



VIRTUAL GYM OPERATOR QUESTIONNAIRE:

1. DID YOU TURN ON THE KEY OF THE DEVICE PRIOR TO THE CLIENT ENTERING THE ROOM? DO THE PADS COVER **ALL** THE FAT AREAS ON THE ABDOMENT AND BUTTOCKS? ARE THE REDS AND BLACK OF THE SAME CABLE CONNECTED TO THE GREATEST DISTANCE ON OPPOSITE PARTS OF THE BODY?

YES

NO

2. DID YOU CONNECT **FAT** AREA (OR MUSCLE IN MEN) WITH **FAT** AREA (OR MUSCLE IN MEN), FROM THE LEFT FRONT SIDE (black) OF THE BODY TO THE RIGHT BACK SIDE (red) OF THE BODY? ARE YOU USING ALL 16 CABLES FOR YOUR TREATMENT? YOU MUST USE ALL CABLES ON EVERYONE

YES

NO

3. QUADS / LEGS: DO YOU HAVE 9 RED ON THE LEFT FOOT AND 9 RED UNDER THE KNEE OF THE LEFT LEG AND TWO 9 BLACKS OF THE SAME CABLE ON THE UPPER THIGH OF THE (OPPOSITE) RIGHT LEG? AND MIRROR IMAGE FOR CABLE 16

YES

NO

4. QUADS (LEGS ALTERNATIVE PADDING FOR EXCESSIVE FOOT SWELLING). DO YOU HAVE TWO 9 REDS ON THE LEFT FOOT AND TWO 9 BLACKS OF THE SAME CABLE ON THE UPPER THIGH OF THE (OPPOSITE) RIGHT LEG? AND MIRROR IMAGE FOR CABLE 16

YES

NO

5. DO YOU HAVE CABLE 10 RED UNDER THE LEFT KNEE AND 10 BLACK ON THE UPPER THIGH OF THE (OPPOSITE) RIGHT LEG? AND VISA VERSA FOR CABLE 15?

YES

NO



6. QUADS / CHEST (USED INSTEAD OF LEGS FOR LYMPHATIC DRAINAGE UPPER): DO YOU HAVE TWO 9 BLACKS ON OVER THE LEFT CHEST, NEXT TO THE ARMPIT AND TWO 9 REDS AT THE RIGHT BACK OF THE ARMPIT? DO YOU HAVE TWO 16 BLACKS ON OVER THE RIGHT CHEST, NEXT TO THE ARMPIT AND TWO 16 REDS AT THE LEFT BACK OF THE ARMPIT?

YES

NO

7. STANDARD PADDING. DO YOU SEE ALL THE BLACK CONCENTRATED TOGETHER IN THE FRONT OF THE ABDOMEN WHERE MOST OF THE FAT IS AND ALL THE RED CONCENTRATED TOGETHER AT THE SIDES OF THE ABDOMEN?

YES

NO

8. ALTERNATIVE PADDING. DO YOU SEE ALL THE BLACK CONCENTRATED TOGETHER IN THE LOWER PART OF THE ABDOMEN WHERE MOST OF THE FAT IS AND ALL THE RED CONCENTRATED TOGETHER AT THE UPPER PART OF THE ABDOMEN AND HAS LESS FAT?

YES

NO

9. ALTERNATIVE PADDING. DO YOU SEE ALL THE BLACK CONCENTRATED TOGETHER ON THE ENTIRE ABDOMEN WHERE MOST OF THE FAT IS AND ALL THE RED CONCENTRATED TOGETHER ON THE BUTTOCKS AND HIPS THAT HAVE LESS FAT?

YES

NO

10. ARMS PADDING. DID YOU SANDWICH THE BYSEP MUSCLE WITH TWO PADS BY PINCHING THE BYSEP MUSCLES AND PUTTING YOUR PADS IN A WAY THAT YOU SANDWICH THE BYCEP MUSCLE? (SAME QUESTION FOR THE TRICEP MUSCLE)

YES

NO



11. LEGS PADDING. DID YOU SANDWICH THE SPECIFIC LEG MUSCLE YOU WOULD LIKE TO STRENGTHEN WITH TWO PADS BY PINCHING THE LEG MUSCLE AND PUTTING YOUR PADS IN A WAY THAT YOU SANDWICH THAT LEG MUSCLE?

YES

NO

12. DID YOU SET THE REST TIME AT 8 SO THAT YOU CAN TURN ON THE VOLTAGE? WHEN TURNING ON THE VOLTAGE DID YOU MAKE SURE THAT YOU STARTED THE VOLTAGE AT THE LOWER PART NEXT TO ZERO? AFTER ALL YOUR VOLTAGE BUTTONS ARE ON DID YOU ADJUST THE REST DURATION AT 2? IS YOUR CONTRACTION TIME AT 8? (STANDARD UNLESS YOU WANT TO SIMULATE RUNNING EXERCISES IN WHICH CASE YOU CAN TURN THE CONTRACTION TIME TO LOWER SETTINGS)

YES

NO

13. DID YOU PRESS THE GREEN BUTTON TO START TREATMENT? DURING THE TREATMENT. DID YOU INSTRUCT THE CLIENT TO BREATHE IN AND CONTRACT DURING CONTRACTION TIMES AND BREATHE OUT AND REST DURING REST TIMES?

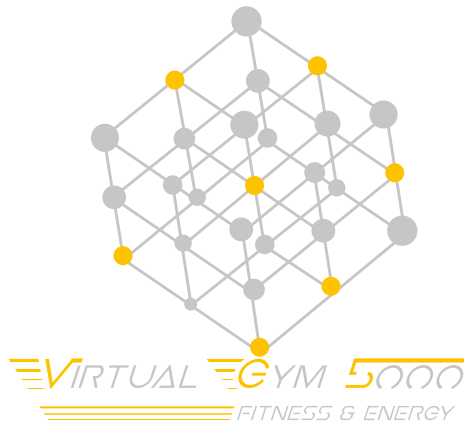
YES

NO

14. ARE YOU CHANGING THE WAVEFORMS ON THE LEFT ONLY DURING REST TIME, WAIT FOR AT LEAST 4-5 CONTRACTIONS AND **THEN** CHANGE THE WAVEFORMS ON THE RIGHT? **YOU SHOULD NEVER CHANGE THE LEFT AND RIGHT WAVEFORMS SIMULTANEOUSLY**

YES

NO



15. FOR PEOPLE WITH VISCERAL FAT. ARE YOU USING ALL THE WAVEFORMS BUT SPEND MORE TIME WITH THE WAVEFORMS GROUPED UNDER THE VISCERAL FAT LABEL?

YES

NO

16. IS YOUR HAND ON THE CLIENT'S BODY TO CHECK THE LEVEL OF CONTRACTION? ARE YOU RESPONDING TO THE CLIENT'S CONCERNS? E.G. IF A CLIENT REPORTS DISCOMFORT WITH ONE OF THE PADS DO YOU IMMEDIATELY DISCONNECT THIS PAD **ONLY WHEN THE SIGNAL INDICATOR IS RED**, CHECK IT TO SEE IF ITS DAMAGED, REPLACE IT IF DAMAGED. IF THE PAD IS NOT DAMAGED THEN PLACE IT IN ANOTHER PART OF THE **SAME** SIDE BODY AND CONNECT IT **ONLY WHEN THE SIGNAL INDICATOR IS RED**. THE CLIENT MUST NOT FEEL DISCOMFORT DURING TREATMENT.

YES

NO

17. ARE YOU CONSTANTLY REINFORCING THE CLIENT TO GET TO THE HIGHER LEVEL? **"GREAT! WELL DONE!"** ETC. ARE YOU ANIMATED DURING THIS REINFORCEMENT THE WAY A TRAINER WOULD BE TALKING TO SOMEONE WORKING OUT IN THE GYM? YOUR VOICE MUST BE ENCOURAGING AND SHOULD CREATE AN AMBIANCE OF EXCITEMENT.

YES

NO

18. DO YOU ALWAYS CHECK YOUR PADS TO MAKE SURE THEY ARE ALWAYS FLUSH WITH THE BODY? ARE YOU CABLES PLACED ALL IN THE SAME DIRECTION?

YES

NO



19. IF YOUR CLIENT IS NERVOUS WHEN YOU INCREASE THE VOLTAGE DO YOU A/ REASSURE THE CLIENT B/ INCREASE THE CLIENT'S CONTRACTION BY CHANGING THE WAVEFORMS RATHER THEN INCREASING THE VOLTAGE? WHEN YOU REACH THE LAST WAVEFORM SETTING AND START GOING BACK THEN YOUR CLIENT MAY BE MORE COMFORTABLE WITH YOU INCREASING THE VOLTAGE.

YES

NO

20. IN TURNING OFF THE MACHINE DID YOU FIRST PRESS THE STOP BUTTON AND THEN TURN THE VOLTAGE DIALS BACK TO ZERO?

YES

NO

21. ARE YOU ASKING THE CLIENT : "ARE YOU OK?" EVERYTIME YOU INCREASE THE VOLTAGE? ARE YOU INFORMING THE CLIENT EVERYTIME YOU CHANGE THE WAVEFORM: "I WILL NOT CHANGE YOUR EXERCISE. YOU WILL GO THROUGH 144 EXERCISES, SOME WILL FEEL LIKE DANGING SOME LIKE BEING IN THE GYM." DID YOU GIVE THE CLIENT A CHOISE: "SHOULD I INCREASE THE INTENSITY OR CHANGE YOUR EXERCISE?"

YES

NO