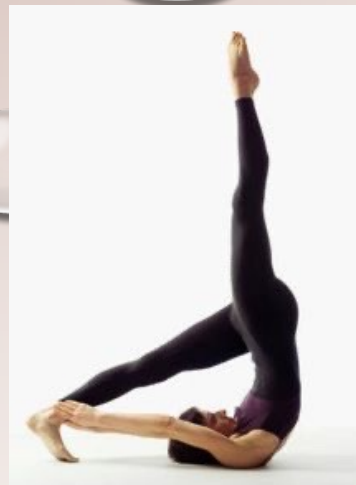




# VIRTUAL GYM 888 MANUAL



**1000  
Strength  
Resistance-  
Aerobic-  
Exercises**

## CONSULTATION

**RULE 1.** ALL PATIENTS MUST FILL THE MEDICAL AND FOOD INTAKE QUESTIONNAIRE. PACEMAKER AND PREGNANCY ARE CONTRAINDICATIONS

**RULE 2.** TREATMENTS ARE SOLD IN PACKAGES. ONE OR TWO TREATMENTS CANNOT MAKE MIRACLES.

**RULE 3.** NUMBER OF TREATMENTS DEPEND ON

A/ THE SIZE OF THE BODY,

B/ LIFESTYLE

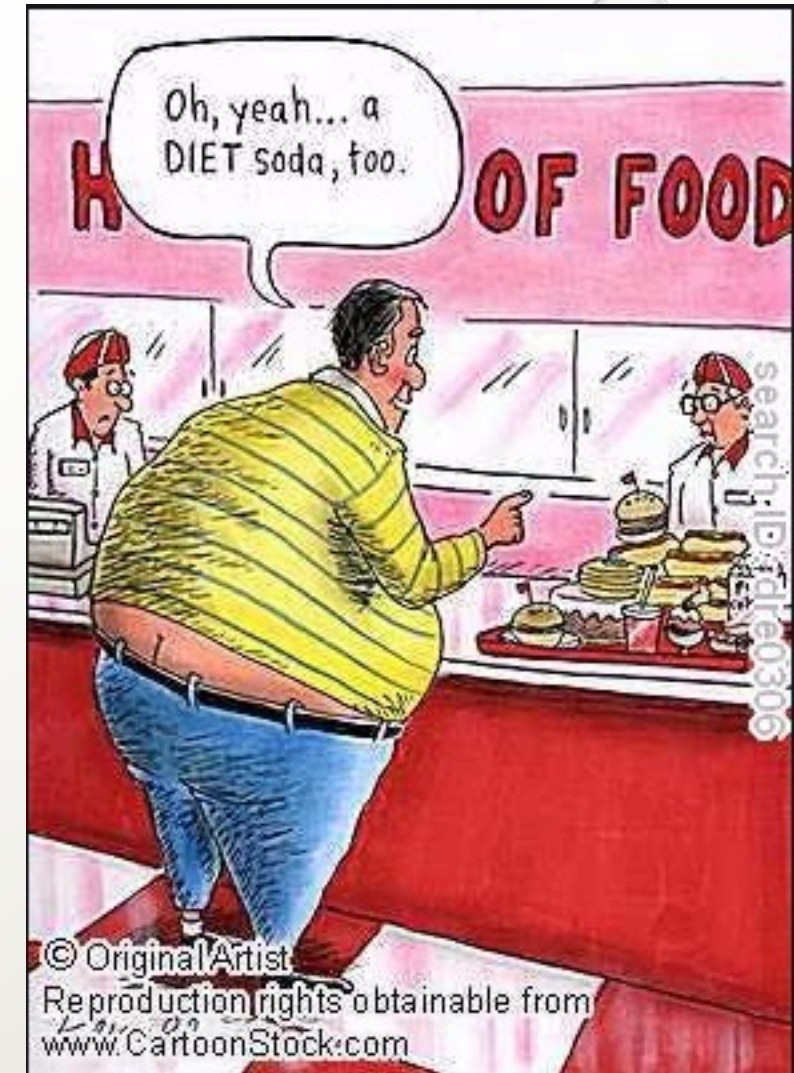
C/ EXERCISE

D/ EATING HABITS:

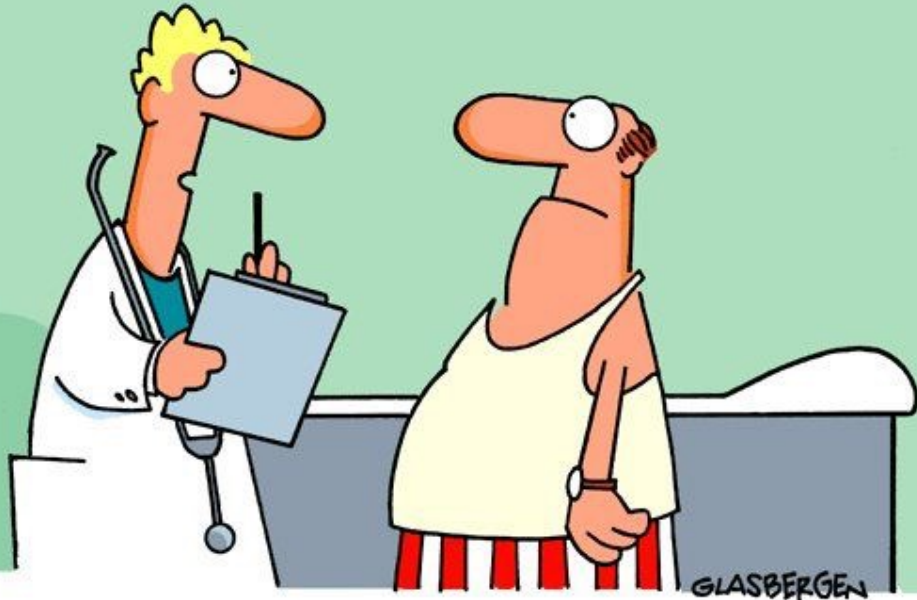
\* IF THEY SMOKE OR DRINK ALCOHOL, THEY WILL NEED MORE TREATMENTS

- IF THEY EAT FRIED RICE, BUTTER, CARBOHYDRATES, FRIED AND FATTY FOODS OR FOODS CONTAINING MSG, A LOT OF SUGAR THEY WILL NEED MORE TREATMENTS

E/ MEDICAL HISTORY. DIABETICS, METABOLIC SYNDROME, HYPOTHYROID, ETC. PATIENTS NEED MORE TREATMENTS.



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**“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”**

**RULE 4.** ONE VIRTUAL GYM TREATMENT IS LIKE A MONTH IN THE GYM. IF YOU NEED THE GYM FOR A YEAR THAT'S 12 TREATMENTS. IF YOU NEED THE GYM FOR TWO YEARS THAT'S 24 TREATMENTS. AND SO ON...

**RULE 5.** ALTHOUGH THE VIRTUAL GYM CAN REPLACE EXERCISE, ADDING EXERCISE TO VIRTUAL GYM TREATMENT GIVES YOU BETTER RESULTS.

**RULE 6:** TO GET RESULTS WITH THE VIRTUAL GYM A PATIENT MUST COME AT LEAST 2 TO 3 TIMES A WEEK AND HE/SHE SHOULD NOT SKIN WEEKS

**RULE 7:** ASK PEOPLE TO MONITOR AND REPORT TO YOU WHAT THEY EAT EVERY DAY. THIS MUST INCLUDE EVERYTHING THE EAT

**RULE 8:** PEOPLE WHO ARE STRESSED WILL NEED MORE TREATMENTS

**RULE 9:** PEOPLE WHO ARE DIABETIC OR HYPOTHYROID NEED MORE TREATMENTS

# **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**

**4. CONSULTATION  
CLIENT'S GOALS HEALTH  
QUESTIONNAIRE & FOOD  
INTAKE SCORE ARE DISCUSSED**

**CLIENTS WITH MEDICAL OR  
MENTAL ILLNESS ARE NOT  
ACCEPTED WITHOUT  
PHYSICIAN'S CLEARANCE**

**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 A MONTH IN  
THE GYM**

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

**9. EXPLAIN THAT THE BODY  
WILL USE FOOD AS ENERGY  
BEFORE BURNING FAT.  
THEREFORE PROPER DIET IS  
CRUCIAL. SMOKING +  
ALCOHOL 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**

# HEALTH STATUS QUESTIONNAIRE

CONDITION	YES CURRENTLY	YES BEFORE	HOW LONG AGO	NEVER	RECOMMENDATIONS
PACEMAKER					NO
DURING PREGNANCY					NO
SCIATICA					See Sciatic Nerve -p98
CARPAL TUNNEL					NOT EFFECTIVE
ONE MONTH AFTER DELIVERY					NECESSARY - Flat Belly and Detox
FOUR MONTHS AFTER CESAREAN					Caution / Ask Physician
KELOIDS					NOT EFFECTIVE
CANCER					Caution / Ask Physician
HEART PROBLEMS					Caution / Ask Physician
VISCERAL FAT / FATTY LIVER					NECESSARY- NEEDS MORE TREATMENTS
LOW ENERGY					NECESSARY- If Low Energy Persists Consult Physician
SWELLING					NEEDS Intensive Detox
SEIZURES					Caution / Ask Physician
HORMONAL IMBALANCE					NECESSARY- If Condition Persists Consult Physician
DIABETES					Caution / Ask Physician
METAL PLATES					Caution / Ask Physician
COUPHING / BREATHING PROBLEMS					Caution / Ask Physician
FEVER					Caution / Ask Physician
OTHER MEDICAL ILLNESS					Caution / Ask Physician
OTHER MENTAL ILLNESS					Caution / Ask Physician
HIGH BLOOD PRESSURE					Caution / Ask Physician
SURGERY					Caution / Ask Physician
FLU					Caution / Ask Physician
HEADACHE					Caution / Ask Physician
EXERCISES REGULARLY					EXPECT ENHANCED Core Strength, Speed & Stamina
SMOKING / ALCOHOL (CIRCLE ONE)					NEEDS Intensive Detox
MEDICATIONS					NEEDS Intensive Detox

\* PLEASE LIST MEDICATIONS: \_\_\_\_\_

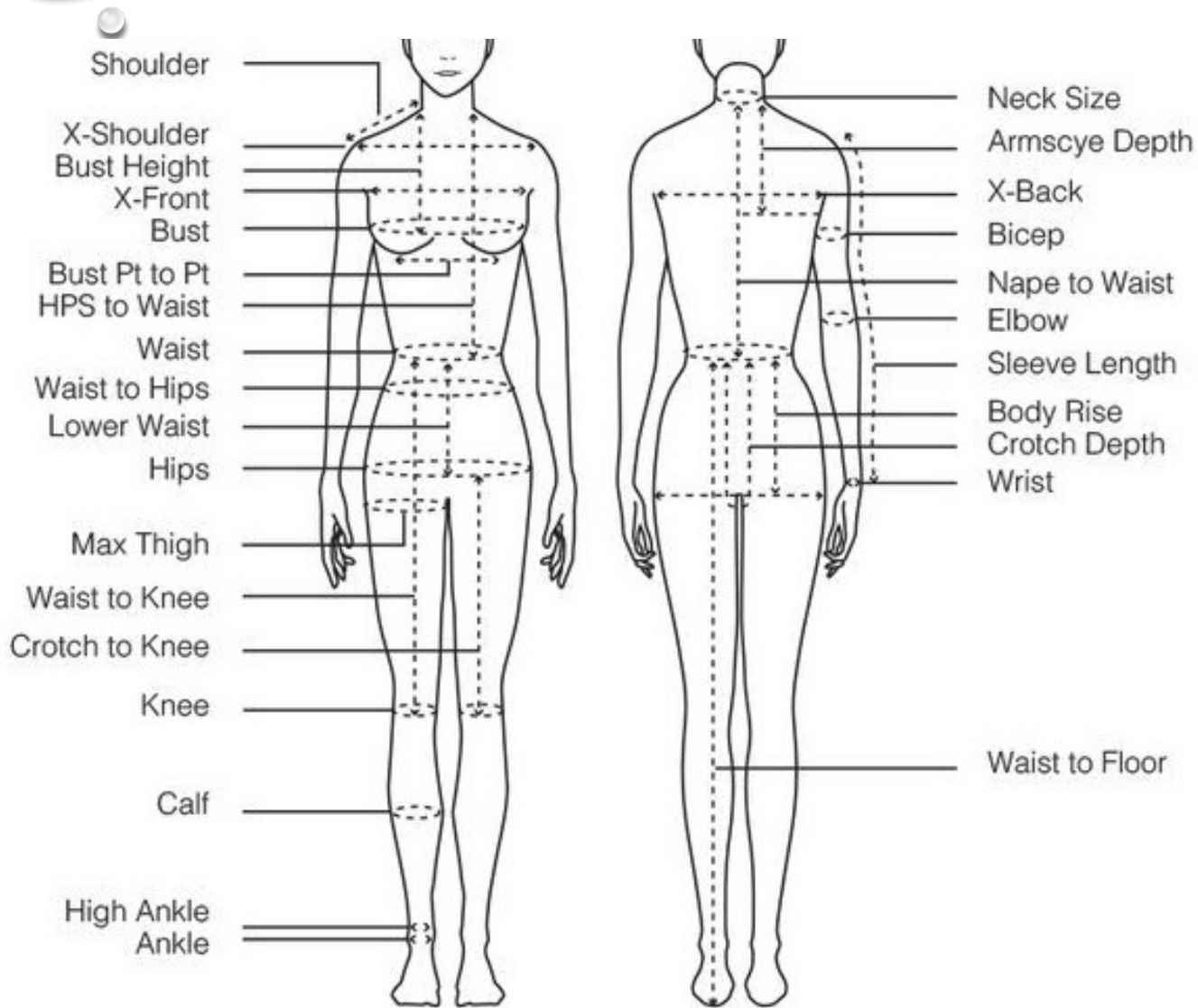
\* PLEASE LIST VITAMINS: \_\_\_\_\_



## **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

1. 5-8 measurements on the abdomen. MARK ABOVE AND BELOW TAPE
2. 3-7 Measurements on the legs. MARK ABOVE AND BELOW TAPE
3. 1-2 Measurements on the arms. MARK ABOVE AND BELOW TAPE
4. 2-5 Measurements on the CHEST SHOULDERS AND NECK. MARK ABOVE AND BELOW TAPE



# ACCESSORIES

## Self Adhesive Pads

Prior to attaching the self-adhesive pads onto the body, **ALWAYS** inspect **EACH ONE** of them to make sure that any of them is not worn out at the edges

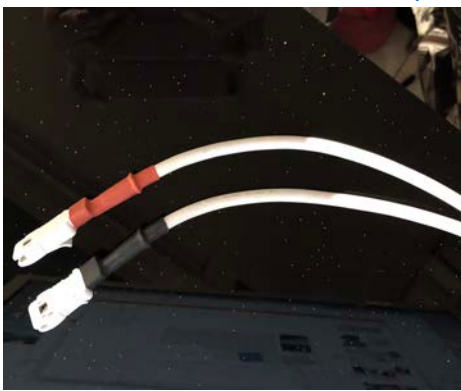
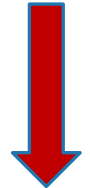


## CABLES: There are 8 White cables and 8 Gray cables

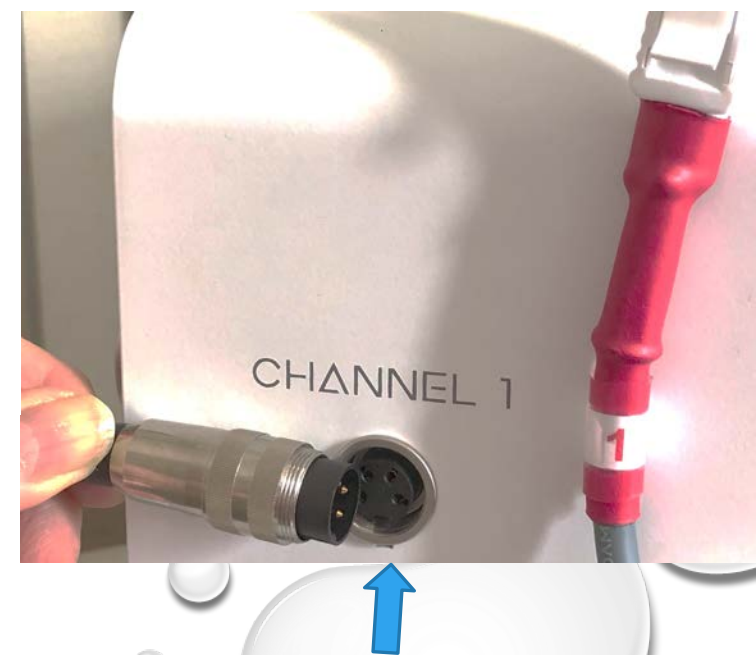
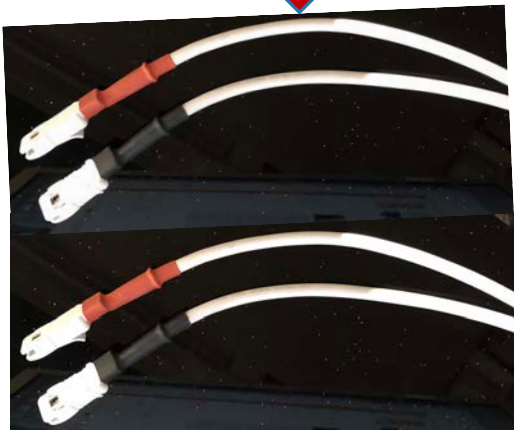
The 8 **WHITE** cables consist of 5 cables with two clips for channels 10.11.13.14.15, and 3 double cables with four clips for channels 9,12 and 16. These have 3-pin din male sockets that go into the 3-pin din-female sockets on the RIGHT of the machine

The 8 **GRAY** cables consist of 7 gray single ones for channels 1-7 with two clips and 1 double cable with four clips for channel 8. These have 4-pin din male sockets that go into the 4-pin din-female sockets on the LEFT of the machine.

See example of a single cable below.



See example of a double cable below



Please plug the cables by aligning the male into the female pin dins

# RIGHT OF THE MACHINE

5 Single White Cables  
机器右侧 5 根白色单线



R

# RIGHT OF THE MACHINE

3 DOUBLE White Cables  
机器右侧 3 双白色电缆





**8 Single Gray Cables on the  
LEFT SIDE OF THE MACHINE.**

**7 SINGLE CABLES FOR  
CHANNELS 1-7**

**1 DOUBLE CABLE FOR  
CHANNEL 8**

# 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

STEP 7



STEP 8

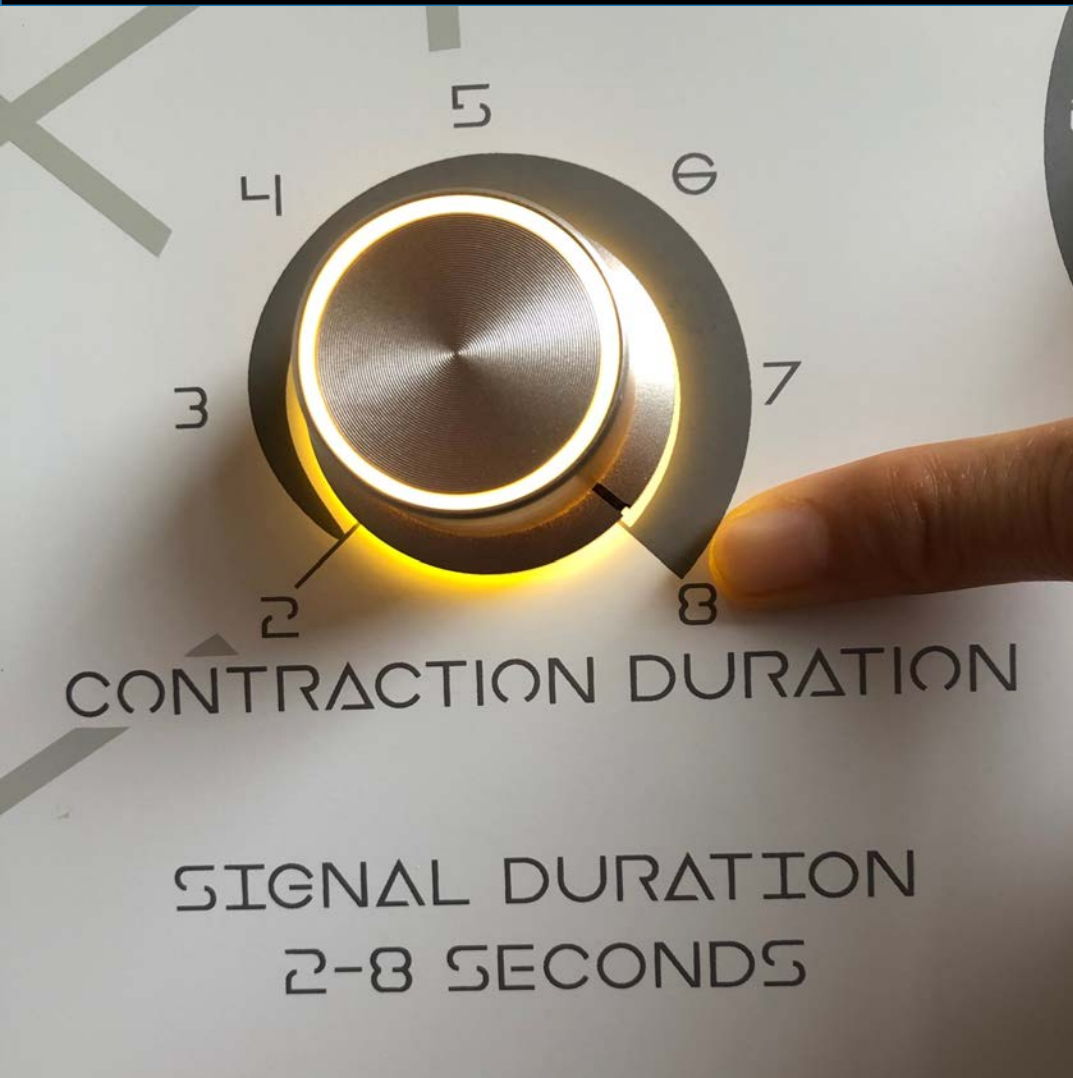


BEFORE  
STARTING  
THE  
MACHINE

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

检查皮下脂肪/肌肉/排毒波形。它必须一直向右  
转



Check the Contraction Duration It should be on 8 secs.  
For Aerobics like Exercise Put Contraction Duration at 2 secs



Check the Rest Duration. It should be on 8 secs ONLY so that you can have enough time to turn on all the channels. AFTER YOU HAVE TURN ON ALL THE CHANNELS PUT IT ON 2



Set the time of Treatment.  
TREATMENT SHOULD BE 45 MIN TO ONE HOUR

设定治疗时间。治疗应该是 45 分钟到 1 小时

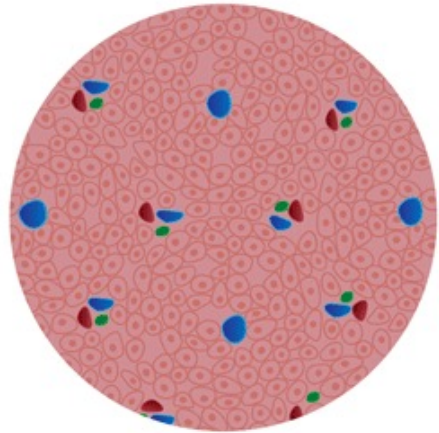
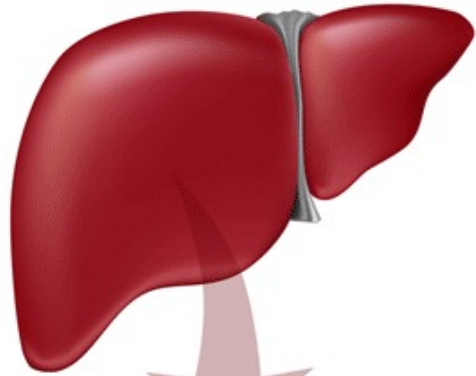


Time set to 45 minutes here. This is ONLY  
an example.

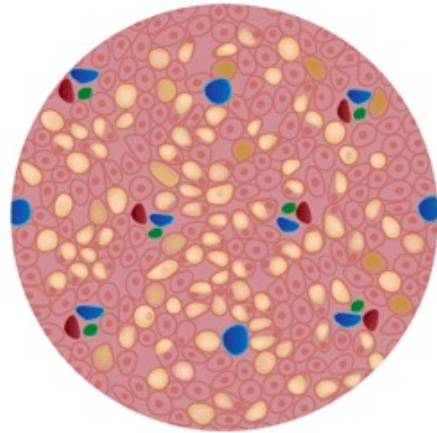
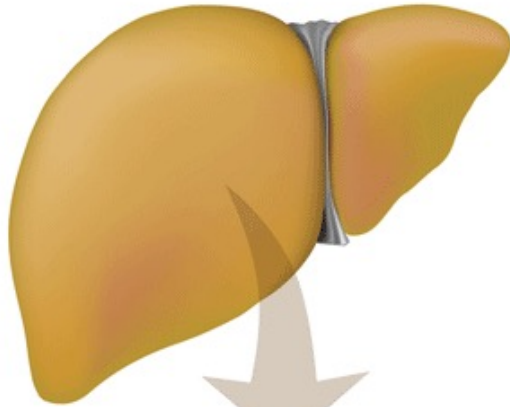
这里的时间设置为 45 分钟。这只是一个例子。



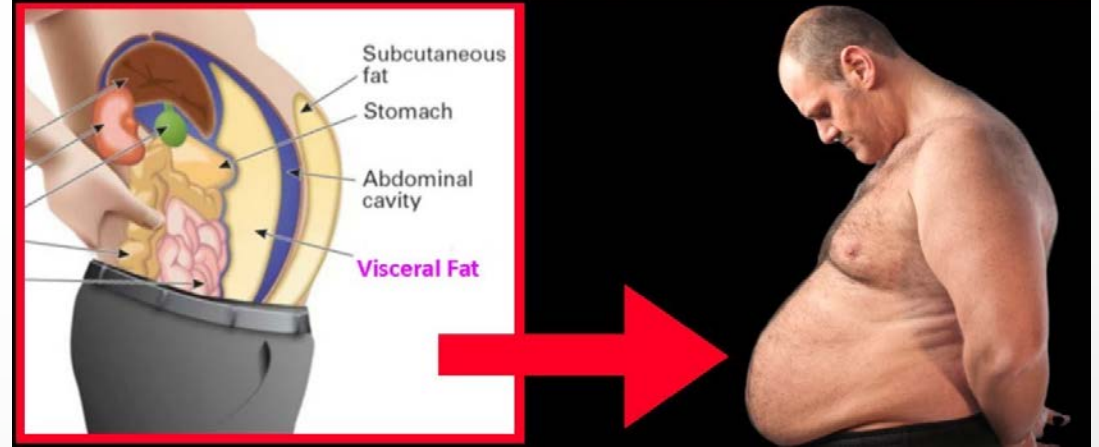
Healthy liver



Fatty liver



# VISCERAL FAT



For patients with visceral fat or documented fatty liver the treatment **MUST BE ONE HOUR**. The body burns subcutaneous fat the first 20-30 minutes of strenuous exercise or virtual gym treatment . The body will start burning visceral fat at least after 30 min of treatment. Therefore, one hour treatment is necessary for visceral fat burning and getting a sonography report of no fatty liver that one can get after 15-20 treatments

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

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.**

Continue turning on the VOLTAGE knobs on the right side (9-16)

**ONLY WHEN THE REST DURATION LIGHT IS ON**



# 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



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

STEP 20



TURN RESTING KNOB  
TO 2 SECS

INCREASE THE RIGHT SIDE VOLTAGE KNOBS IN EXTREMELY SMALL INCREMENTS

EVERYTIME YOU INCREASE THE VOLTAGE A LITTLE

**ASK CLIENT:** ARE YOU OK? CONTINUE UNTIL YOU GET A CONTRACTION

STEP 21



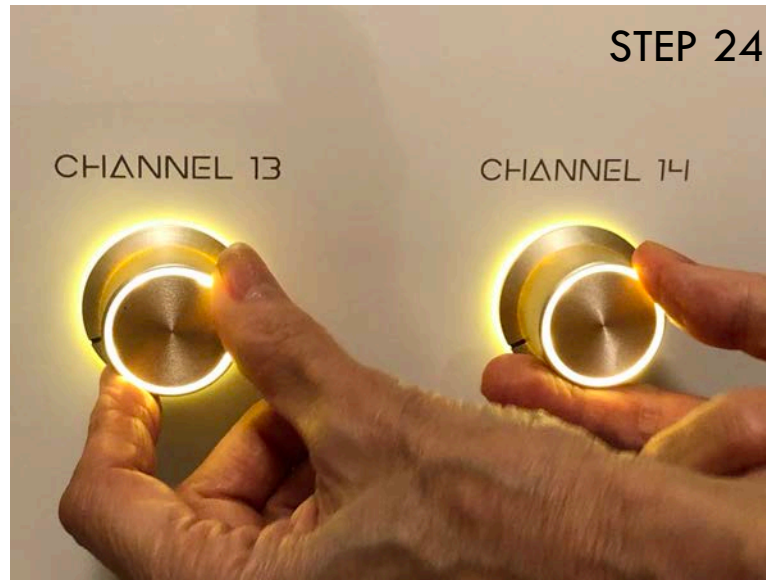
STEP 22



STEP 23



STEP 24



STEP 25



INCREASE THE RIGHT SIDE VOLTAGE IN EXTREMELY SMALL INCREMENTS

STEP 26



STEP 27



STEP 28



STEP 29

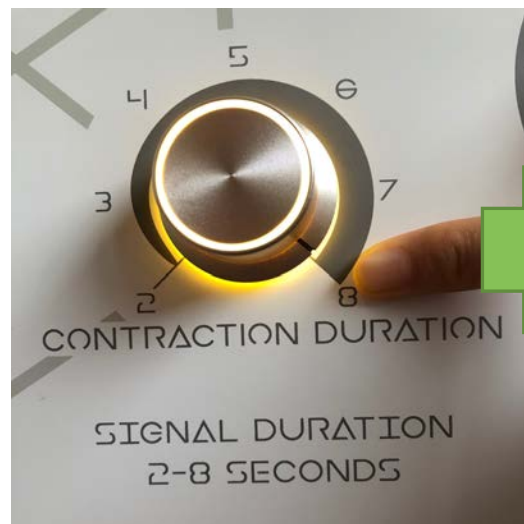


**EVERYTIME** YOU INCREASE THE VOLTAGE A LITTLE

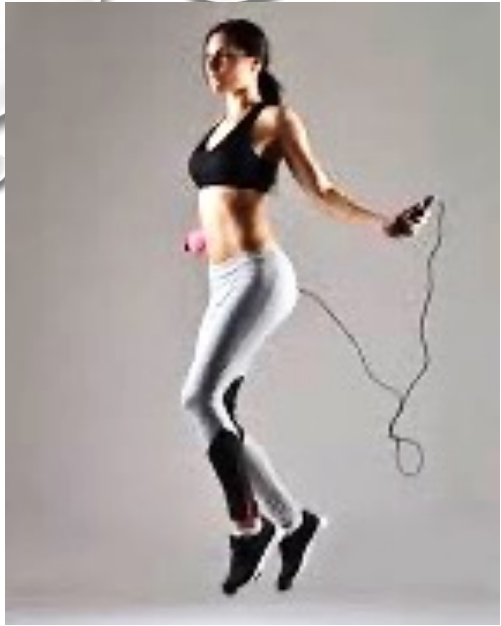
**ASK CLIENT:**  
ARE YOU OK?

CONTINUE UNTIL YOU OBSERVE THE CLIENT HAVING 8 SECS CONTRACTIONS





RESISTANCE / STRENGTH  
EXERCISES



## AEROBIC EXERCISES



CHANNELS 9 - 16

**CONTRACTION  
TIME 2-6 SECS**



**INDIVIDUALS WITH VISCERAL FAT SHOULD BE LEFT ON THE VISCERAL FAT WAVEFORMS LONGER**



**INDIVIDUALS WITH DETOX NEEDS SHOULD BE LEFT ON THE DETOX WAVEFORMS LONGER**

**CHANGE THE WAVEFORM ONLY WHEN THE REST DURATION BUTTON IS LIT UP  
EVERYONE SHOULD GO THROUGH ALL THE WAVEFORMS**



AFTER YOU HAVE  
TURNED THE DEEPER  
MUSCLE / VISCERAL  
FAT WAVEFORM ON THE  
LEFT  
AT LEAST TWICE  
COUNTERCLOCKWISE,

WAIT FOR AT LEAST  
4-5 CONTRACTIONS

THEN TURN THE  
WAVEFORM ON THE  
RIGHT, CLOCKWISE

WAIT FOR AT LEAST 4-5  
CONTRACTION THEN  
TURN THE LEFT  
WAVEFORM  
COUNTERCLOCKWISE  
AND SO ON...



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

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

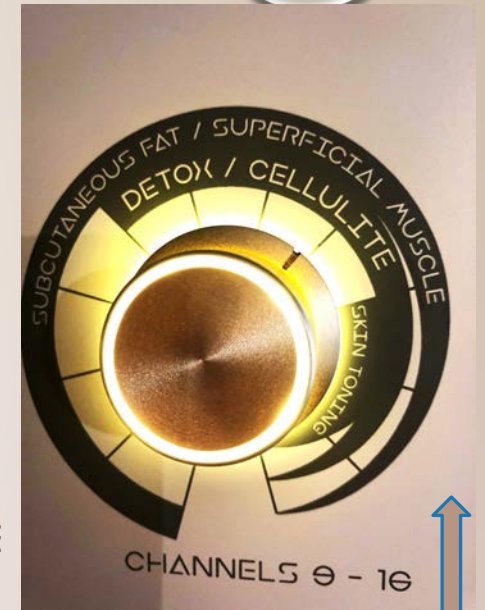


CHANGE THE WAVEFORM ONLY WHEN THE REST DURATION BUTTON IS LIT UP

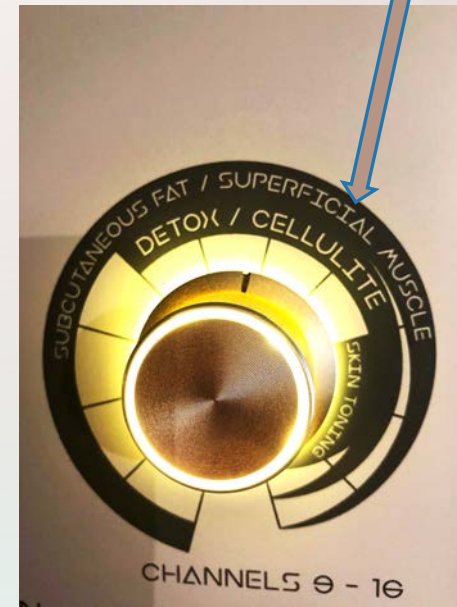
CONTRACTIONS INCREASE AS YOU INCREASE THE VOLTAGE



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

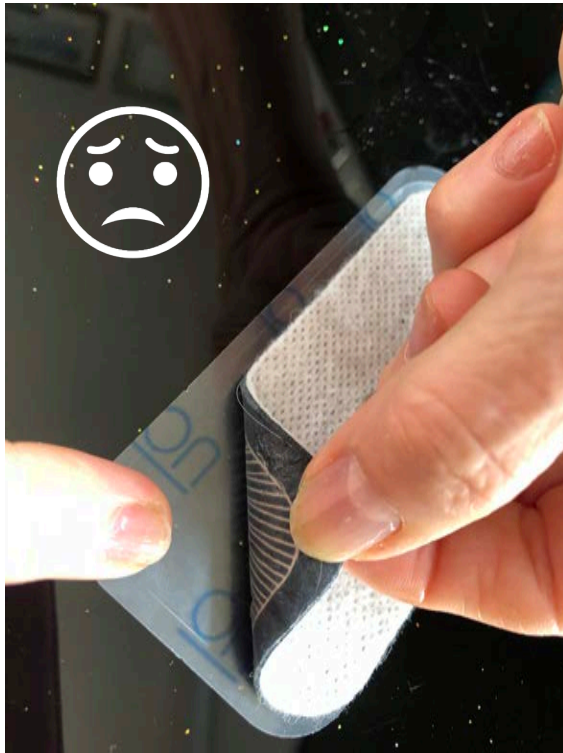


CONTRACTION ALSO INCREASES AS YOU TURN THE DETOX ON THE RIGHT WAVEFORM COUNTERCLOCKWISE

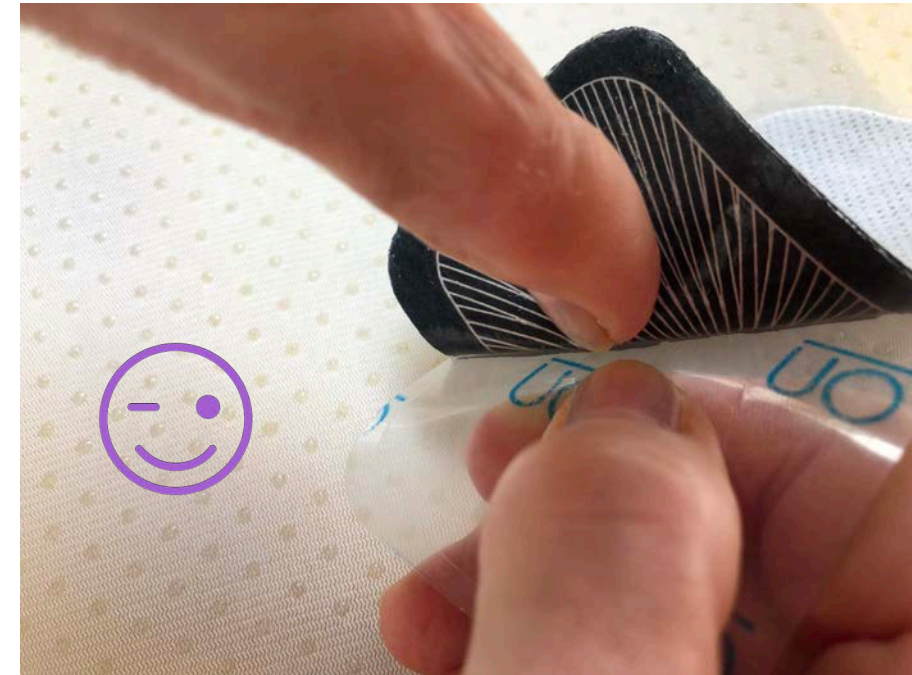
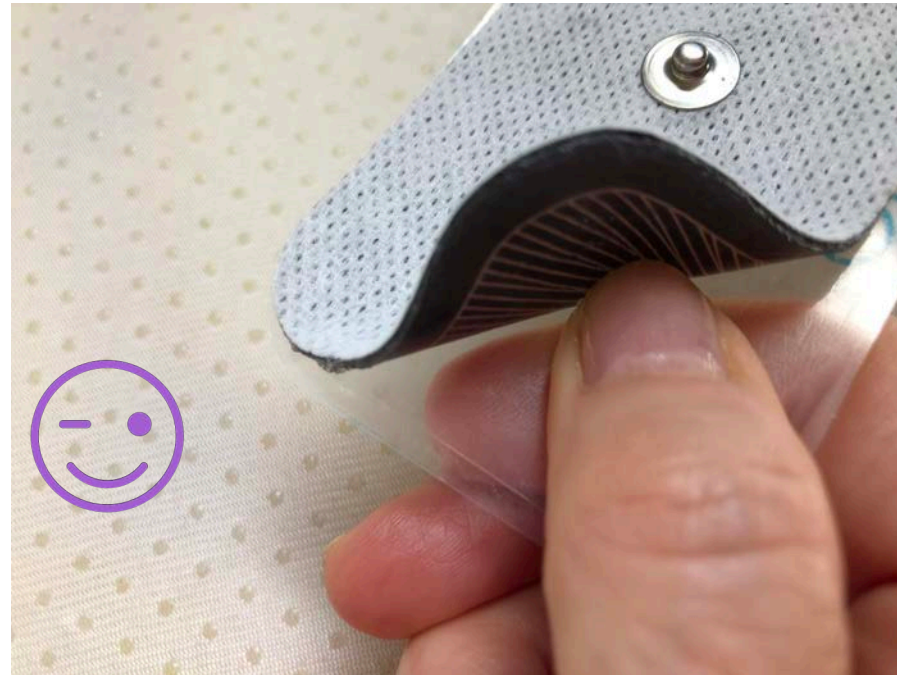


IN ORDER TO GET RESULTS THE CLIENT MUST HAVE VISIBLE CONTRACTIONS

## TAKING THE PADS OFF THE PLASTIC



WRONG. NEVER  
HOLD PAD FROM THE  
EDGES



CORRECT. ALWAYS HOLD PAD FROM THE MIDDLE TO AVOID WEARING OFF THE EDGES.  
IF THE PAD EDGES ARE WORN OFF THE PAD WILL GIVE A NOXIOUS SENSATION

# Check Pads

CHECK PADS TO SEE THEY ARE WORN OUT. IF THEY ARE WORN OUT, REPLACE THEM **IMMEDIATELY**

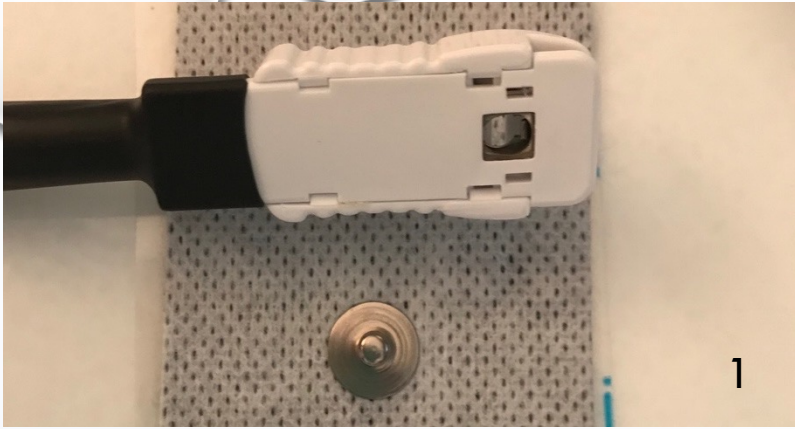


DO NOT PUT SELF ADHESIVE PADS ON ABRASIONS OR WOUNDS OF THE SKIN. CHECK THE SKIN BEFORE YOU PLACE THE SELF-ADHESIVE PADS.



C  
h  
e  
c  
k  
  
B  
o  
d  
y





Observe the snap and the hole under the clip.



Flip open the clip and place clip on top of connector



Pressing the clip down firmly onto the connector



Push the clip upwards



Close the clip



Make sure the clip now is secured and the cables are attached firmly onto the pad.

PLACE PADS AT LEAST FIVE FINGERS FROM EITHER SIDE OF THE SPINE

N  
O  
P  
A  
D  
S  
N  
E  
A  
R  
T  
H  
E  
S  
P  
I  
N  
E

## PADDING RULES:

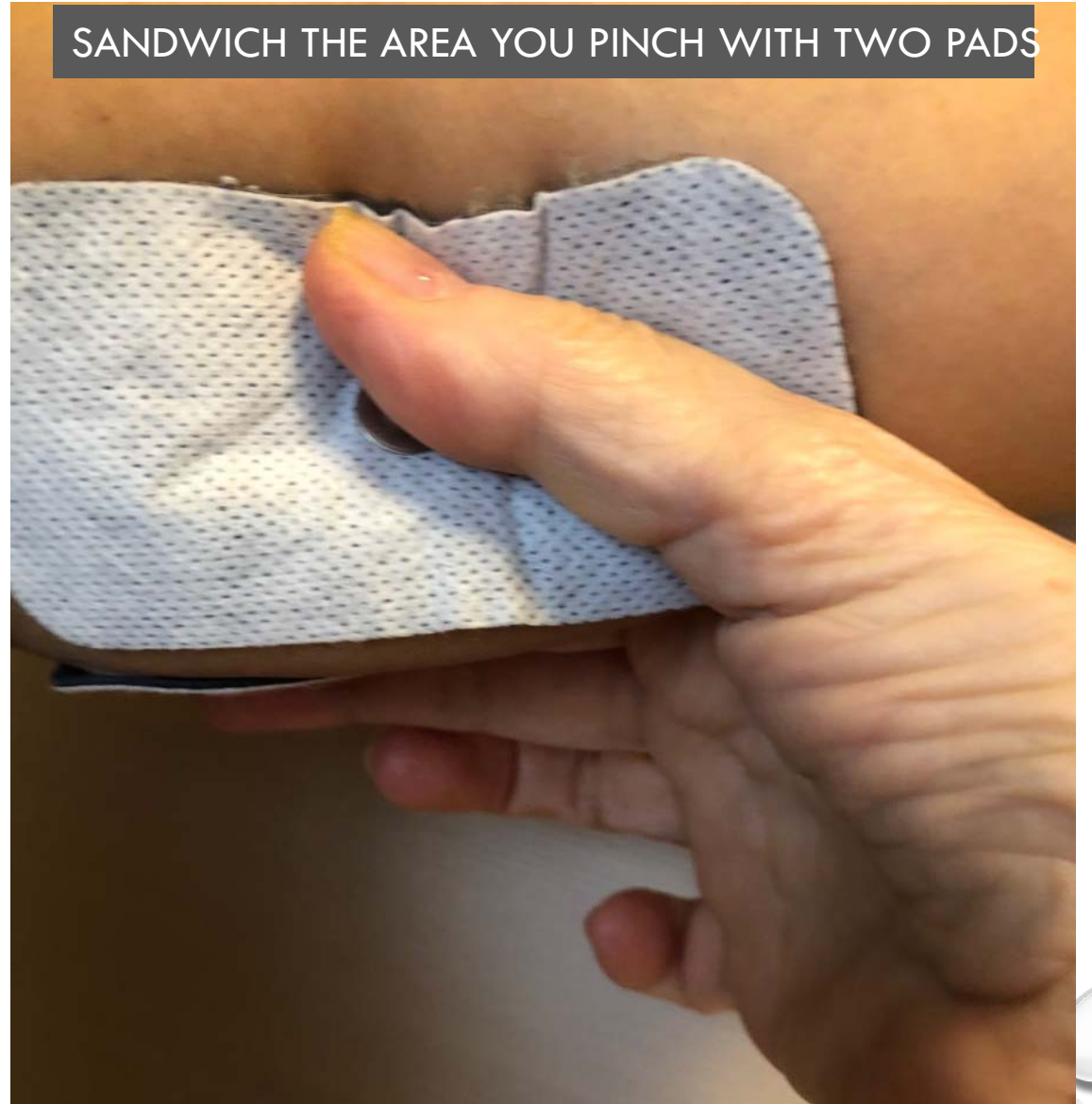
1. PLACE PADS AT LEAST FIVE FINGERS FROM EITHER SIDE OF THE SPINE
2. GRAB THE FAT OR MUSCLE AND SANDWICH IT WITH TWO PADS ONE FINGER APART



PINCH THE FAT OR MUSCLE ON TARGET AREA



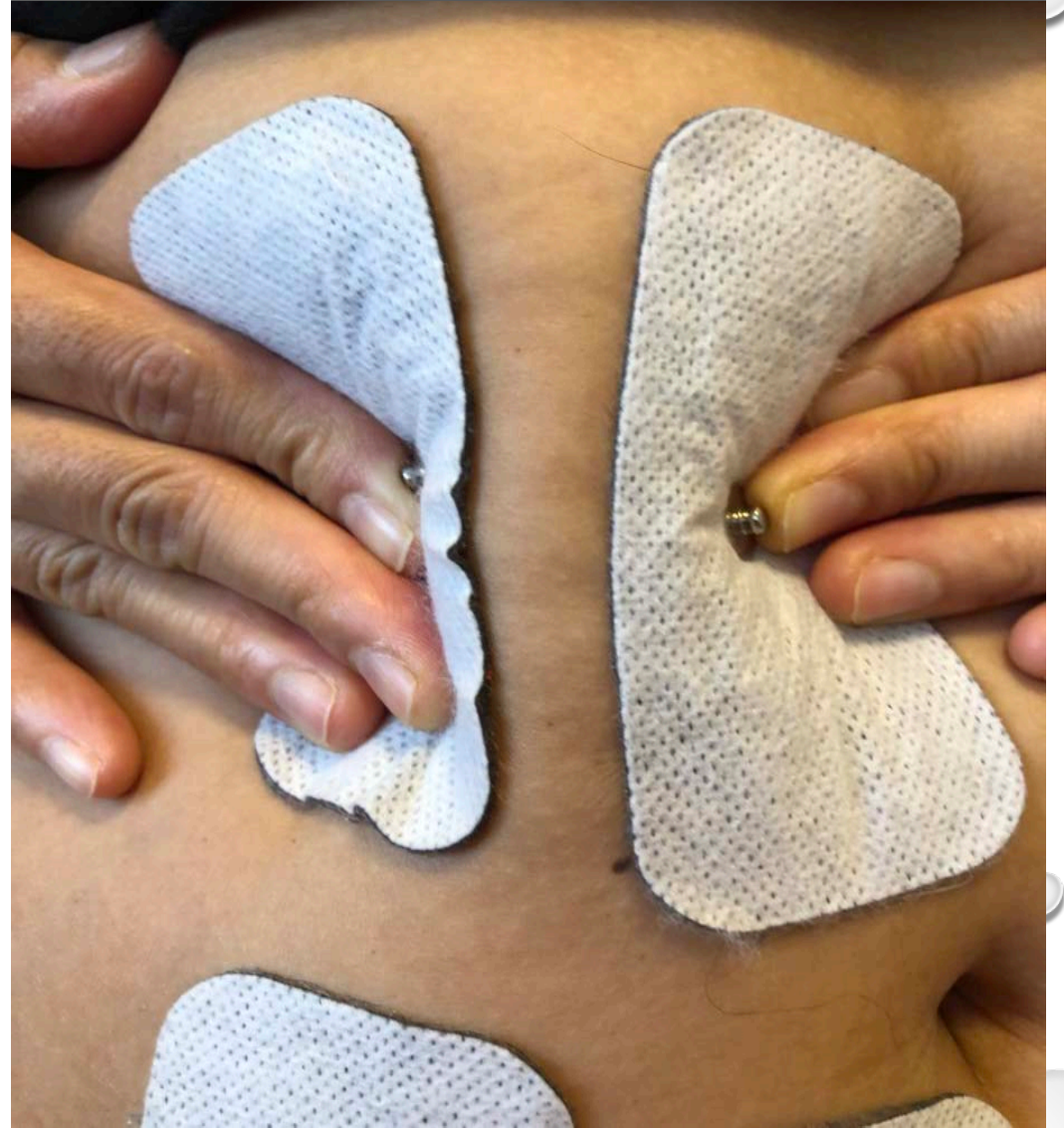
SANDWICH THE AREA YOU PINCH WITH TWO PADS



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





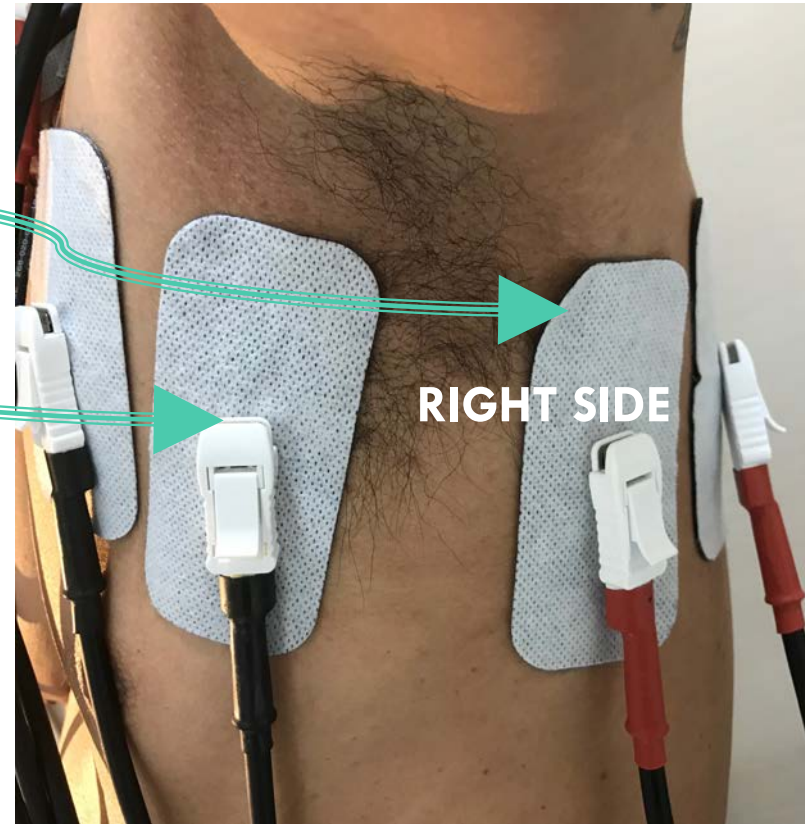
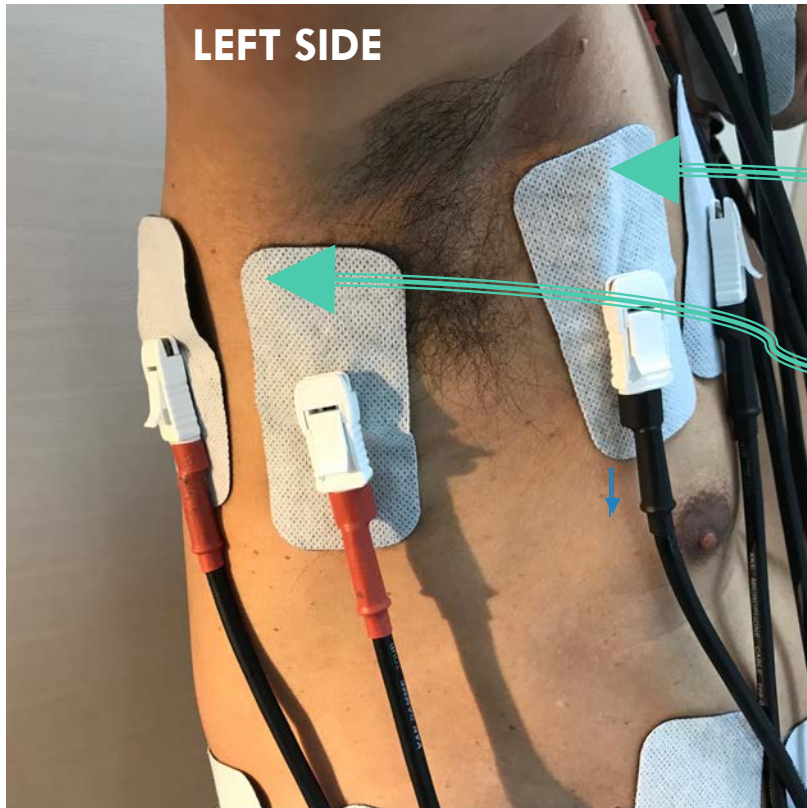
CONNECT  
**FAT WITH FAT**  
OR  
MUSCLE WITH MUSCLE

# PADDING RULES

BACK

FRONT

BACK



**WHEN RED IS ON THE LEFT**  
**WHEN RED IS ON THE BACK LEFT**  
**WHEN RED IS ON THE BACK RIGHT**

**BLACK MUST BE ON THE RIGHT**  
**BLACK MUST BE ON THE FRONT RIGHT**  
**BLACK MUST BE ON THE FRONT LEFT**

### Severe Foot Swelling:

1. Take quad cable from channel 9. Two red on the SAME foot.
2. **PLACE THE TWO BLACK ON THE LOIN OF THE OPPOSITE LEG**

### Mild Foot Swelling:

1. Take quad cable from channel 9. One red on the left foot. One red UNDER the knee of the same left leg.



2. **PLACE THE TWO BLACK ON THE LOIN OF THE OPPOSITE LEG**
3. Mirror padding on the other side with quad cable 16

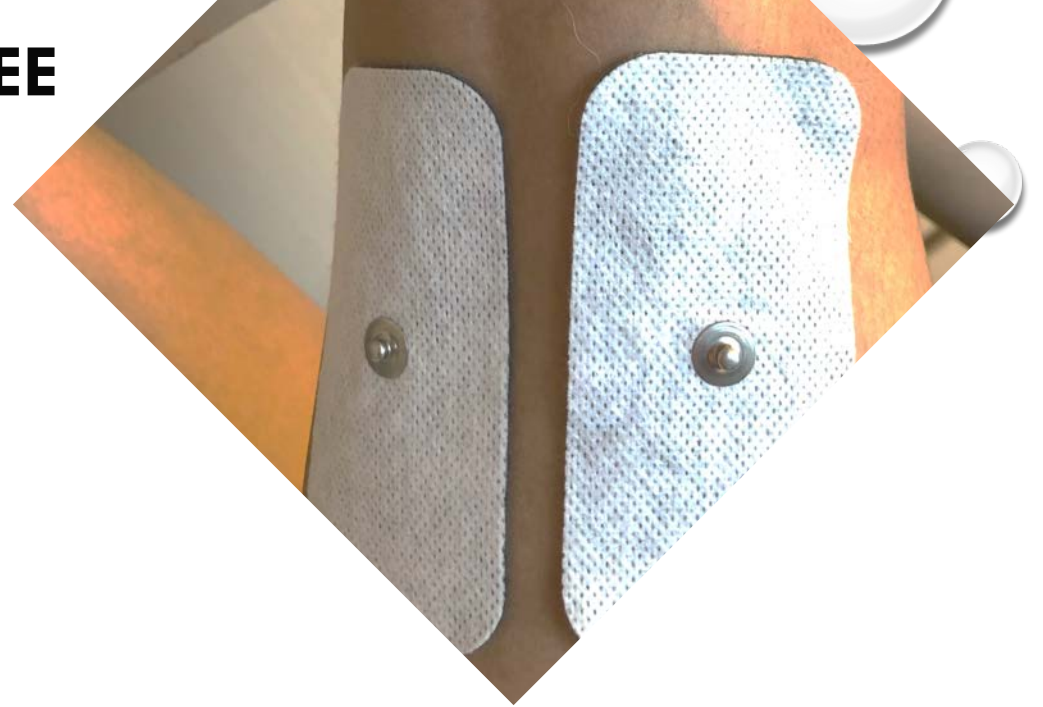


3. Mirror padding on the other side with quad cable 16

Detox is Mandatory



**UNDER THE KNEE  
PROPER PAD  
PLACEMENT**



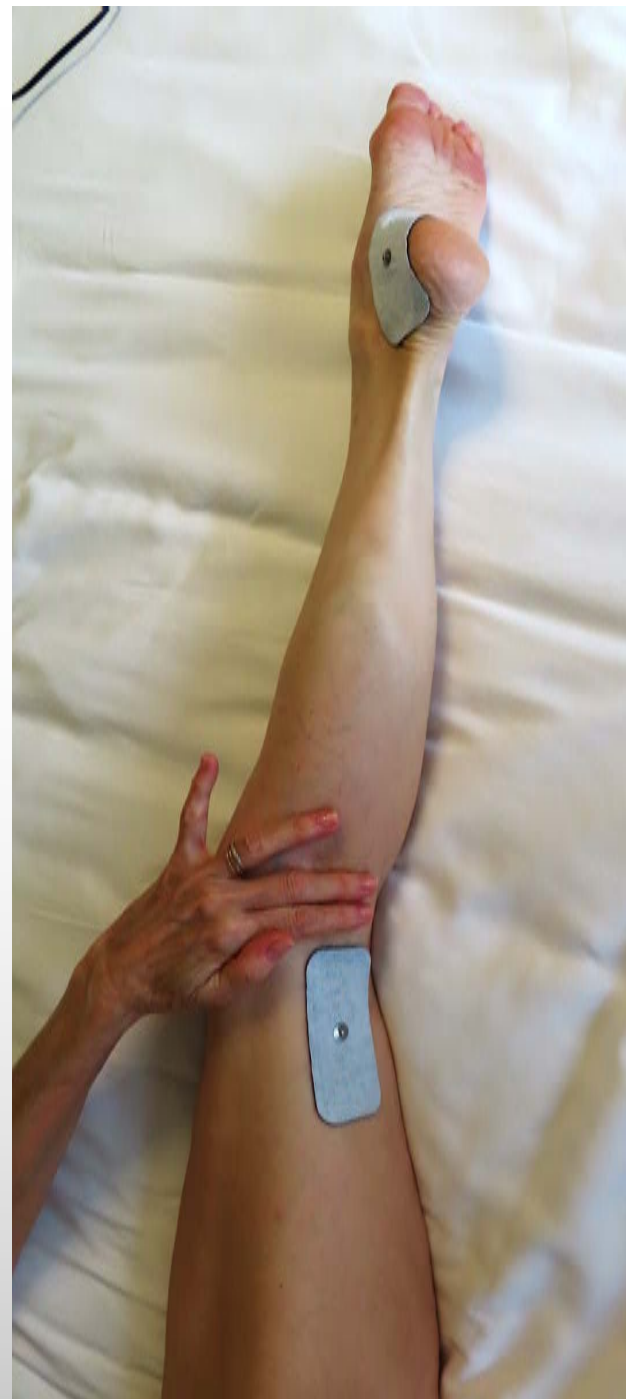
**YOU NEVER PLACE PADS ON THE CALFS**

**IT USUALLY GIVES PEOPLE CRAMPS**



# STEP BY STEP

## Lower Body DETOX



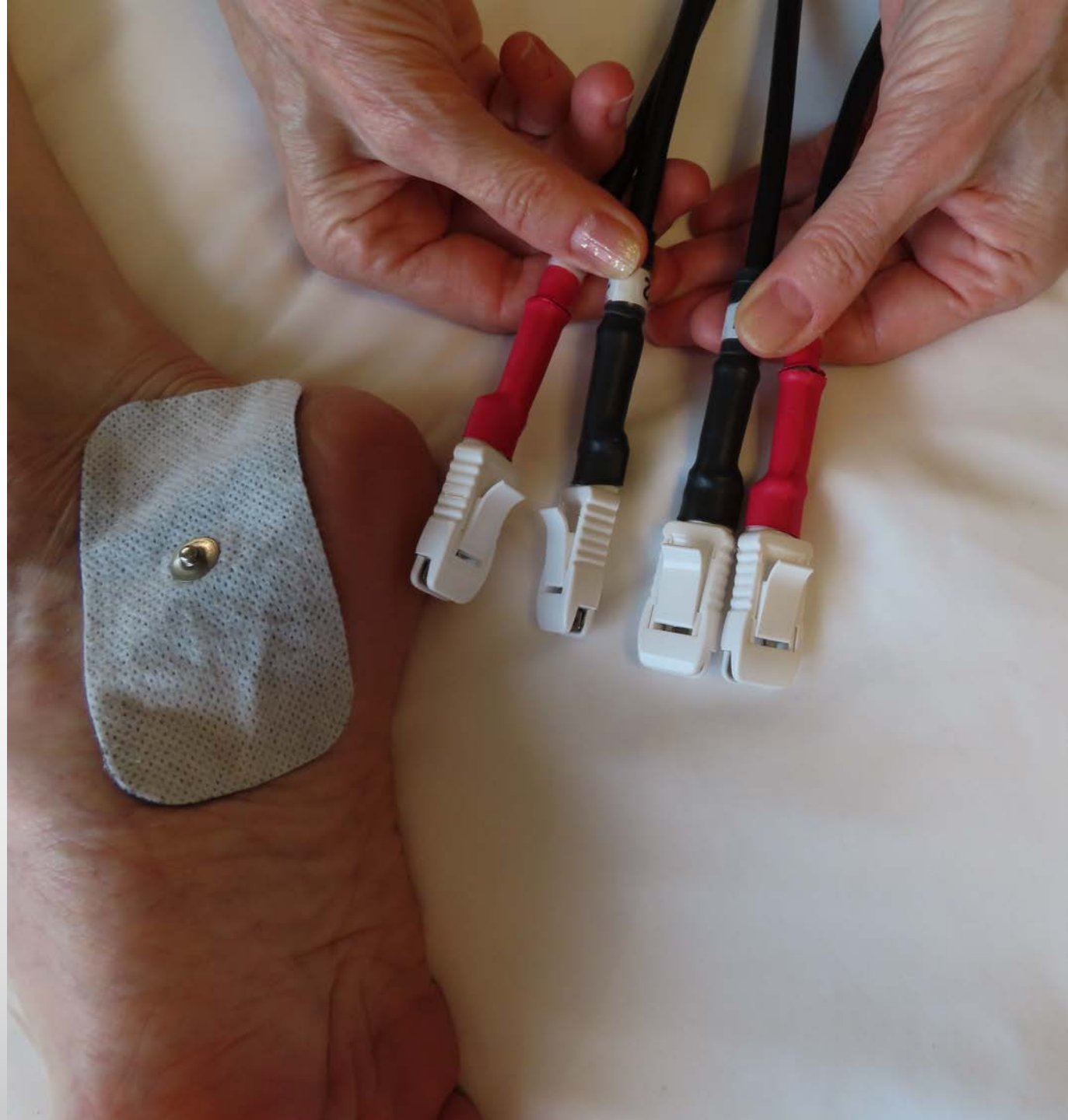




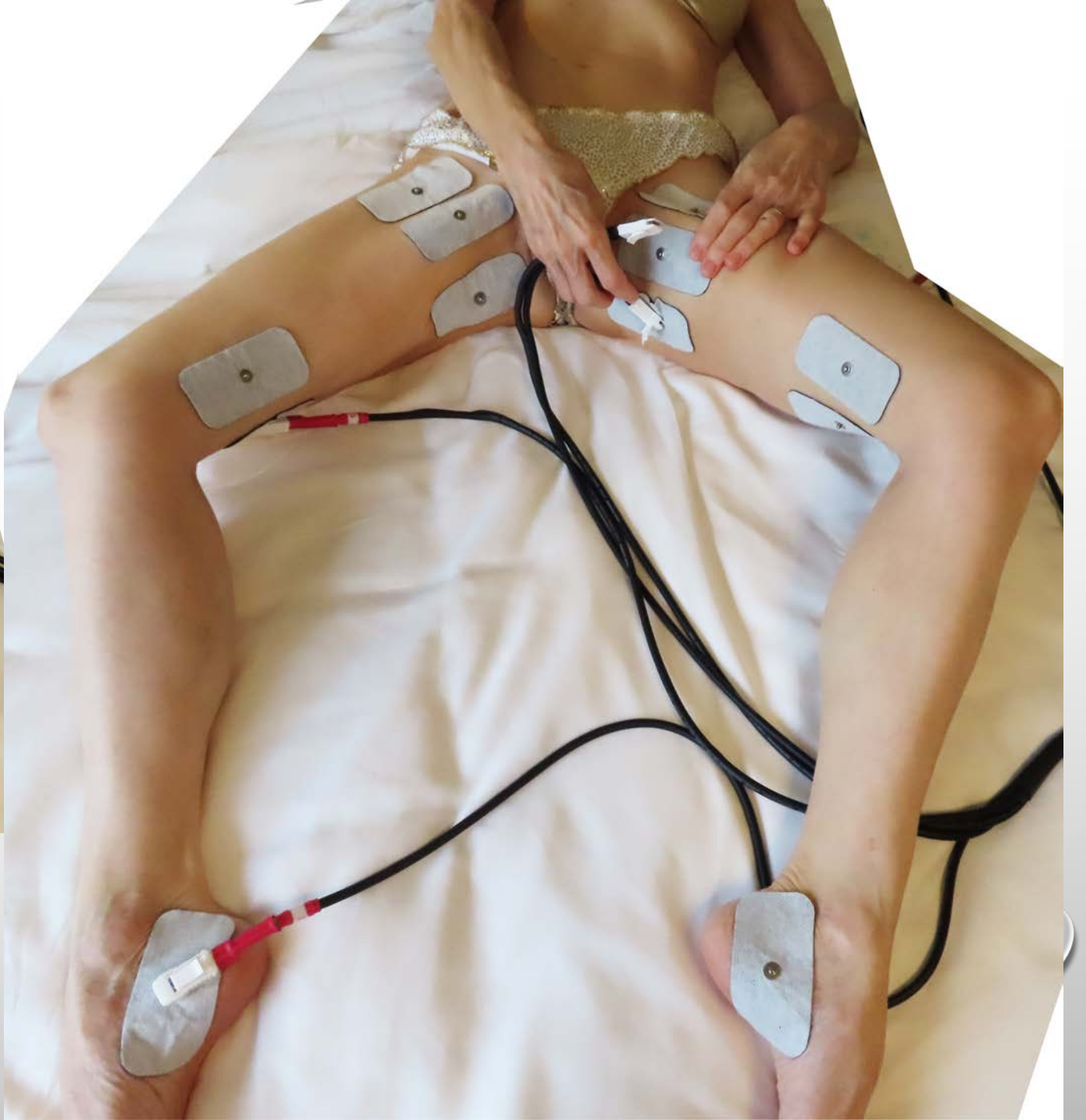


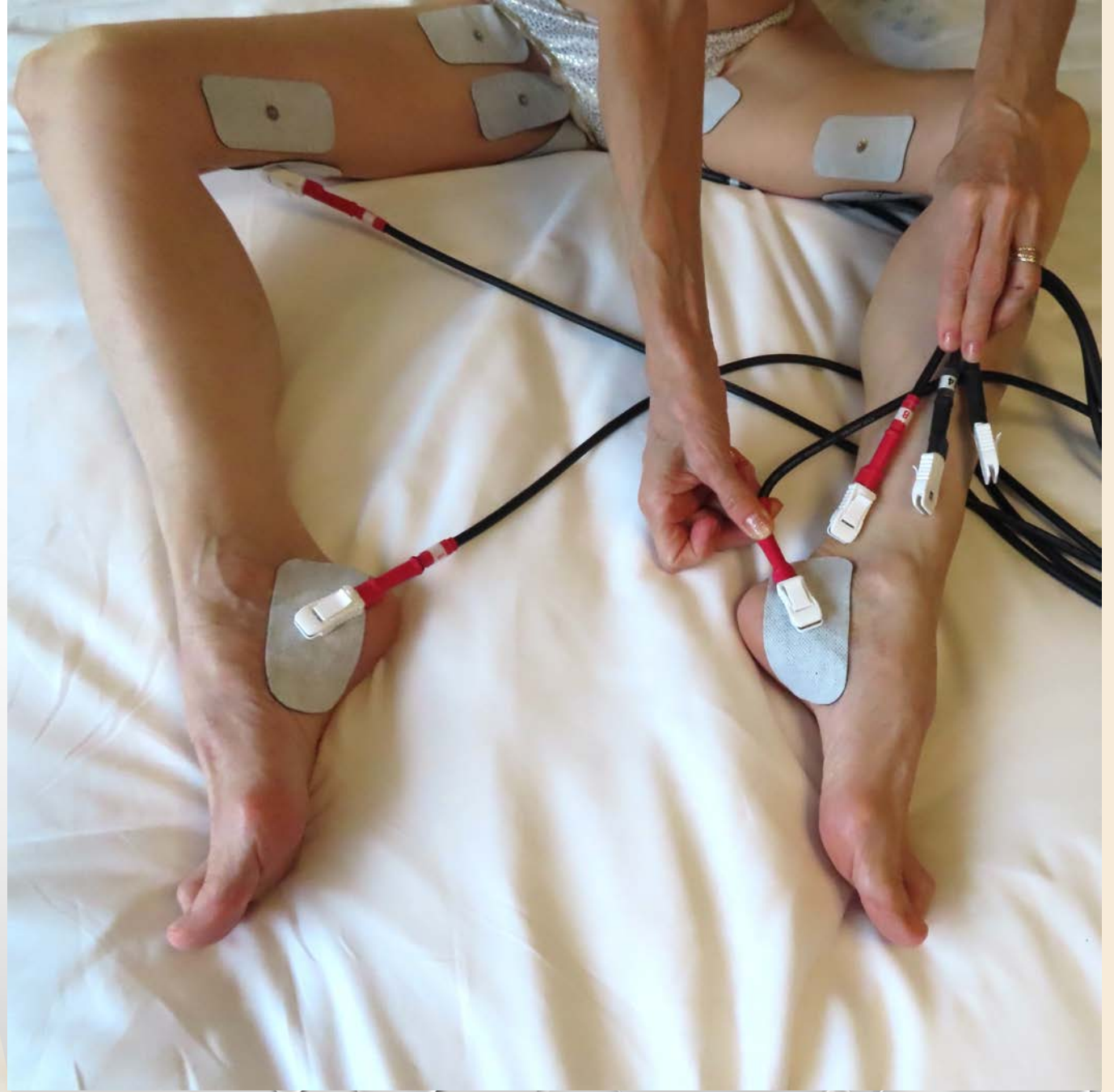
# How to Connect the Cables for Detox

## 1. Double Cable 9







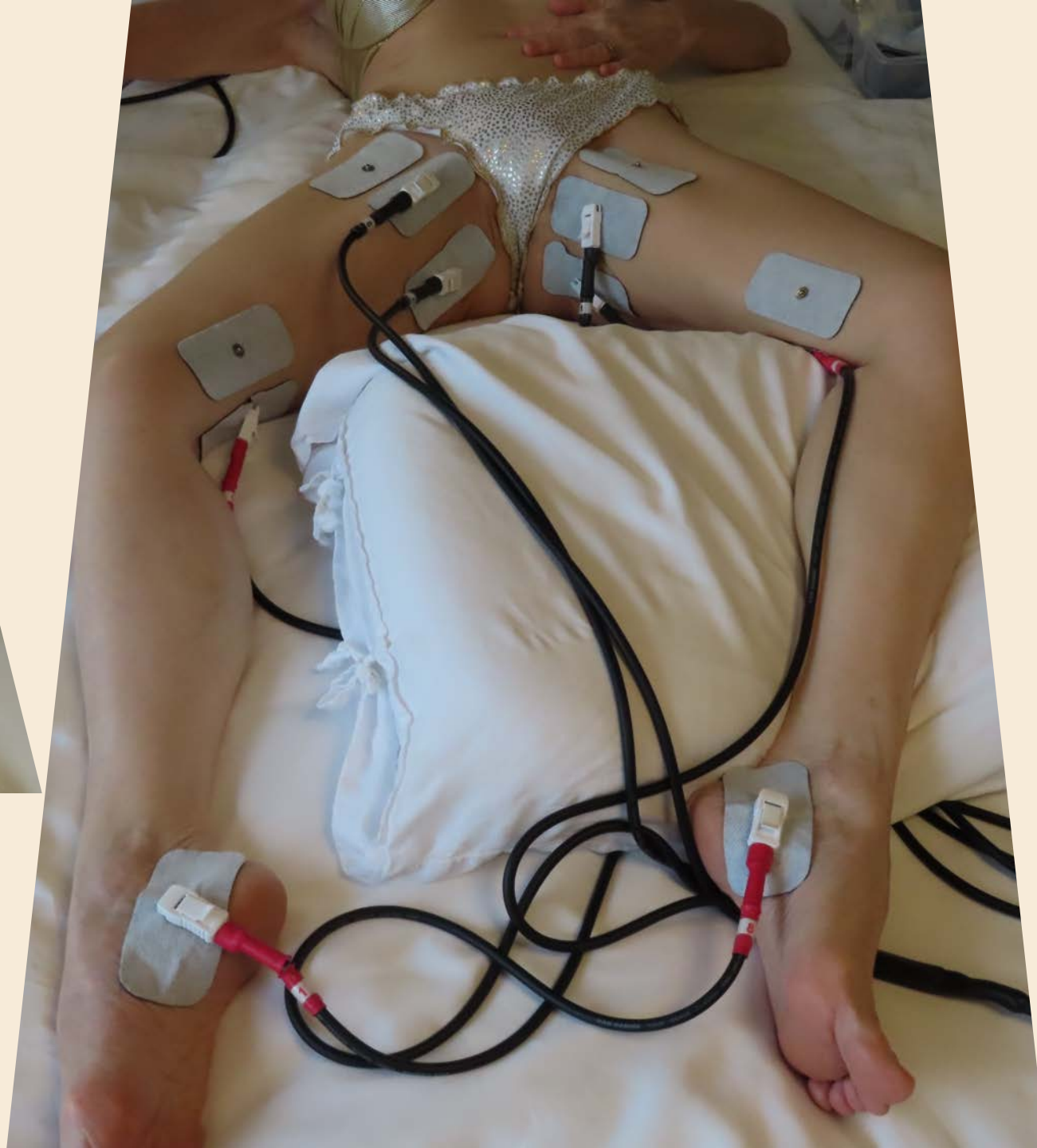




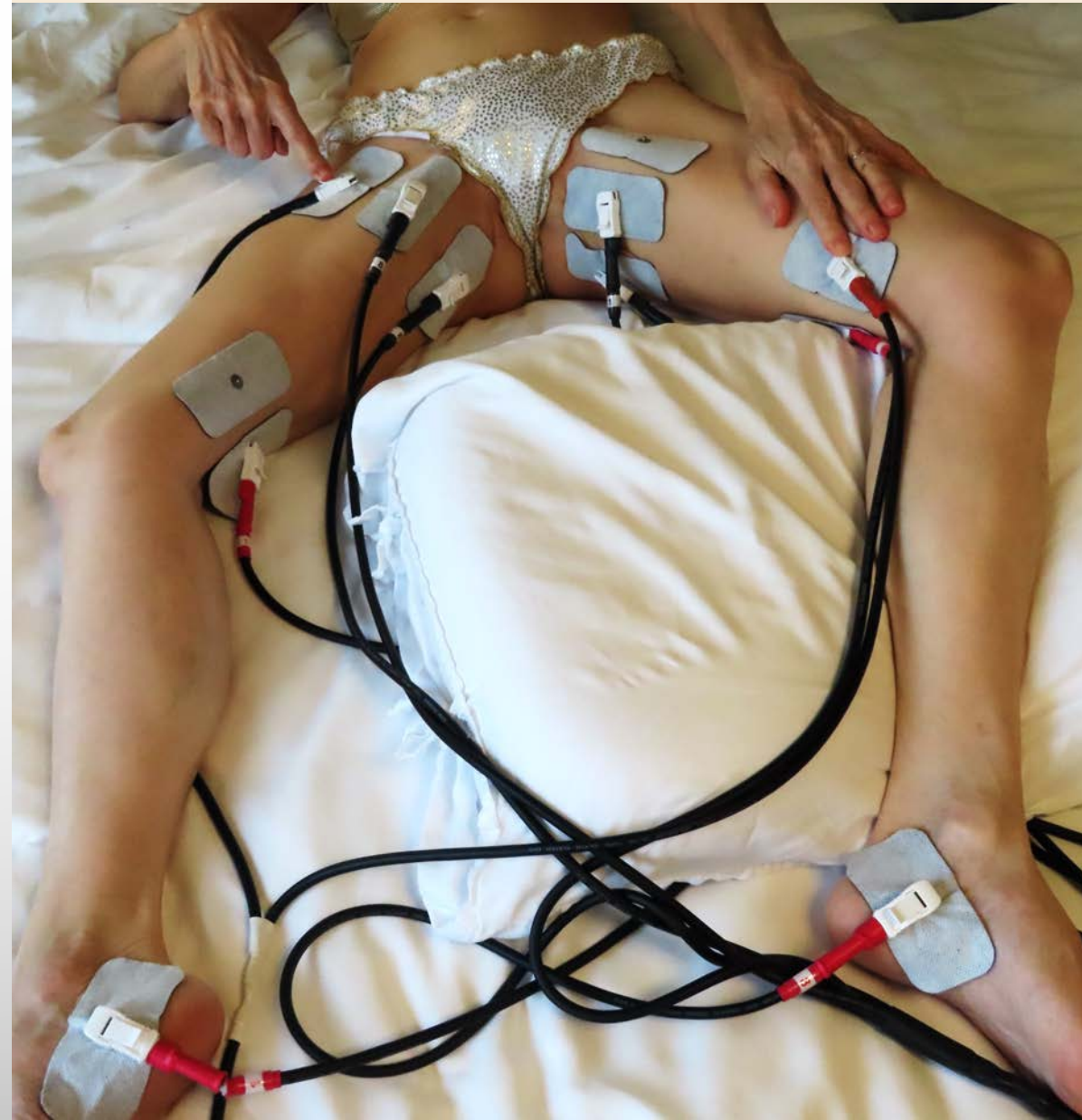


**Mirror Image**  
**Double Cable 16**  
**1 red on foot**  
**1 red under the knee**

**2 black on the  
upper thigh  
of the opposite leg**



Single Cable 11: From the Knee to the Upper thigh of the opposite leg



# Mirror Image

Single Cable 15

1 red under the knee

1 black on the  
upper thigh  
of the opposite leg



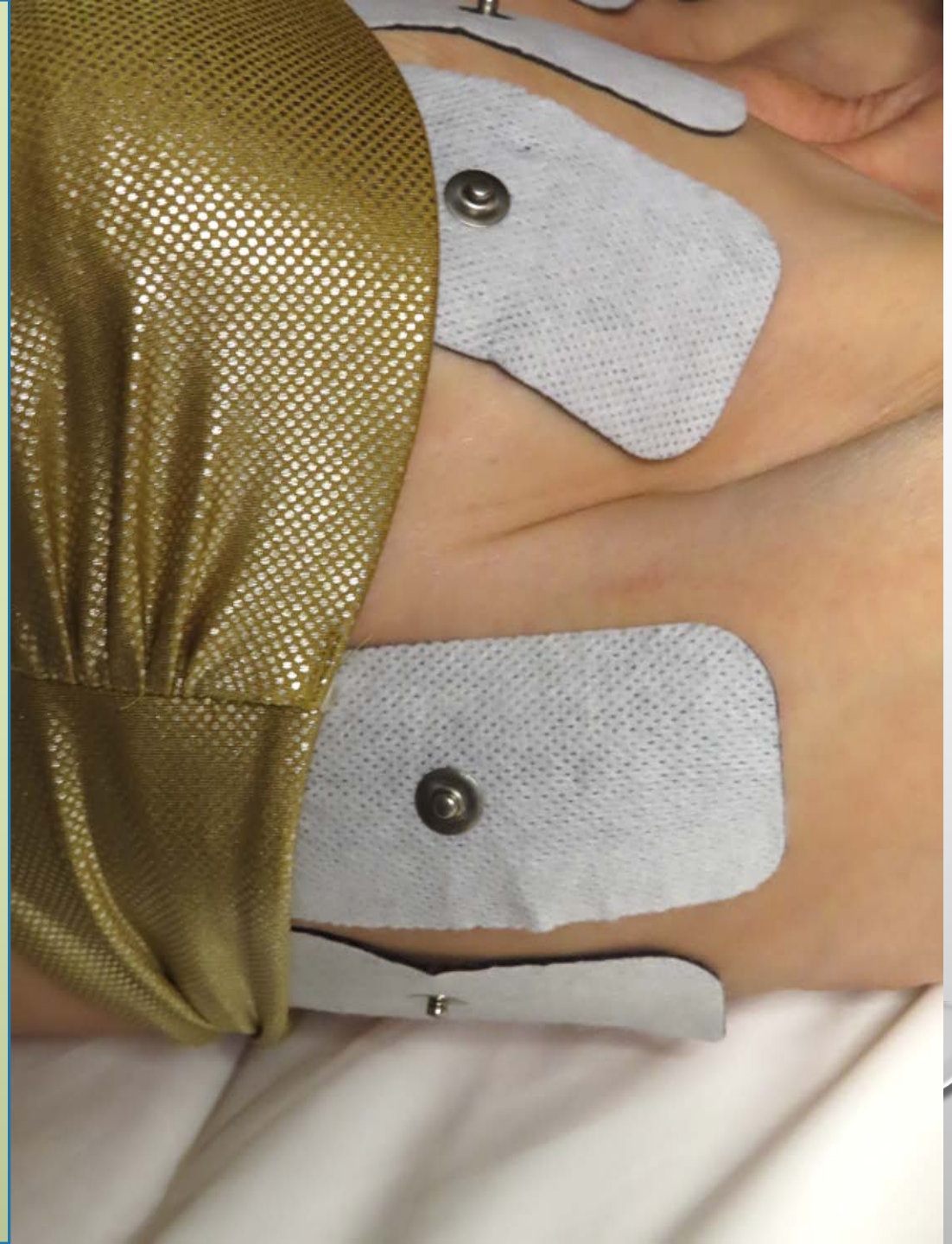
**STEP  
BY  
STEP  
UPPER  
BODY  
DETOX  
&  
BREAST  
LIFT**



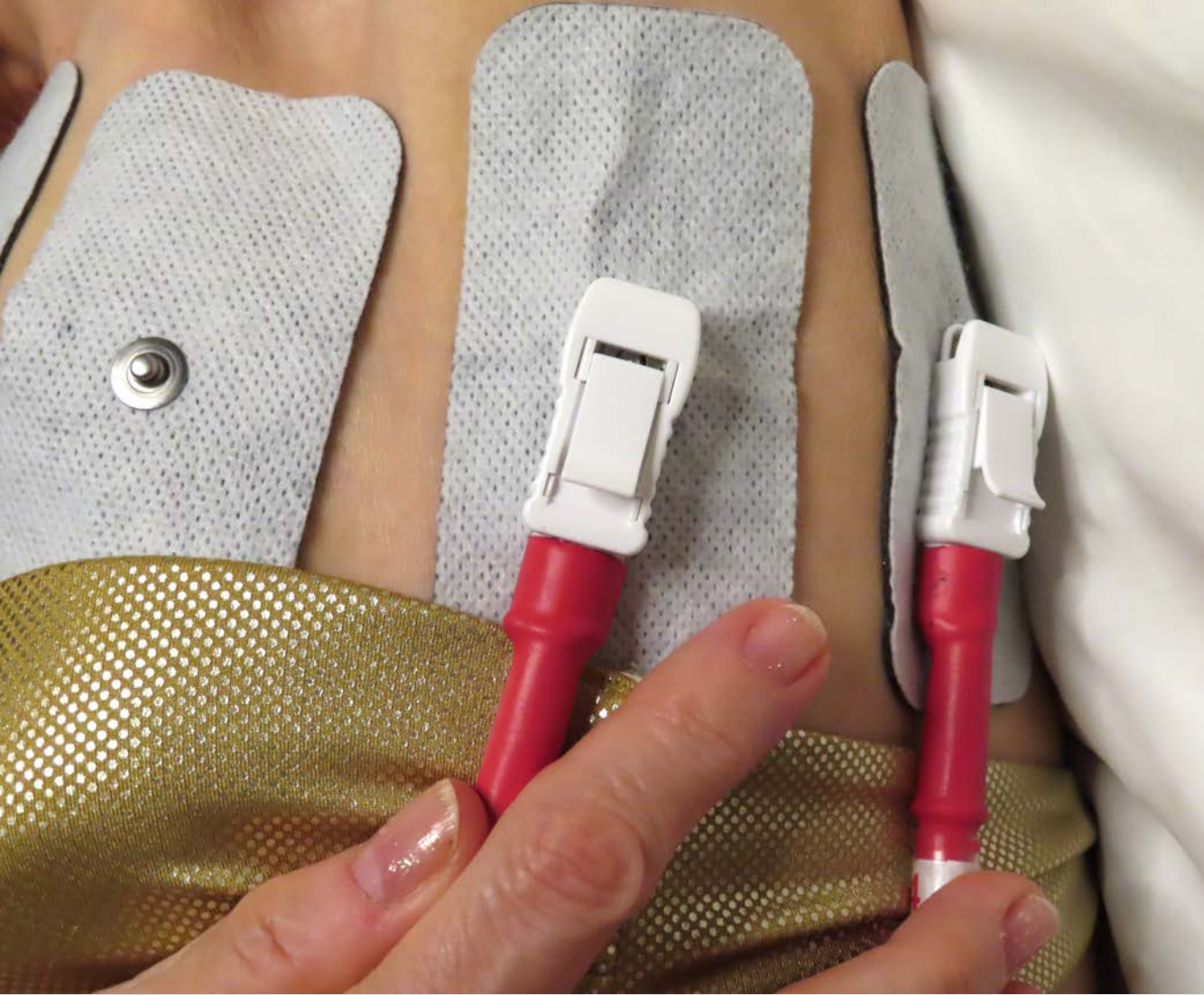


DETOX & BREAST LIFT

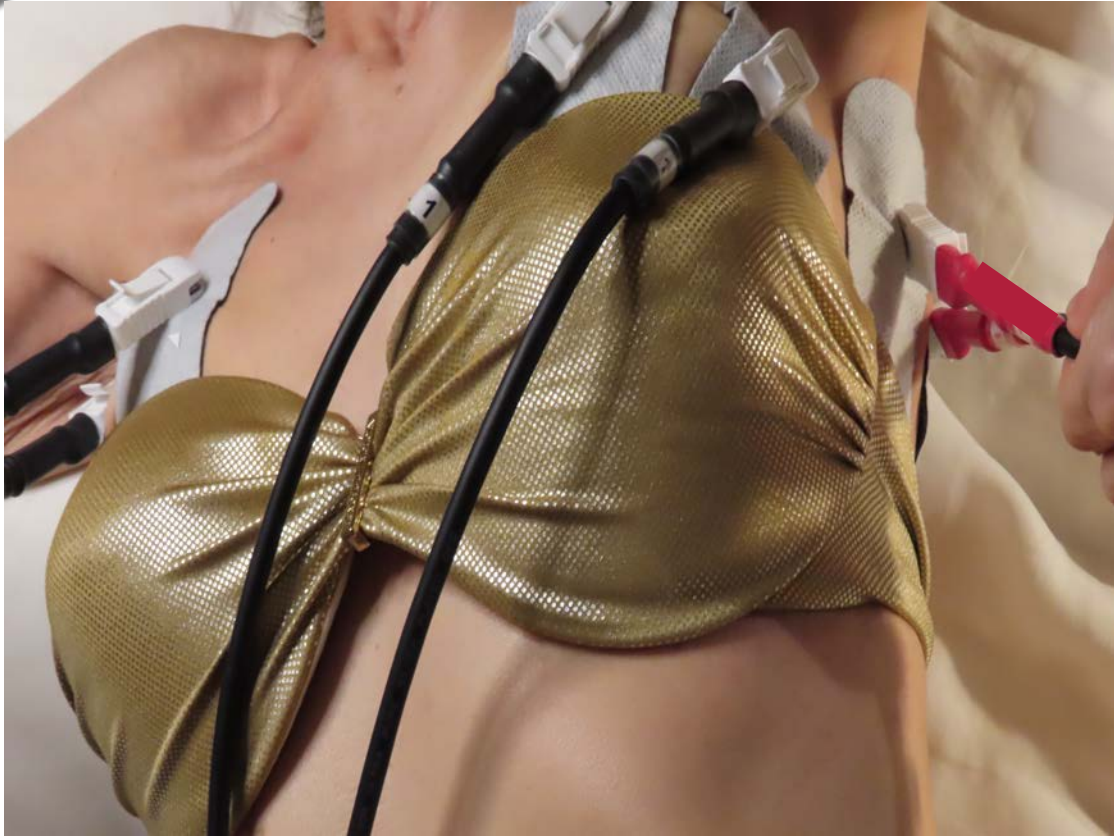
**MIRROR IMAGE  
ON THE OTHER  
BREAST AND BACK**

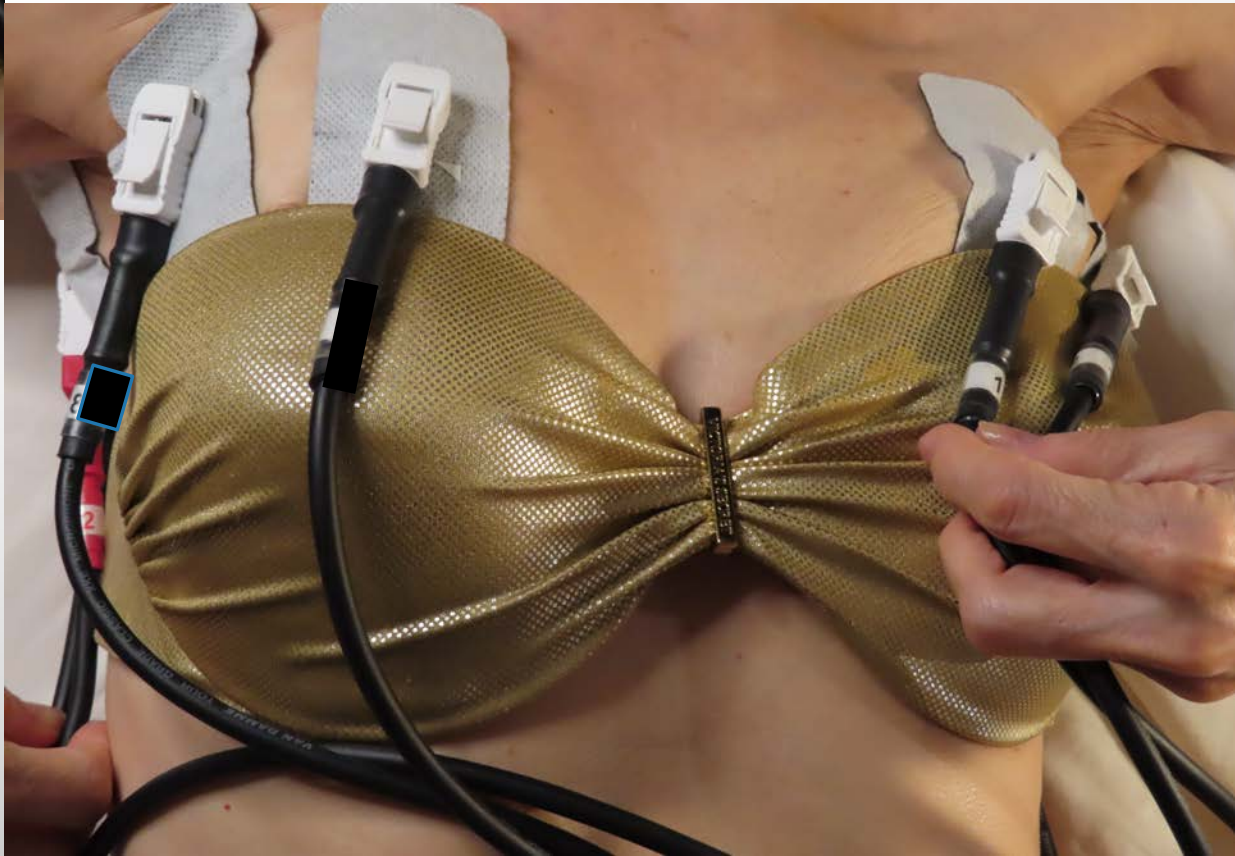
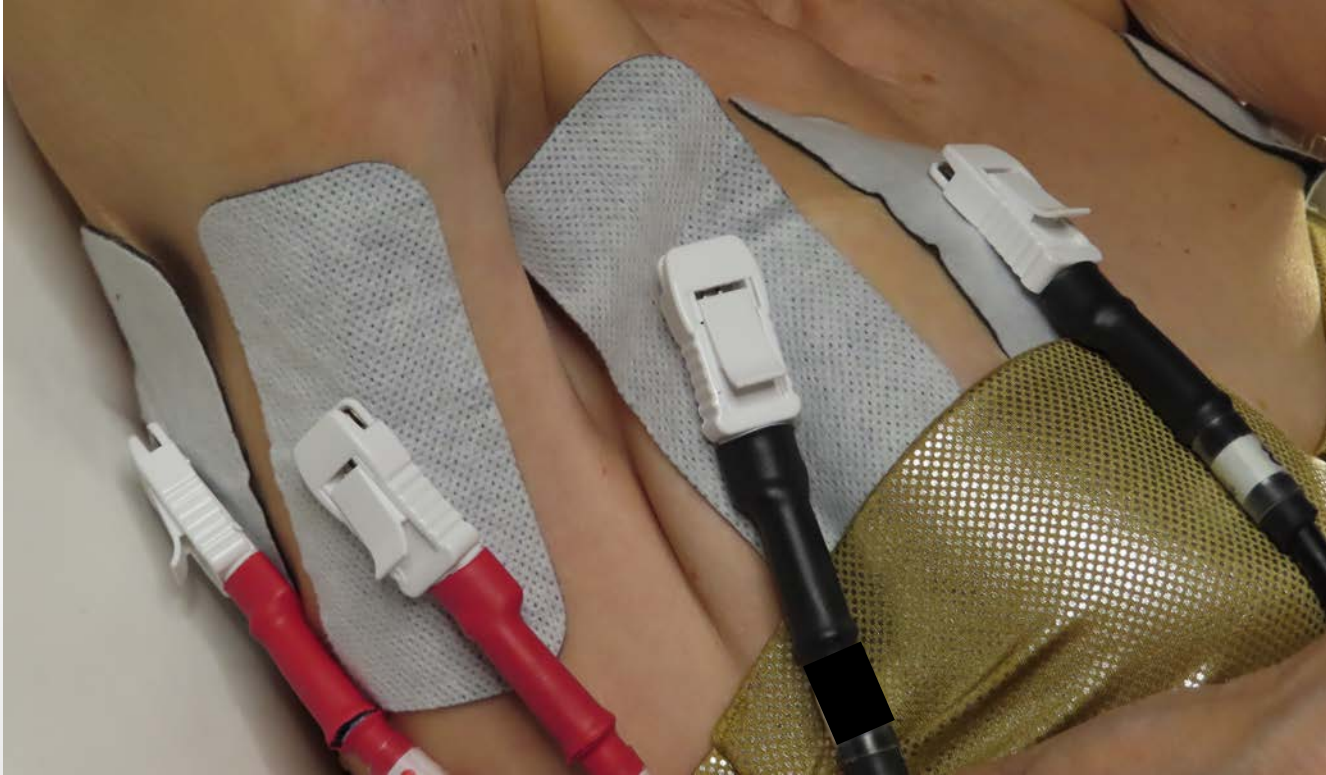


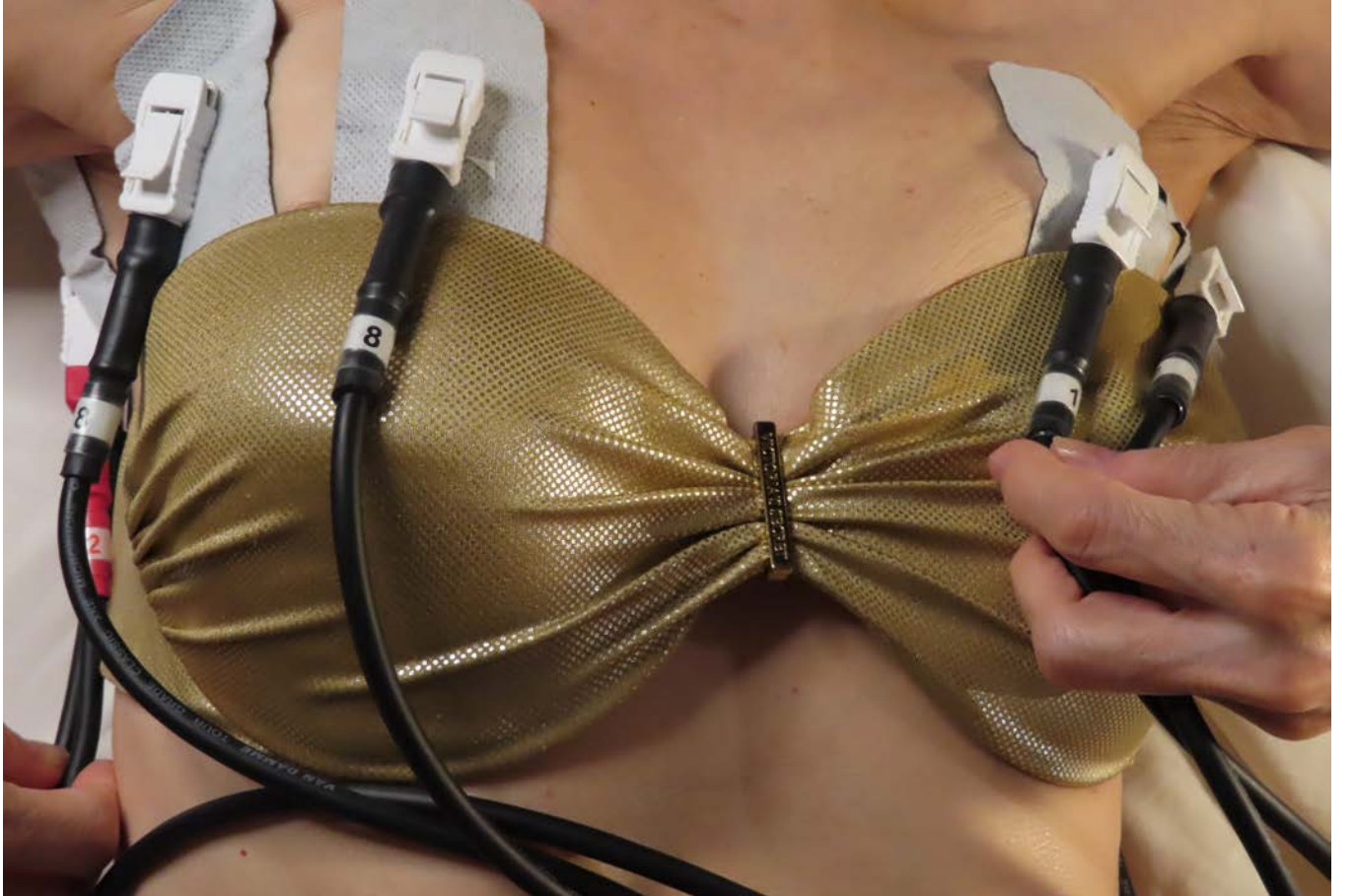














# Arms' Shaping & Detox



Mirror Image

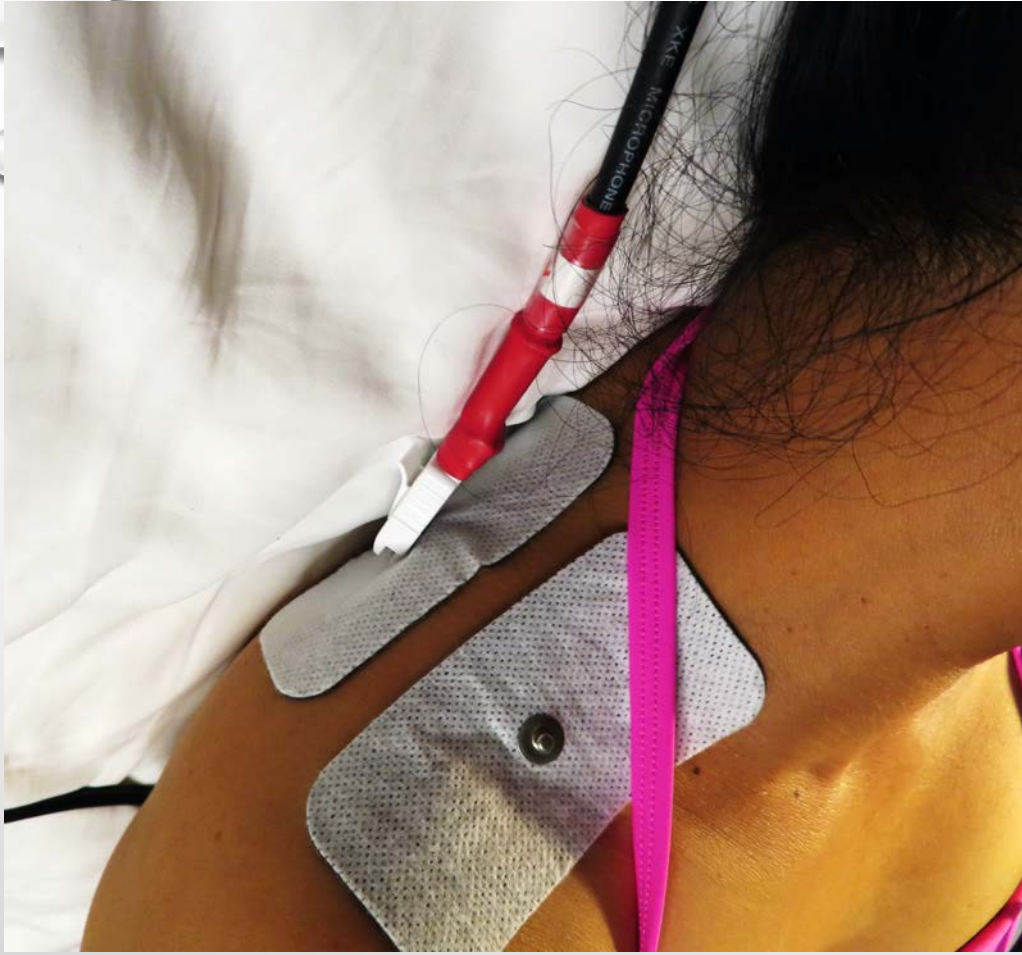
**Black on  
one arm**

**Red on  
the other arm**





# Shoulder Sculpting & Detox

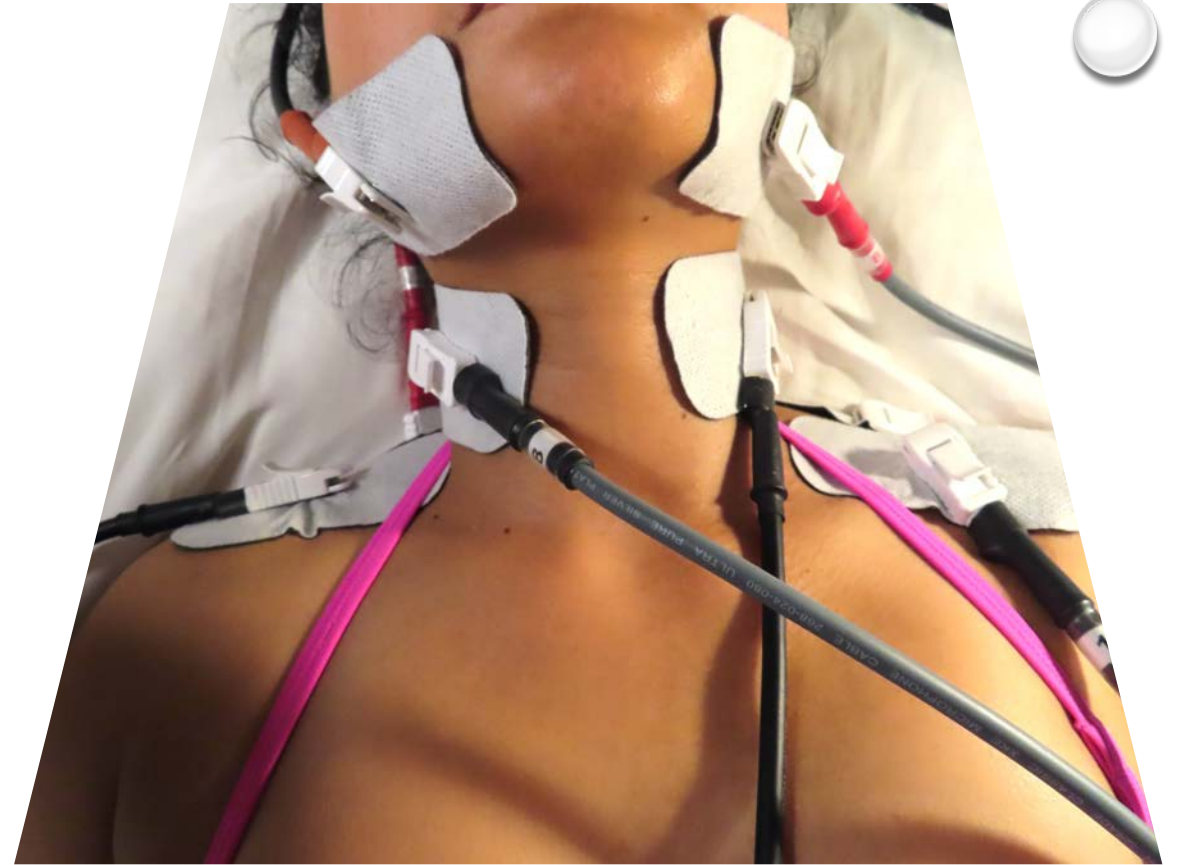
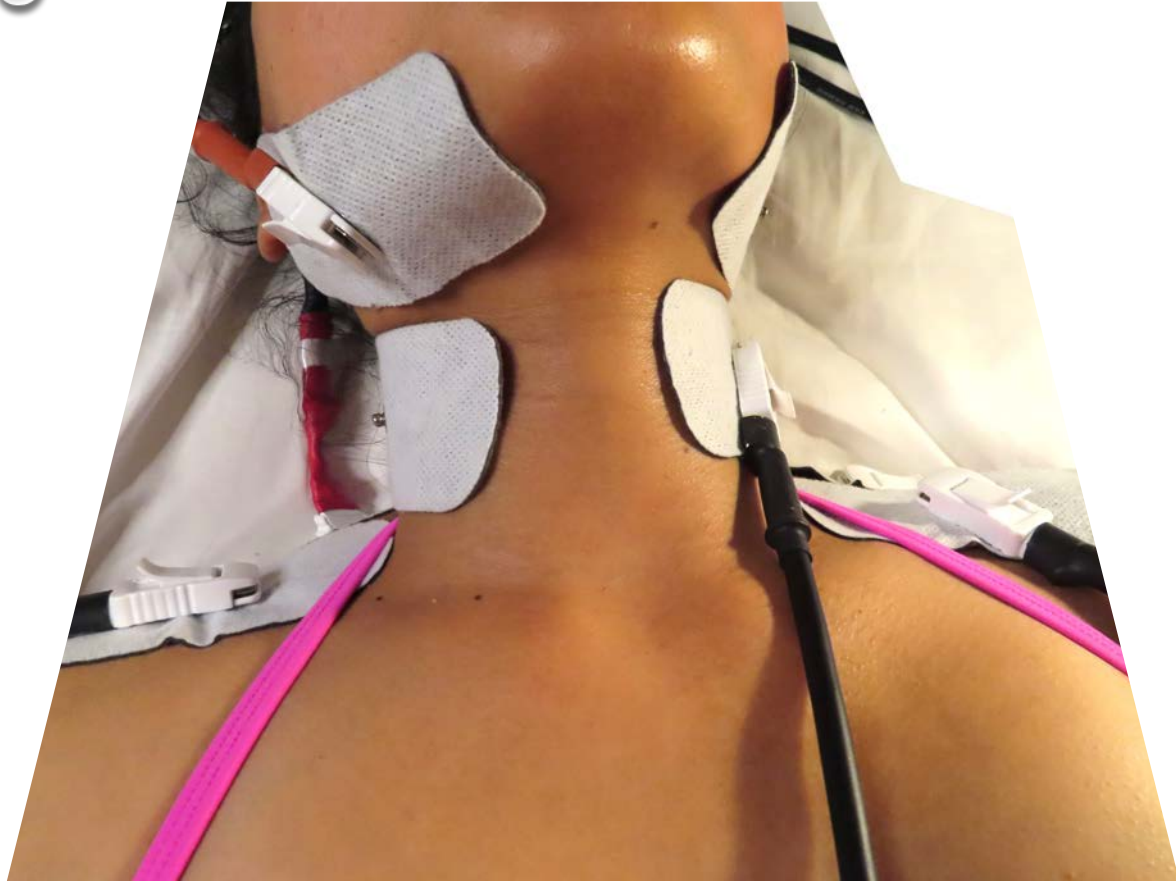






Neck &  
Face  
Sculpting  
&  
Detox







Knee  
Sculpting



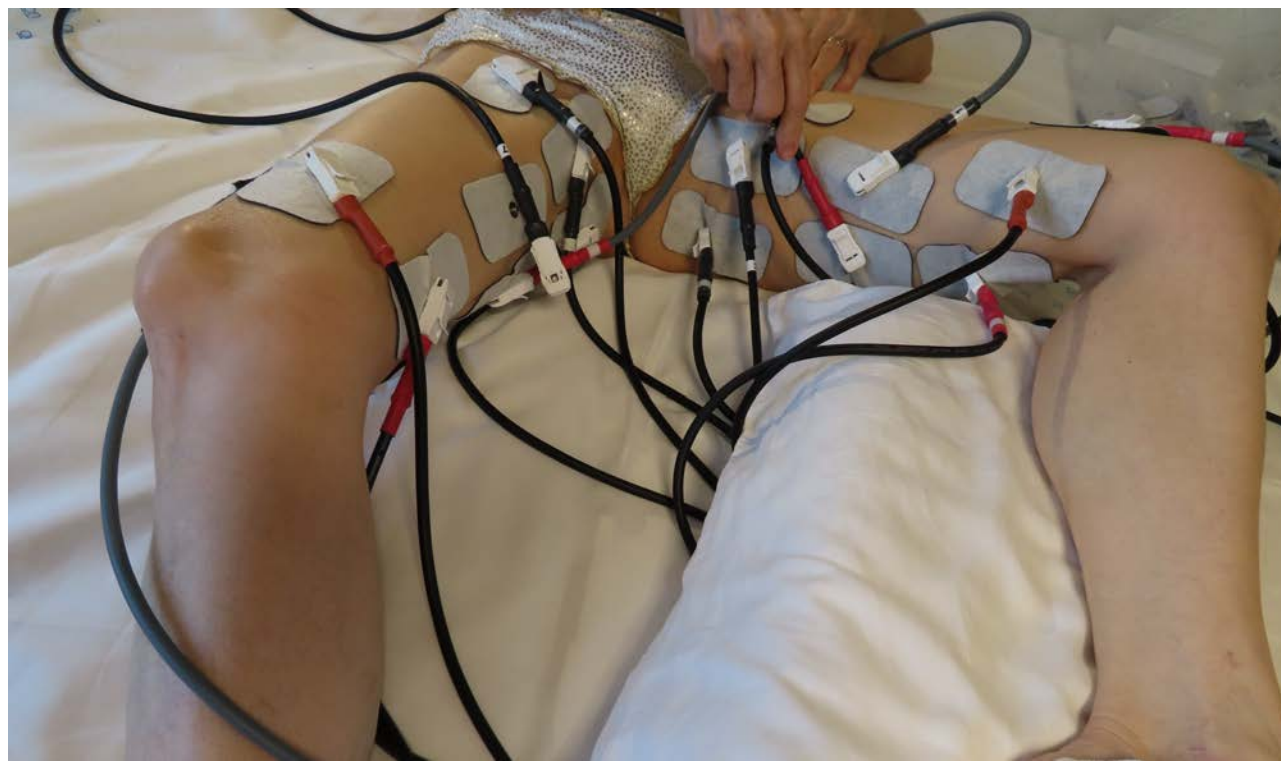


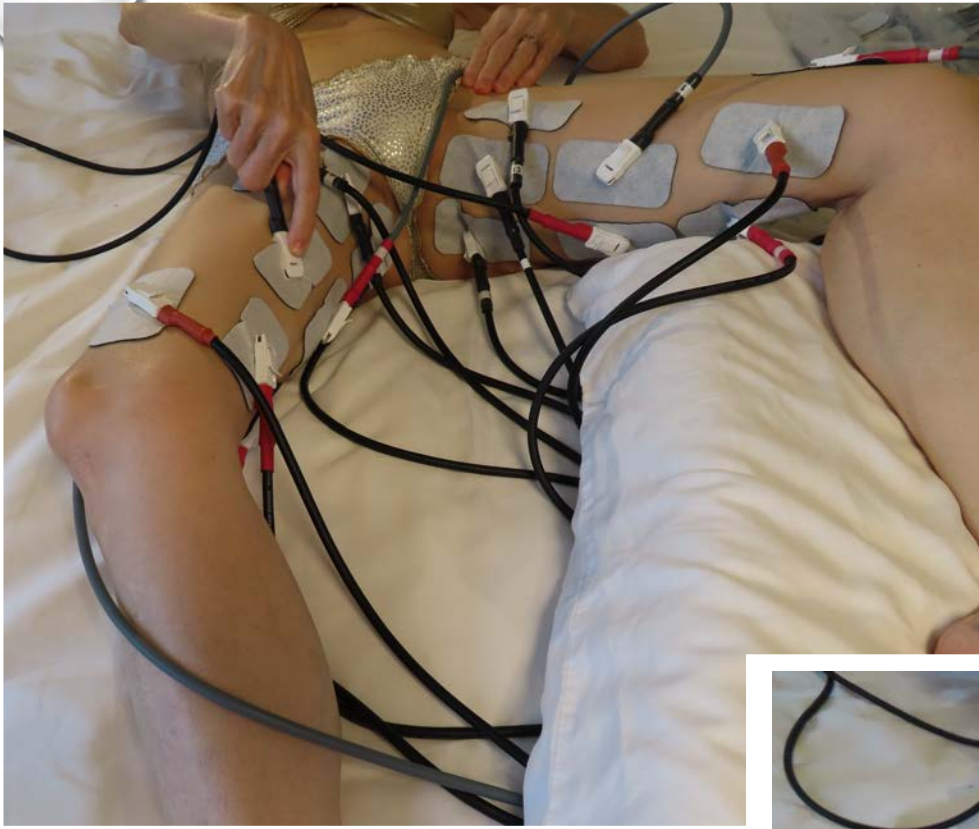
Knee  
&  
Inner  
leg  
Scupting



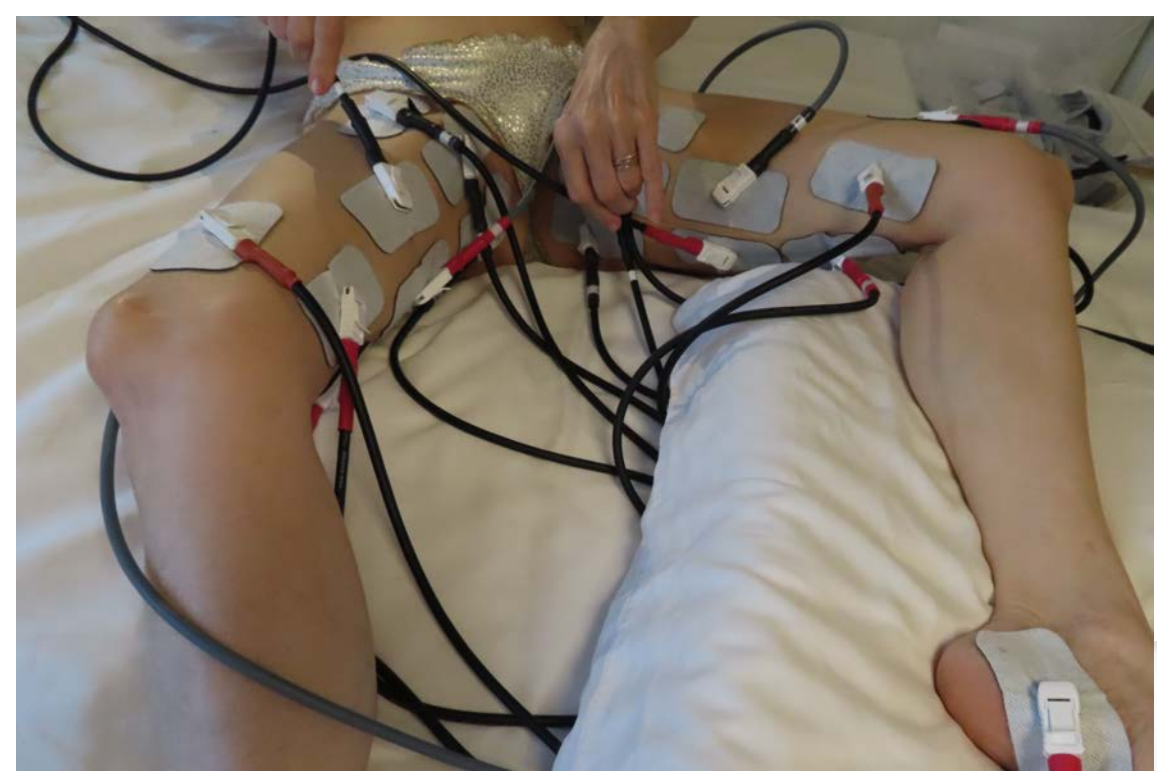


**DETOX IS  
MANDATORY**

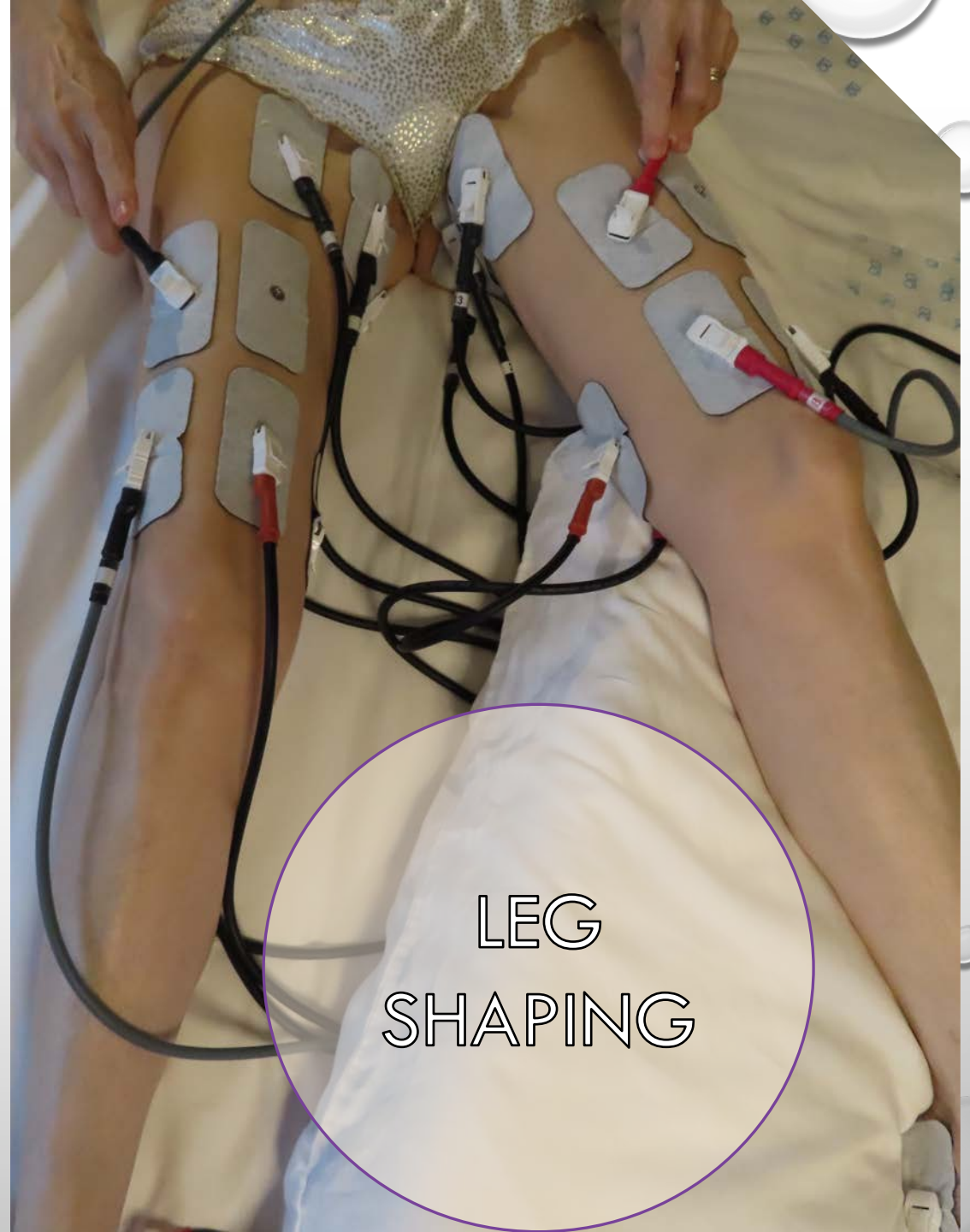




**DETOX IS  
MANDATORY**

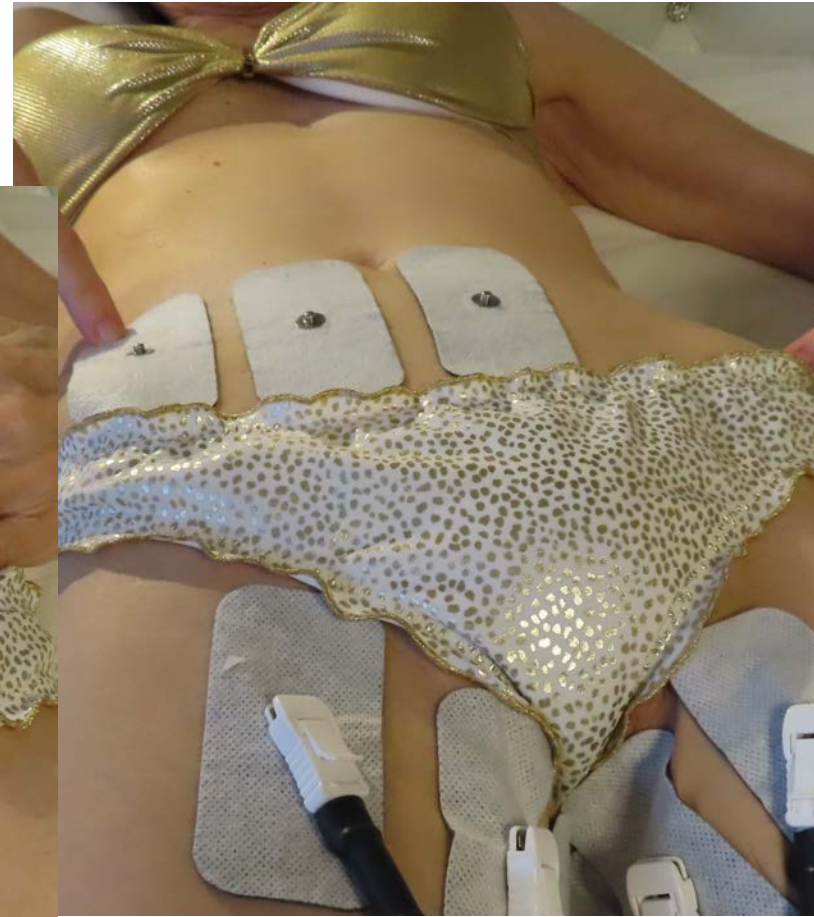






LEG  
SHAPING

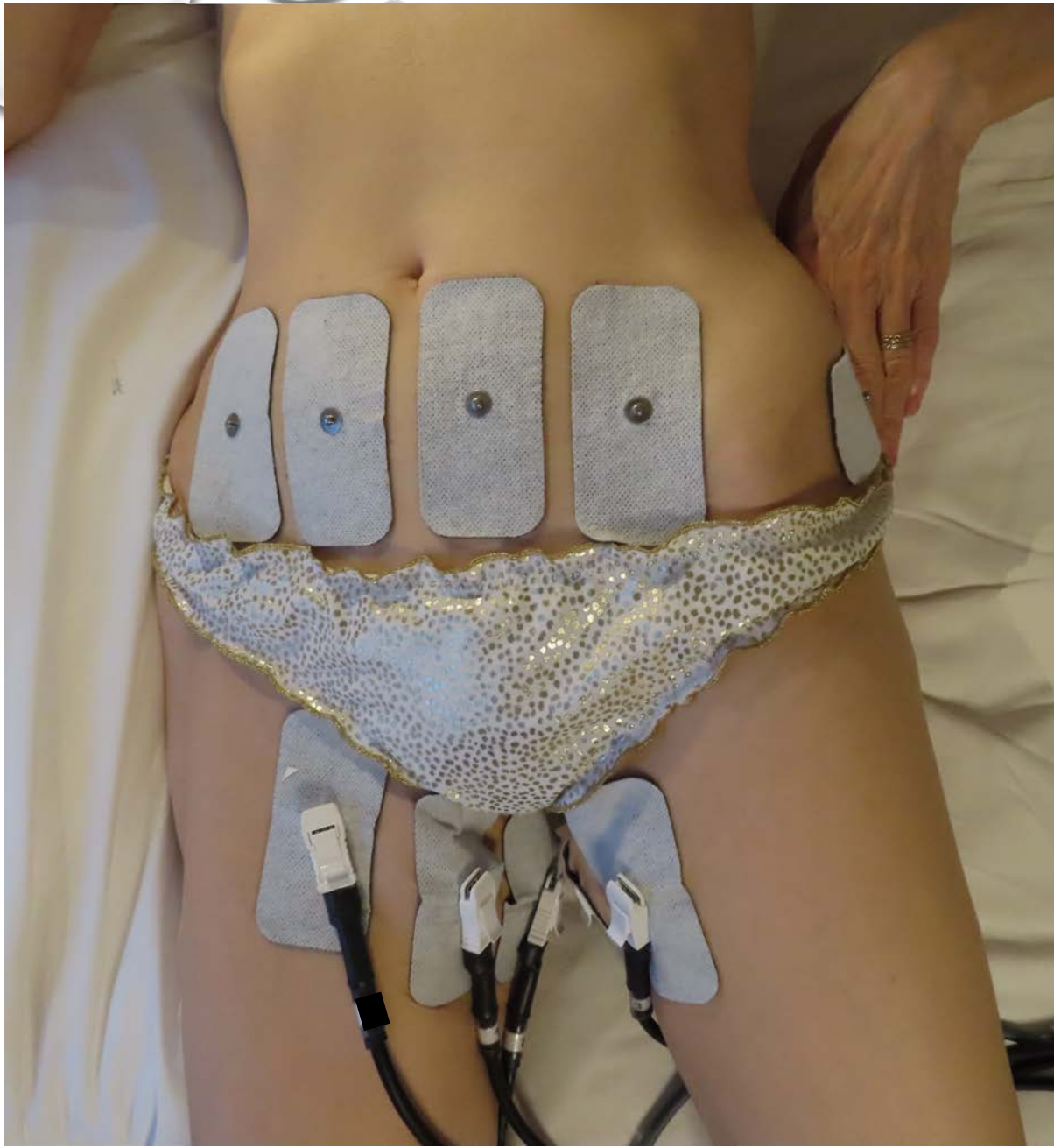


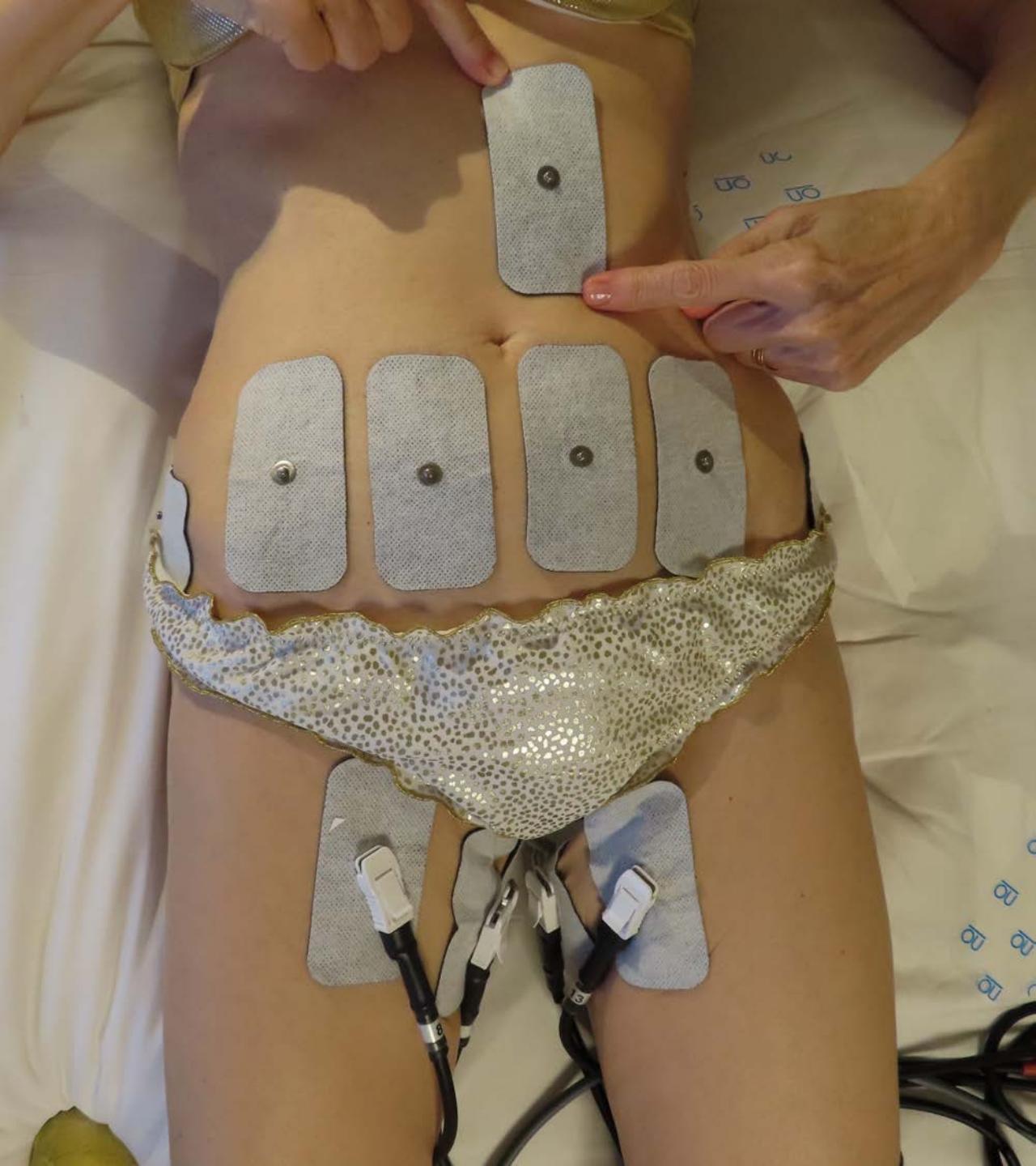


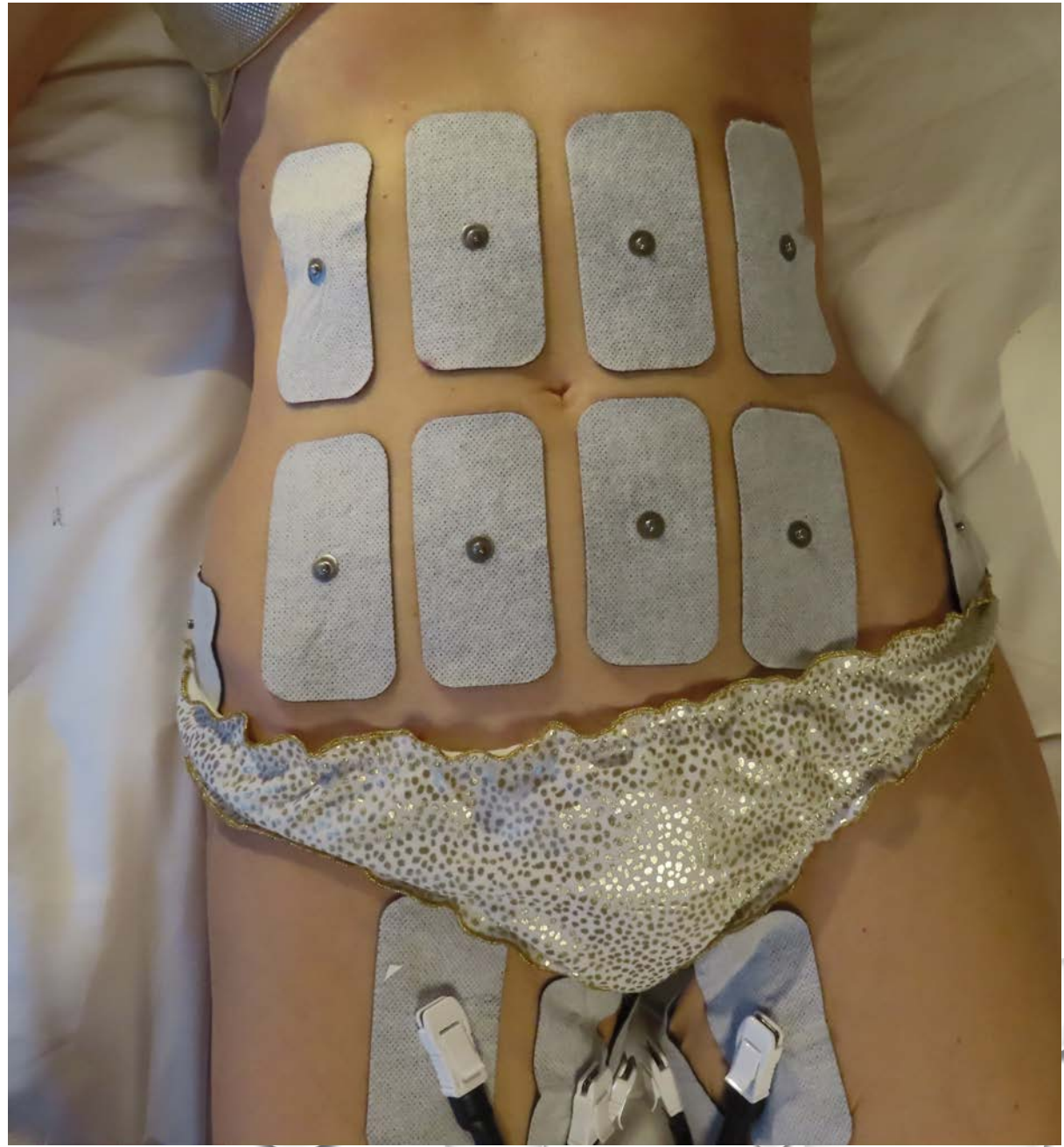
# Step by Step Abdomen Padding



**Pads MUST be one finger apart**

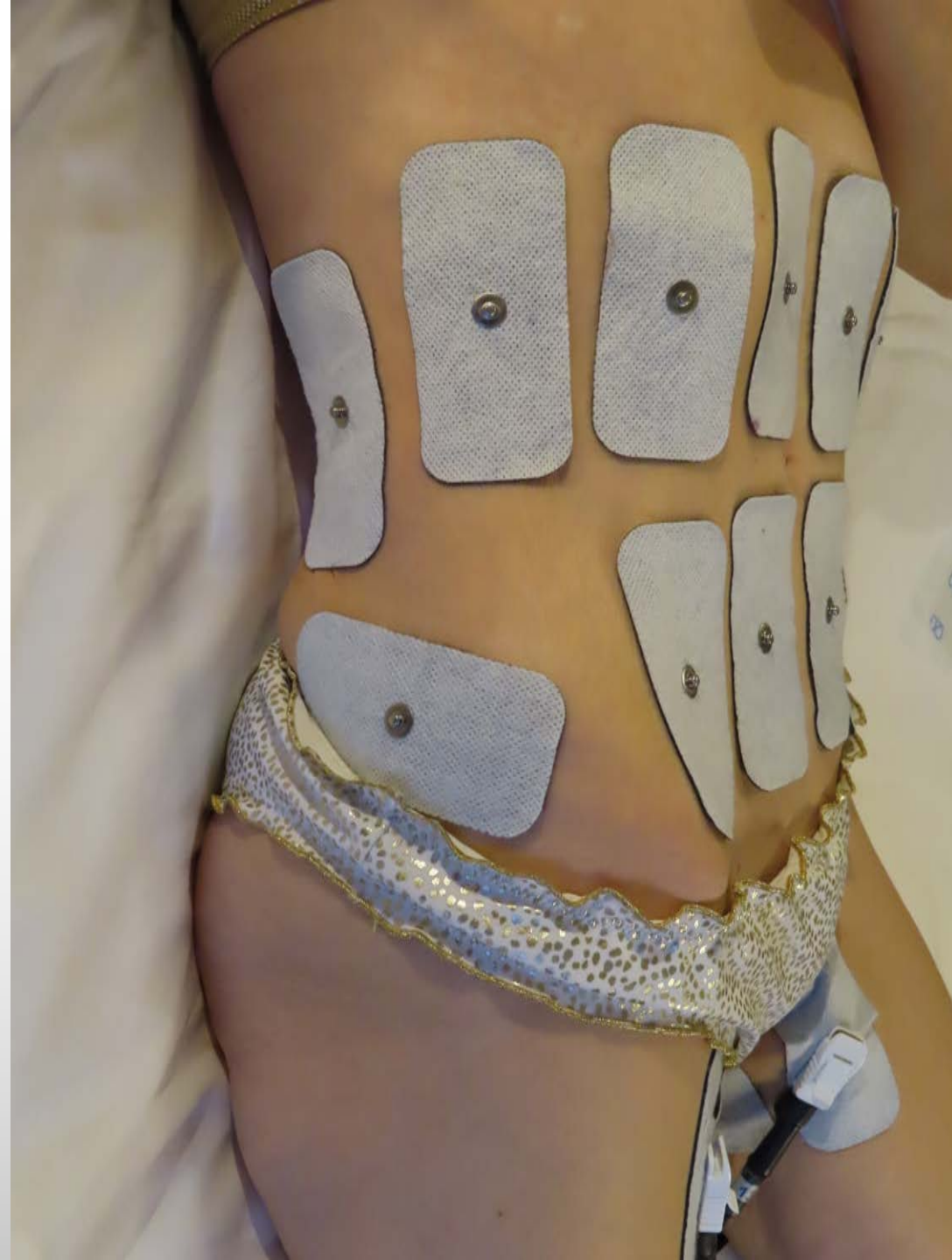












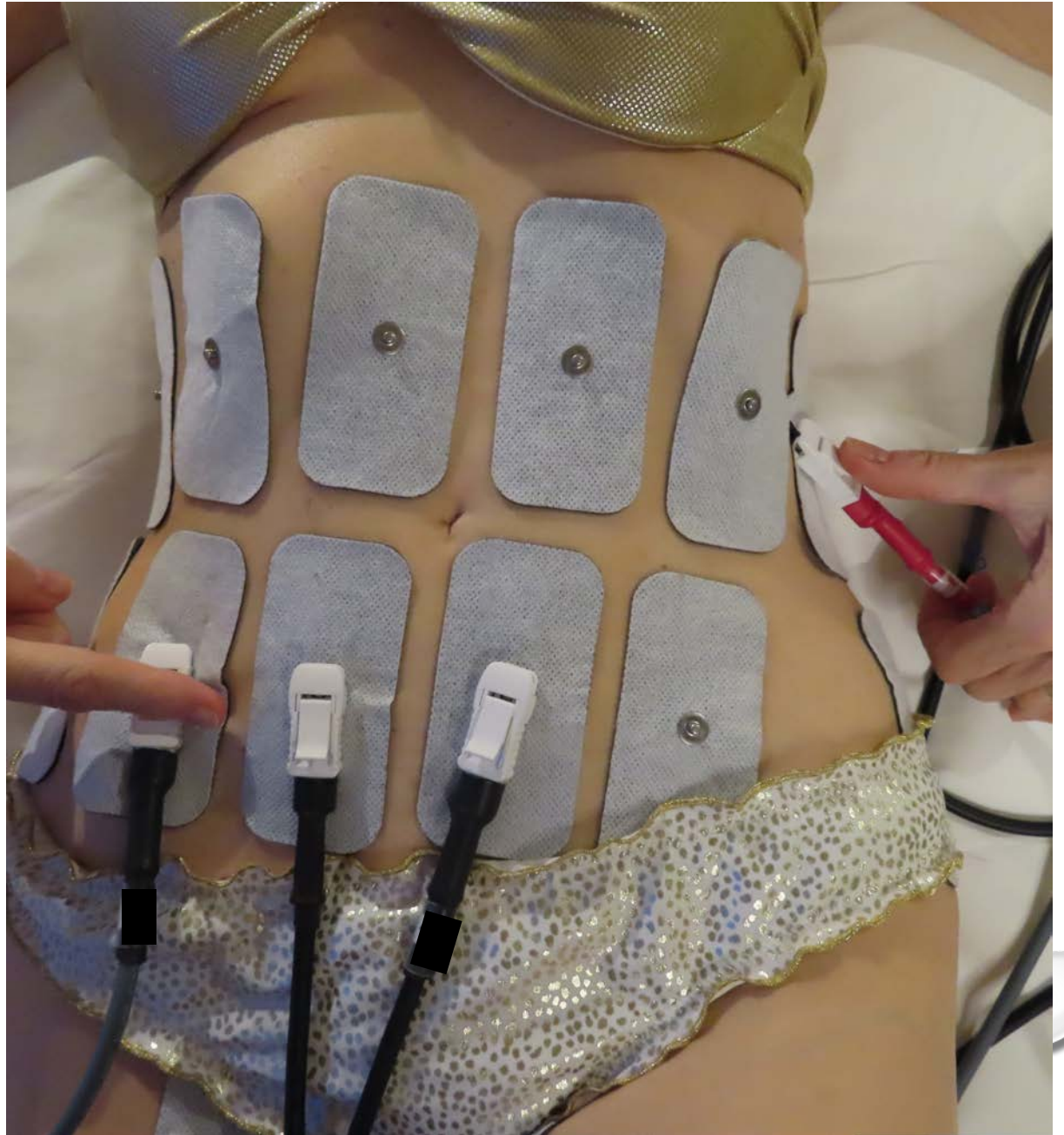
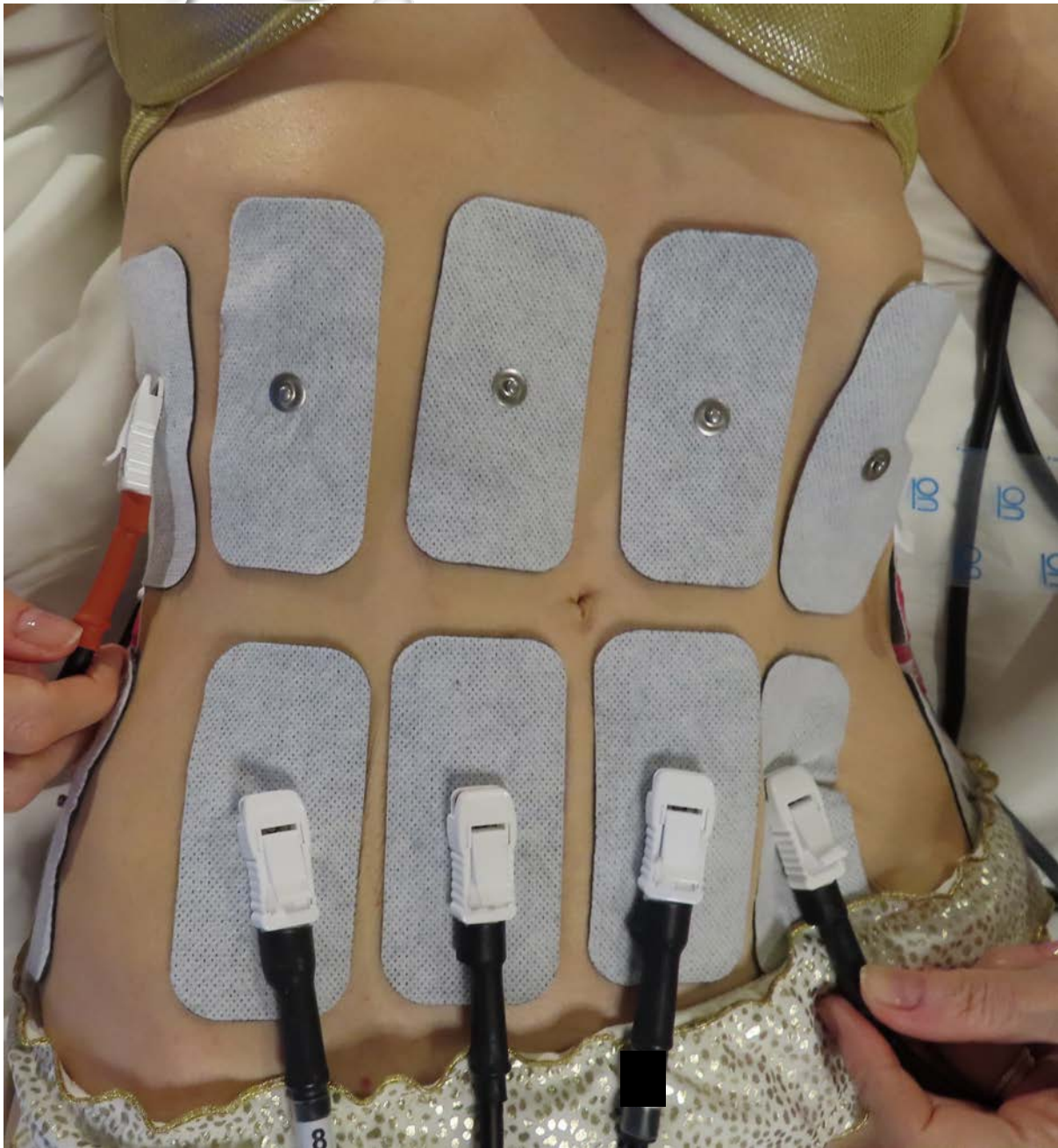
• Pads **MUST** be  
at least  
**FIVE FINGERS**  
Away from  
the **SPINE**

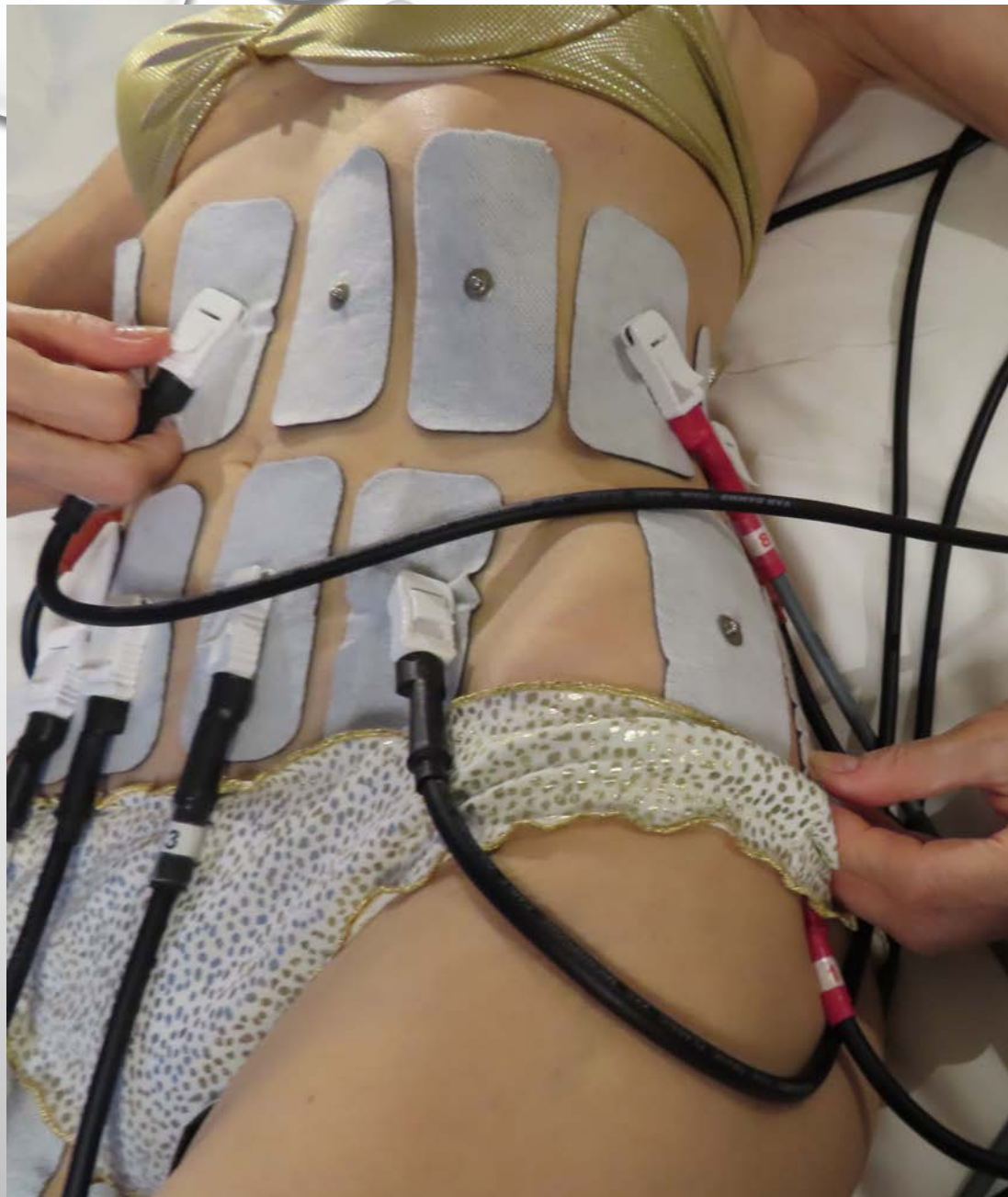


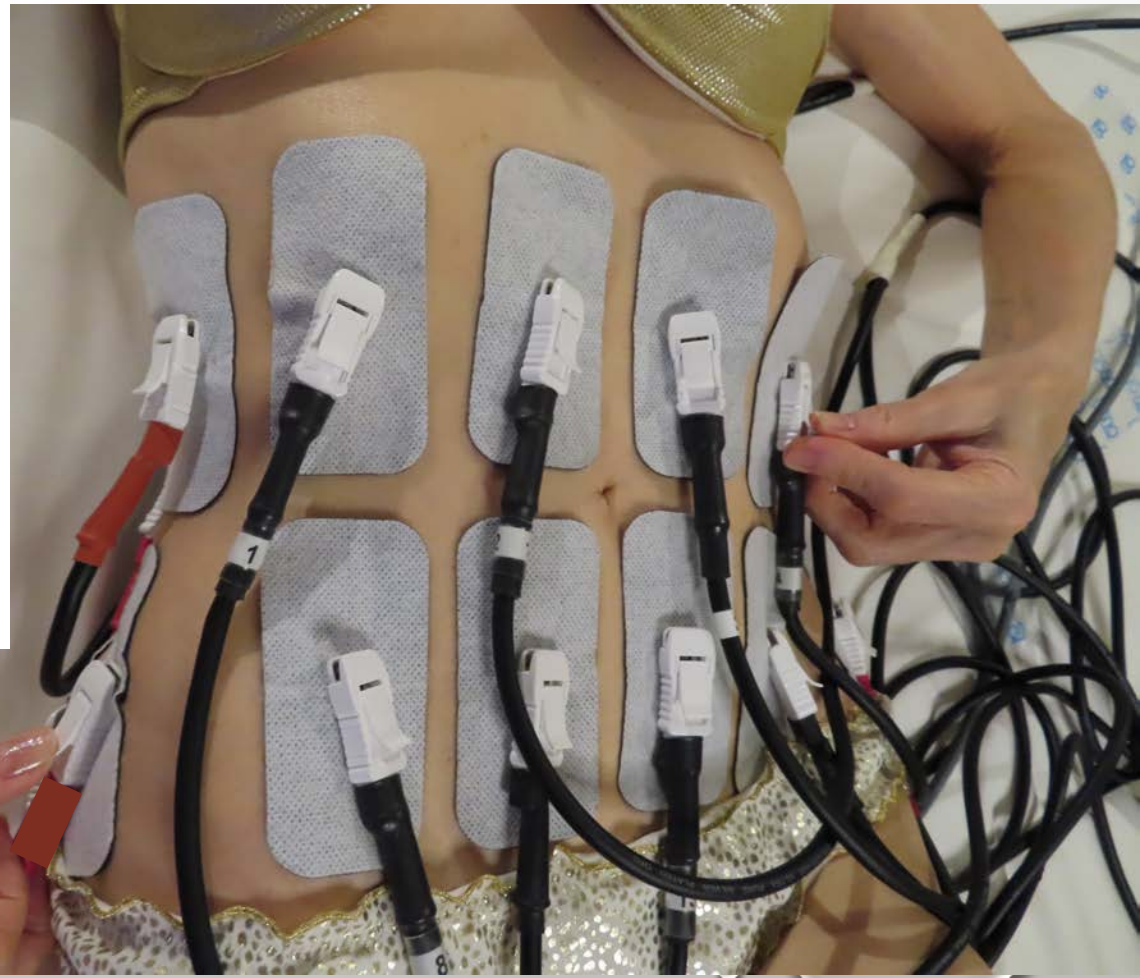
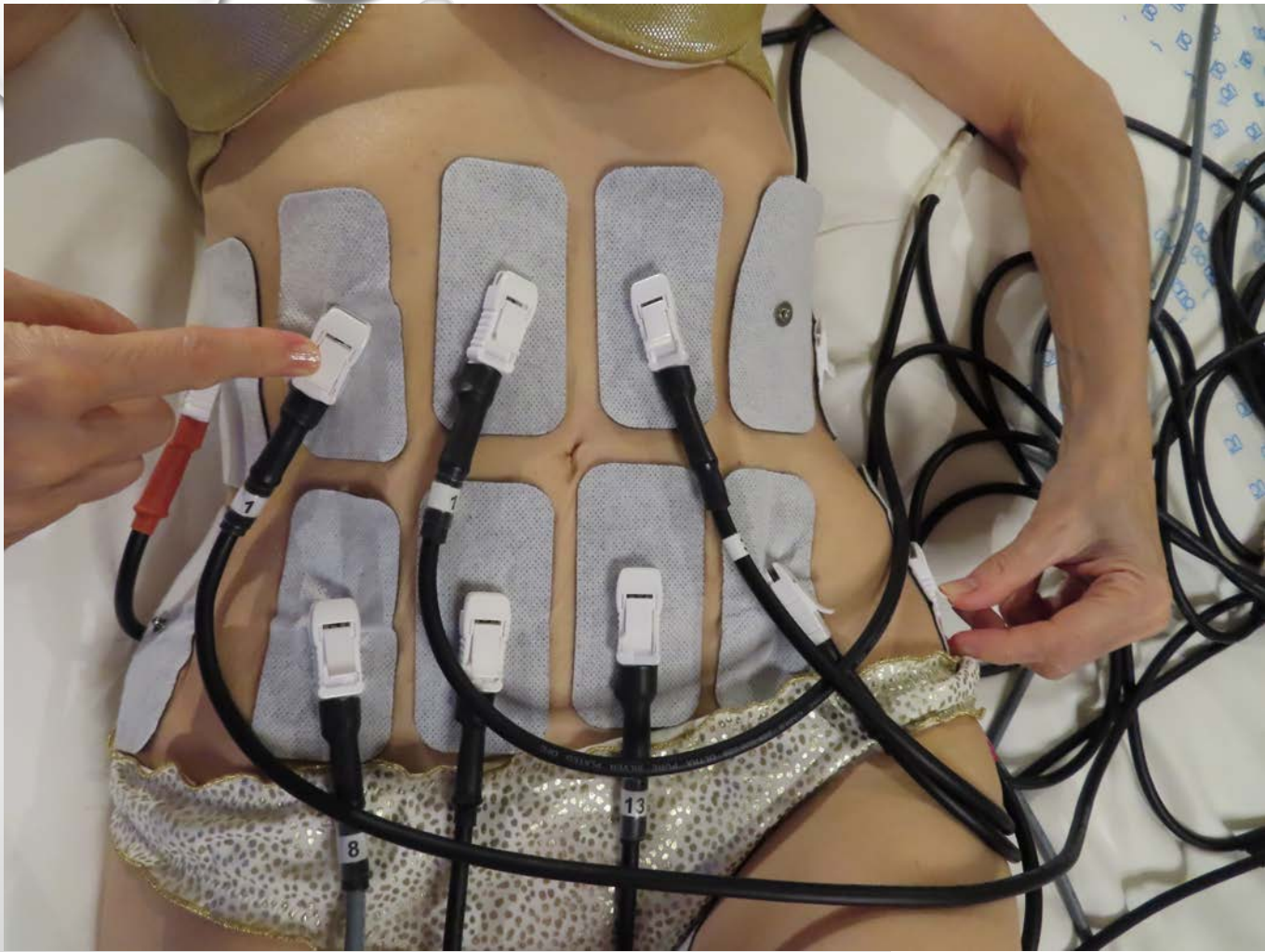


Alternative Padding



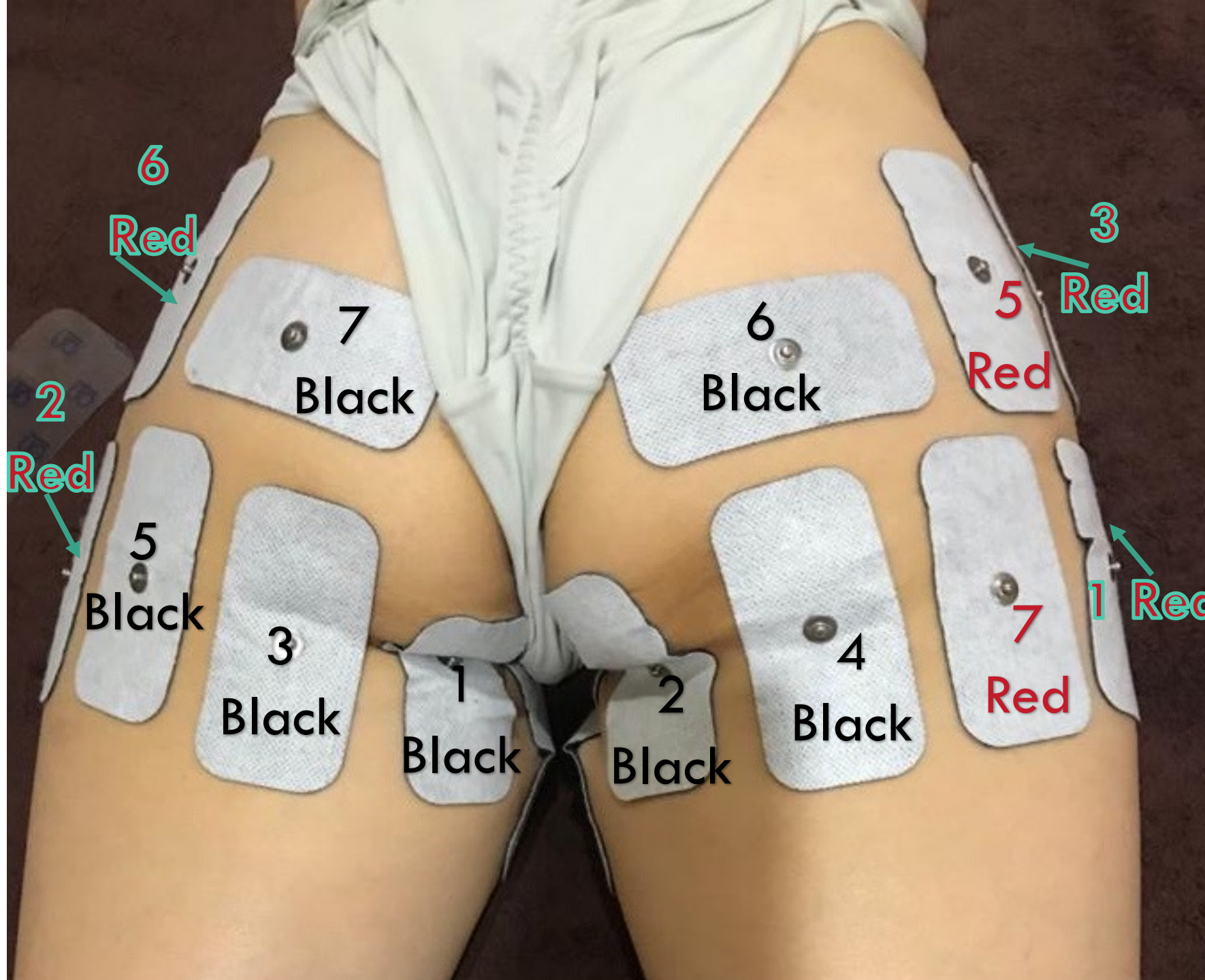




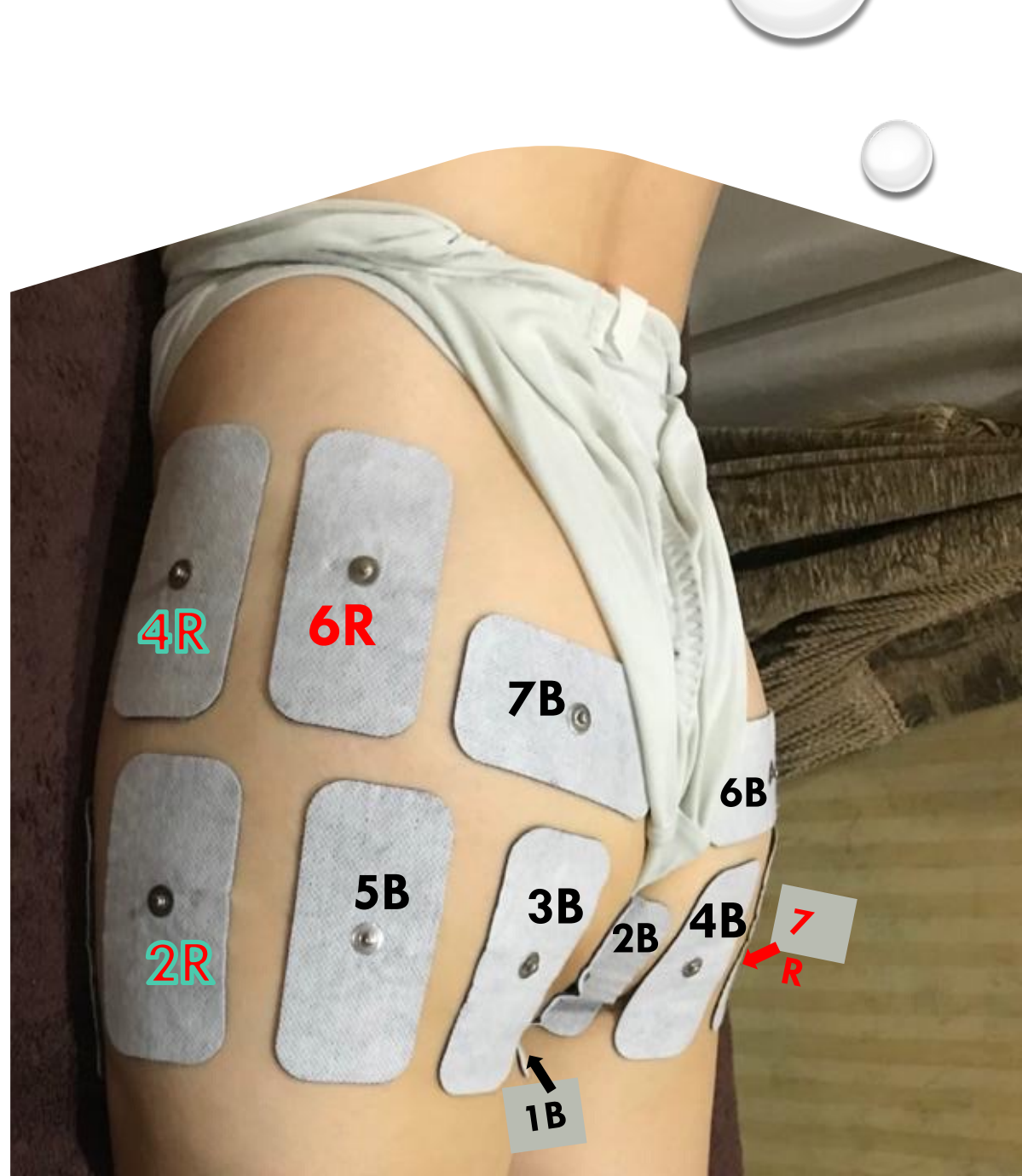
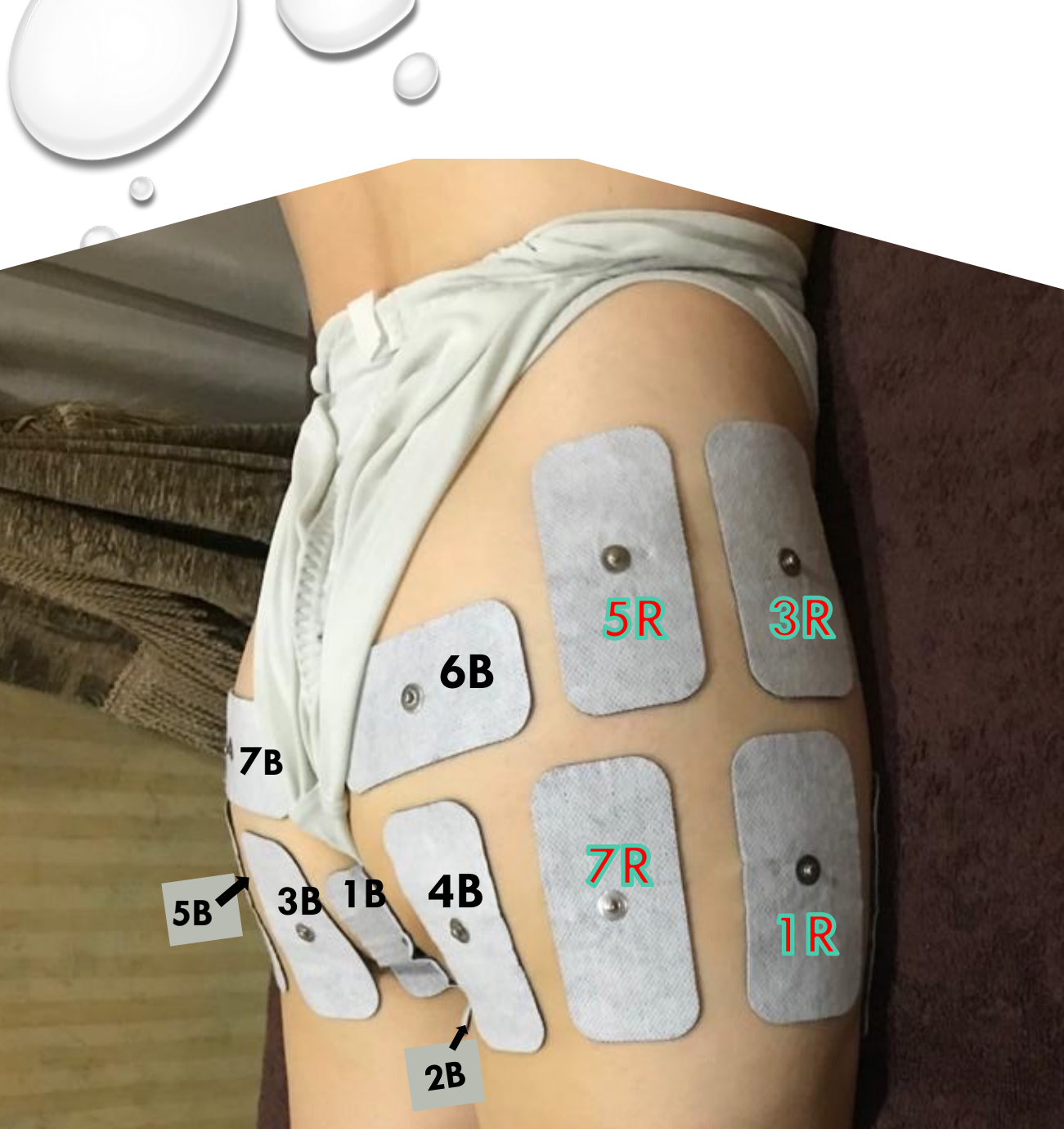


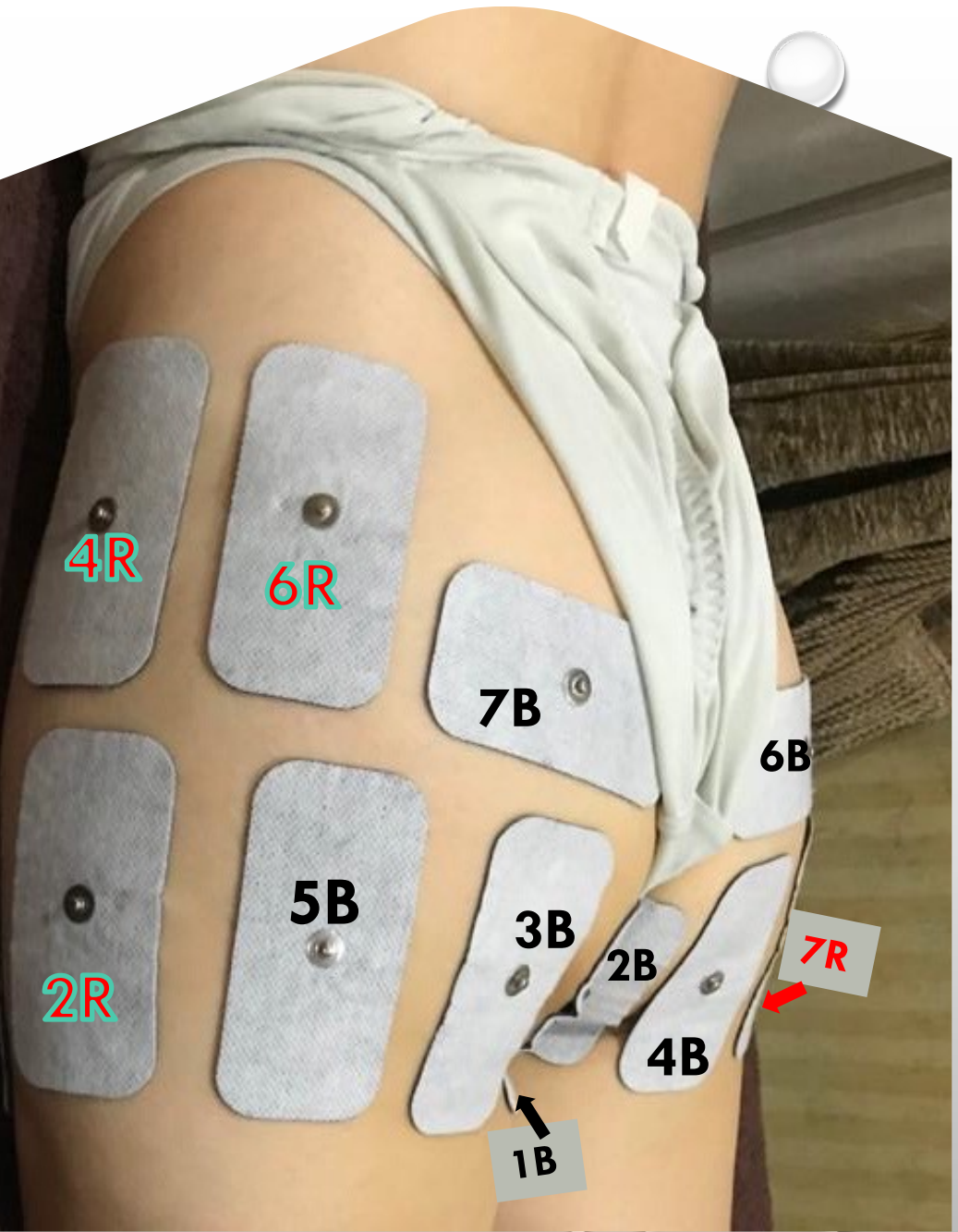
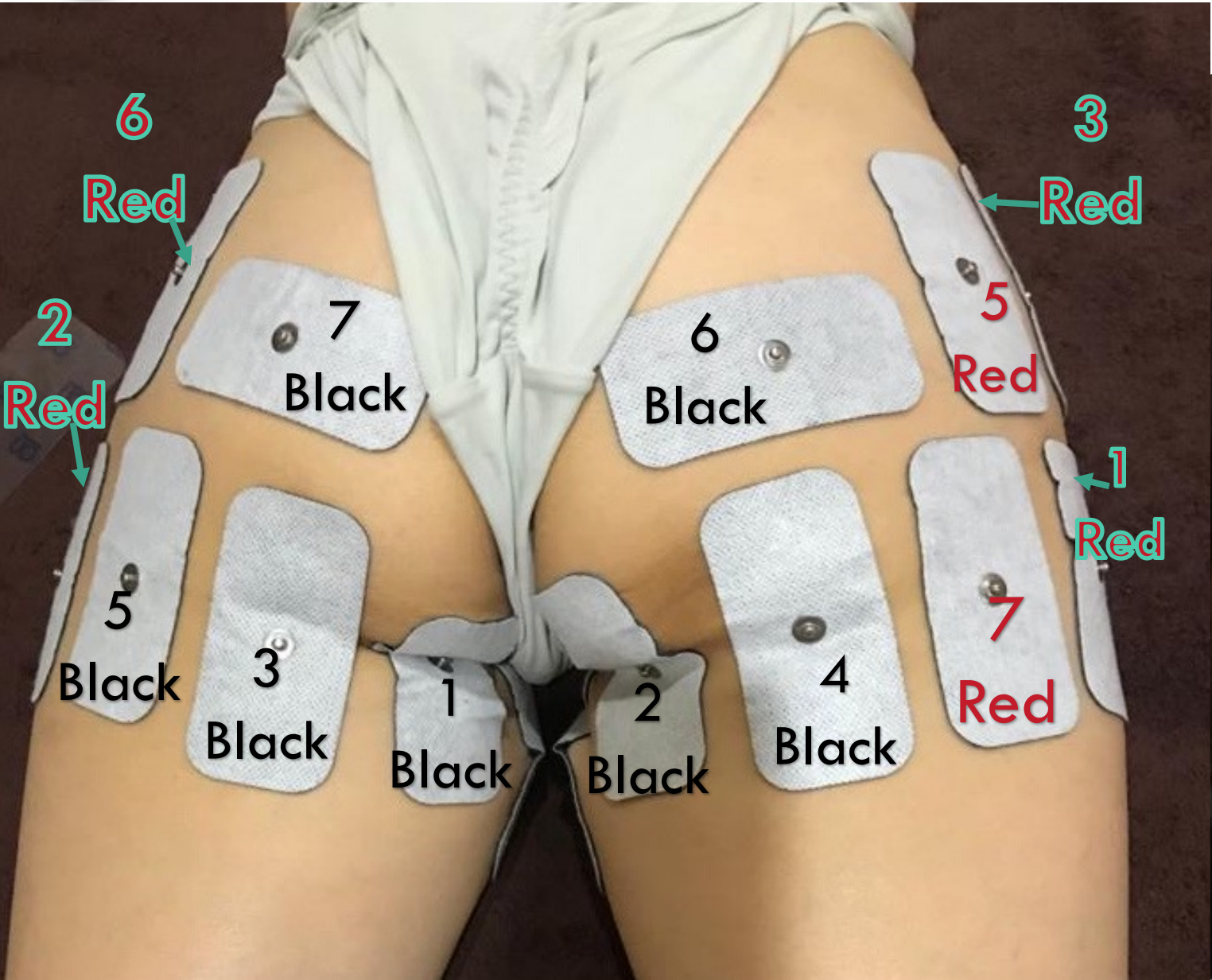
# BUTTOCKS

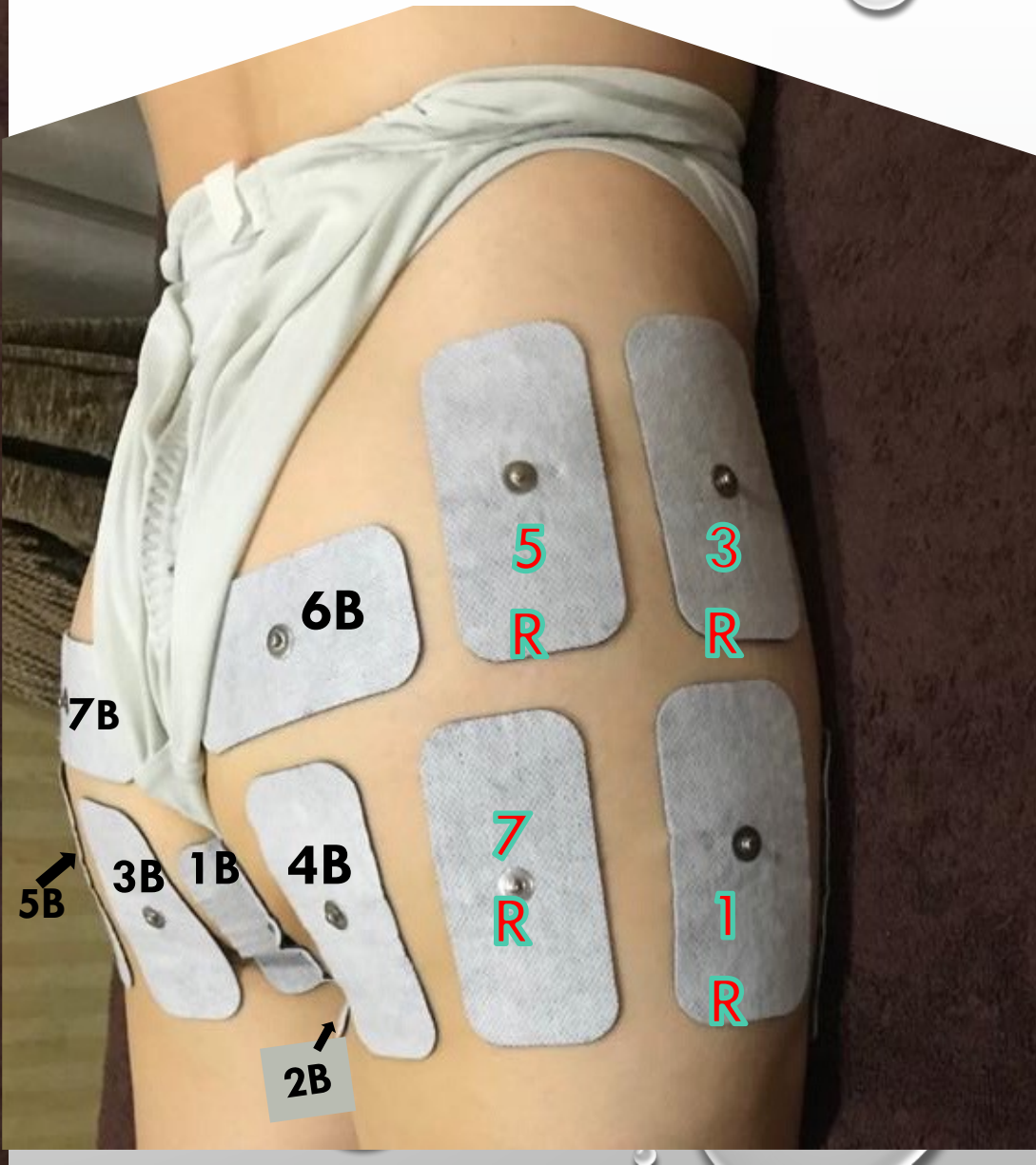
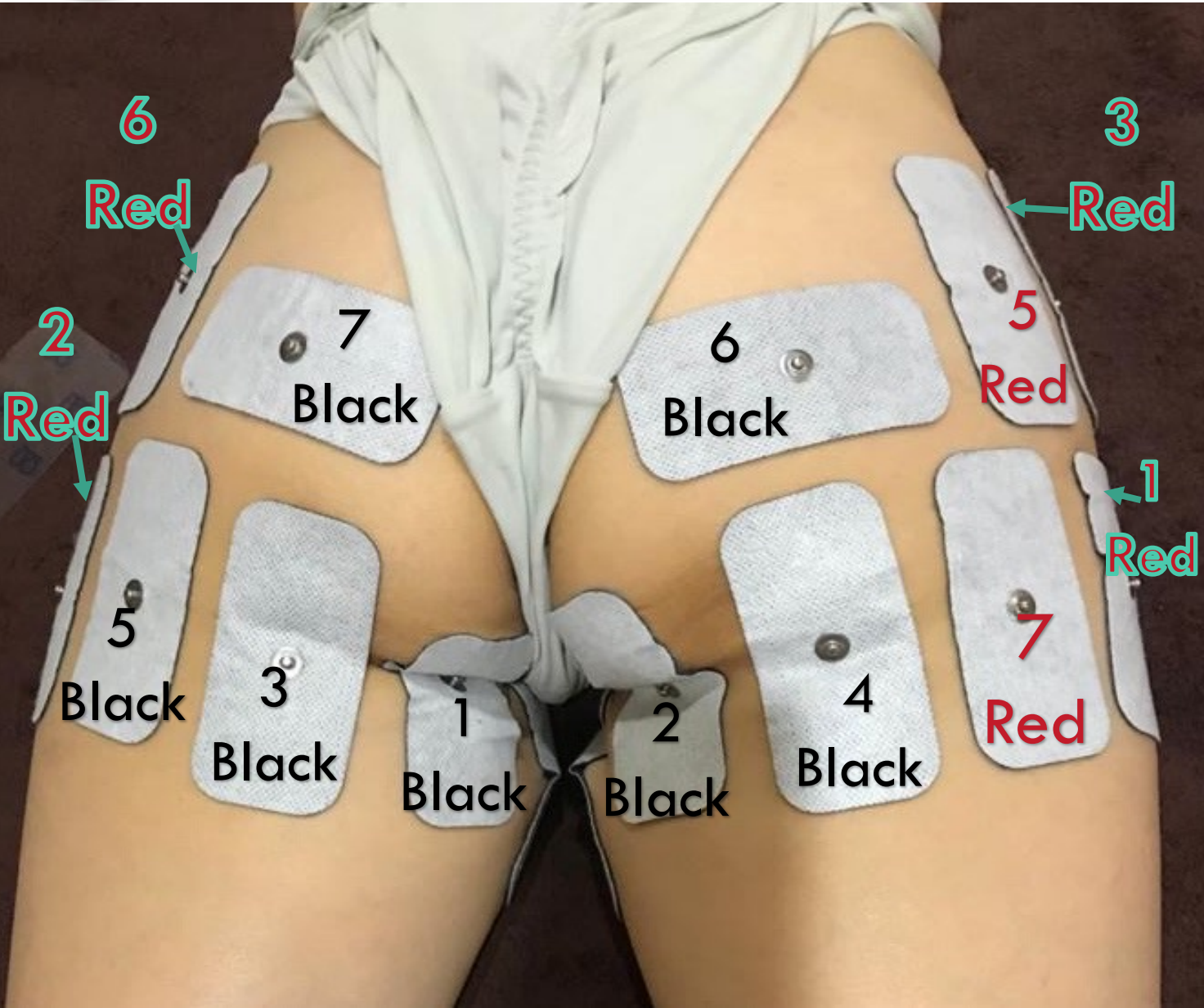
**R = RED**  
**B=BLACK**









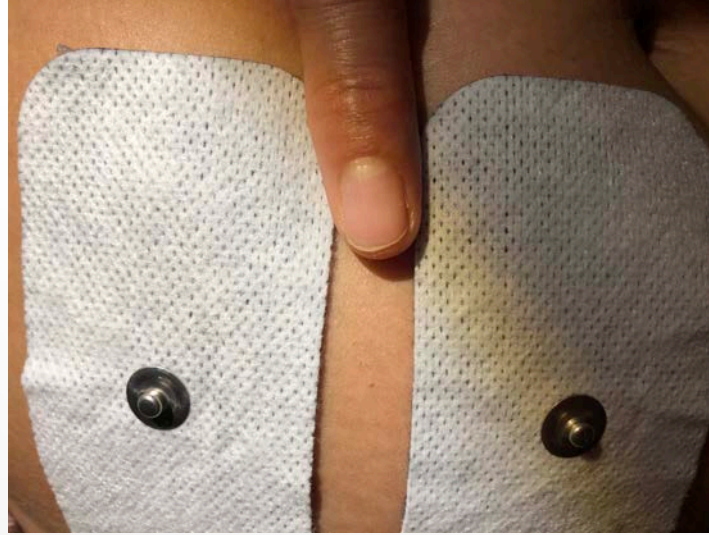


# ONCE AGAIN: PADDING RULES REMINDERS

1. ALL BLACK MUST BE TOGETHER

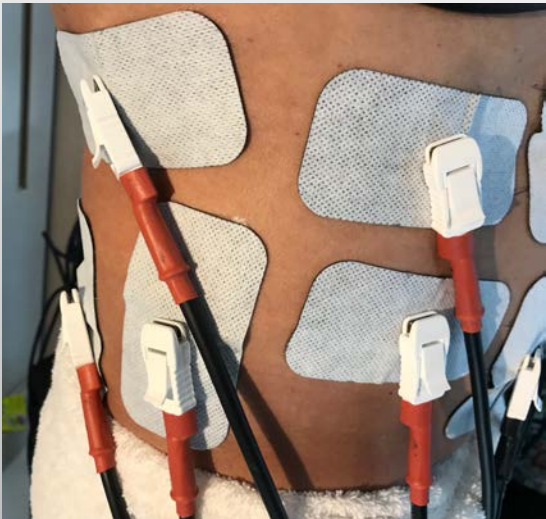


3. Pads are placed one finger apart

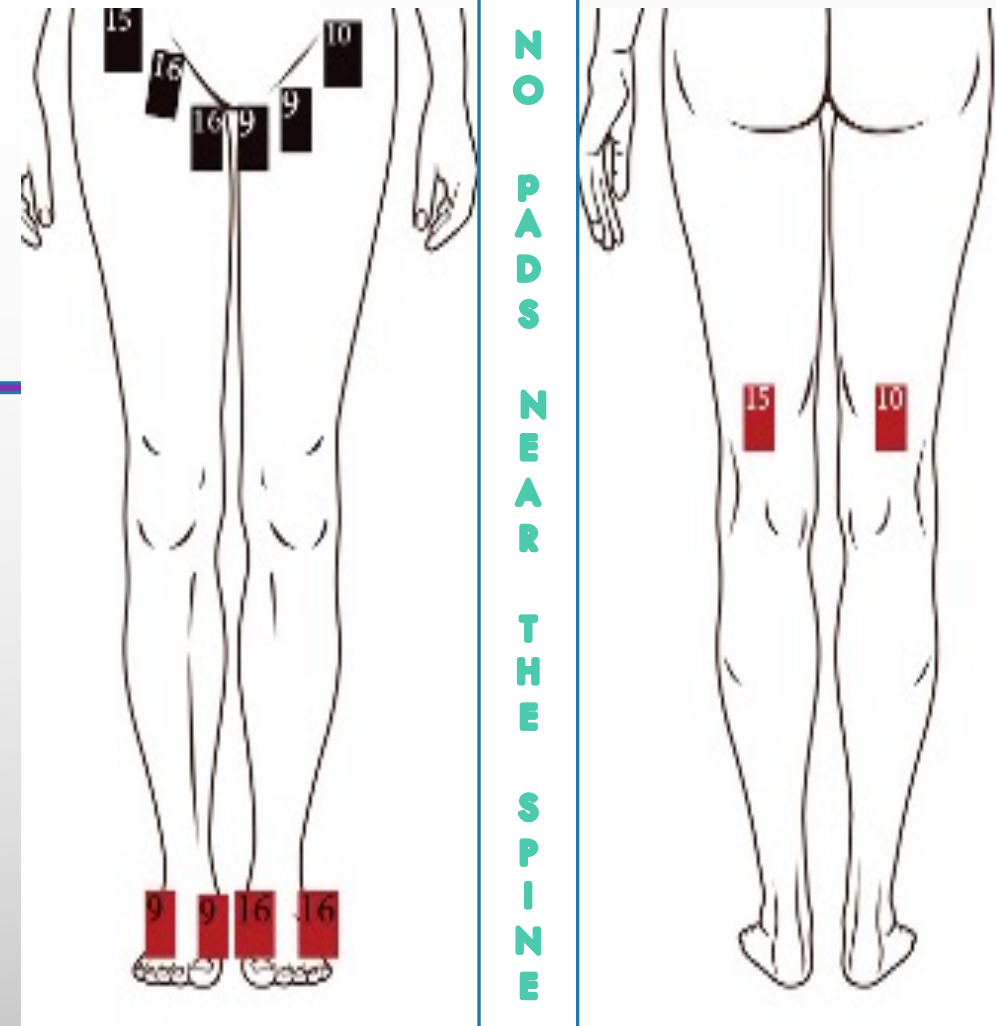
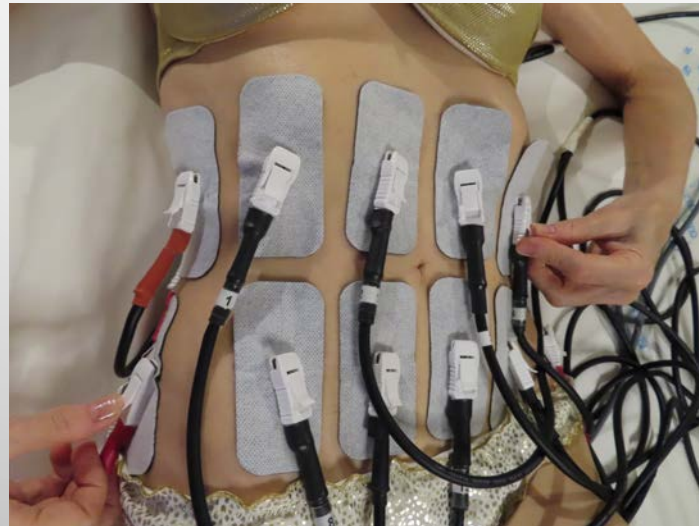


**LEGS DETOX: YOU ALWAYS PUT RED ON THE FEET AND BEHIND THE KNEES AND BLACK ON THE UPPER THIGHS**

2. ALL RED MUST BE TOGETHER



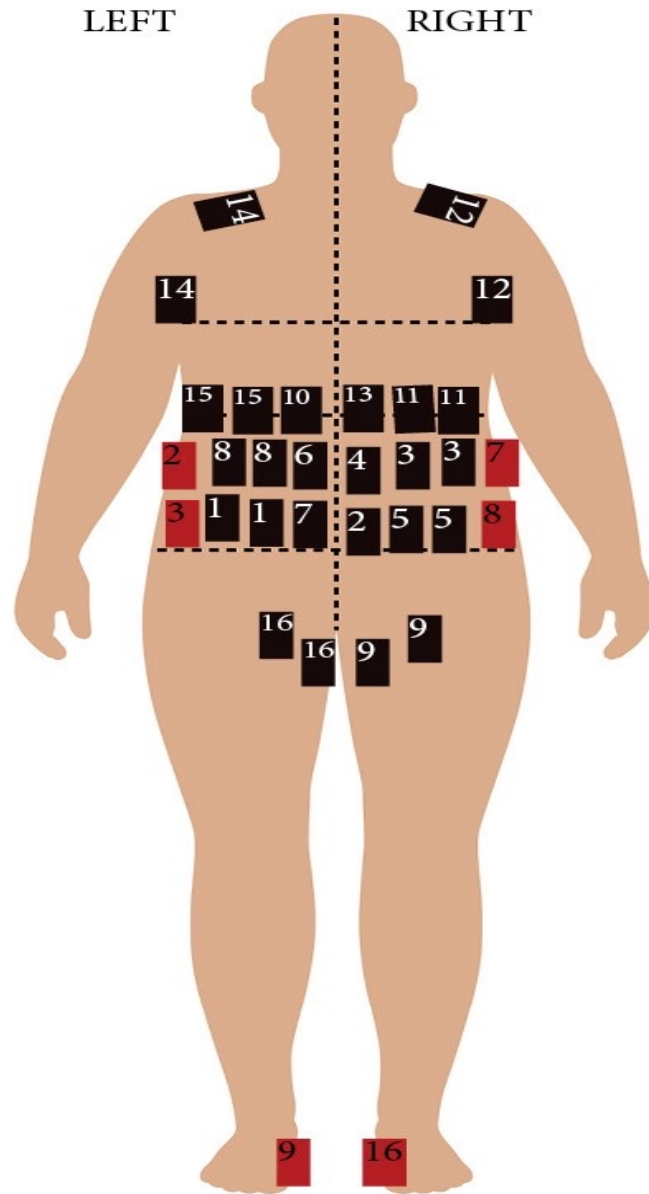
**4. USE ALL CHANNELS ON EVERYONE**



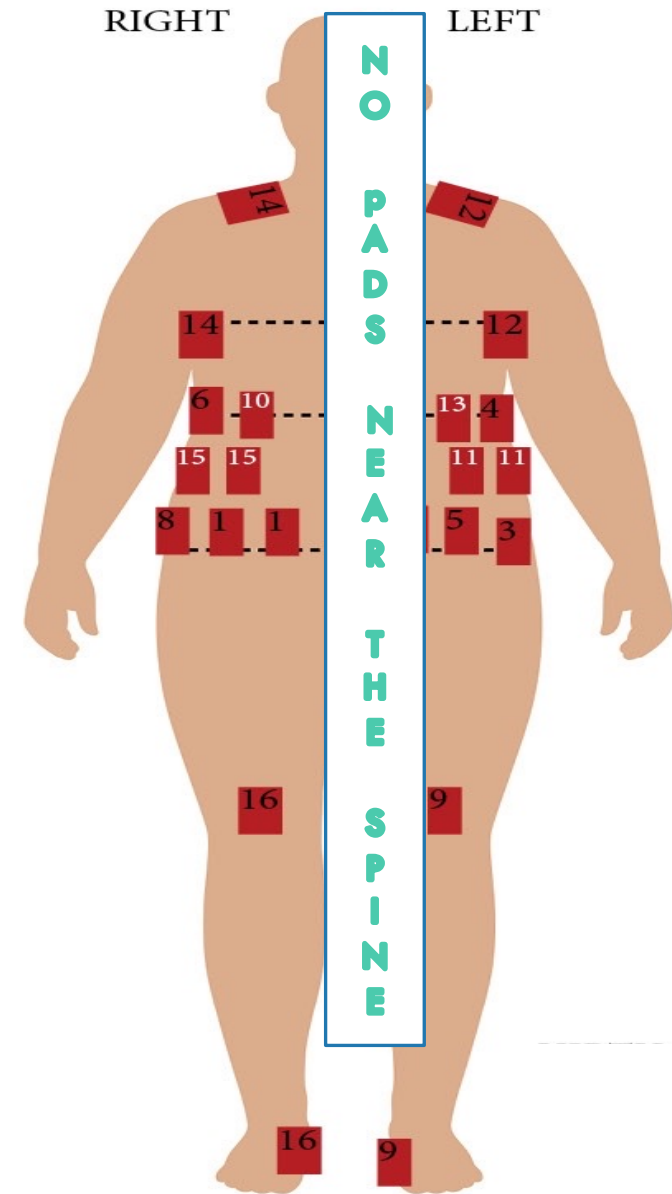
# OBESITY PADDING

Axilla and shoulders  
Detox and fat burning

\*For Obesity  
Padding you will  
need more quad  
cables.



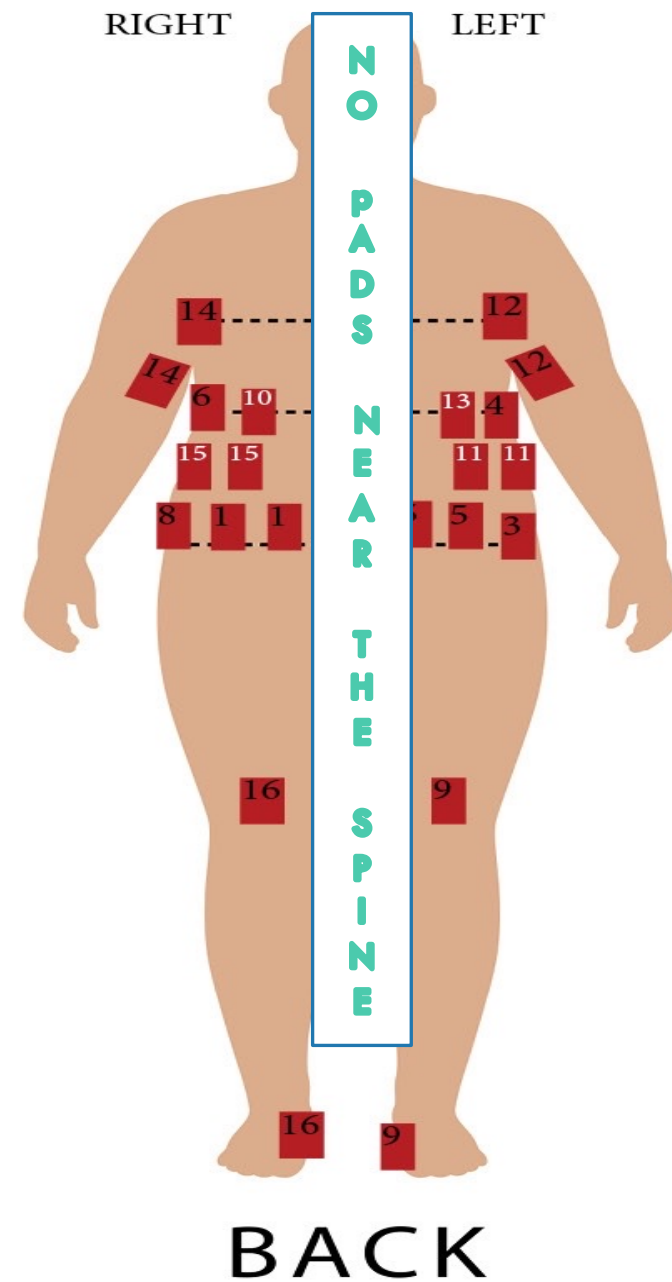
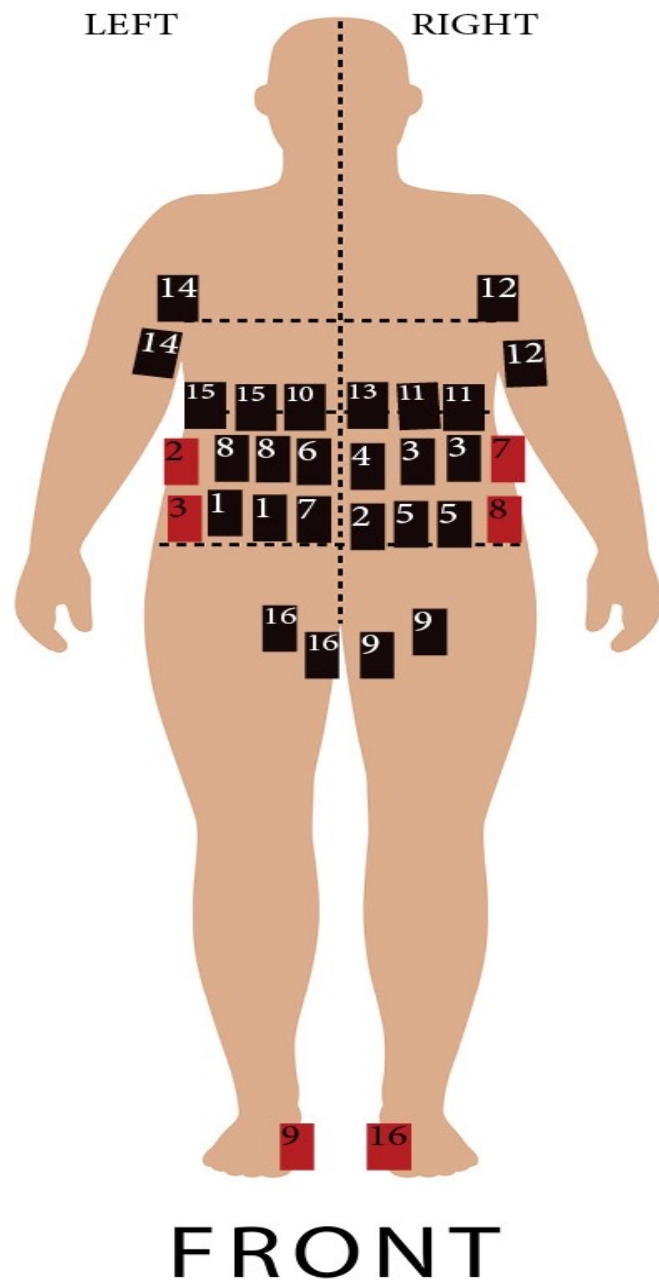
FRONT



BACK

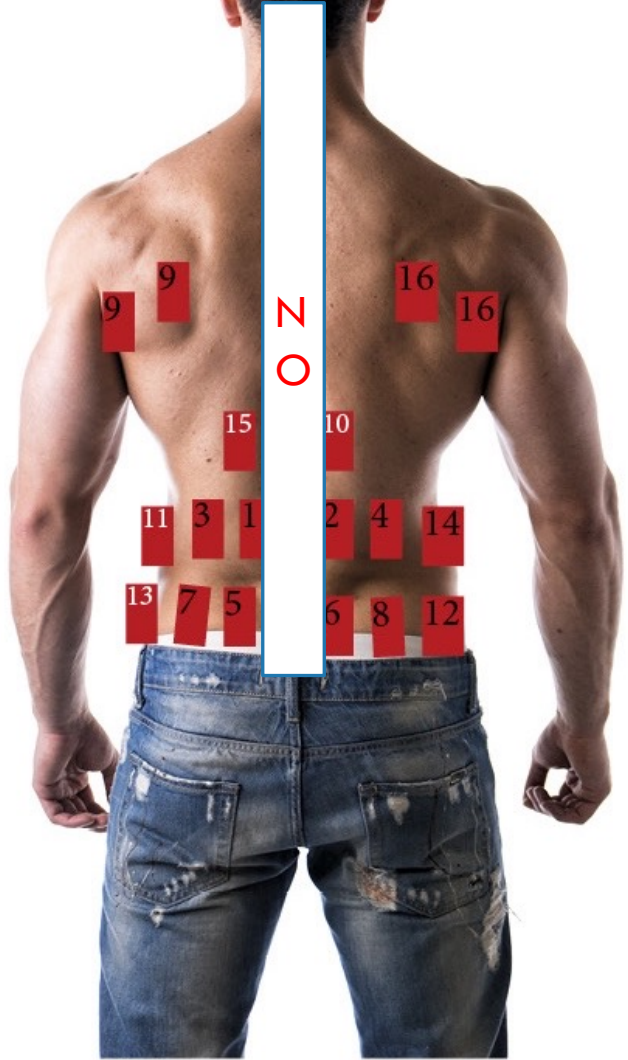
# OBESITY PADDING

\*For Obesity  
Padding you will need  
more quad cables.



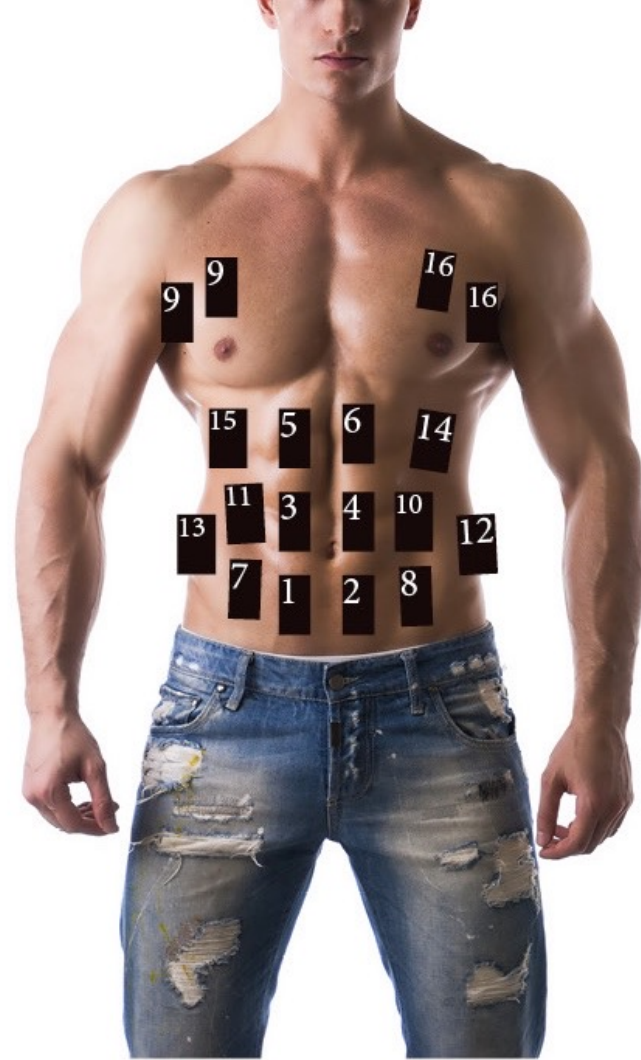
RIGHT

LEFT



LEFT

RIGHT



PADDING FOR  
MUSCLE  
BUILDING

In order to work out legs you will need to exchange at least 4 single cables for 4 quads. Put red pads where you now have black ones if you find that the red pads result in a greater contraction.

**Pads MUST be at least three fingers away from either side of the spine**

In order to work out legs you will need to exchange at least 4 single cables for 4 quads.  
Put red pads where you now have black ones if you find that the red pads result in a greater contraction.

NO  
PADS  
NEAR  
THE  
SPINE

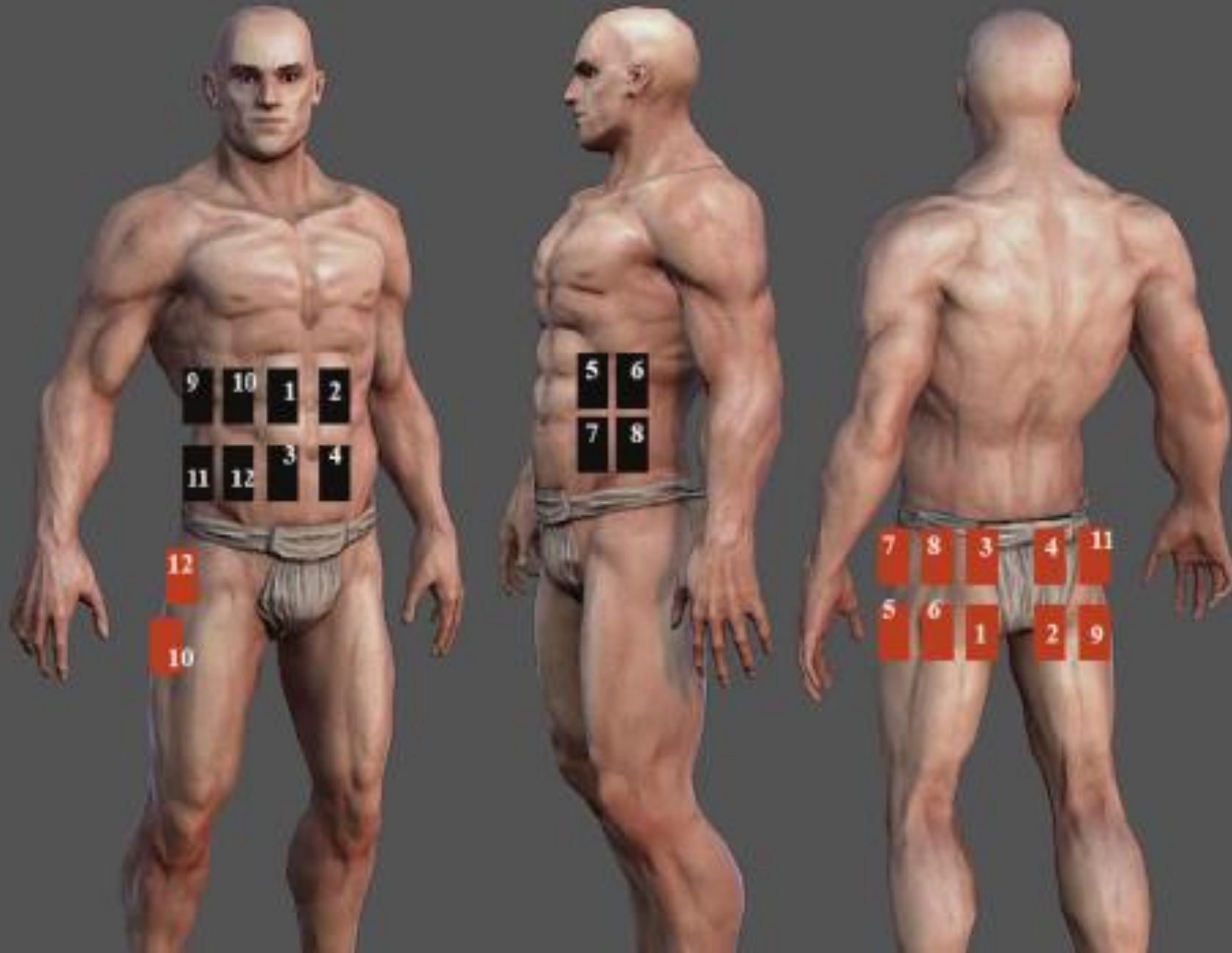


Pads  
MUST be  
at least  
three  
fingers  
away  
from  
either side  
of the  
spine





# ABDOMEN AND BUTTOCKS PADDING DETAIL



Abdomen and Buttocks  
COMBO PADDING

## AFTER TREATMENT



Closed ✓



Left opened ✗

### Cable removal

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

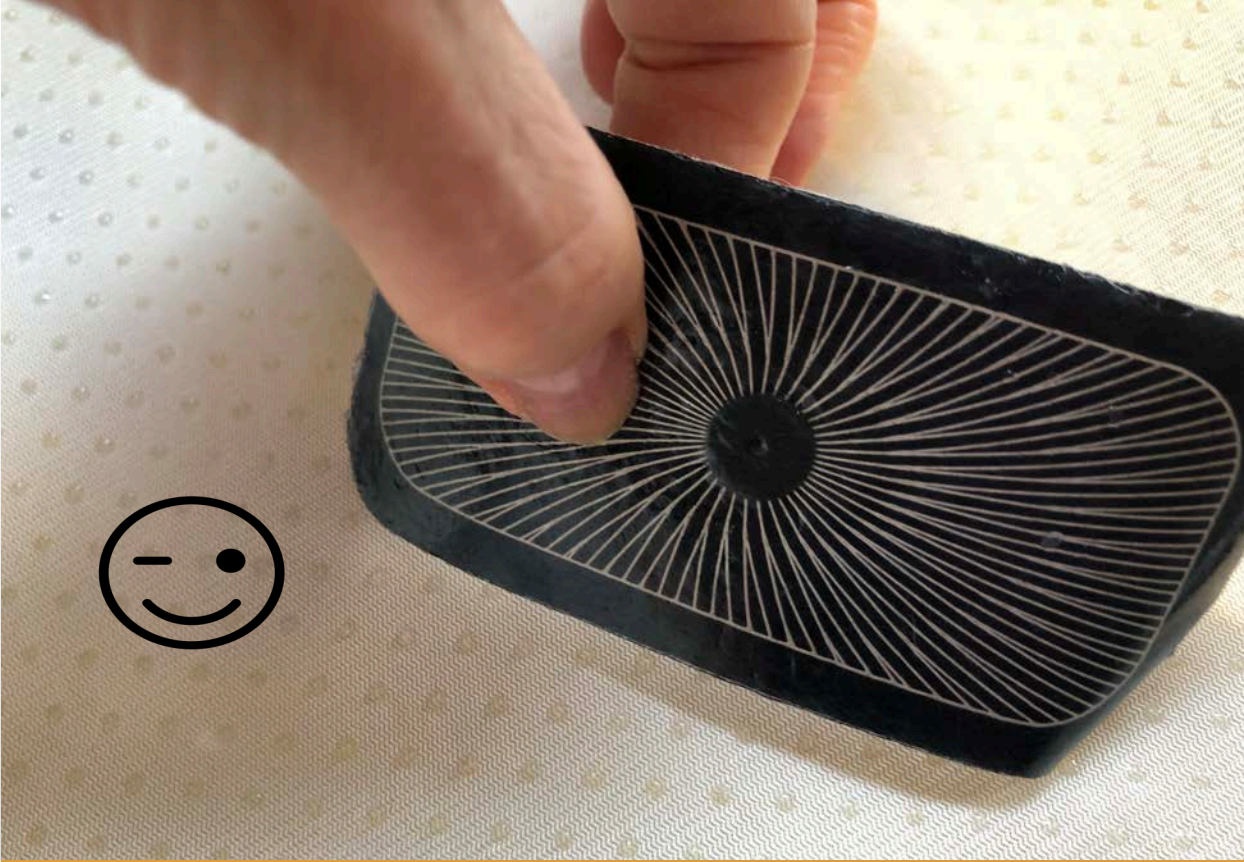
### Gel pad removal

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

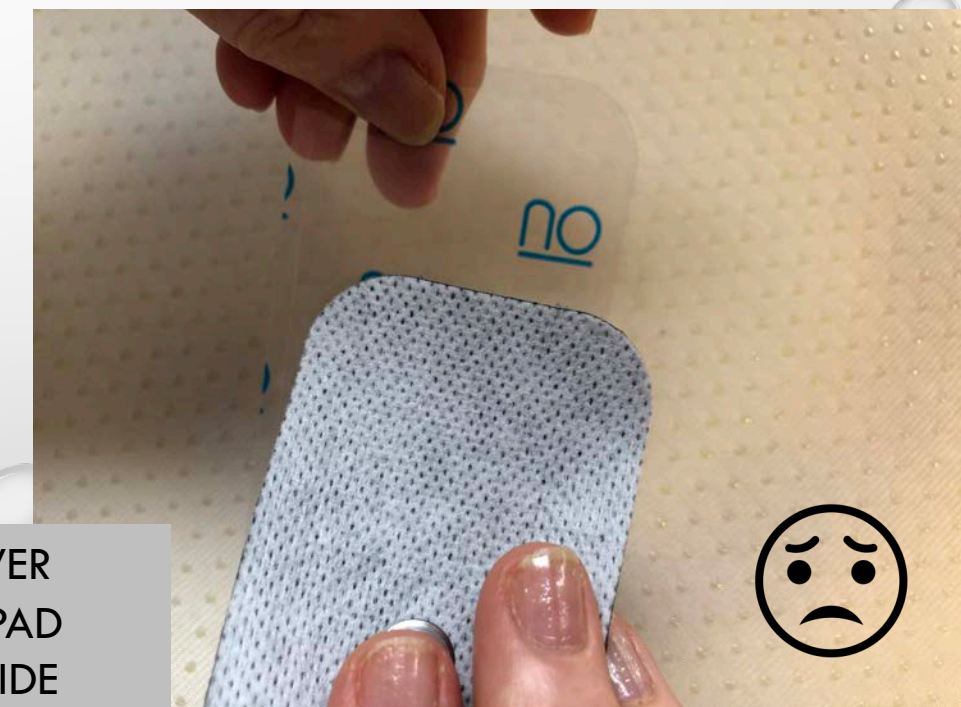
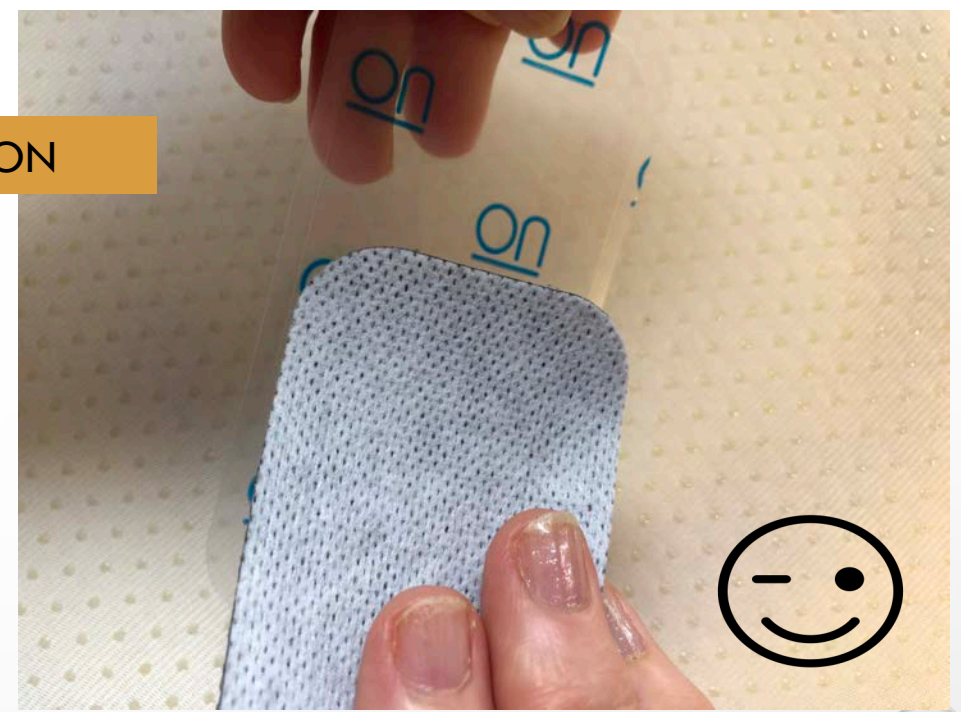


HOW TO PLACE PADS BACK ON THE PLASTIC

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

# Is Diet Necessary? Obstacles?

Exercise without diet burns the food you consume as an energy source to build the muscle. In order to burn the fat deposits while exercising you must diet. If you spend hours and hours in the gym without dieting you would build more muscle without actually losing weight.

Same thing when you are undergoing Effortless Exercise. If you do not diet you will build more muscle but you will not necessarily lose weight.

Therefore diet is important.

Effortless exercise boosts metabolism, however if you have a metabolic disorder (a lot of people are borderline hypothyroid and do not know it) weight loss will be more difficult than the average person.

# Diet Suggestions



- Drink more water.
- TAKE SUPPLEMENTS (Humic Acid, Vit C, Chitoglucan, Vit B Complex, Vit D, etc.)
- Squeeze lemons into your water. At least 4 lemons daily
- Grapefruit for breakfast
- At least two apples daily
- FRESH vegetables
- Avoid sauces
- LOW FAT
- NO fried rice
- AVOID sugar
- NO soda
- REDUCE ALCOHOL
- Freshly squeezed juices
- Green tea without sugar
- NO SMOKING

## Post Treatment Reminder and Care

### NORMAL REACTIONS after Virtual Gym treatment

Increased energy and waking up early is due to Virtual Gym ENERGY BOOST. That is necessary to build muscle fast and provide for a healthier body functioning

Redness under the pad locations  
• It should disappear in a few hours. APPLY ANTI-INFLAMMATORY SOLUTION

Slight muscle soreness as a result muscle growth. NOT due to lactic acid accumulation. (It will not last more than 3 days after the treatment)

Thirsty within 24 hours. Increased visits to the bathroom signify that your body is going through detox

The Healing Crisis or **Herxheimer Reaction** is a short-term (from days to a few weeks) detoxification **reaction** in the body.

Our body is trying to eliminate existing toxins at a faster rate than they can be disposed of.



## HEALING CRISIS!!!



The Herxheimer Reaction symptoms range from none to severe. Symptoms include:

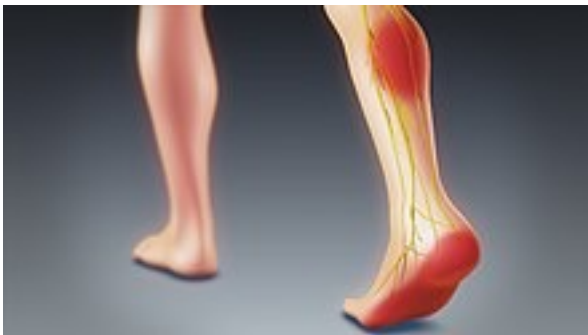
- Increased joint or muscle pain.
- Diarrhoea.
- Constipation.
- Fatigue and/or its opposite, restlessness.
- Cramps.
- Headache.
- Insomnia.
- Aches, Pains.

# If you Suffer from Sciatica DO NOT put pads along the Sciatic Nerve

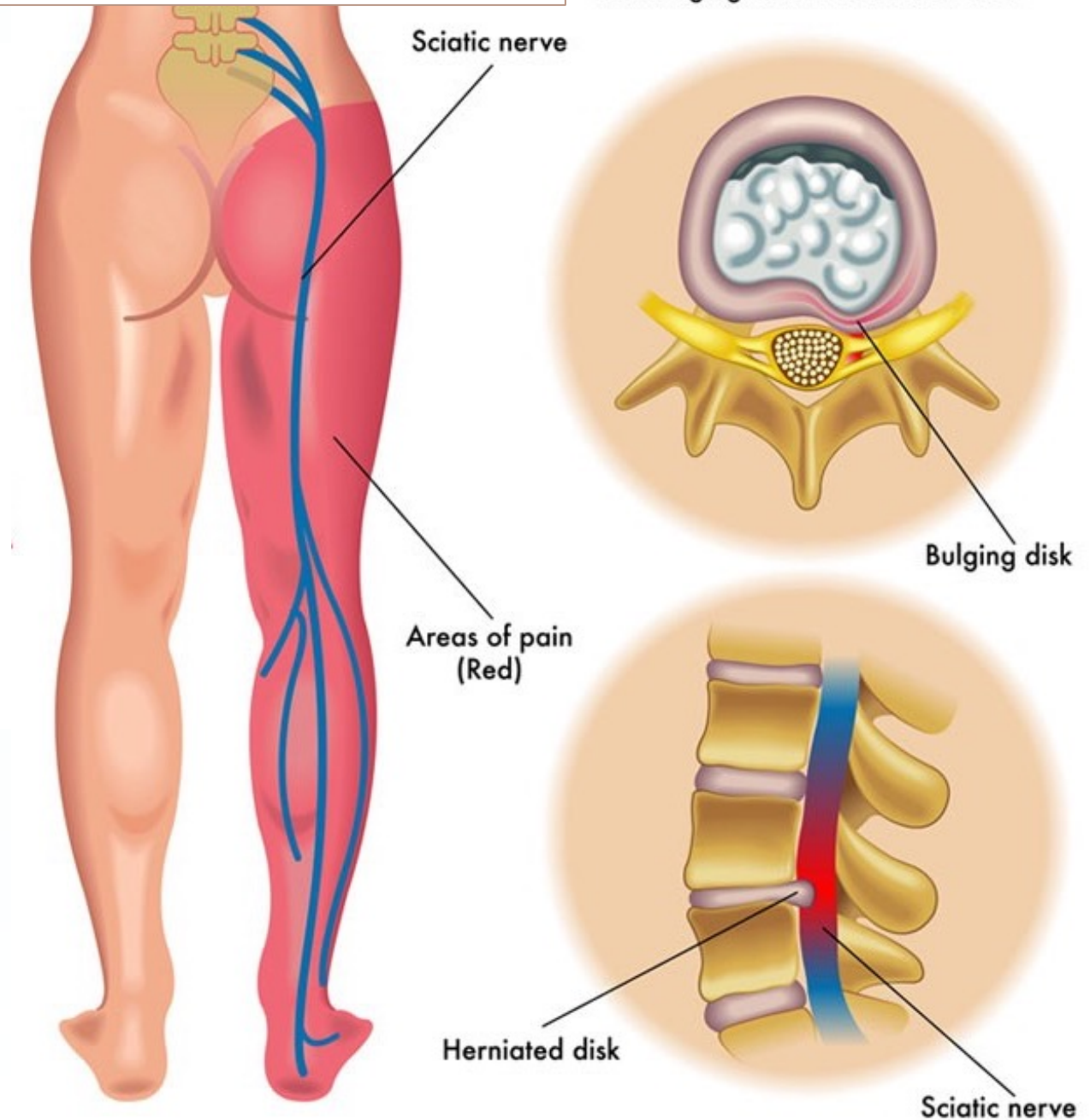
The most common cause of sciatica is a bulging disk or herniated disk

## SCIATICA SENSITIVITY IF YOU EXPERIENCE 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. TURN REST DIAL BACK TO 2 SECS.



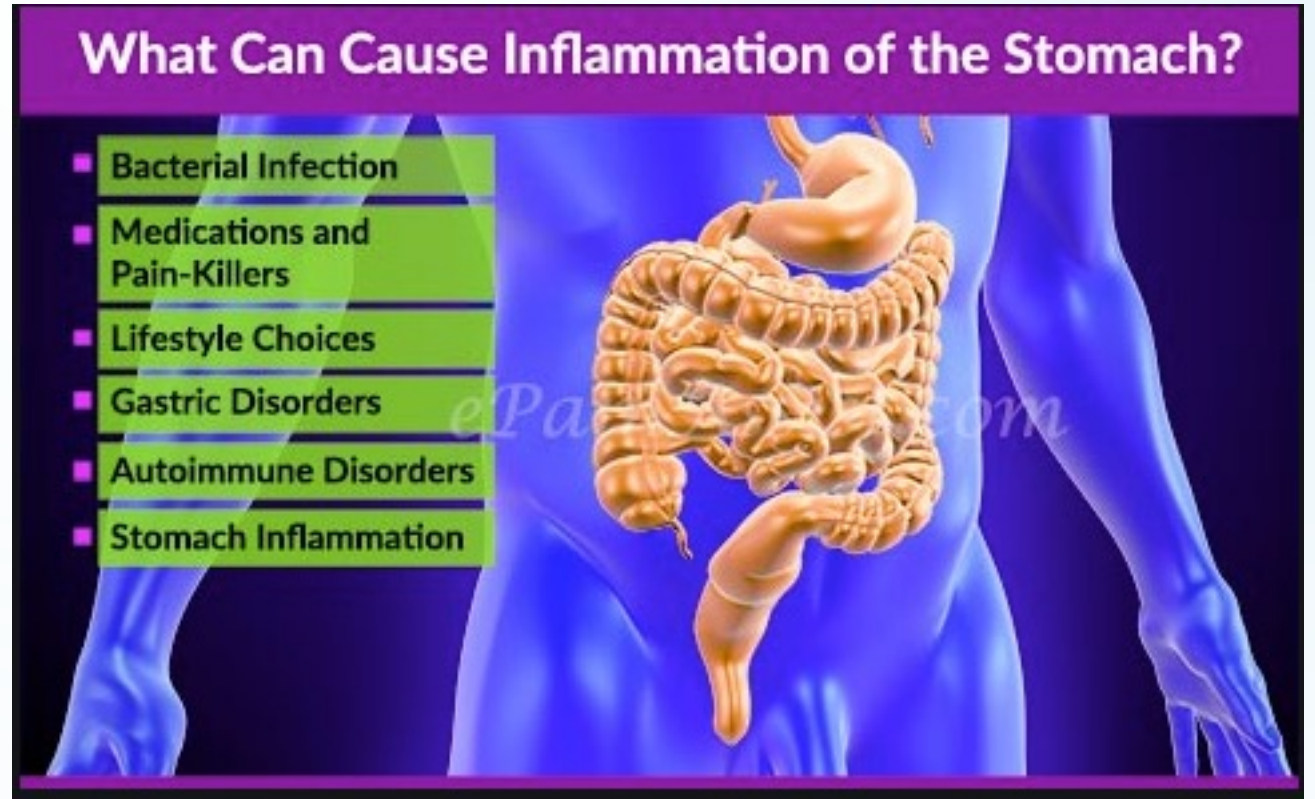
Sciatica often results in pain radiating down the leg





## STOMACH DISCOMFORT

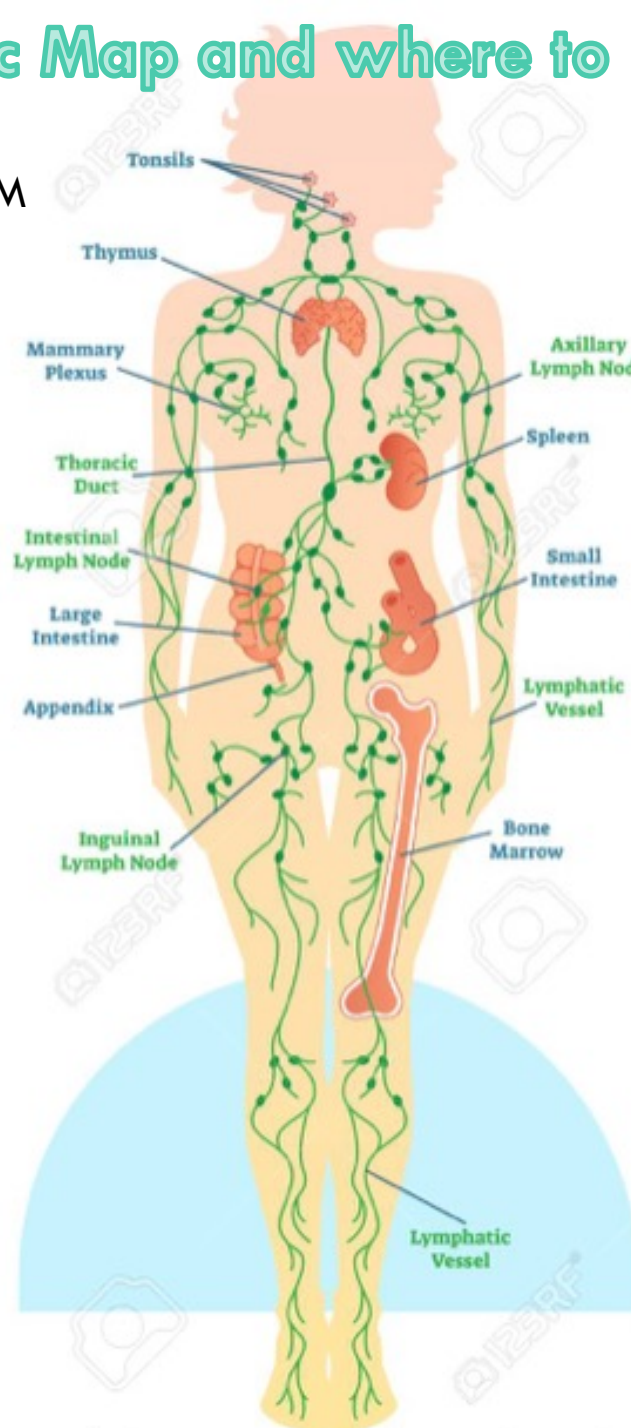
1. IMMEDIATELY DISCONNECT THAT SELF-ADHESIVE PAD.
2. TURN THE REST LIGHT TO 8 SECS TO GIVE YOU MORE TIME.
3. WHILE THE REST LIGHT IS ON, PLACE THIS SELF-ADHESIVE PAD AWAY FROM THE SITE OF DISCOMFORT BUT ON THE SAME SIDE OF THE BODY.
4. TURN REST DIAL BACK TO 2 SECS.



# Lymphatic Map and where to put the Pads for Detox



LYMPHATIC SYSTEM

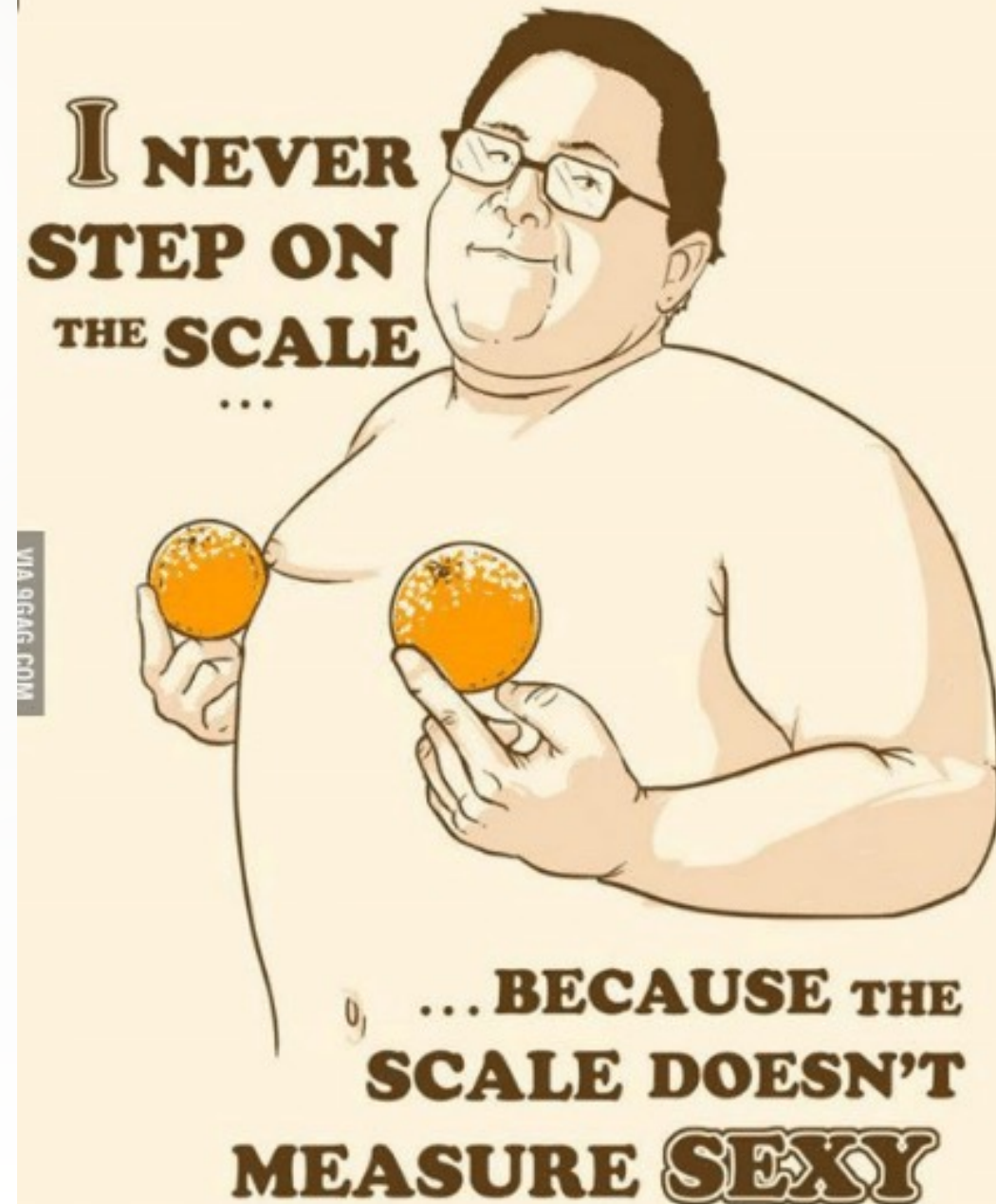


UPPER LYMPHATIC SYSTEM



## VIRTUAL GYM HEALTH ADVANTAGES:

- ❖ NO FATTY LIVER AFTER A CERTAIN NUMBER OF VIRTUAL GYM TREATMENTS.
- ❖ REDUCED VISCERAL FAT
- ❖ INCREASED METABOLISM
- ❖ HORMONAL BALANCE
- ❖ ENERGY INCREASE
- ❖ SEXUALITY BOOST
- ❖ DETOXIFICATION
- ❖ FITNESS IS ANTI-AGING



## WHY VIRTUAL GYM HIGH-SPEED EFFORTLESS EXERCISE?

- Overweight and 50 plus: Strenuous Exercise may lead to injury
- Overweight and 40 plus: Strenuous Exercise will result to testosterone decrease and cortisol increase leading to weight gain.
- Overweight and 40 plus: You need overly strenuous exercise to reduce visceral fat
- Strenuous exercise will increase lactic acid -- hence lactic acidosis and increased PH.
- Overweight and 40 plus: Hormonal imbalance increases
- Lack of any exercise shortens your life

## DO YOU REALLY HAVE A CHOICE?



How is the Virtual Gym different than Electrical Muscle Stimulators EMS or ELECTROMAGNETIC DEVICES?



VS

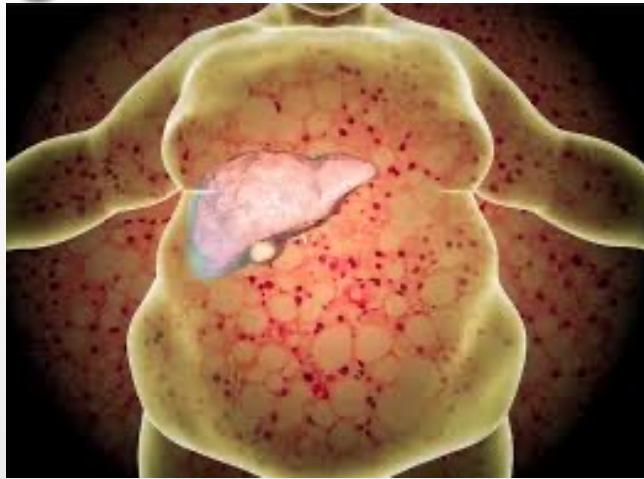


THE VIRTUAL GYM INVOLVES THE **ENTIRE BODY** IN A **FULL 8 SECONDS CONTRACTION** AS IN RESISTANCE AND STRENGTH EXERCISES THAT YOU PERFORM IN THE GYM.

MUSCLE STIM AND ELECTROMAGNETIC DEVICES **SEND MULTIPLE PULSES PER SECOND** TO STIMULATE ONLY THE **INDIVIDUAL MUSCLES**  
● **DIRECTLY UNDER THE STIMULATION AREA**

## Virtual Gym Results on Fatty Liver

### THE VIRTUAL GYM REDUCES VISCERAL FAT

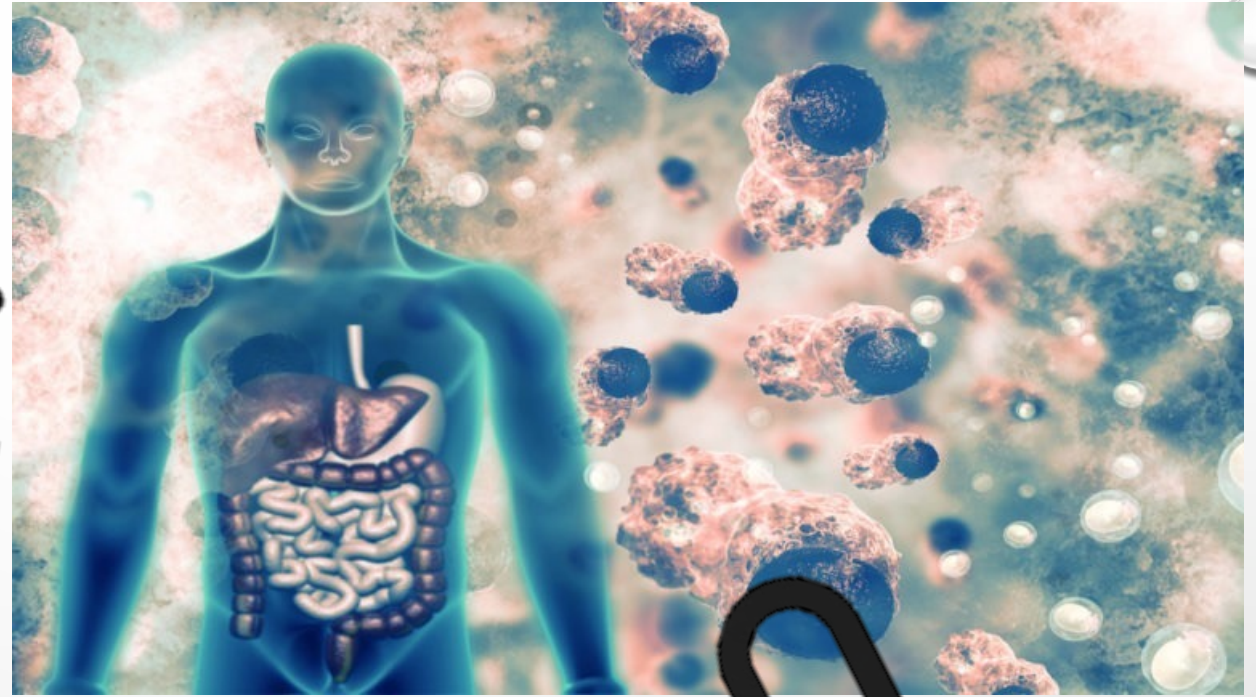
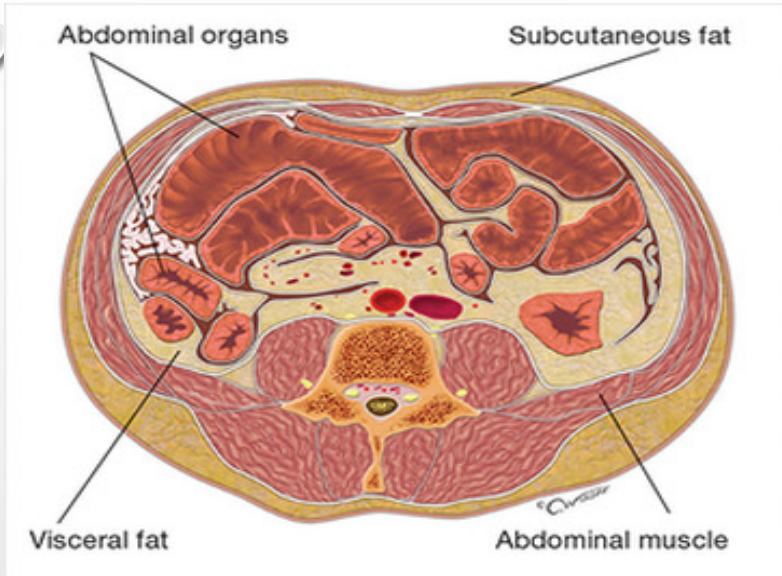


**Table 3. TYPE 2 DIABETICS**  
**Triglycerides, High-Density Protein (HDL),**  
**Presence of Fatty Liver on Sonography Reports Pre and Post Treatment.**

Triglycerides Normal Range: > 150 mg/dL;  
 High-Density Lipoprotein (HDL) Normal Range: Men >60 mg/dL; Women >60 mg/dL  
 High-Density Lipoprotein (HDL) At Risk: Men: < 40 mg/dL; Women < 50 mg/dL

No	Gender	Age	Medical Diagnosis Pre Treatment	Fatty Liver Post on Sonography Reports	Triglycerides mg/dL Pre	Triglycerides mg/dL Post	Triglycerides mg/dL decrease	HDL mg/dL Pre	HDL mg/dL Post	(HDL) mg/d Increase
1	Female	45y	Diabetes Fatty liver	No fatty liver	203	158	Improved (abnormal)	32	39	Improved at risk
2	Female	46y	Diabetes Fatty Liver	No fatty liver	287	176	Improved (abnormal)	32	39	Improved at risk
3	Female	48y	Diabetes Fatty Liver	No fatty liver	266	147	Normal	29	41	Improved at risk
4	Male	44y	Diabetes Fatty Liver	No fatty liver	283	189	Improved (abnormal)	30	35	Improved at risk
5	Female	45y	Diabetes Fatty Liver	No fatty liver	225	179	I Improved (abnormal)	33	40	Improved at risk
6	Female	47y	Diabetes Fatty Liver	No fatty liver	237	188	Improved (abnormal)	31	41	Improved at risk
7	Female	45y	Diabetes Fatty Liver	No fatty liver	228	134	Normal	34	58	Normal
8	Female	45y	Diabetes Fatty Liver	No fatty liver	214	138	Normal	28	51	Normal
9	Female	68y	Diabetes Fatty Liver	No fatty liver	198	122	Normal	31	59	Normal
10	Female	61y	Diabetes Fatty Liver	No fatty liver	219	112	Normal	28	52	Normal
11	Male	55y	Diabetes Fatty Liver	No fatty liver	223	106	Normal	24	66	Normal
12	Male	69y	Diabetes		215	158	Normal	35	47	Improved at risk
13	Male	46y	Diabetes		230	176	Improved (abnormal)	28	37	Improved at risk
14	Female	52y	Diabetes		196.7	147	Normal	47.6	53	Normal
15	Female	49y	Diabetes		193	189	Normal	34.5	38	Improved at risk
16	Male	45y	Diabetes		212	179	Normal	41	45	Improved at risk
17	Male	72y	Diabetes		197	188	Normal	26	38	Improved at risk
18	Male	59y	Diabetes		202	134	Normal	31	62	Normal
19	Male	49y	Diabetes		197	138	Normal	44	71	Normal
20	Male	57y	Diabetes		192	122	Normal	37	61	Normal
21	Male	55y	Diabetes		199	112	Normal	42	68	Normal
<b>TOTAL</b>					4616.7	3298		698.1	1041	
<b>AVERAGE</b>					219.84	157.04	<b>Improved</b>	33.24	49.57	<b>Improved</b>
<b>HIGH</b>								<b>LOW</b>		
<b>% OF TRIGLYCERIDES DECREASE</b>						<b>-28.56%</b>		<b>% OF HDL INCREASE</b>	<b>+49.12%</b>	

# Toxicity in Visceral Adiposity Increases HUNGER



Toxicity Disturbs the **balance** between **Ghrelin** and **Leptin** = INCREASED HUNGER



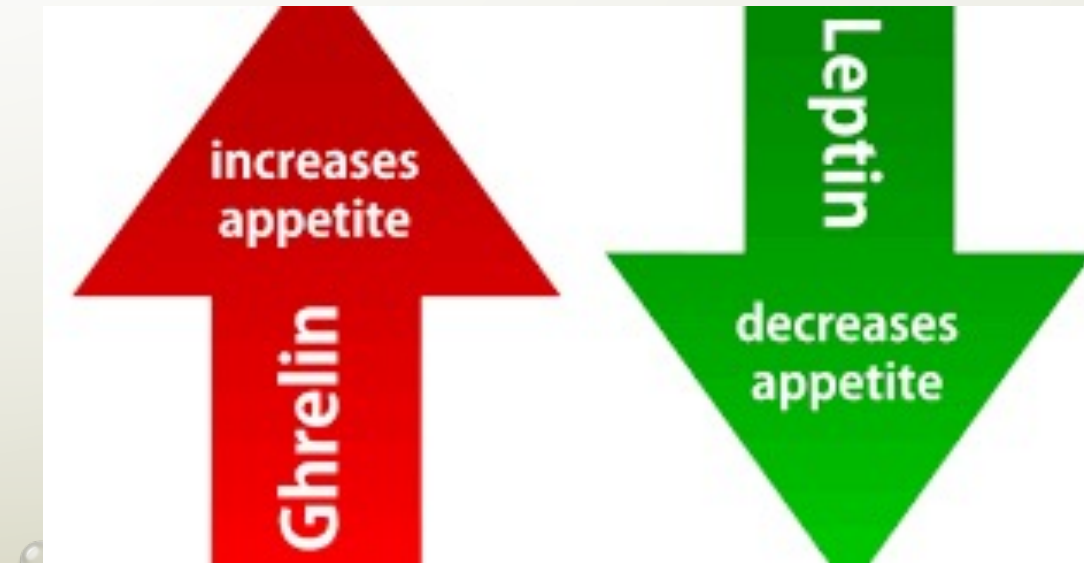
# VIRTUAL GYM DETOXIFIES YOU

VIRTUAL GYM **BALANCES** OUT  
LEPTIN AND GHRELIN



**NO HUNGER**

**VIRTUAL  
GYM  
RESULTS  
DO NOT  
REBOUND**





**Table 6.** Blood Plasma Results on Leptin and Ghrelin for each subject.

Gender	Age	Ethnicity	Leptin pre ng/mL	Leptin post ng/mL	Normal range ng/mL	% increase ng/mL	Ghrelin pre pg/mL	Ghrelin post pg/mL	Normal range pg/mL	% decrease pg/mL
Male	36	Asian	3.69	3.98	1.2 - 9.5	7.86%	687	602	520 - 700	12.37%
Male	39	Caucasian	4.43	4.98	1.2 - 9.5	9.78%	695	634	520 - 700	8.77%
Male	43	Caucasian	5.62	6.22	1.2 - 9.5	10.68%	598	552	520 - 700	7.69%
Male	35	Asian	6.15	6.83	1.2 - 9.5	11.05%	629	587	520 - 700	6.68%
Female	42	Asian	9.16	9.74	4.1 - 25.0	6.33%	577	542	520 - 700	6.06%
Female	45	Indian	5.23	6.09	4.1 - 25.0	16.44%	659	613	520 - 700	6.99%
Female	49	Caucasian	7.22	8.17	4.1 - 25.0	13.15%	644	617	520 - 700	4.19%
Female	38	Caucasian	12.34	13.22	4.1 - 25.0	7.13%	569	536	520 - 700	5.79%
Female	37	Asian	11.38	13.08	4.1 - 25.0	14.93%	499	461	520 - 700	7.62%
Mean Average Leptin Increase						+10.82%	Mean Average Ghrelin Decrease			-7.35%

There was an inverse relationship between leptin and ghrelin where leptin significantly increased and ghrelin significantly decreased within the normal range. Mean average percentage leptin increase was +10.82% and ghrelin decrease was -7.35%.

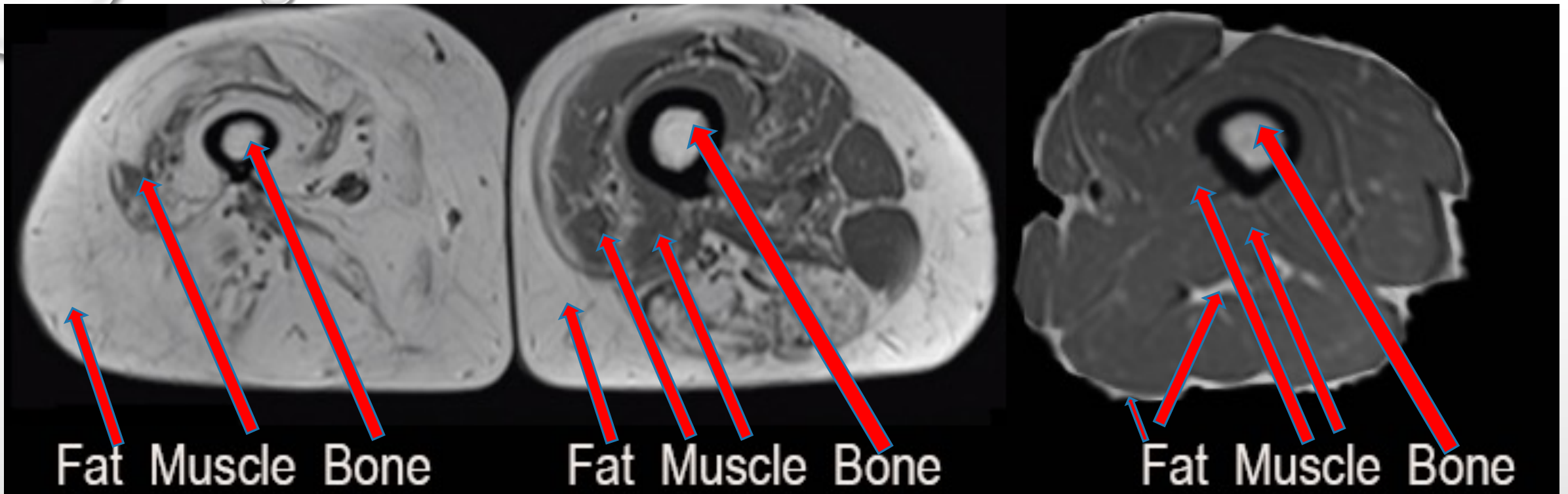


VS

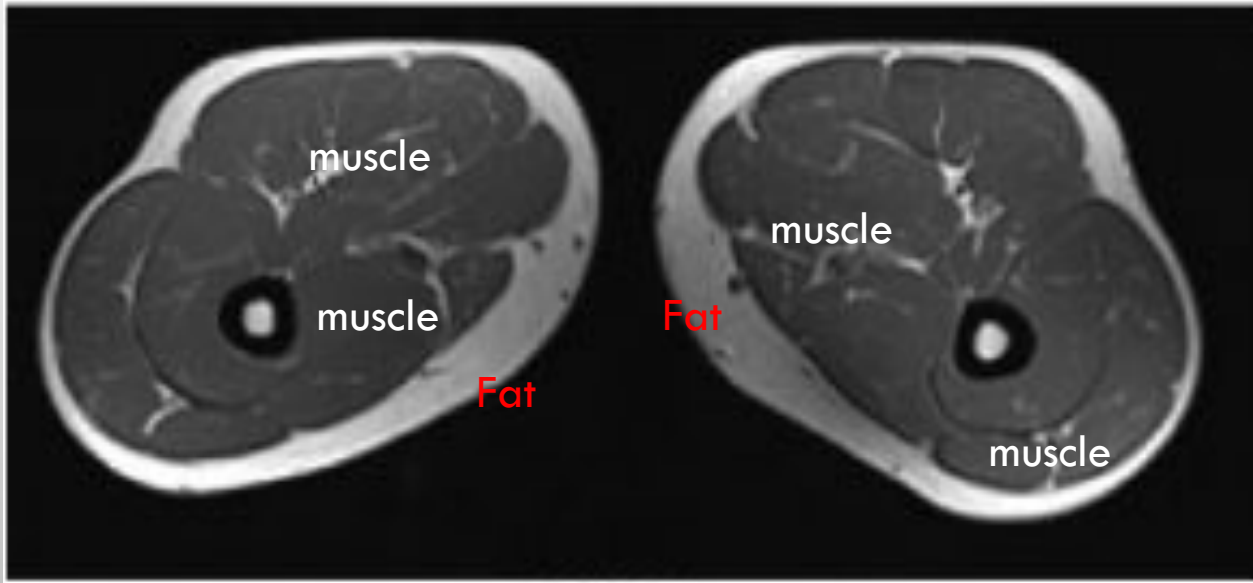
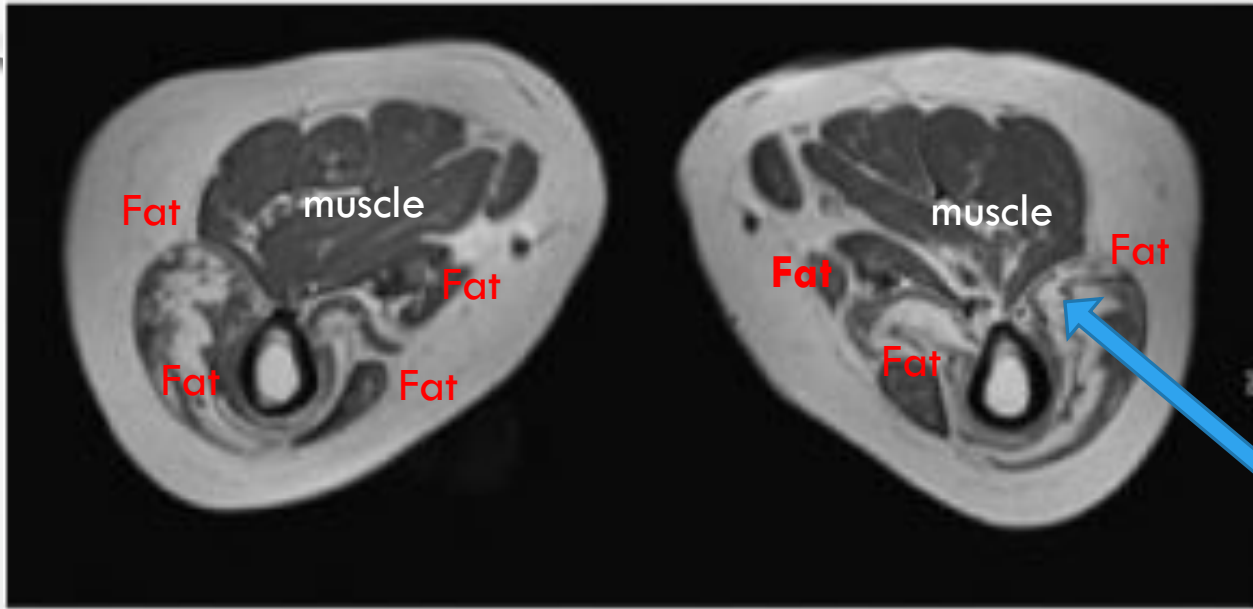


**WHAT CAN THE VIRTUAL GYM DO THAN LASERS,  
RF CANNOT DO?**





**VIRTUAL GYM USES FAT AS AN ENERGY SOURCE TO BUILD MUSCLE**



LIPOLYSIS: Lasers of Radiofrequency burn fat.

However, lasers or radiofrequency cannot discriminate between fat and muscle.

Fat and muscle are not clearly segregated

With age fat invades the muscle and becomes intertwined with it

So every time the lasers or RF burn and destroy fat they also affect the muscle

PLEASE EMAIL US OR CALL US WITH QUESTIONS OR CONCERNS:

[science@iellios.com](mailto:science@iellios.com) [im@iellios.com](mailto:im@iellios.com) [quality@iellios.com](mailto:quality@iellios.com)

+ 44 0203 2399013 UK + 852 93405069 Hong Kong +347 305 0036

USA

vbhc **REFLEX** \* [www.irepairkin.com](http://www.irepairkin.com)