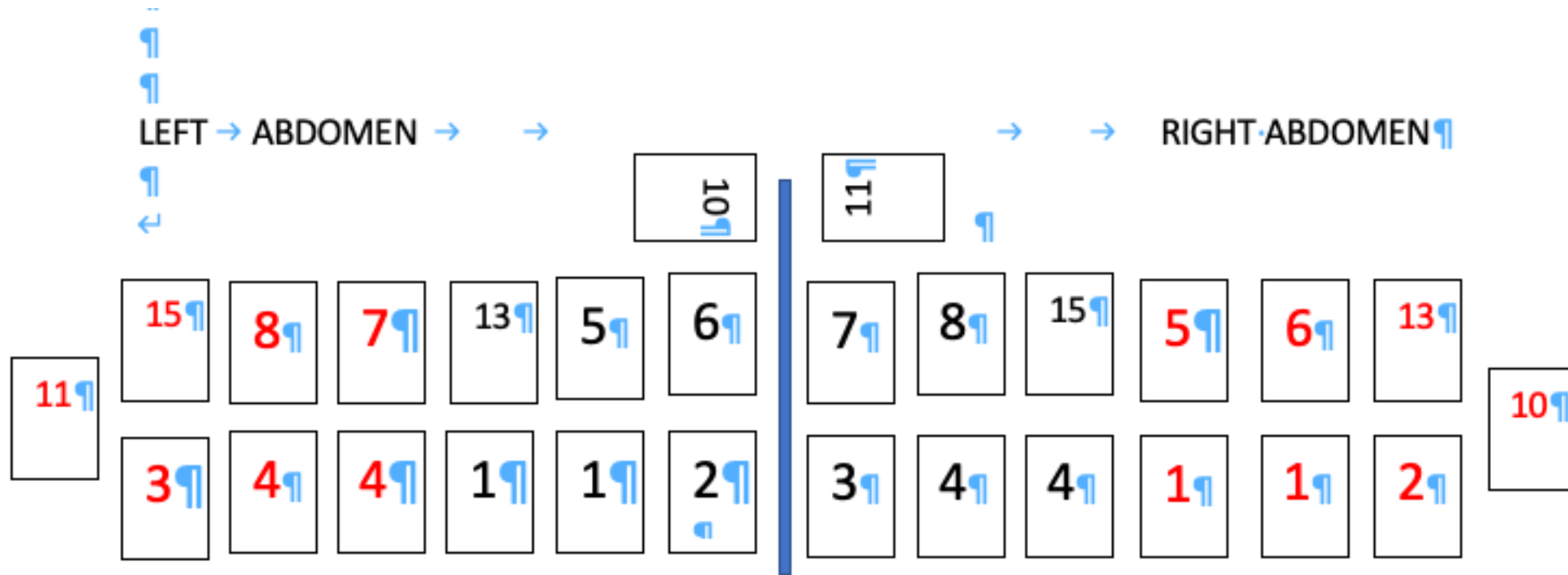
For older people with loose skin and visceral fat Use 45 min hour contraction duration 10  
and 15 min contraction duration 2

## OBESITY /METABOLIC SYNDROME AND DIABETES - BMI >30

The objective is to wrap up the fat or the bulge with the pad. You can place the pad horizontally, vertically or obliquely as long as you wrap up a bulge. You can use more pads to cover a large bulge but you cannot cover two separate bulges with the same pad. USE CONTRACTION DURATION 10 FOR AT LEAST 60 MIN

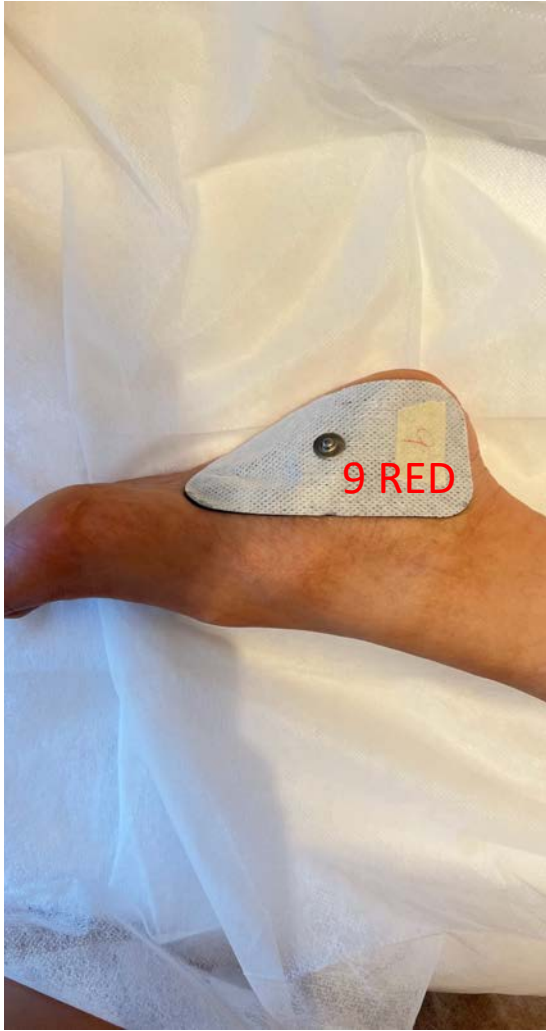


**MILD OBESITY / HYPOTHYROID – PREDIABETES BMI<30 TOXICITY ON BOTH LOWER AND UPPER BODY**



# Step by Step Pad Placement Right leg

9 RED FOOT - 10 RED / 9 RED UNDER KNEE – 11 BLACK 12 BLACK. 12BLACK – UPPER THIGH



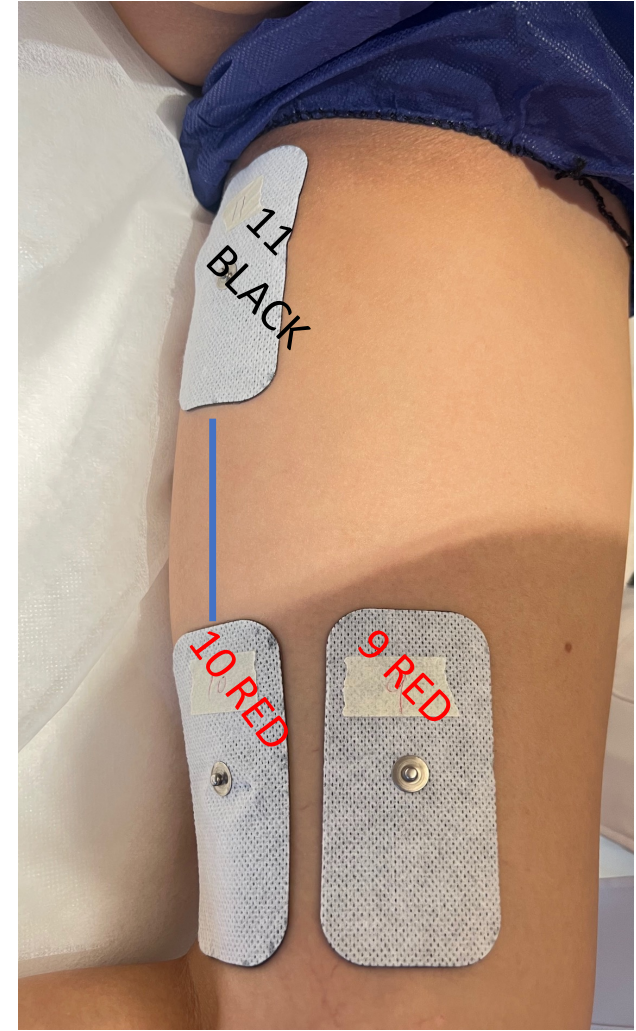
9 RED Apply on foot where there is swelling UNDER the ankle



10 RED Inside of the thigh middle of the back of the knee 1-2 fingers above the calf



9 RED Pads must be placed next to 10 RED about one finger apart

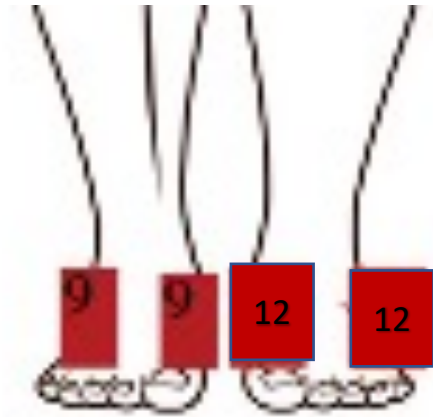


11 BLACK must be placed on upper thigh same level as 9 RED



### Severe Foot Swelling:

1. Place TWO **RED** pads on each foot



## PLACE THE PAD ON THE SWELLING



**NEVER PLACE PADS ON THE CALVES**



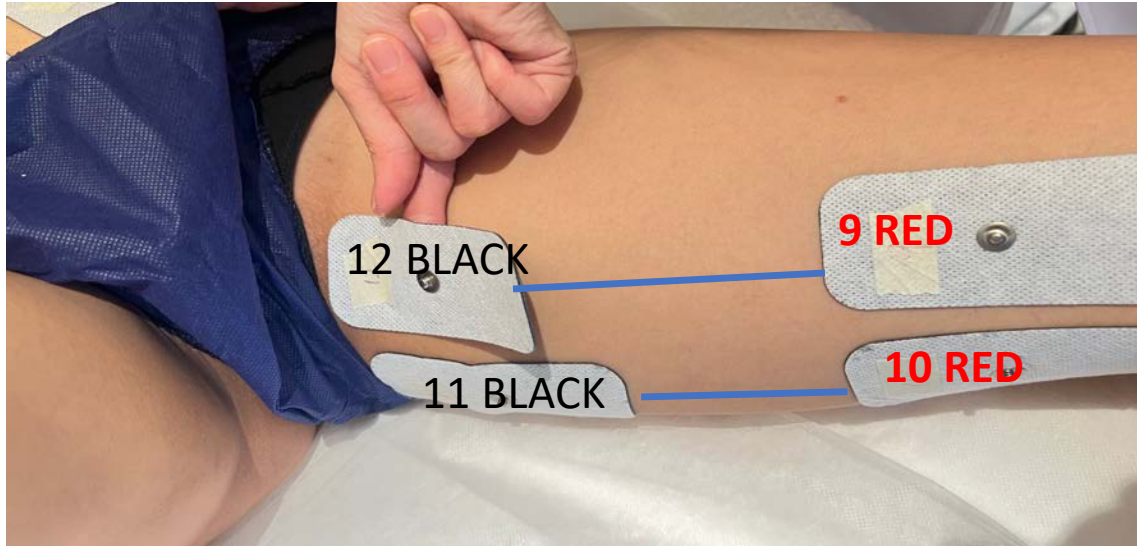
**DROW A LINE ON THE MIDDLE**



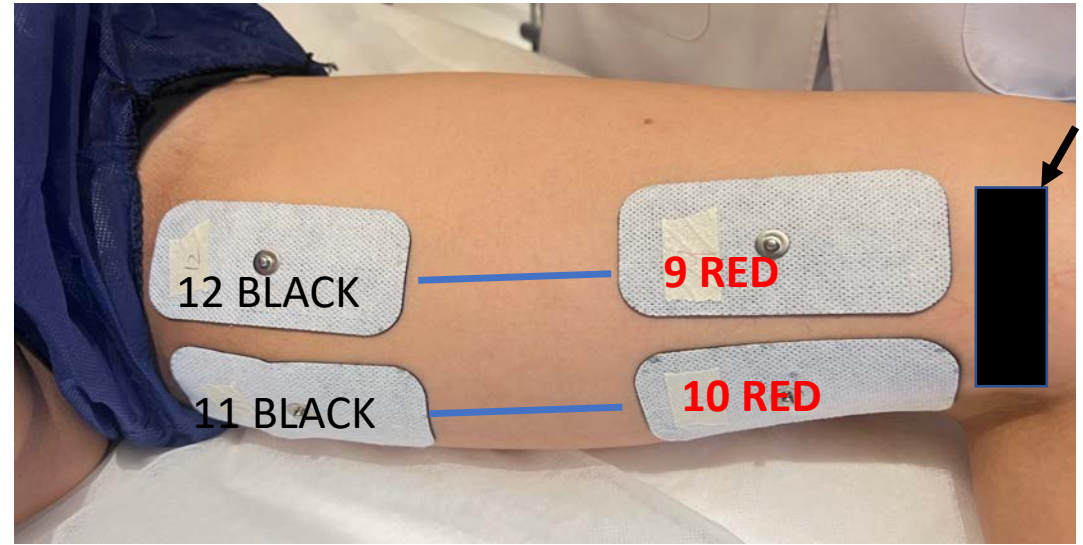
**PLACE THE PAD NEXT TO THE LINE  
ONE FINGER ABOVE THE BACK OF THE KNEE**

# Step by Step Pad Placement Right leg

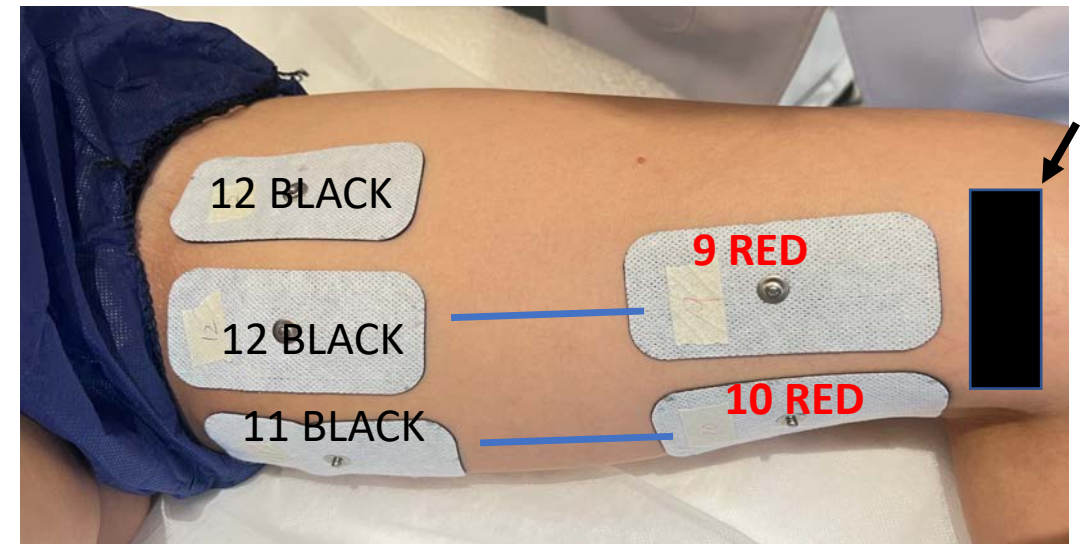
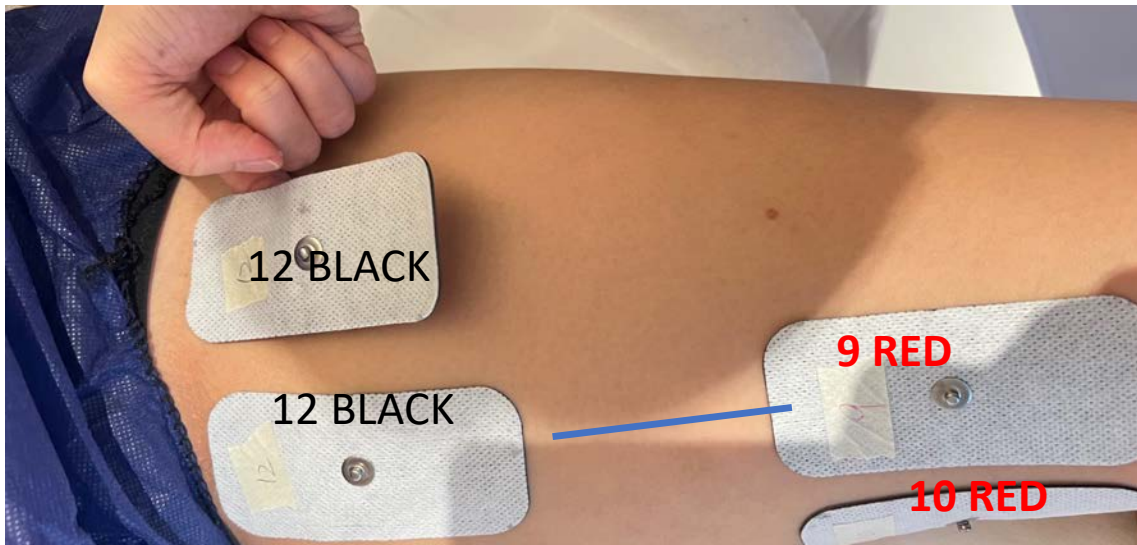
9 RED FOOT - 10 RED / 9 RED UNDER KNEE – 11 BLACK 12 BLACK. 12BLACK – UPPER THIGH



Apply pad from the top of the thigh where the lymph nodes are.



10 Red same level as 11 Black. 9 Red same level as 12 Black

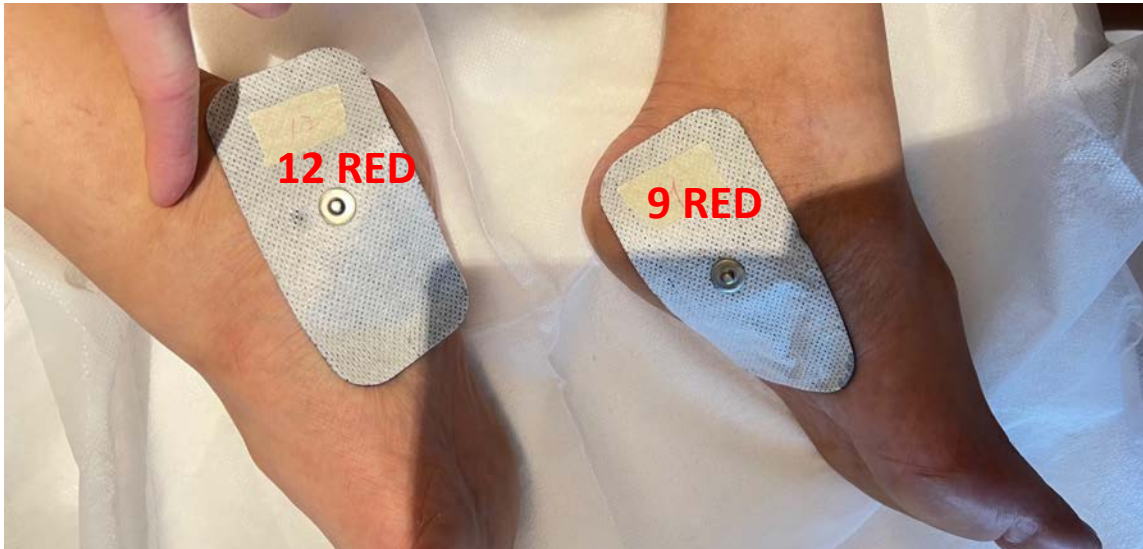


2 Fingers above the inside of the knee

2 Fingers above the inside of the knee

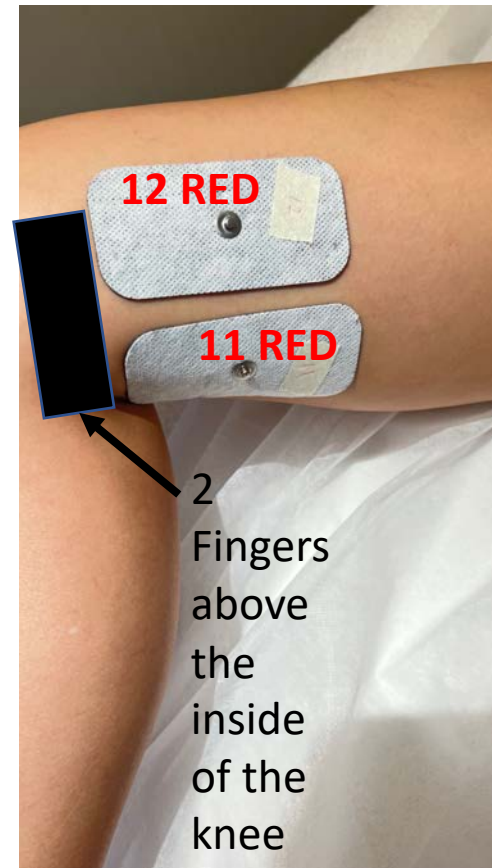
## Step by Step Pad Placement Right leg

12 RED FOOT - 11 RED / 12RED UNDER KNEE – 10 BLACK 9 BLACK. 9BLACK – UPPER THIGH



**12 RED** Apply on foot where there is swelling UNDER the ancle

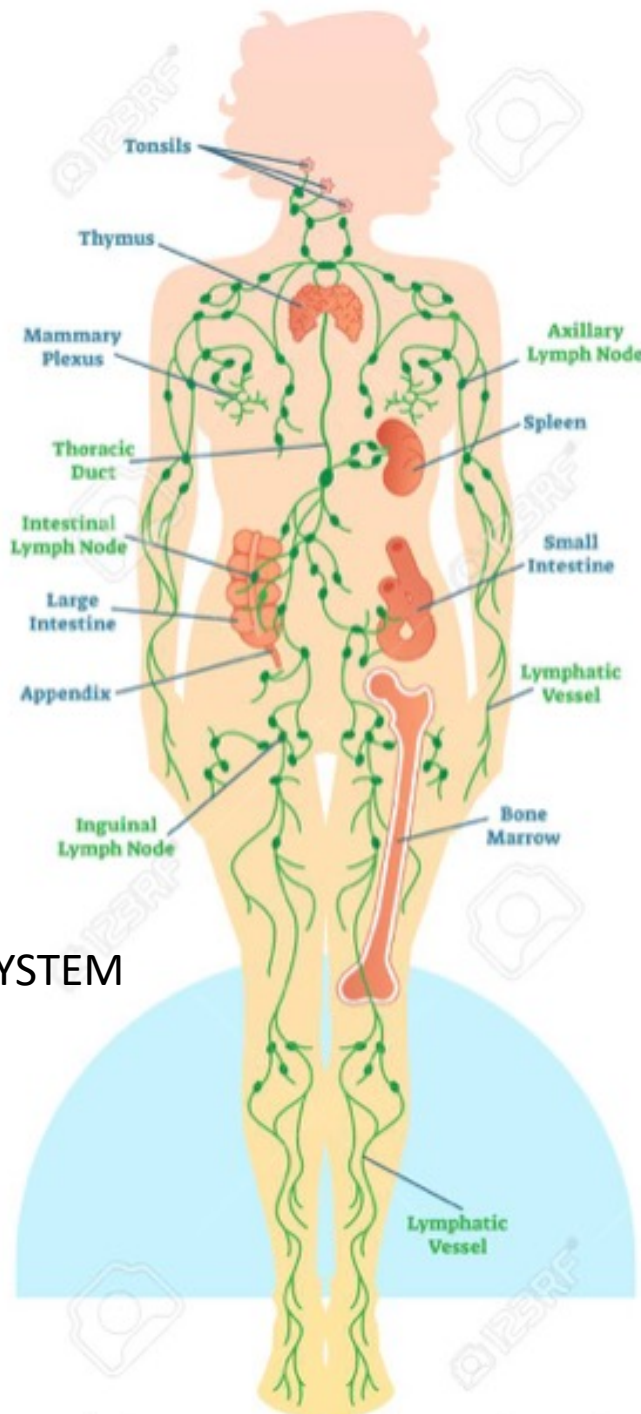
Note: Placement on the food is determined by the swelling of the foot. NOT the placement of the pad in the picture



**11 Red** same kevel as 10 Black.



LYMPHATIC SYSTEM



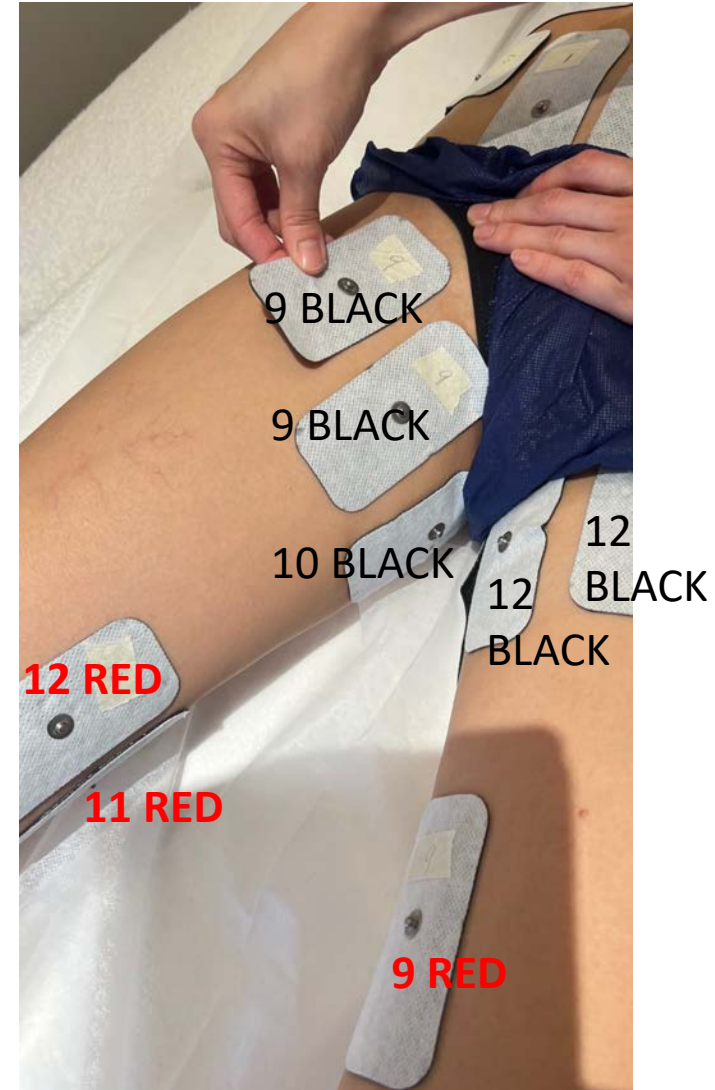
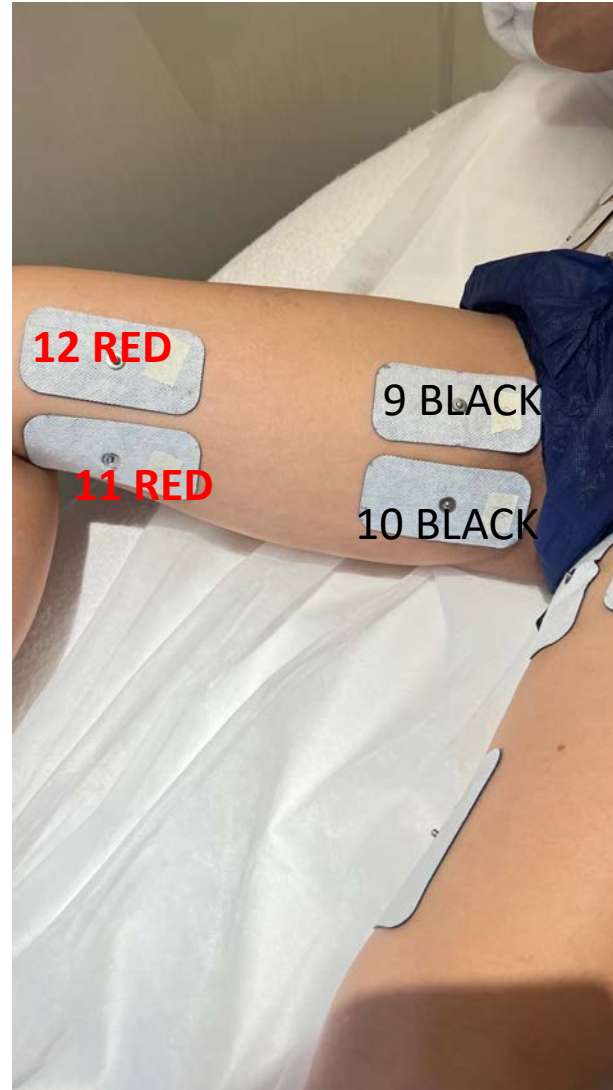
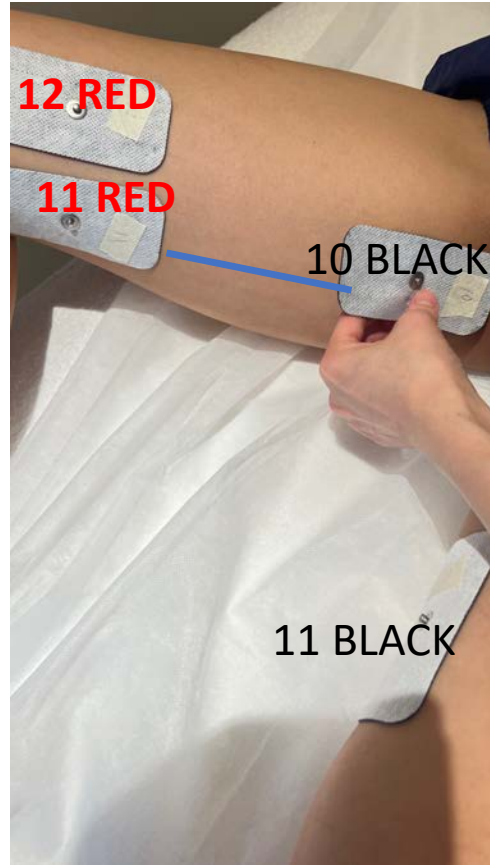
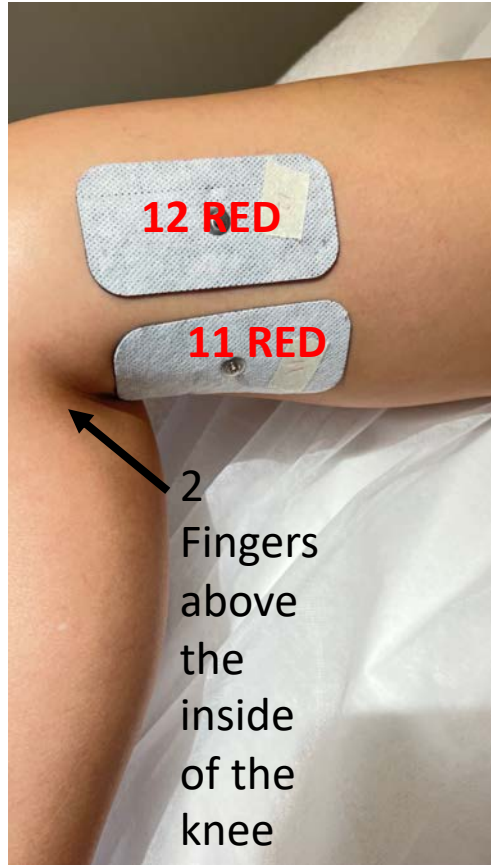
## LYMPHATIC DRAINAGE WHERE TO PLACE THE PADS



UPPER LYMPHATIC SYSTEM

## Step by Step Pad Placement Right leg

12 RED FOOT - 11 RED / 12 RED UNDER KNEE – 10 BLACK 9 BLACK. 9 BLACK – UPPER THIGH



Below the thigh everything is RED  
At the top of the thigh everything is BLACK

# NO SWELLING LEGS PADDING

LEFT THIGH

12

12

9

9

RIGHT THIGH

UNDER THE KNEE Two fingers above the knee RIGHT NEXT TO THE MIDDLE OF THE KNEE

LEFT KNEE

9

12

RIGHT KNEE

LEFT FOOT

9

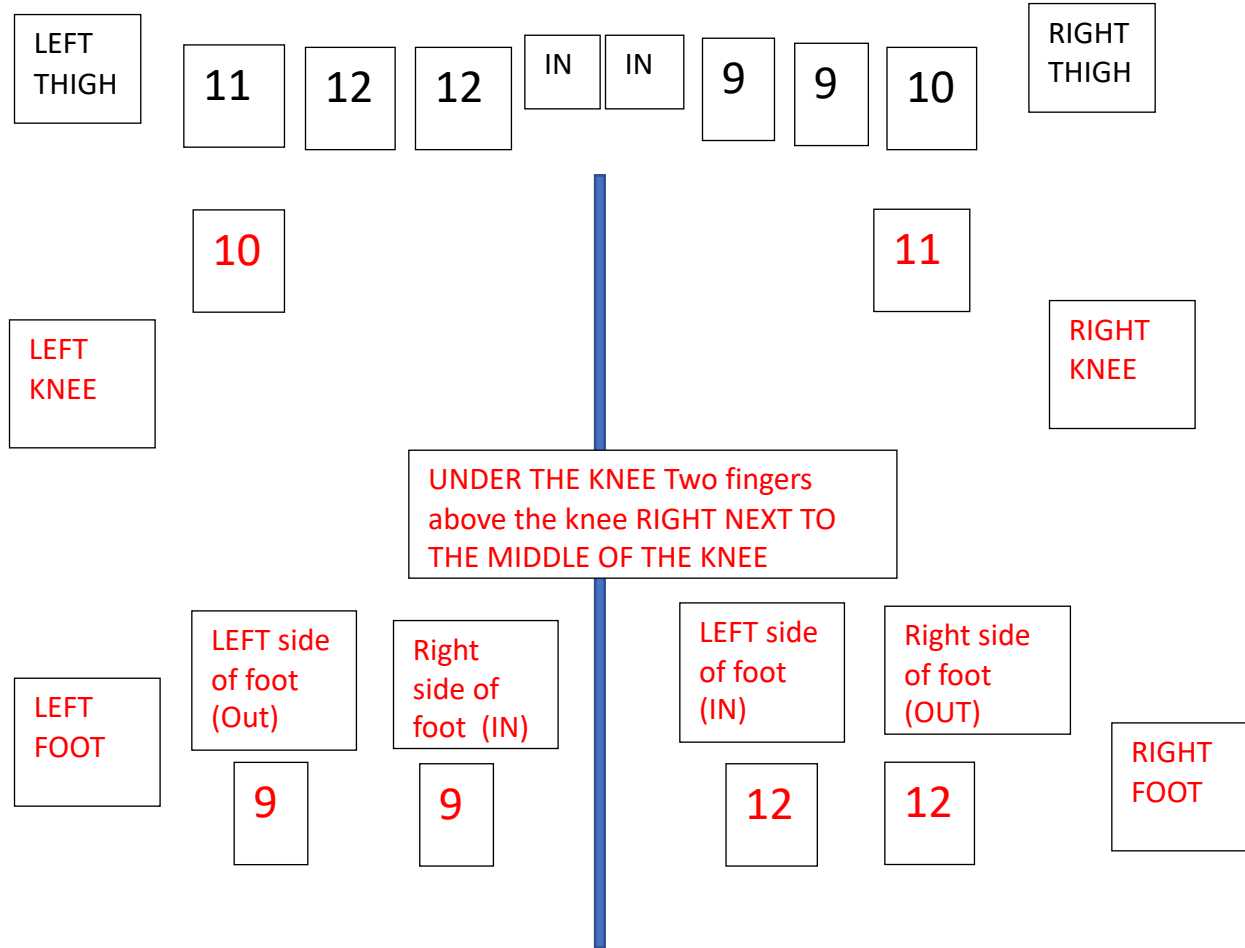
Right side of foot (IN)

LEFT side of foot (IN)

12

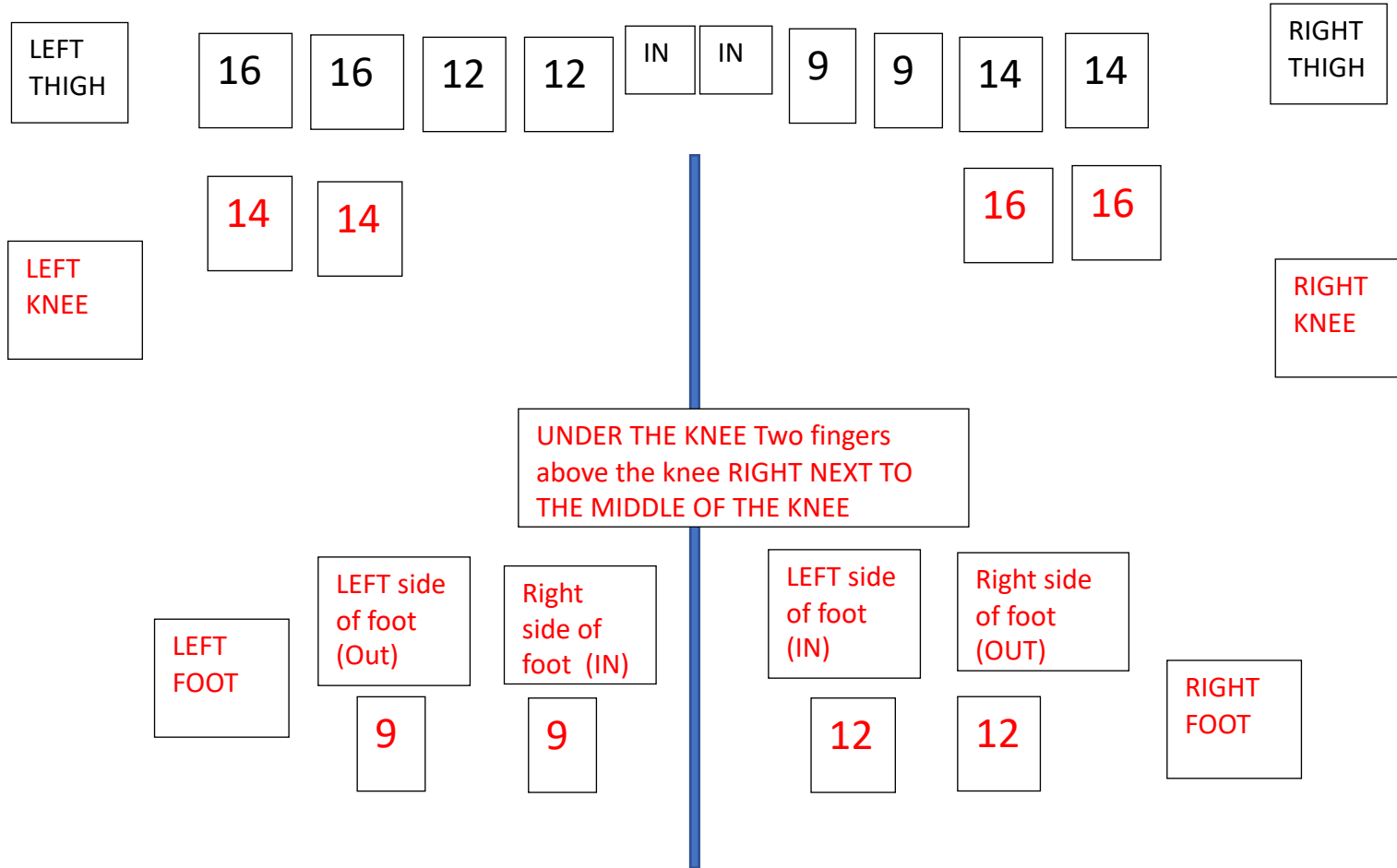
RIGHT FOOT

# SWOLLEN FEET





**OBESITY BMI<30 / PRE DIABETES VERY SWOLLEN FEET: TOXICITY ONLY ON LOWER PART OF THE BODY**



## Chest Padding

The pads on the front of the body are ALWAYS Black. The Pads on the back of the body are ALWAYS Red



First Pad must be 5 fingers away from the middle and 1-2 fingers above the nipple

Second Pad must be 2 fingers below the armpit, unless the patient is swollen in that area in which case the pad must be closer to the swelling

RIGHT SIDE 14 Black / 14 black (one finger apart) on the front and **16 Red 16 Red** at the back.

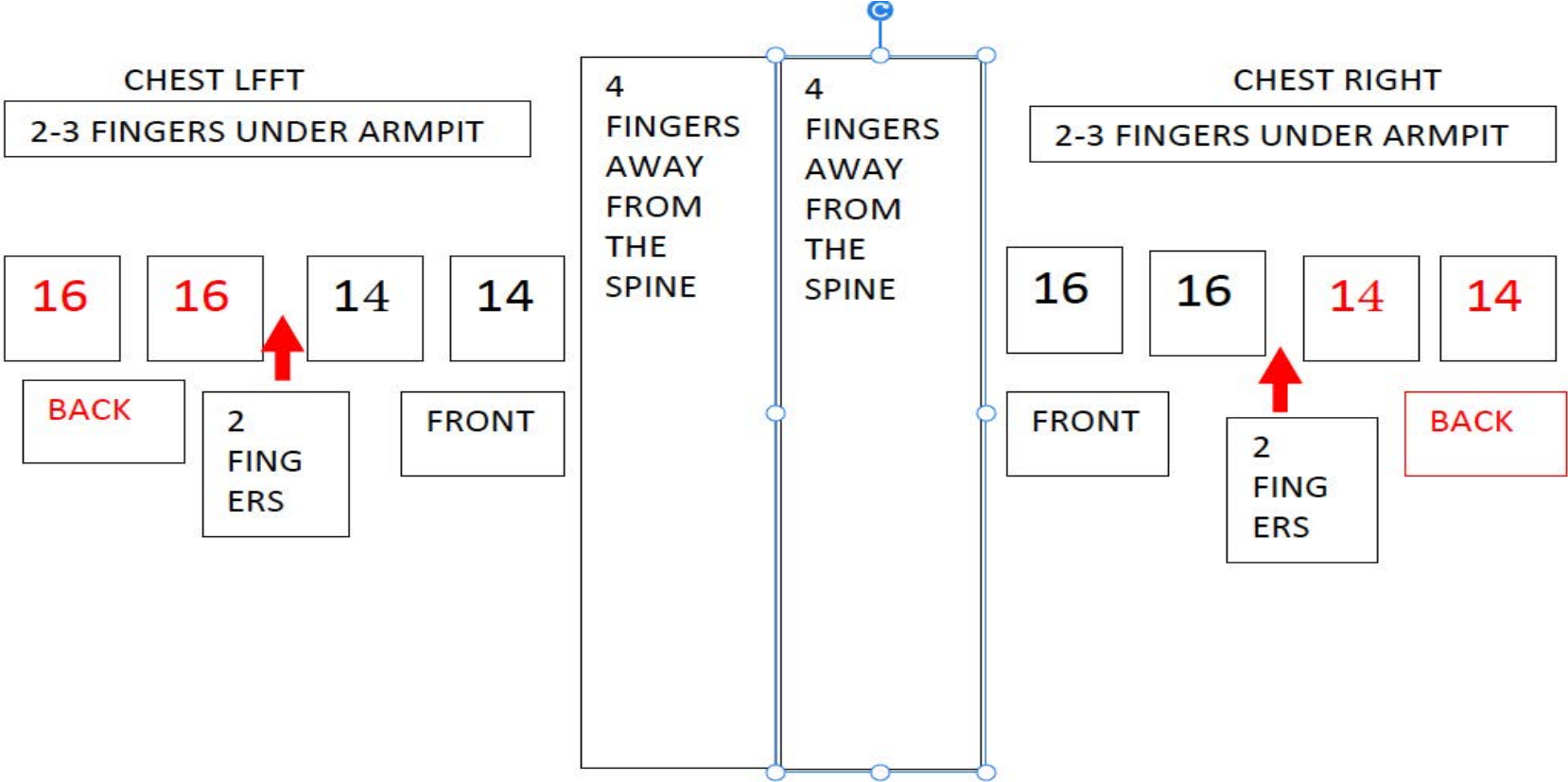
14 /14 Black must be next to the 16 / 16 Red, one finger apart

LEFT SIDE 16 Black / 16 black (one finger apart) on the front and **14 Red 14 Red** at the back.

16 /16 Black must be next to the 14 / 14 Red, one finger apart

Note: if you only have single cables on these channels then use Right side 14 Black 16 Red. Left Side: 16 Black 14 Red.

# CHEST PADDING



# Before Starting the Device ALWAYS CHECK:

**CHECK THE VOLTAGE**  
IT MUST BE IN THE MAINS  
VOLTAGE SUPPLIED IN  
YOUR COUNTRY



PLUG THE POWER CORD INTO  
THE MACHINE



CHECK THE PLUG  
IS THE PLUG  
ALL THE WAY IN?



ALIGN AND PRESS THE CABLE'S  
THREE OR FOUR PIN DINS INTO  
THE THREE OR FOUR HOLES OF  
THE CHANNELS



SAFELY SCREW IN AND LOCK EACH  
CABLE. DO NOT DETACH  
CABLES UNLESS IT IS  
NECESSARY

# Starting the Device STEP BY STEP:

STEP 1. TURN ON THE KEY TO THE ON POSITION



STEP 2. YOU WILL NOW HEAR THE FAN.

STEP 3. PUT THE PADS ONTO THE CLIENT'S BODY (SEE PADDING LATER)



STEP 4. ATTACH THE CABLES ONTO THE PADS SEE NEXT PAGE ON HOW TO CONNECT THE CABLES



STEP 5. MAKE SURE ALL THE CHANNELS ON THE RIGHT SIDE ARE NOT LIT UP

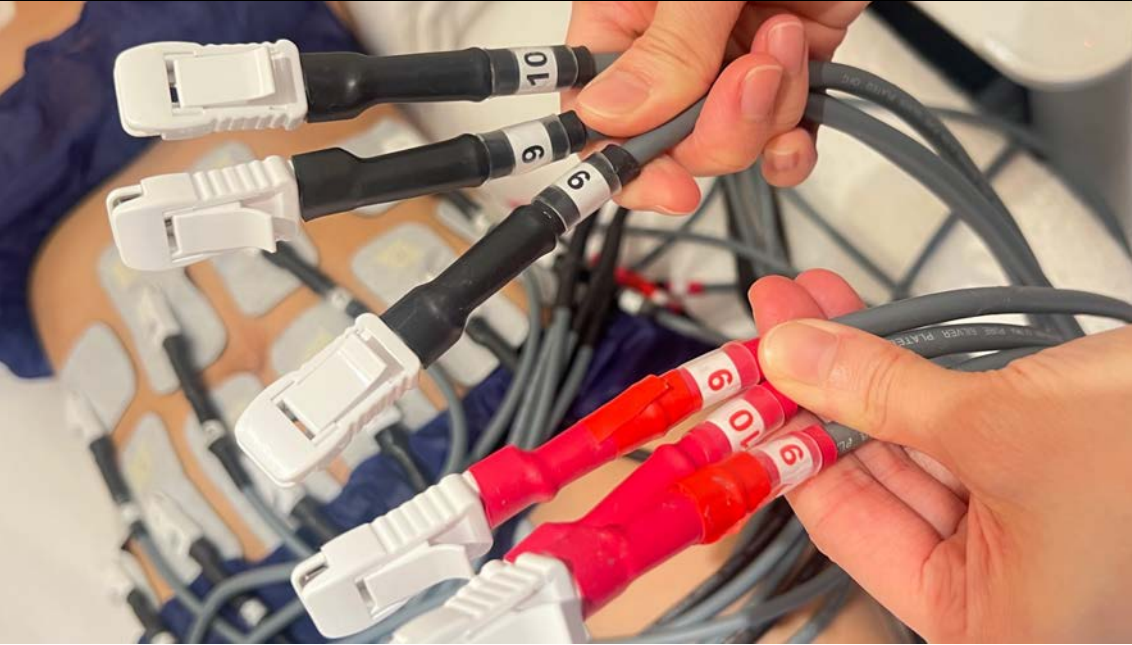


STEP 6. MAKE SURE ALL THE CHANNELS ON THE LEFT SIDE ARE NOT LIT UP.



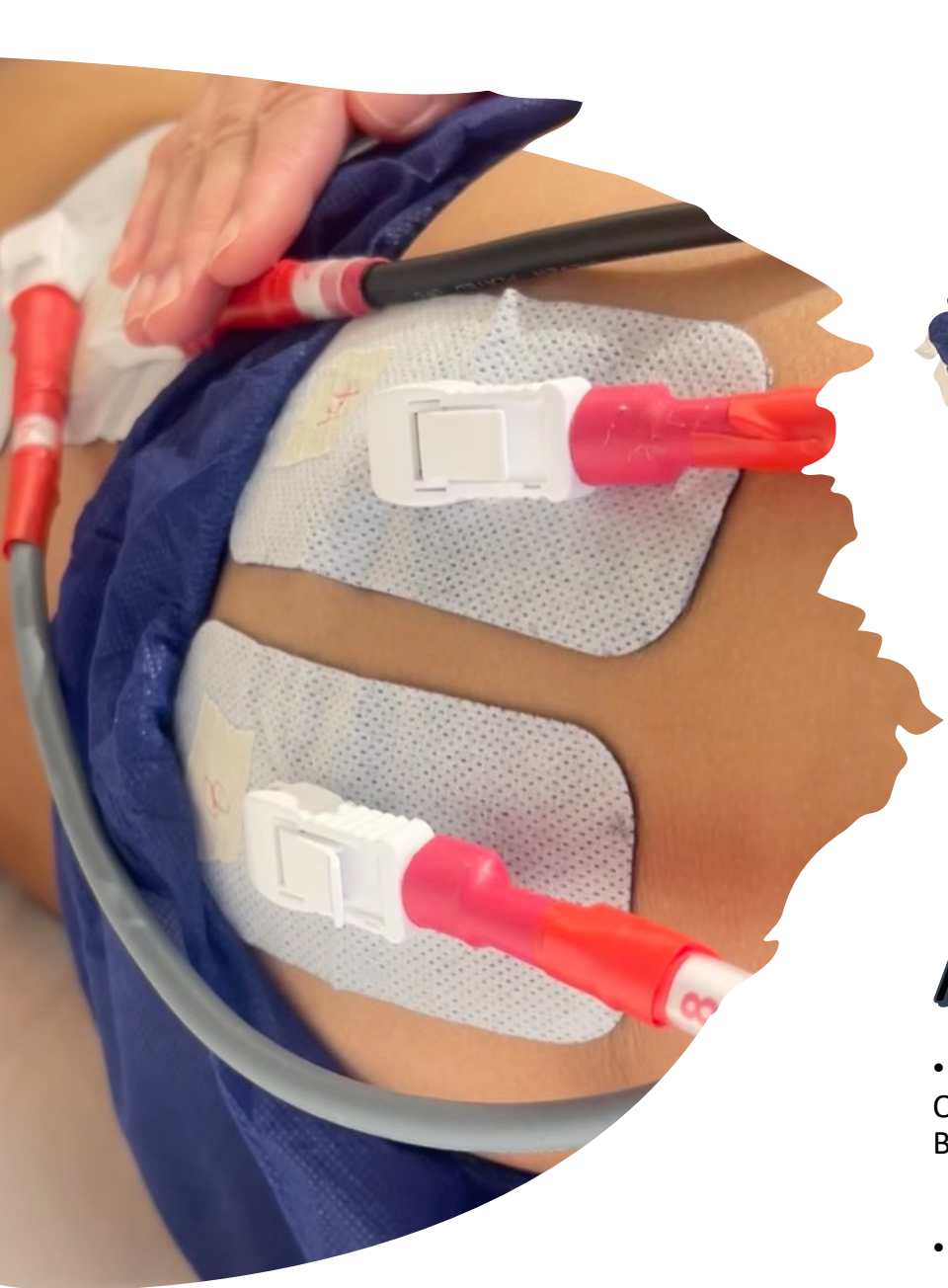
THE MACHINE WILL NOT START IF ANY OF THE CHANNELS IS LIT UP

**TURN ON THE VIRTUAL GYM FROM THE KEY PRIOR TO ATTACHING ANY CABLES**



## ATTACHING THE CABLES

- HOLD THE TWO RED ENDS OF THE DOUBLE CABLE 9 AND THE ONE RED ENDING OF THE SINGLE CABLE 10 ON ONE HAND – ATTACH 9 RED ON THE FOOT, THEN 10 RED AND 9 RED UNDER THE KNEE. THE 11 BLACK AND THE DOUBLE CABLE 12 BLACK AND 12 BLACK WILL GO ON THE OPPOSITE THIGH ONE HAND AND TWO RED ON THE OTHER. PLACE THE TWO BLACK ON THE NUMBERS OF THE PADS AND THEN THE RED ON THE BACK OF THE OPPOSITE SIDE OF THE BODY.
- MIRROR THAT ARRANGEMENT ON THE OTHER LEG WITH 12 ON THE FOOT, 11/ 12 REDS UNDER THE KNEE AND THE 10, 9 / 9 BLACKS ON THE OPPOSITE THIGH.



## ATTACHING THE CABLES

- HOLD TWO BLACK CABLES ON ONE HAND AND TWO RED ON THE OTHER. PLACE THE TWO BLACK ON THE NUMBERS OF THE PADS AND THEN THE RED ON THE BACK OF THE OPPOSITE SIDE OF THE BODY.
- ALL BLACK ON THE FRONT. ALL RED ON THE SIDES OF THE BODY, THE HIPS OR THE BUTTOCKS

STEP 13



Check the Rest Duration.  
It should be on 8 secs ONLY so that  
you can have enough time to turn on  
all the channels

# OPERATION

IF  
EVERYTHING  
IS AS IT  
SHOULD  
START  
THE  
MACHINE

STEP 14



PRESS THE GREEN BUTTON TO START  
THE MACHINE



STEP 7



CHANNELS

STEP 8



CHANNELS 9 - 16

BEFORE  
STARTING  
THE  
MACHINE

Check the Deeper Muscle / Visceral Fat Waveform. It must be turned all the way to the left

Check the Subcutaneous Fat /muscle/ Detox Waveform. It must be turned all the way to the right

Turn the VOLTAGE knobs on the **RIGHT SIDE FIRST (9-16)** only when the RESTING LIGHT IS ON.  
The knobs will light up when on



IF your hand turns it higher than one you **MUST TURN IT BACK TO 1.**

# NOW start turning on on the left side VOLTAGE knobs (1-8)

STEP 17



STEP 18



**TURN ON KNOBS  
ONLY WHEN  
THE RESTING  
LIGHT IS ON**

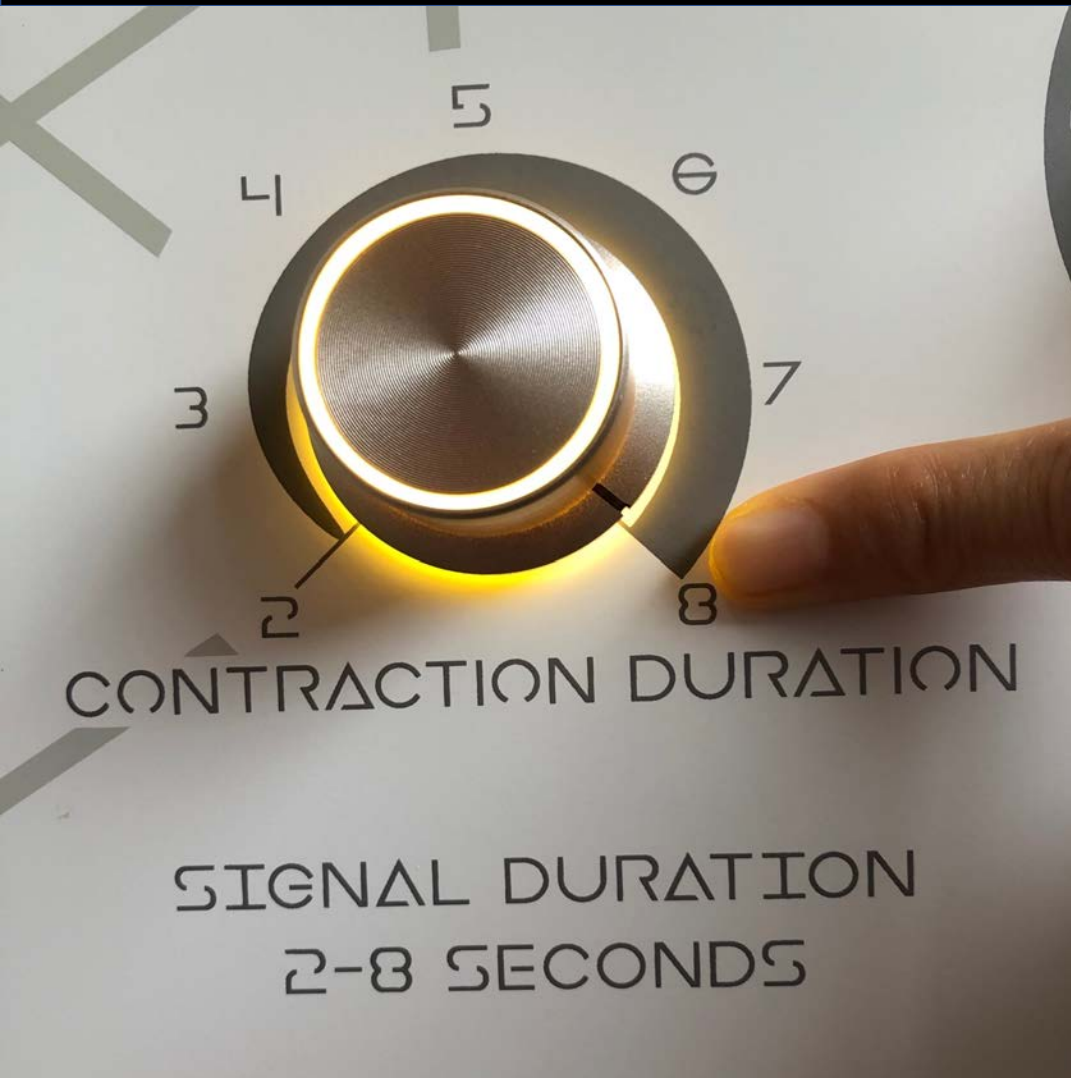
STEP 19



STEP 20



**IF YOU TURN TOO  
HIGH GO BACK TO 1**



NOW PUT the Contraction Duration on 8 secs.  
For Aerobics like Exercise Put Contraction Duration at 2 secs



**AFTER YOU HAVE TURN ON ALL THE CHANNELS  
PUT THE REST DURATION BACK ON 2**

INCREASE THE VOLTAGE IN EXTREMELY TINY INCREMENTS AT ANY TIME

STEP 26



STEP 27



STEP 28



STEP 29



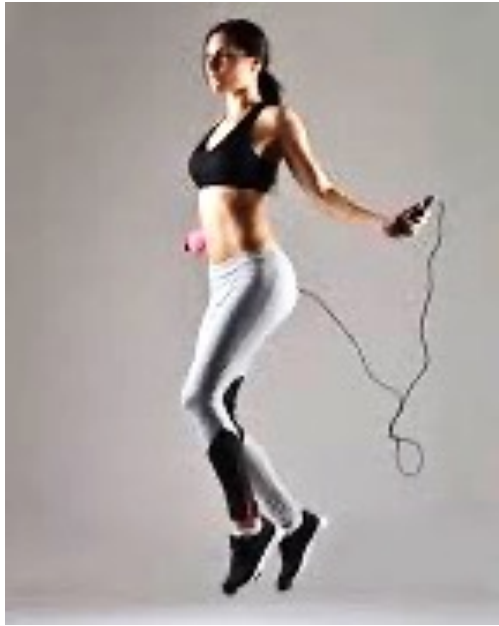
**EVERYTIME** YOU  
INCREASE THE  
VOLTAGE A LITTLE

**ASK CLIENT:**  
ARE YOU OK?

CONTINUE UNTIL  
YOU OBSERVE THE  
CLIENT HAVING  
8 SECS  
CONTRACTIONS



RESISTANCE / STRENGTH  
EXERCISES

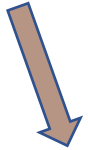


## AEROBIC EXERCISES



**CONTRACTION  
TIME 2-6 SECS**

EXAMPLE: THE TWO WAVEFORM POSITIONS ARE ALWAYS DIFFERENT



YOU NEVER TURN BOTH WAVEFORMS SIMULTANEOUSLY.

YOU ALWAYS WAIT FOR AT LEAST 4-5 CONTRACTIONS AFTER YOU CHANGED ONE WAVEFORM BEFORE CHANGING THE OTHER



CHANGE THE WAVEFORM ONLY WHEN THE REST DURATION BUTTON IS LIT UP



YOU MUST CHANGE THE EXERCISE EVERY MINUTE

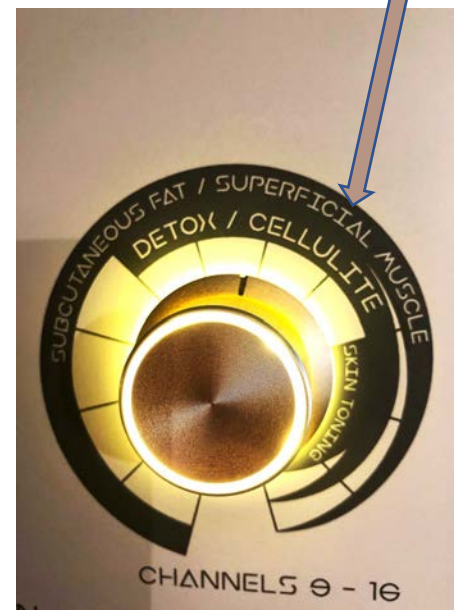
CONTRACTIONS INCREASE AS YOU INCREASE THE VOLTAGE



CONTRACTION ALSO INCREASES AS YOU TURN THE DEEPER MUSCLE WAVEFORM ON THE LEFT COUNTERCLOCKWISE



CONTRACTION ALSO INCREASES AS YOU TURN THE DETOX ON THE RIGHT WAVEFORM COUNTERCLOCKWISE



IN ORDER TO GET RESULTS THE CLIENT MUST HAVE VISIBLE CONTRACTIONS

**1. YOU MUST CHANGE THE EXERCISE EVERY MINUTE**

2. Always ask before increasing. Can I increase, lower abdomen? High abdomen? Legs? Chest?

3. Put your hand on the left exercise button and wait: Inform the Patient. NOW I AM GOING TO CHANGE YOUR EXERCISE. READY? Ready? Ready?

4. **ONLY WHEN THE REST DURATION IS ON** – Only then YOU CHANGE THE LEFT EXERCISE KNOB ONE STEP UP CLOCKWISE

5. AFTER ONE MINUTE Put your hand on the Right exercise button and wait: Inform the Patient. NOW I AM GOING TO CHANGE YOUR EXERCISE. READY? Ready? Ready?

6. **ONLY WHEN THE REST DURATION IS ON** – Only then YOU CHANGE THE Right EXERCISE KNOB ONE STEP UP ANTICLOCKWISE

7. WHEN THE CONTRACTION LIGHT IS ON INSTRUCT THE CLIENT: **CONTRACT... HOLD... HOLD** UNTIL THE REST DURATION LIGHT COMES ON THEN SAY: **RELEASE.**

The background is a complex, abstract design. It features a light blue and white color palette. There are several overlapping hexagonal shapes, some solid and some outlined. A network of thin black lines connects various points, including small black dots and larger grey circles. The overall effect is that of a technical or scientific diagram, possibly representing a molecular structure or a data network. The text is positioned in the lower-left quadrant of the image.

PLEASE EMAIL US OR CALL US WITH QUESTIONS OR CONCERNS:

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