



Necessary Steps / Basic Rules

For the Virtual Gym Treatment Procedure

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

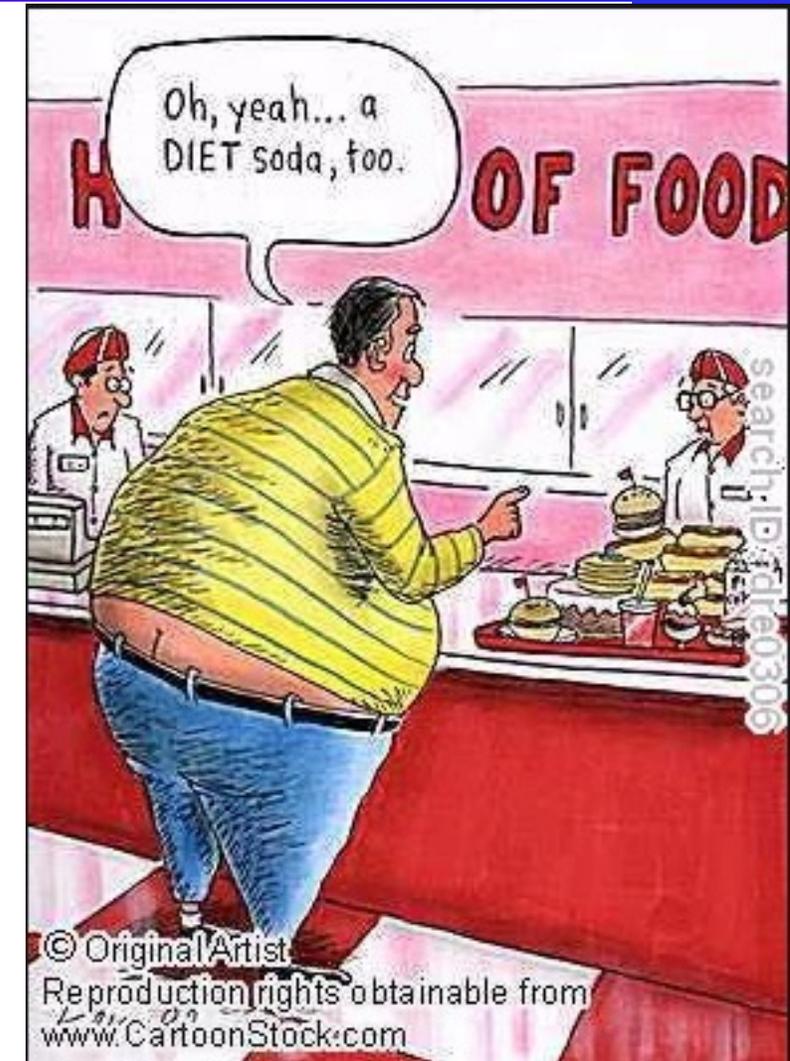
C/ EXERCISE

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



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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 one or two months in the gym. If you need the gym for a year that's 6-12 treatments. If you need the gym for two years that's 12- 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 skip weeks

Rule 7: ask people to monitor and report to you what they eat every day. This must include everything they eat (see food intake questionnaire)

Rule 8: people who are stressed will need more treatments. Stress increases cortisol and disturbs the hormonal balance. This compromises immunity which results in toxicity increase.

Rule 9: people who are diabetic or hypothyroid or have some other medical condition need more treatments due to reduced immunity and hormonal disorganization

Rule 10. Always do at least one hour treatment. The body utilizes subcutaneous fat for the first 30 min and then starts burning visceral fat. So you need this additional 30 min to burn the visceral fat

Rule 11. With younger people with no visceral fat use 30 -45 min contraction time 10 and at least 15-30 min contraction time 2

The virtual gym 8888 fitness max offers 256 exercises repeated 1000 times in one hour for a total of 25,600 exercises. These include:



Strength exercises (contraction time setting on 10 / rest duration 2)

Resistance exercises (contraction time setting on 10 / rest duration 2)



Stretch exercises (contraction time setting on 10 / rest duration 2)

Aerobics / jumping / running (contraction time setting on 2 / rest duration 2)



Exercises to relieve back pain
(contraction time setting
On 10 / rest duration 2)



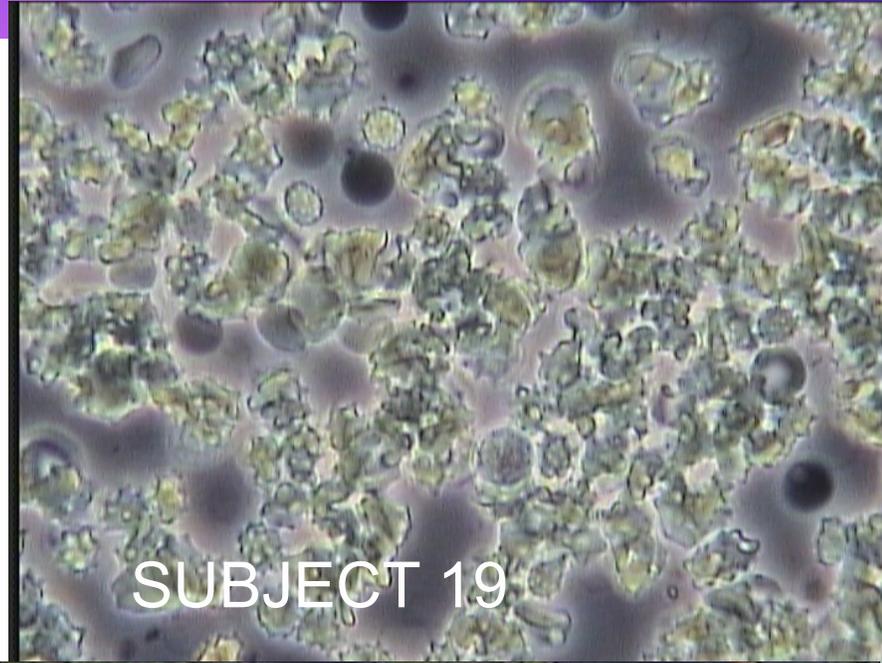
Why you don't need
Cardiovascular exercises

19 SUBJECTS: TREATMENT 1

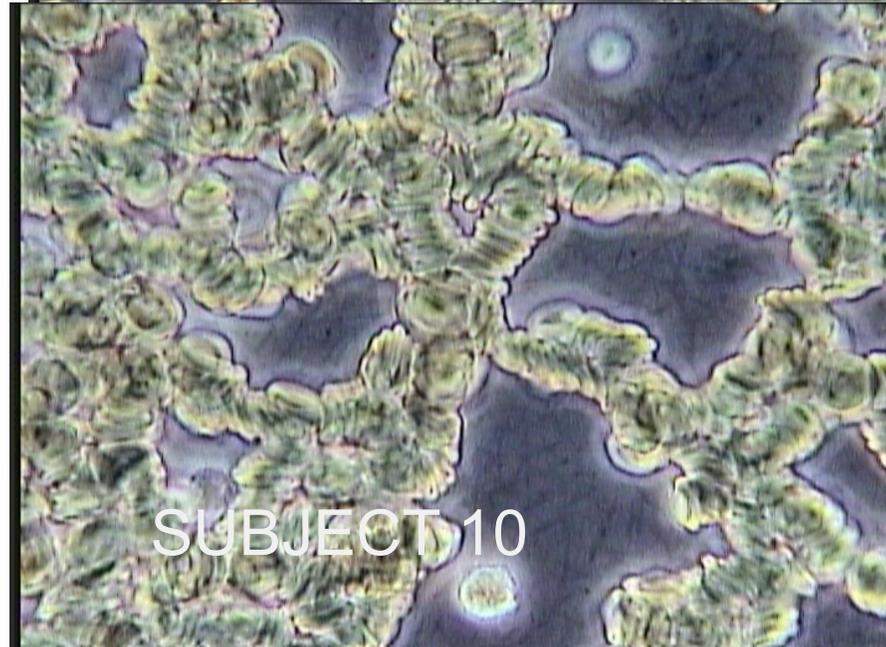
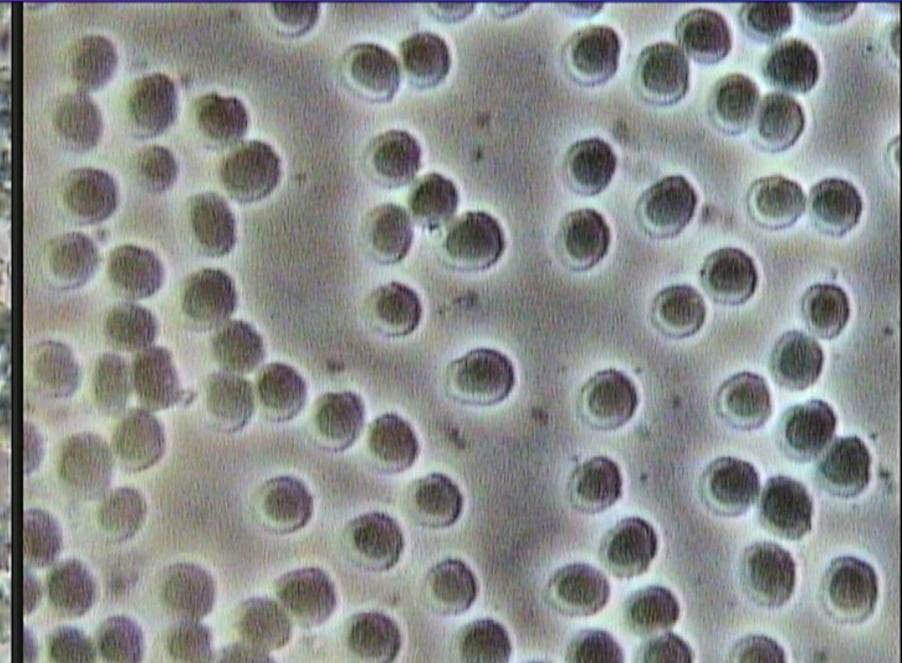
TREATMENT 6

Normally you use cardiovascular exercises to increase heart rate. These increase the PUMPING RATE of the heart which STRAINS the heart - Dangerous to seniors!

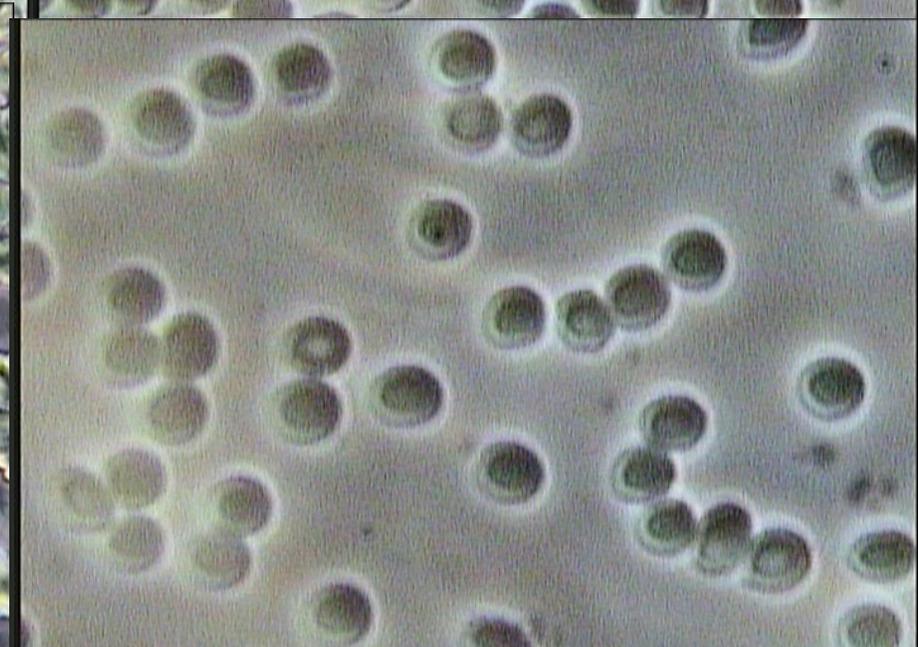
The Virtual Gym Separates RBCs. You don't have to increase the rate with which the heart pumps the blood because the blood flows without the heart being strained by excessive pumping



SUBJECT 19



SUBJECT 10



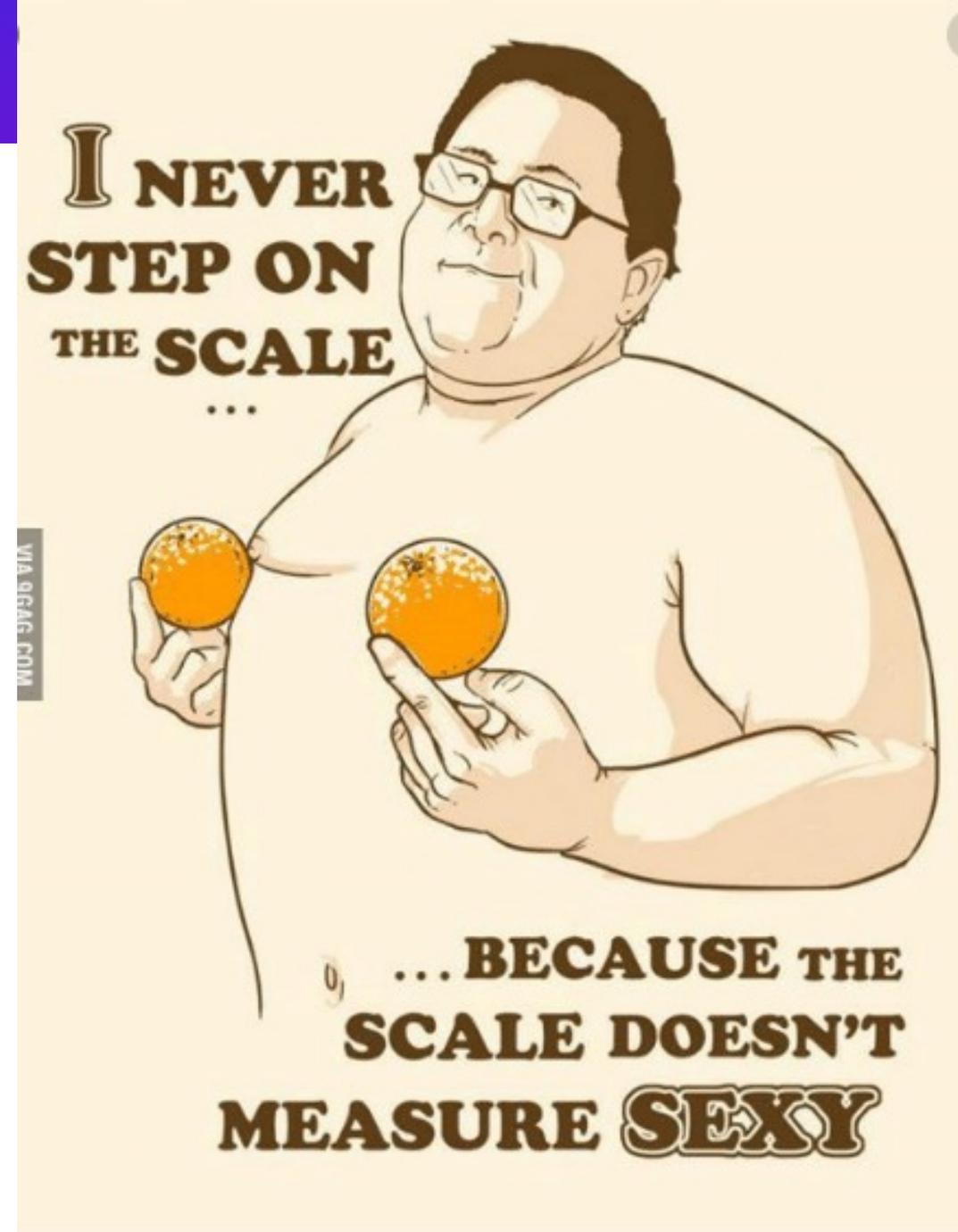
WHY VIRTUAL GYM HIGH-SPEED EFFORTLESS EXERCISE? DO YOU REALLY HAVE A CHOICE?

- 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



VIRTUAL GYM POSSIBLE 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



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. 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 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 + 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 DETOX

Before treatment

PICTURES

1. MAKE AN X ON THE FLOOR WHERE THE PATIENT STANDS
2. 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

BEFORE TREATMENT MEASUREMENTS

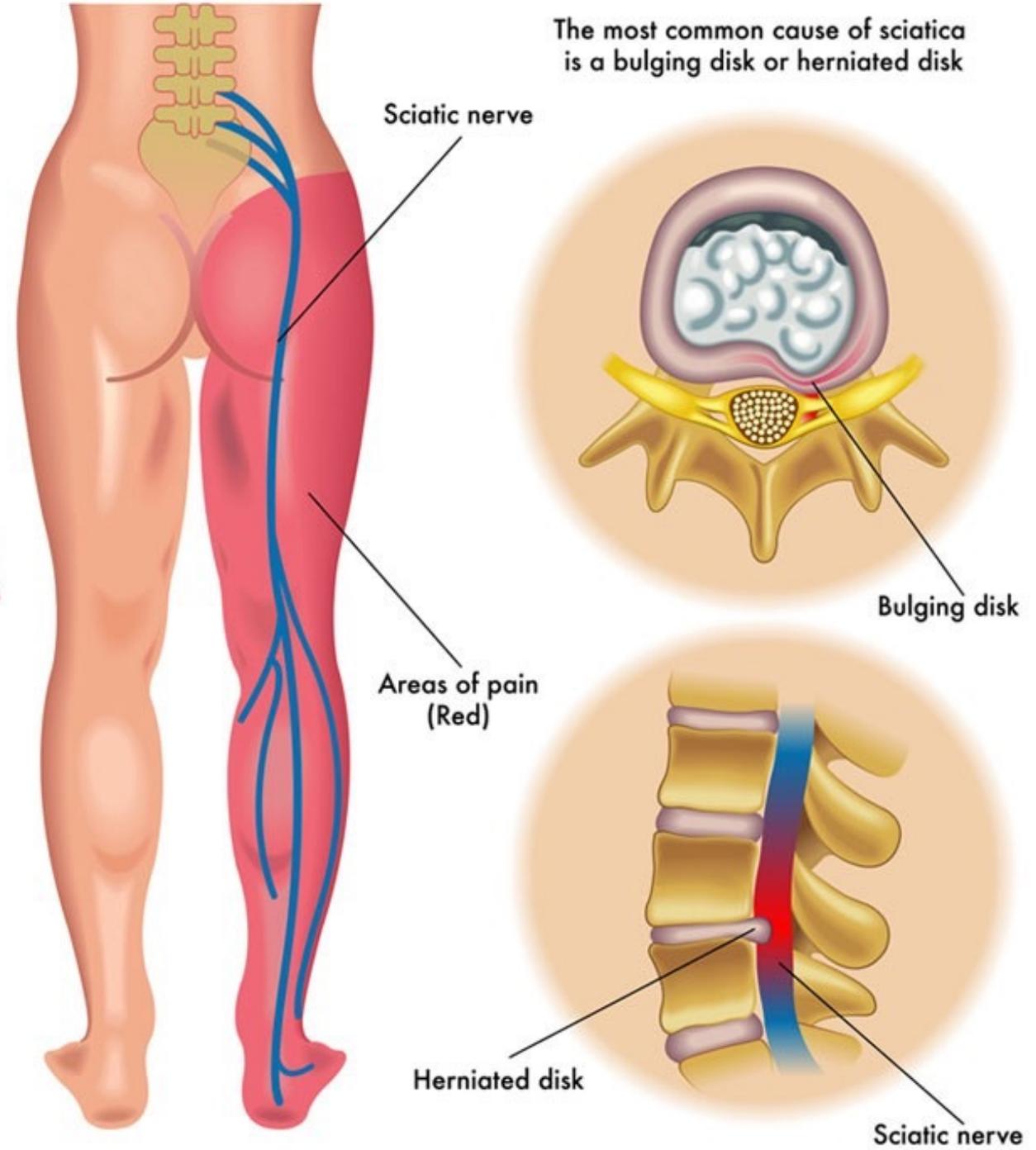
1. Draw 8-12 lines on the front of the abdomen.
2. Draw 8-12 lines on the left side of the abdomen
3. Draw 8-12 lines on the right side of the abdomen
4. Draw 8-12 lines on the back of the abdomen
5. 2 lines one on the outside and one on the inside of each thigh
6. 2 lines one on the outside and one on the inside three fingers ABOVE each knee
7. 2 lines one on the outside and one on the inside of each foot
8. 2 lines one on the bisect and one on the triceps of each arm
9. After ALL lines are drawn put your tape on the line marks and get:
 - A. 8-12 measurements on the abdomen
 - B. 3 measurements on the legs
 - C. 2 measurement on the arms

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.



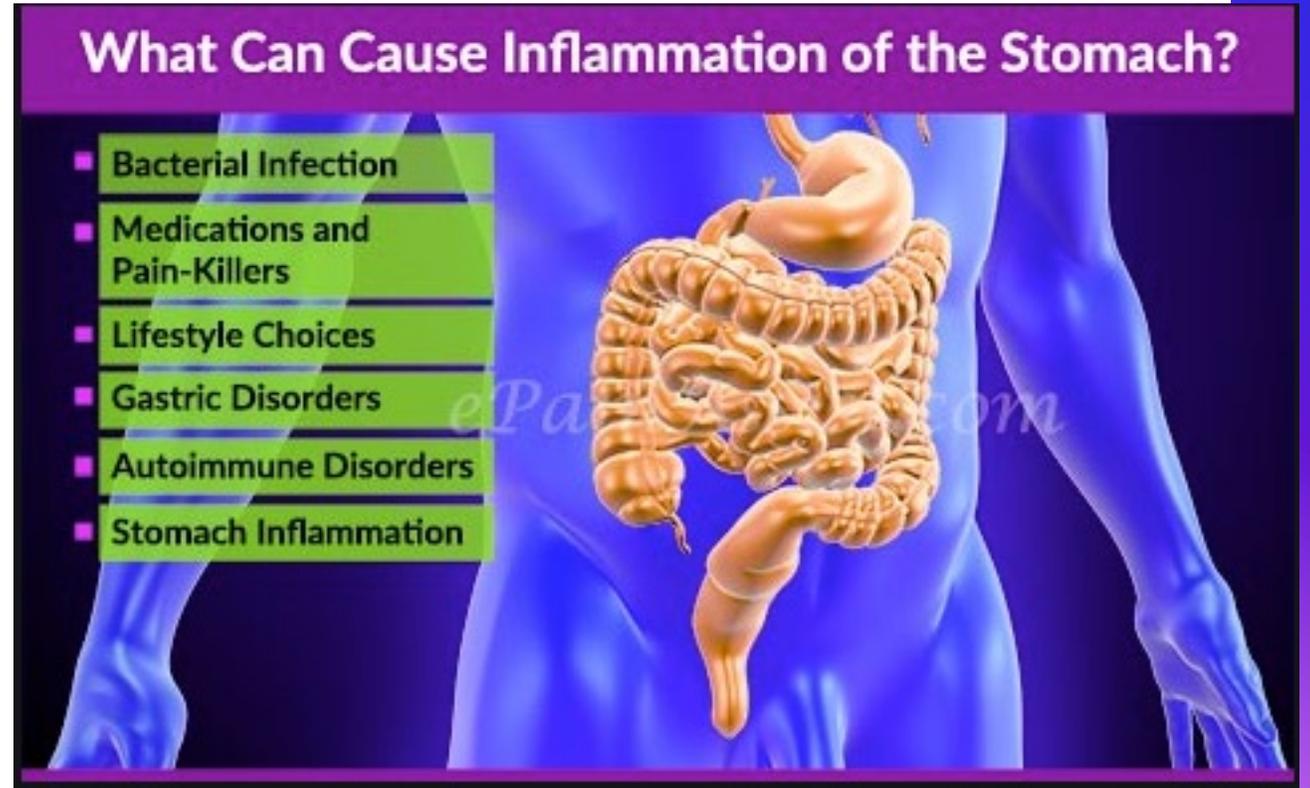
Sciatica often results in pain radiating down the leg



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

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**



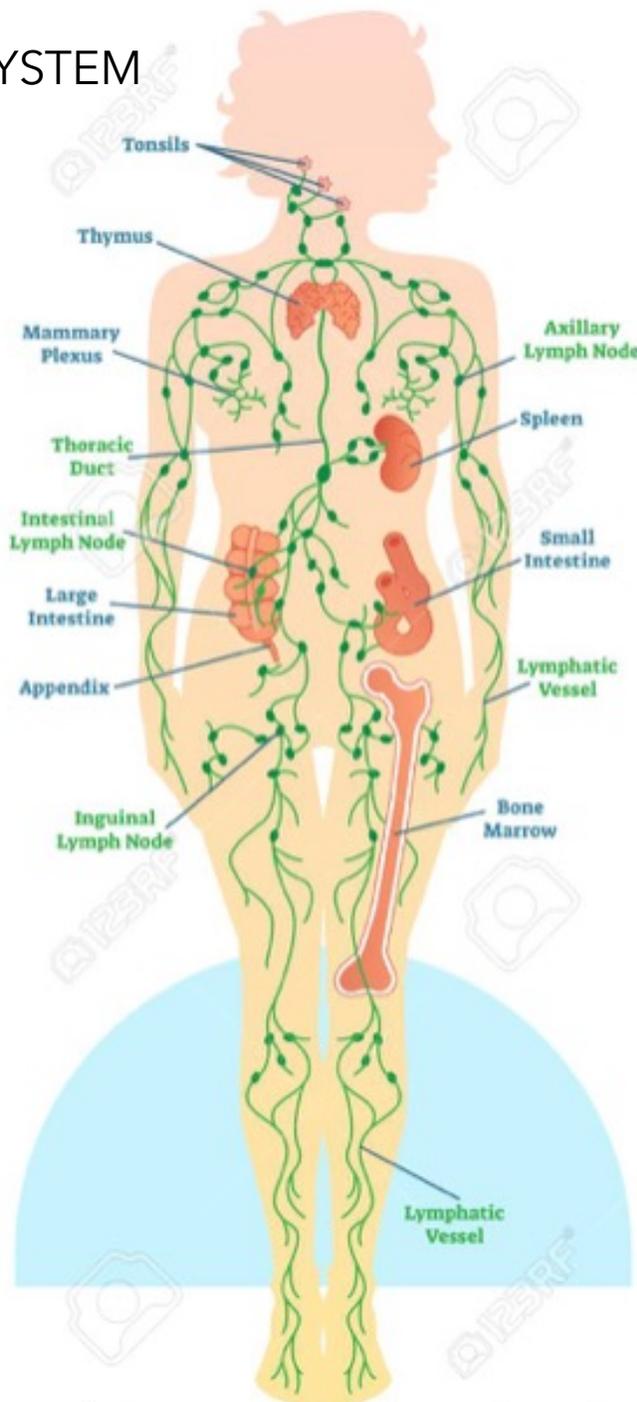
You should not have placed this pad on the patient. If you did, you should not be operating this device until you learn to fully comply with the rules



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



LYMPHATIC SYSTEM



UPPER LYMPHATIC SYSTEM



AFTER TREATMENT



Closed ✓



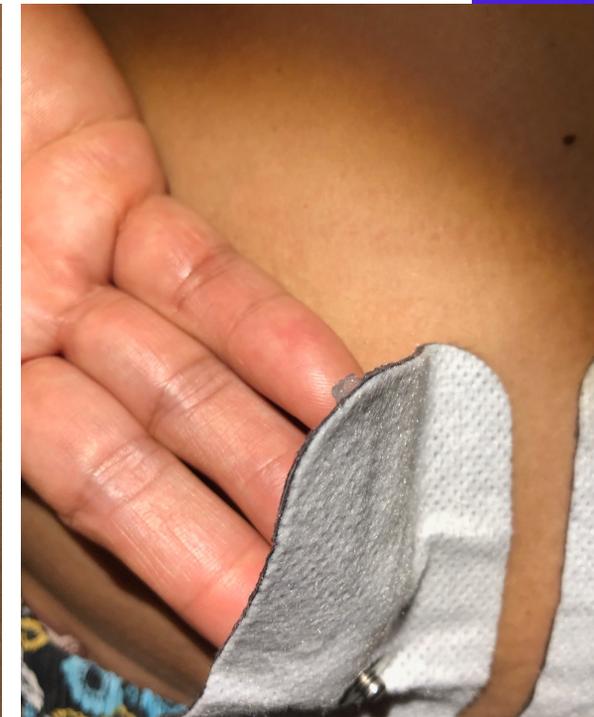
Left opened ✗

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.**

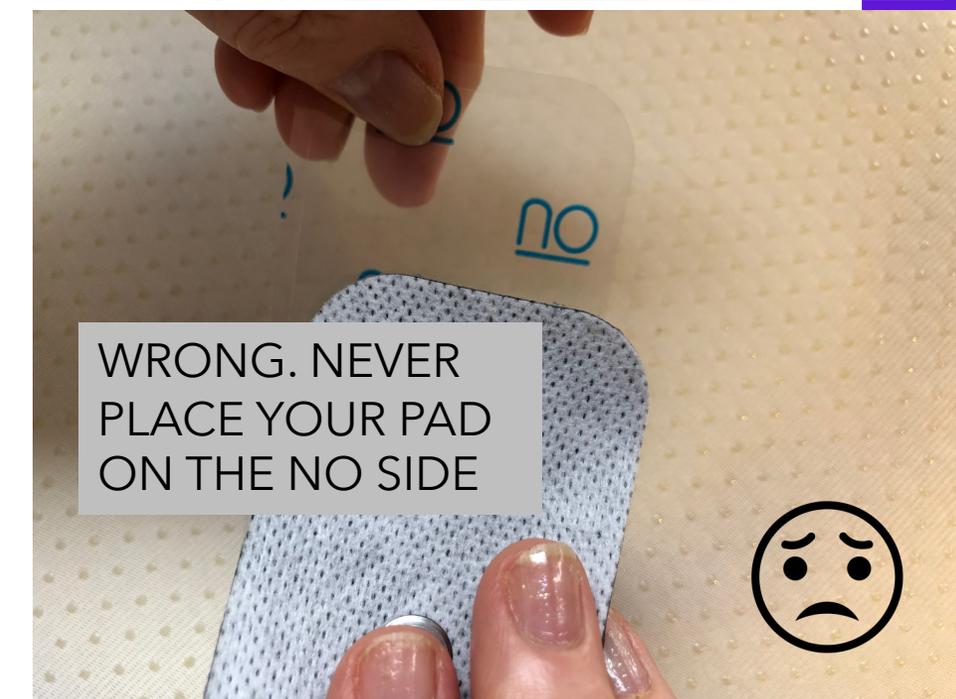


HOW TO PLACE PADS BACK ON THE PLASTIC

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

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



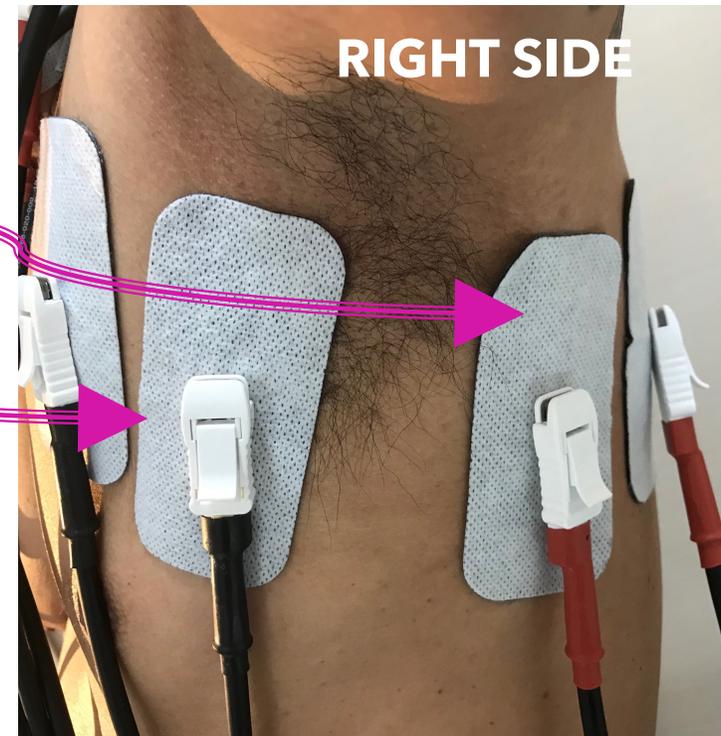
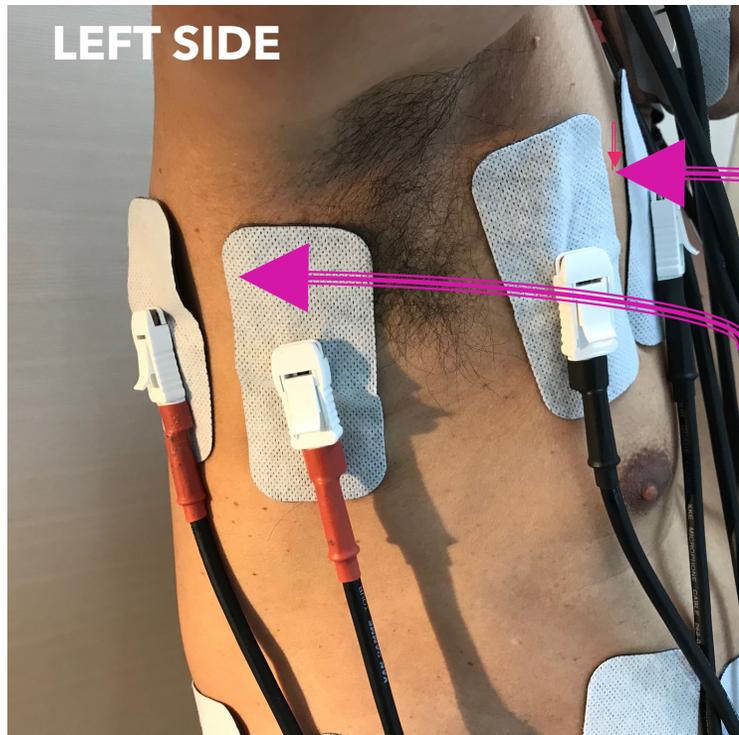
THEN PAD UPPER ABSOMEN ON SAME SIDE ... ETC





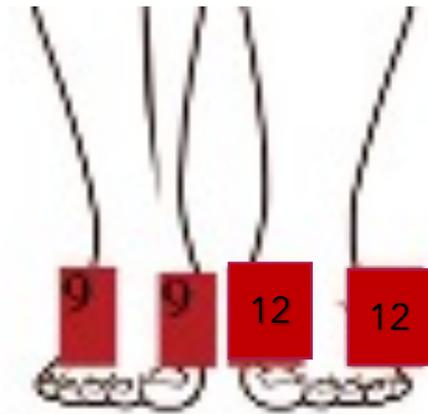
**CONNECT
FAT WITH FAT**

1. If you put red on one side of the body (eg. Left side) you put black on the other (eg. Right side)
2. Quad cables: if you put the two red on one side of the body (eg. Left side) you put the two black on the other (eg. Right side)
3. If you put black on the front you put red on the back. If you put red on the front you put black at the back



Severe Foot Swelling:

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





UNDER THE KNEE PROPER PAD PLACEMENT

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
2. Pads must be one finger apart from each other. THEY MUST BE FIVE FINGERS AWAY FROM EITHER SIDE OF THE SPINE
3. You wrap the fat or the muscle with the pad. Pads must be tailored to the body according to the patient's body. Pads must cover ALL bulges on the patient's body. You can place the pads horizontally or vertically or obliquely to cover the bulges
4. Never Put 1-8 channels on the Upper body
5. You start UNDER the umbilicus right on the left side of the umbilicus
6. Pads numbered 1,1,2,3,4 4 Must always be placed on the larger part of the abdomen which is usually the bottom part.

The voltage on channels 5, 6, 7, 8 is relatively lower than 1,2,3,4

9. Pads **1,1,2,5,6 black** go in the middle ON ONE LEFT OF THE BODY

Pads **3,4,7,8,8 red** go on the side / back ON ONE LEFT OF THE BODY

10. **3,4,7,8,8, black** go on the RIGHT side of the body

Pads **1,1,2,5,6 red** on the side / back ON ONE RIGHT OF THE BODY

11. Depending on the size of the body we must add more channels on the abdomen.

Most often channels 13, and 15 may also be added in the abdomen as follows

(With Obesity we must add 10, 11 OR 14, and 16 or BOTH see later on the pads configuration).

The configuration will be as follows:

A. Pads **1,1,2,5,6, 13 black** go in the middle ON ONE LEFT OF THE BODY

B. Pads **3,4,7,8,8, 15 red** go on the side / back ON ONE LEFT OF THE BODY

C. **3,4,7,8,8, 15 black** go on the RIGHT side of the body

D. Pads **1,1,2,5,6, 13 red** on the side / back ON ONE RIGHT OF THE BODY

1. **Pads 9,9 Red** go one on the LEFT foot and the other under the knee
2. In case on swelling BOTH Pads **9,9 Red** go one on the LEFT foot

3. **Pads 12,12 Red** go one on the RIGHT foot and the other under the knee
4. In case on swelling BOTH Pads 12, 122 Red go one on the RIGHT foot

5. **Pad 10 Red** goes on the Under the Left knee (next to **9 red -on the inside of 9 red**)
6. **Pad 11 Red** goes on the Under the Left knee (next to **12 red -on the inside of 12 red**)

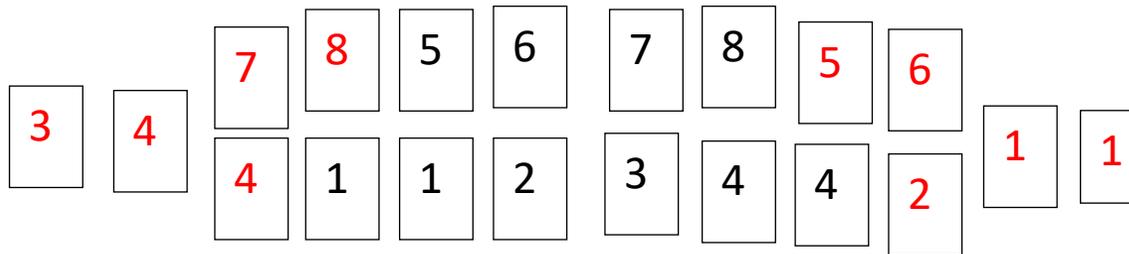
7. **Pads 12, 12, 11 Black** go on the upper thigh above **9, 10 red** which are under the knee
8. **Pads 9, 9, 10 Black** go on the upper thigh above **12, 11 red** which are under the knee

9. **Pads 14, 14 black** go on the front of the chest and under arm and pads **16, 16 red** go next to **14 black** on the underarm and the back. FIVE FINGERS AWAY FROM THE SPINE
10. **Pads 16, 16 black** go on the front of the chest and under arm and pads **14, 14 red** go next to **16 black** on the underarm and the back. FIVE FINGERS AWAY FROM THE SPINE

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

LEFT ABDOMEN

RIGHT ABDOMEN

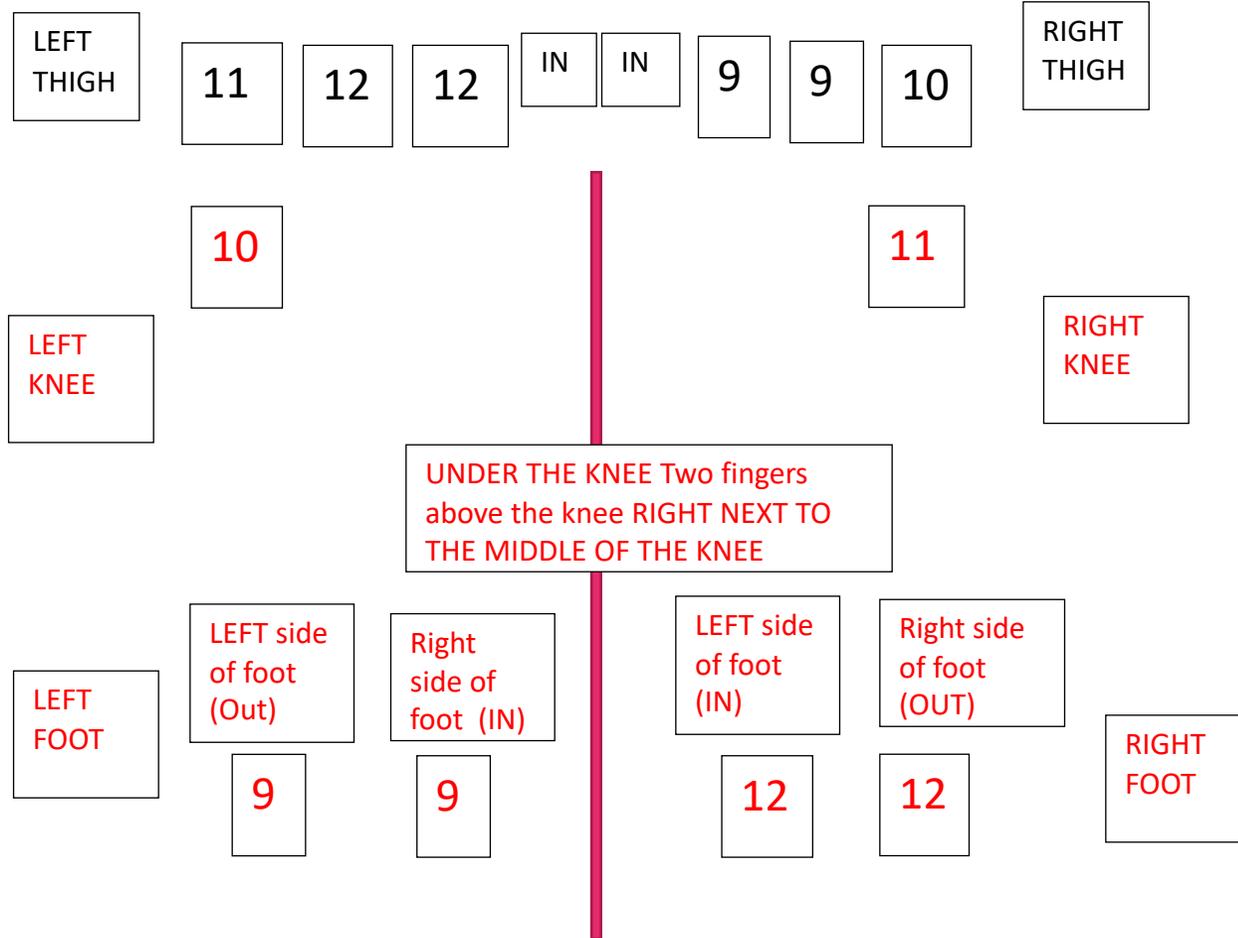


For Younger people and Athletes: European Football / Runners

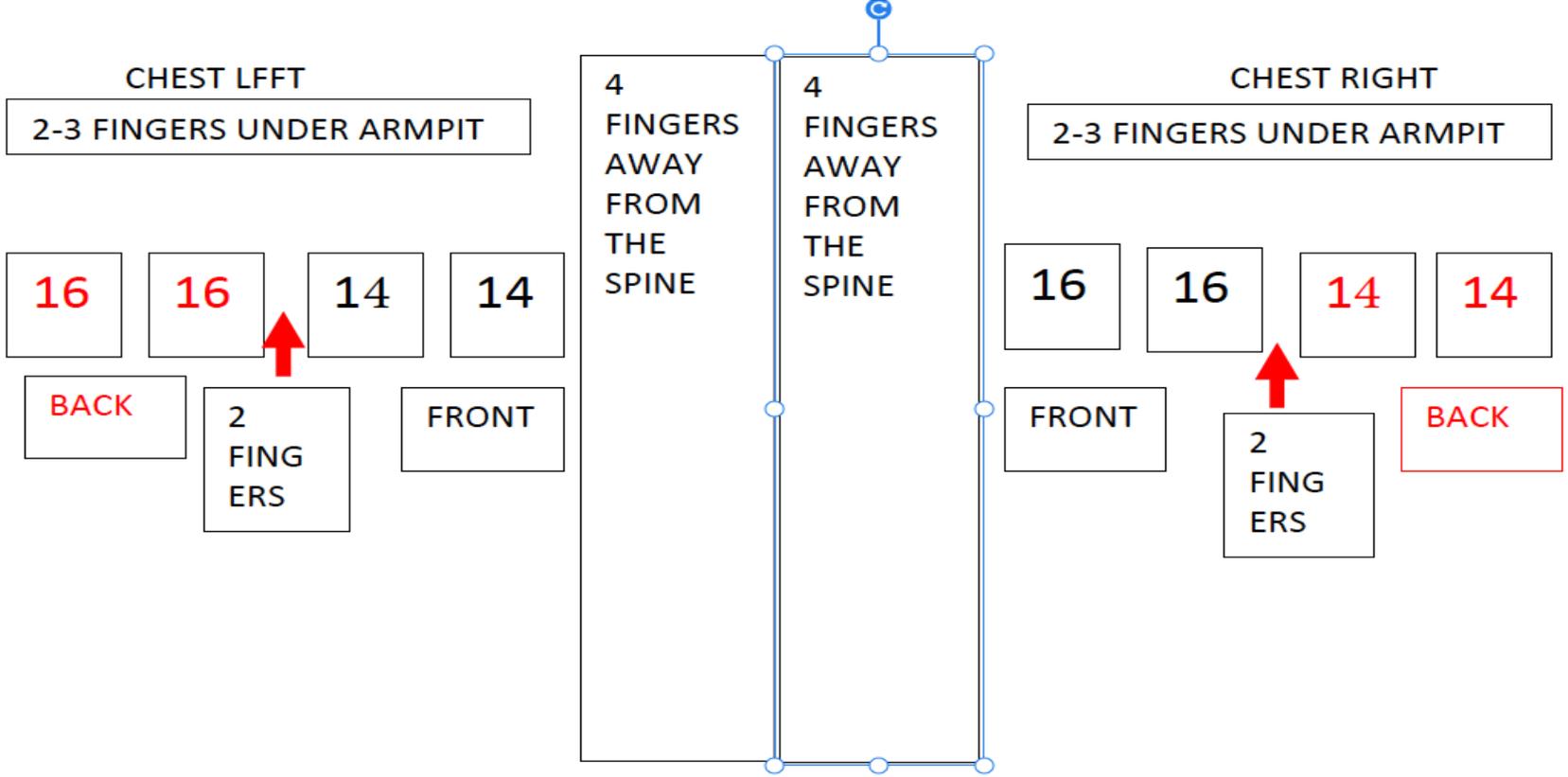
Use 30 min contraction duration 10 and 30 min contraction duration 2.

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

SWOLLEN FEET

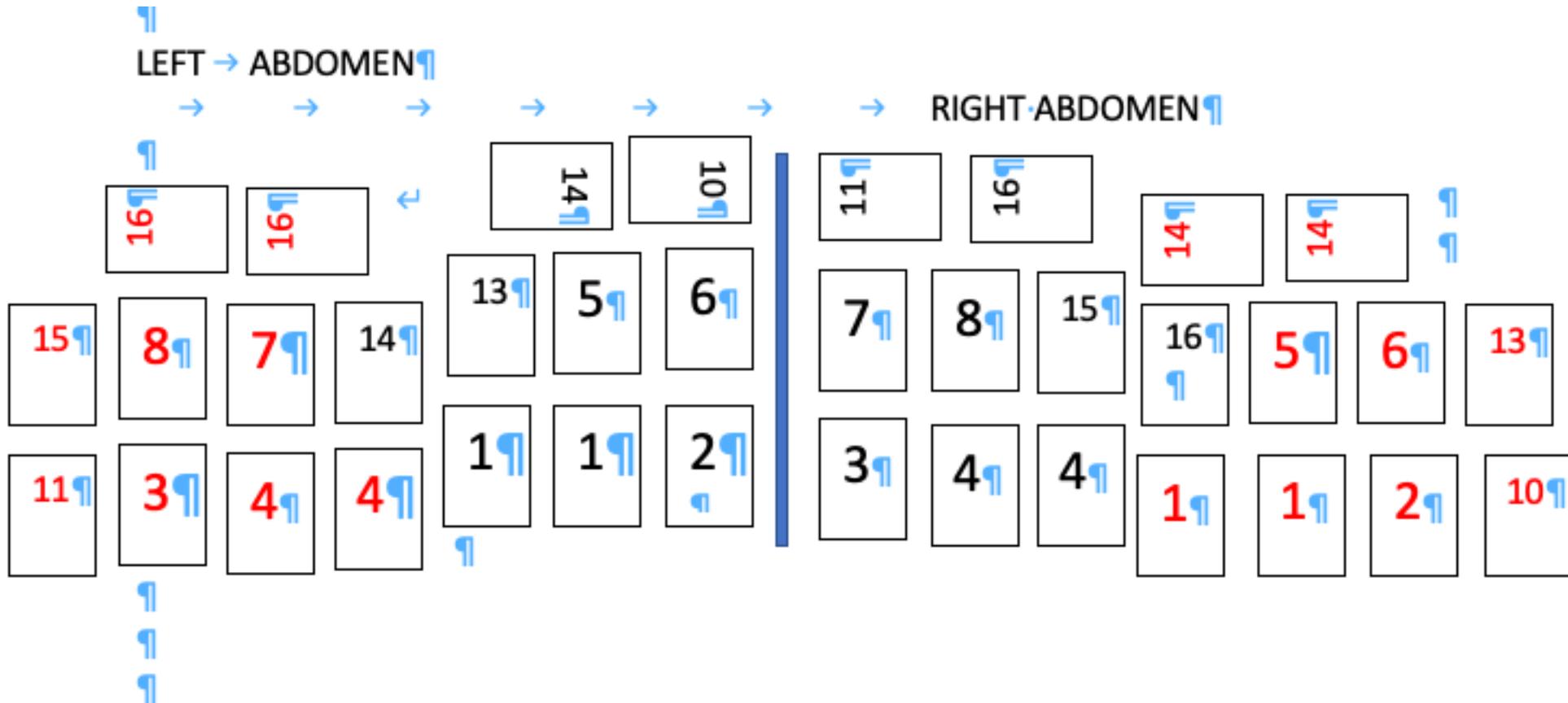


CHEST PADDING

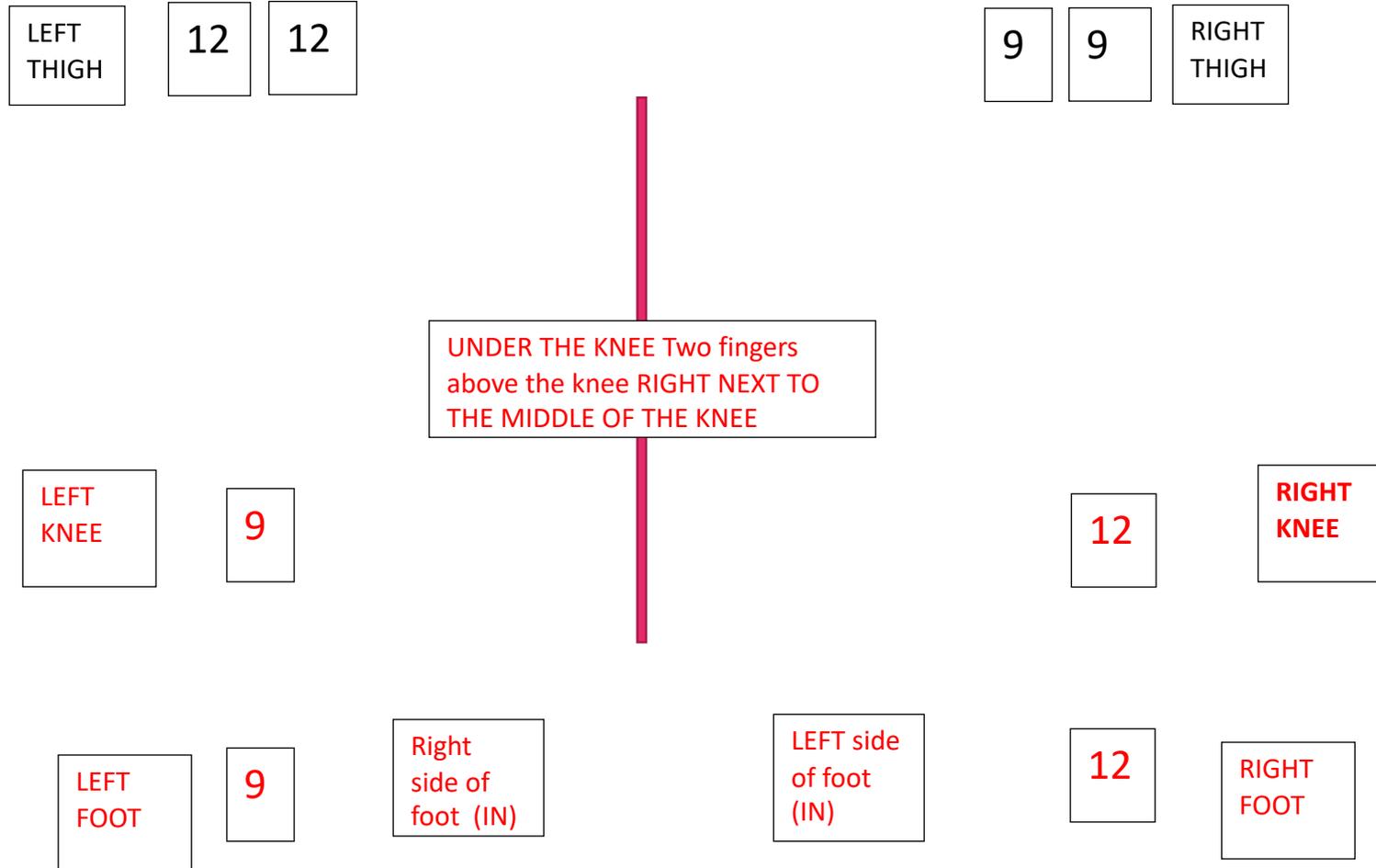


OBESITY /METABOLIC SYNDROME AND DIABETES - BMI >30

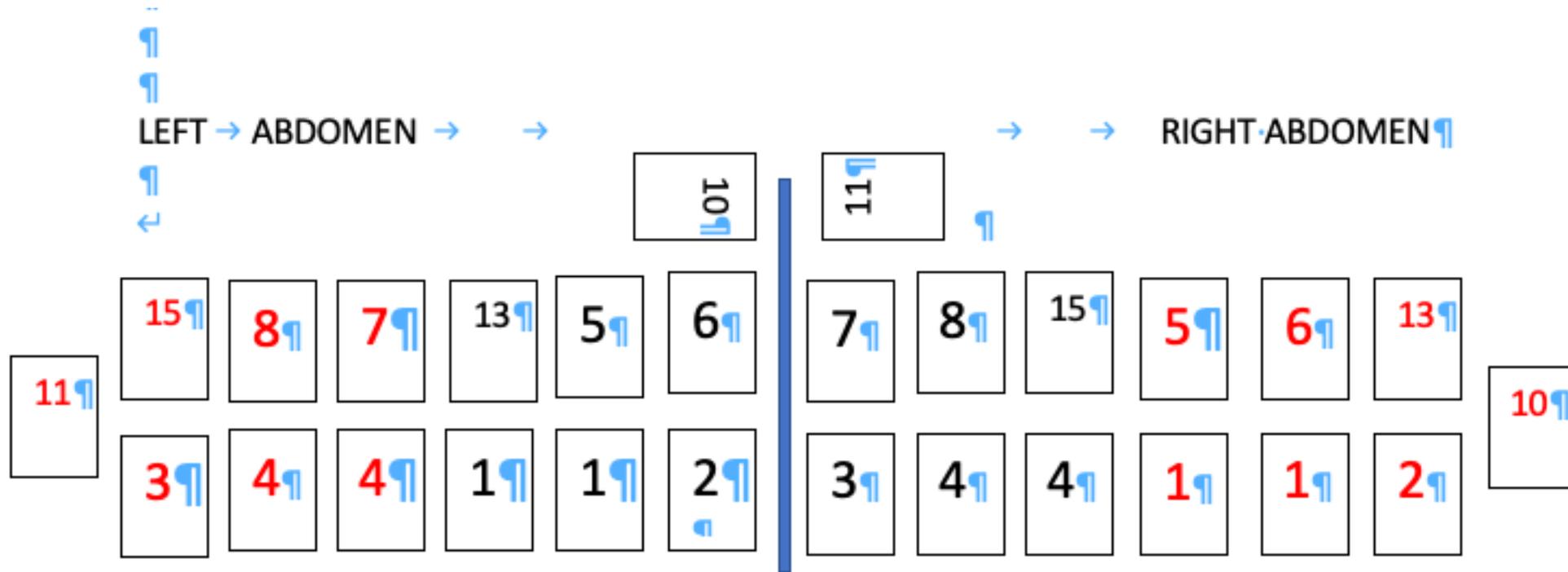
The objective is to wrap up the fat or the bulge with the pad. You can place the pad horizontally, vertically or obliquely as long as you wrap up a bulge. You can use more pads to cover a large bulge but you cannot cover two separate bulges with the same pad. USE CONTRACTION DURATION 10 FOR AT LEAST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



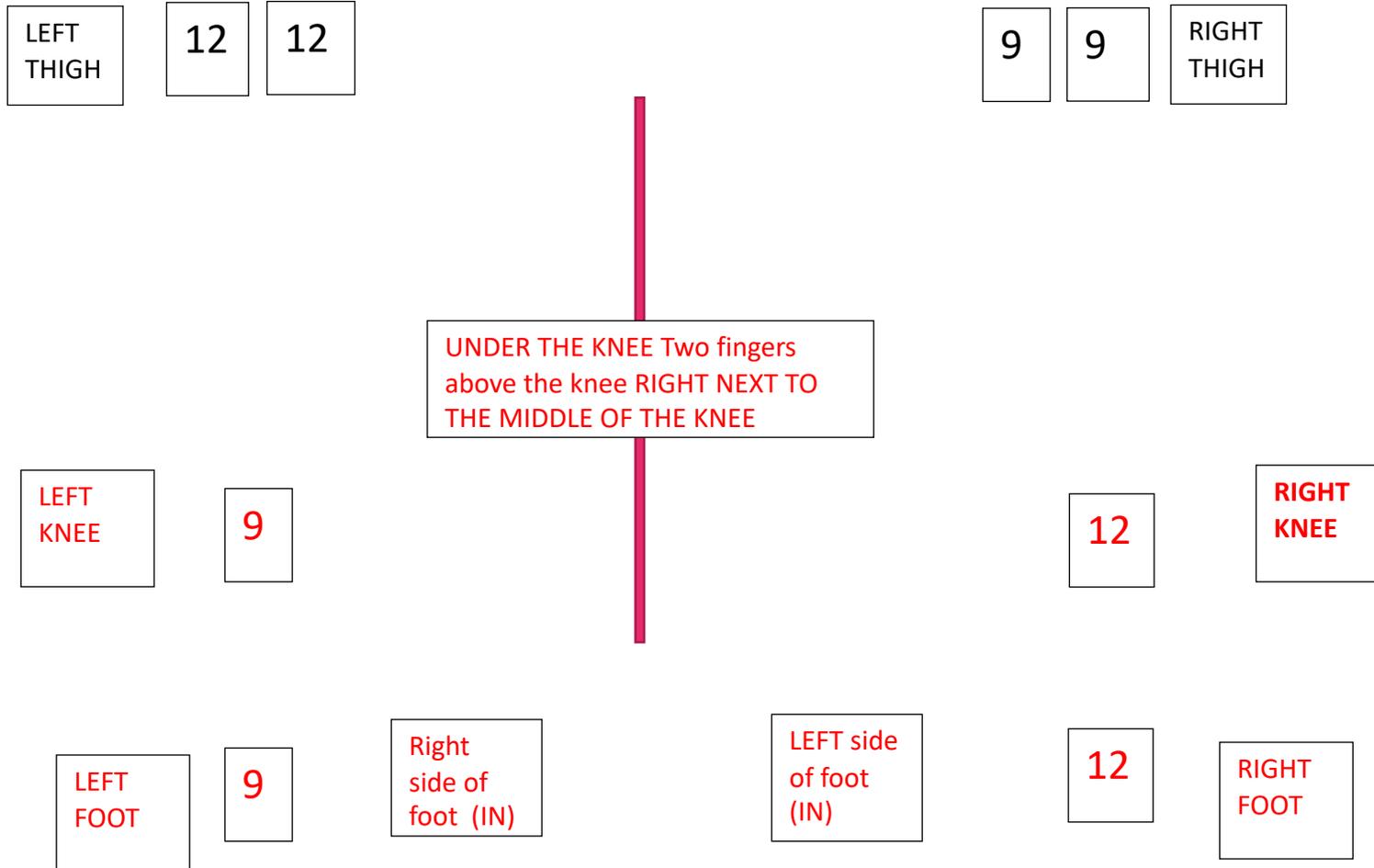
OBESITY BMI > 30 / METABOLIC SYNDROME AND DIABETES LEGS



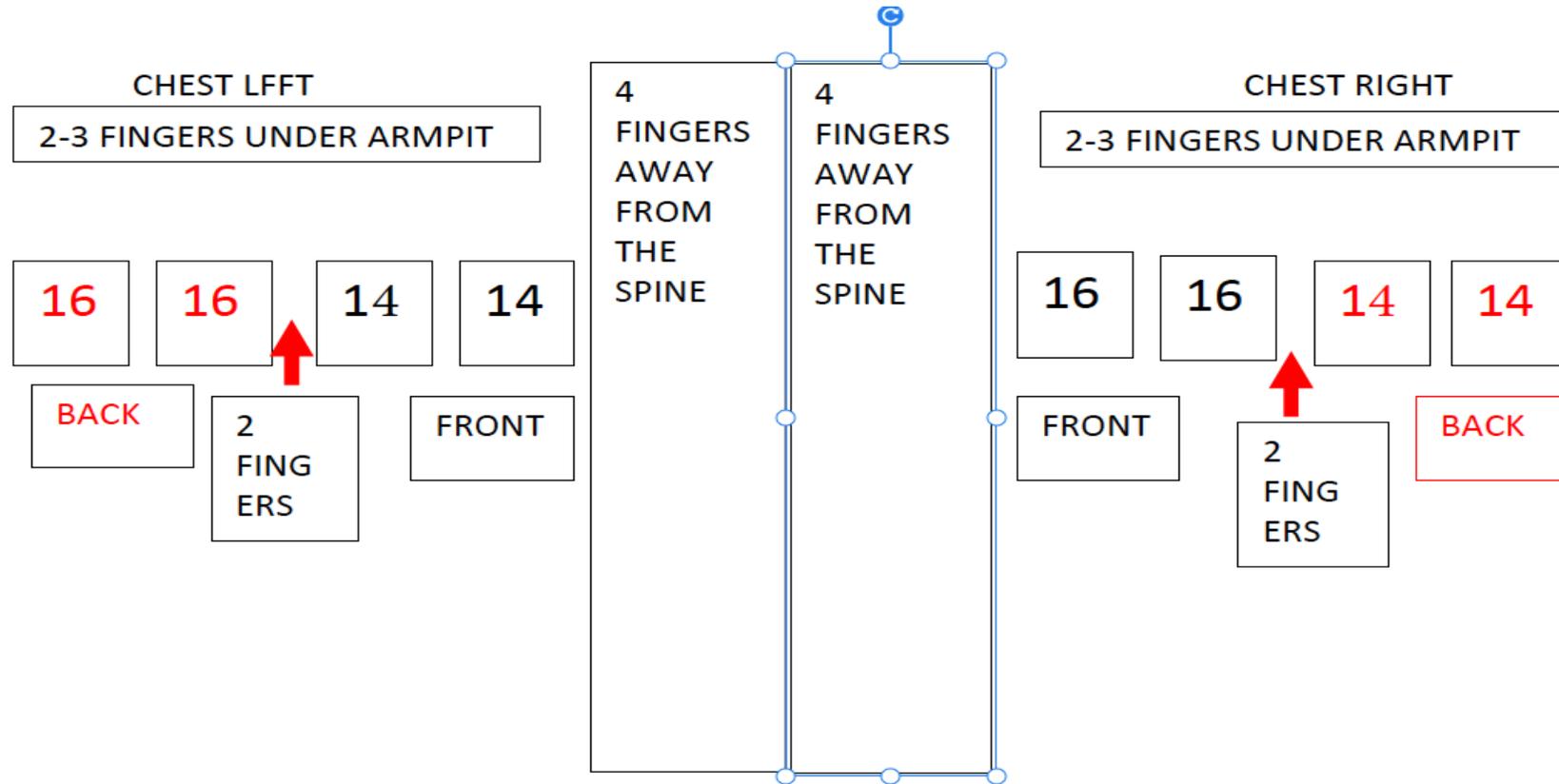
MILD OBESITY / HYPOTHYROID - PREDIABETES BMI<30 TOXICITY ON BOTH LOWER AND UPPER BODY



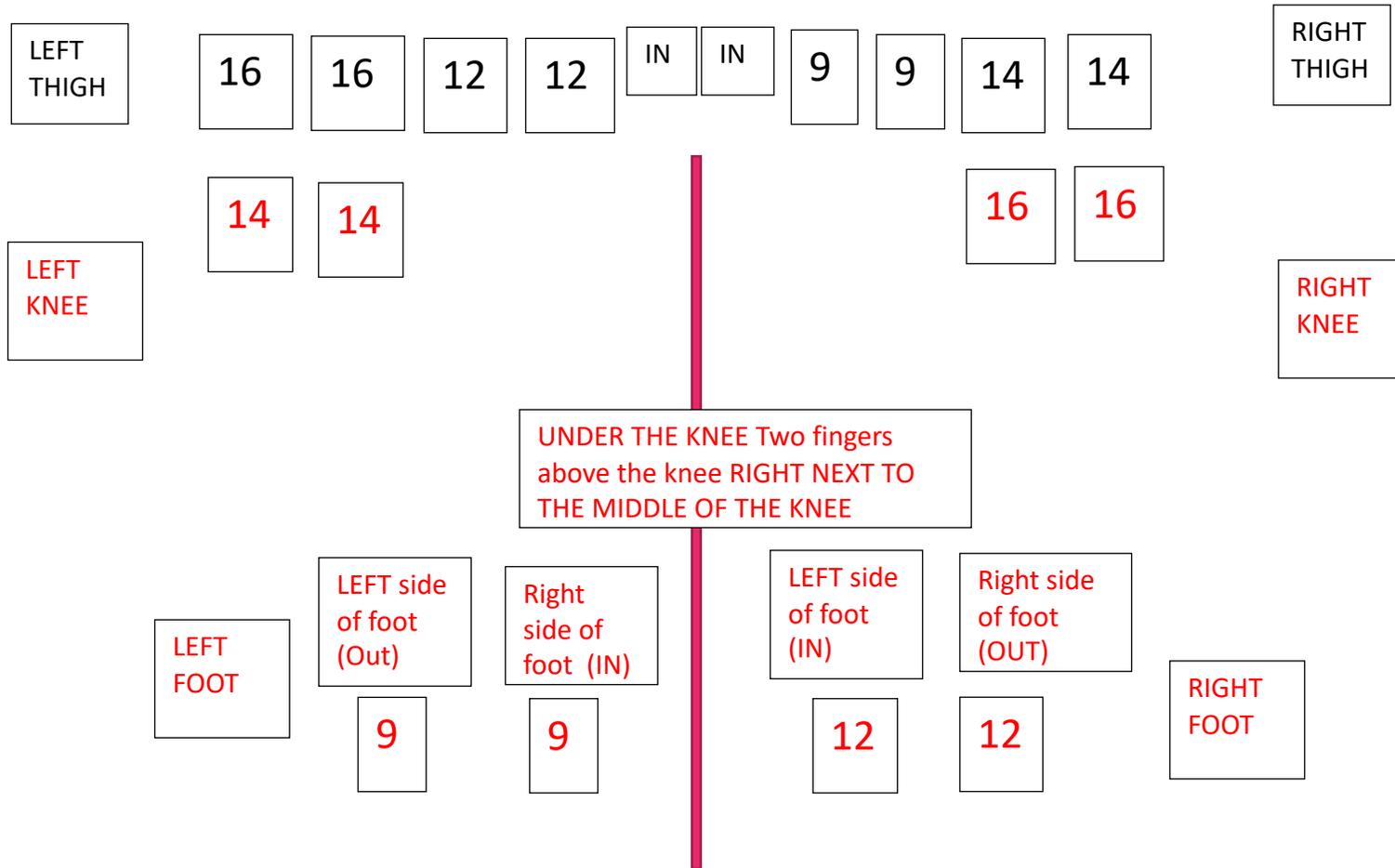
OBESITY BMI<30 / PRE DIABETES LEGS



OBESITY BMI<30 / PRE DIABETES CHEST PADDING



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



Operation is Detail:

Turn machine on from the Key

Pads must be in four bags a. 1-8 black. B. 1-8 red

ALL THESE PADS MUST LOOK NEW AND FEEL HEAVY. C. 1-16 black / 1-16 red

Place pads

Place cables

Make sure the exercise knob on the left is all the way to the left

Make sure the exercise knob on the right is all the way to the right

Rest duration at 8

Contraction duration at 2

Press the green button

ONLY WHEN THE REST DURATION IS ON turn on the voltage knobs 9-16

ONLY WHEN THE REST DURATION IS ON turn on the voltage knobs 1-8

Turn rest duration to 2

Turn rest contraction duration to 8

When increasing voltage it must be in VERY SMALL INCREMENTS From one to 10 it should be ten little touches

Increase voltage (lower abdomen -1 2 3 4)

Increase voltage (lower abdomen -1 2 3 4)

Increase voltage (upper abdomen -5 6 7 8 13 15)

Repeat that until you see a contraction.

ASK PATIENT" Is stomach ok? Is any of the pads making you uncomfortable (IMMEDIATELY CHANGE PAD)

ASK PATIENT; CAN YOU FEEL YOUR FEET? Your LEGS? If not Increase voltage repeatedly in small increments (9 10 11 12 / 9 10 11 12) until the patient feels his/her feet and legs. If the patient cannot feel his/her feet that is due to congestion - excess toxicity. Keep increasing 9 . 12 until they feel their feet

ASK PATIENT; CAN YOU FEEL YOUR CHEST? If not Increase voltage legs (14 16) until the patient feels his chest. Lack of feeling is due to congestion - excess toxicity. Keep increasing 14/ 16 until they feel their chest.

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

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

ONLY WHEN THE REST DURATION IS ON - Only then YOU CHANGE THE LEFT EXERCISE KNOB ONE STEP UP CLOCKWISE

Keep increasing the voltage on the channels for at least 4 times the rest duration comes on (about ONE minute. Then it is time to change the exercise

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

ONLY WHEN THE REST DURATION IS ON - Only then YOU CHANGE THE Right EXERCISE KNOB ONE STEP UP ANTICLOCKWISE

Keep increasing the voltage on the channels for at least 4 times the rest duration comes on (about ONE minute. Then it is time to change the exercise

NOW I AM GOING TO CHANGE YOUR EXERCISE. READY?

ONLY WHEN THE REST DURATION IS ON YOU CHANGE THE RIGHT EXERCISE KNOB ONE STEP UP ANTI-CLOCKWISE

BREATHE IN WITH THE CONTRACTION AND OUT WITH THE REST TIME. BREATH IN.... BREATHE OUT

And so on... Repeat this process until treatment is complete