

Self-Training



With the Virtual Gym



1000 Strength- Resistance- Aerobic- Exercises



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: _____

ACCESSORIES:

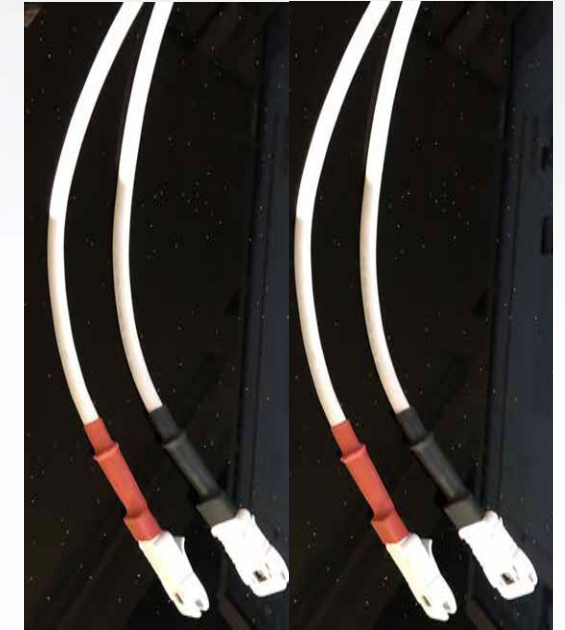
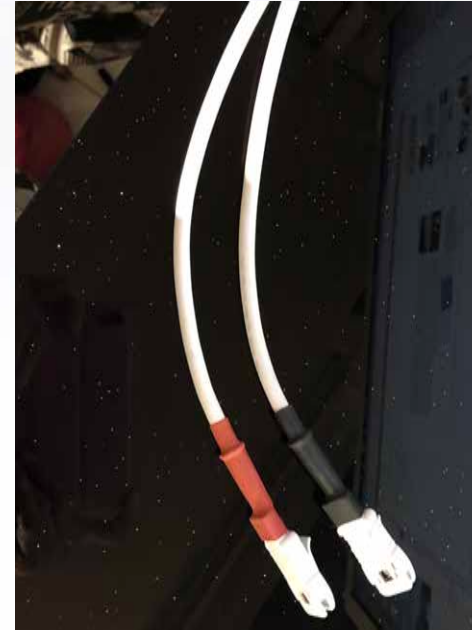
Self Adhesive Pads

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



White Single

White quad



16 CABLES

1. Six **SINGLE** white 3-pin din cables for channels 1-8, 10, 11, 12, 13, 14, and 15
2. Two **QUADS** white 3-pin din cables for channels 9, and 16.



14 Single Cables



2 Double Cables



Before Starting the Device ALWAYS CHECK:

CHECK THE VOLTAGE

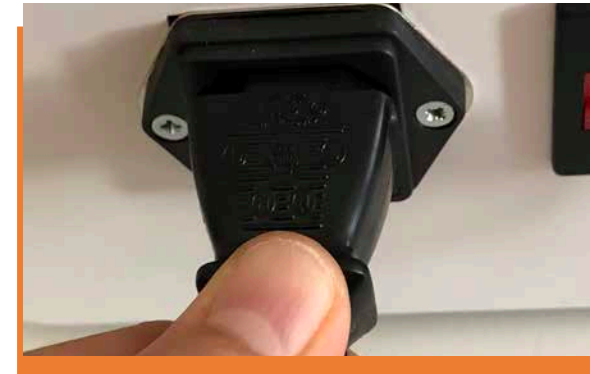
IT MUST BE IN THE
MAINS VOLTAGE
SUPPLIED IN YOUR
COUNTRY



PLUG THE POWER CORD
INTO THE MACHINE



CHECK THE PLUG
IS THE PLUG
ALL THE WAY IN?



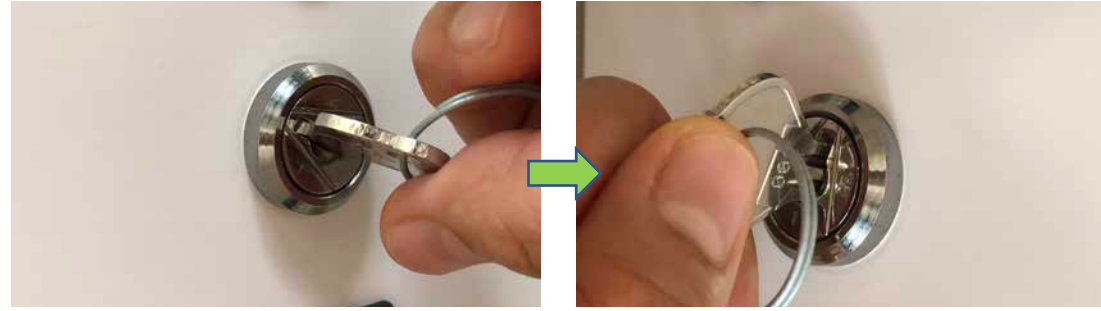
ALIGN AND PRESS THE
CABLE'S THREE PIN
DINS INTO THE THREE
HOLES OF THE
CHANNEL



SAFELY SCREW IN 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



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

STEP 8



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

BEFORE
STARTING
THE
MACHINE

STEP 9



CONTRACTION DURATION

SIGNAL DURATION
2-8 SECONDS

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

STEP 10



REST DURATION

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

BEFORE
STARTING
THE
MACHINE

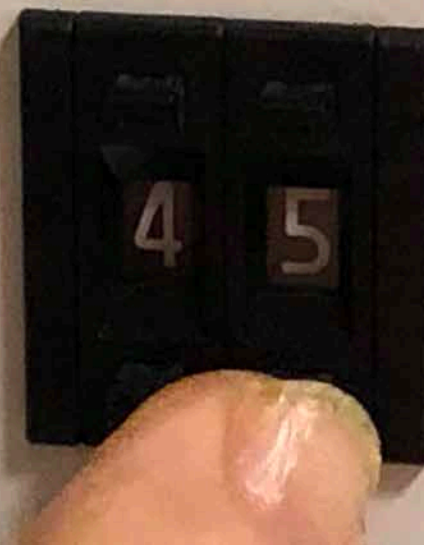
Set the time of Treatment. You can put, 20 min, 30 min, 45 min, one hour or one hour and a half

STEP 11



STEP 12.

TIME SET



Time set to 45 minutes here. This is ONLY an example. You can set the time to whatever you and the client decide

BEFORE
STARTING
THE
MACHINE

STEP 13

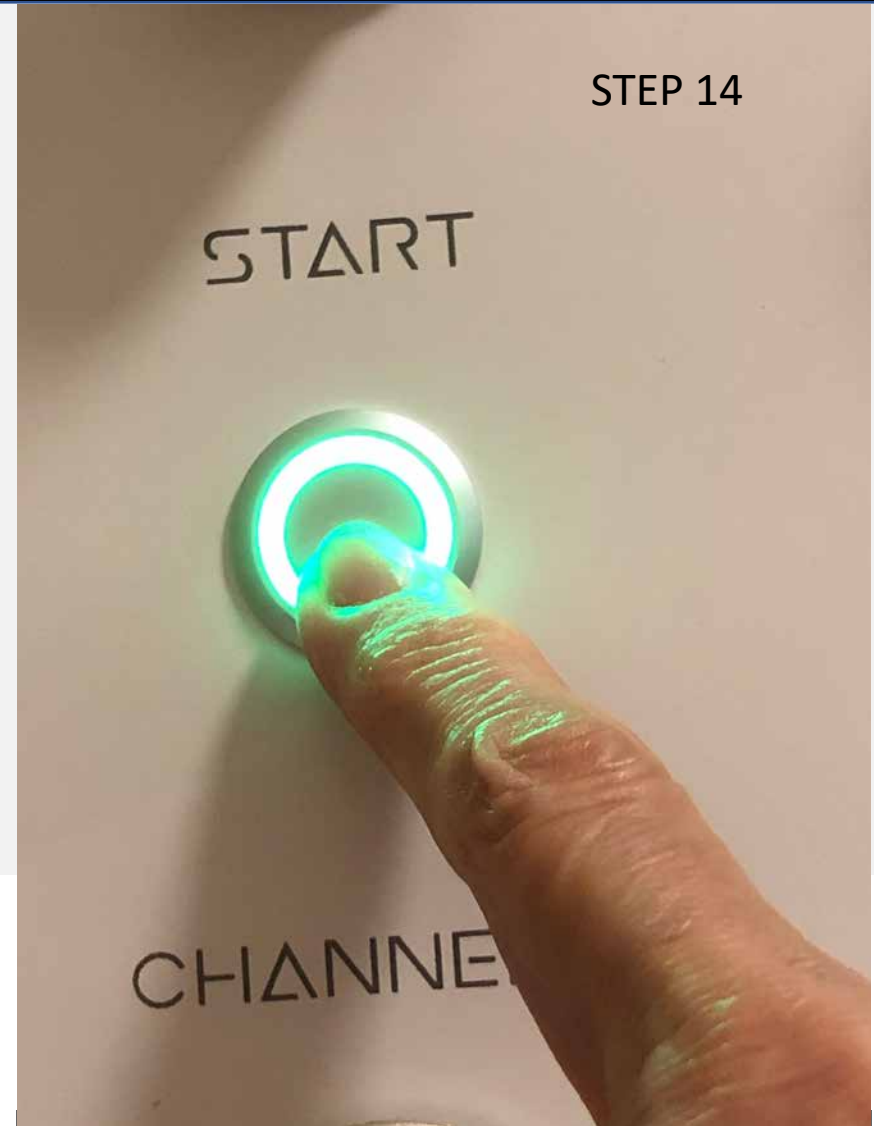


Check the Rest Duration.
It should be on 8 secs ONLY so that
you can have enough time to turn on
all the channels

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



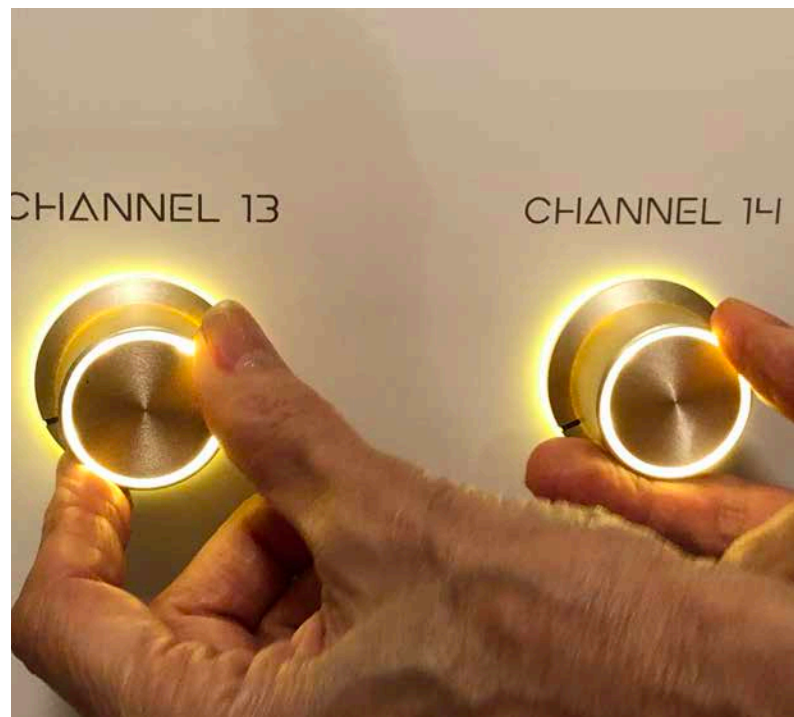
IF your hand turns it higher than one you **MUST TURN IT BACK TO 1.**

Continue turning on the VOLTAGE knobs on the right side (9-16)
ONLY WHEN THE REST DURATION LIGHT IS ON

STEP 16



STEP 17



STEP 18



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



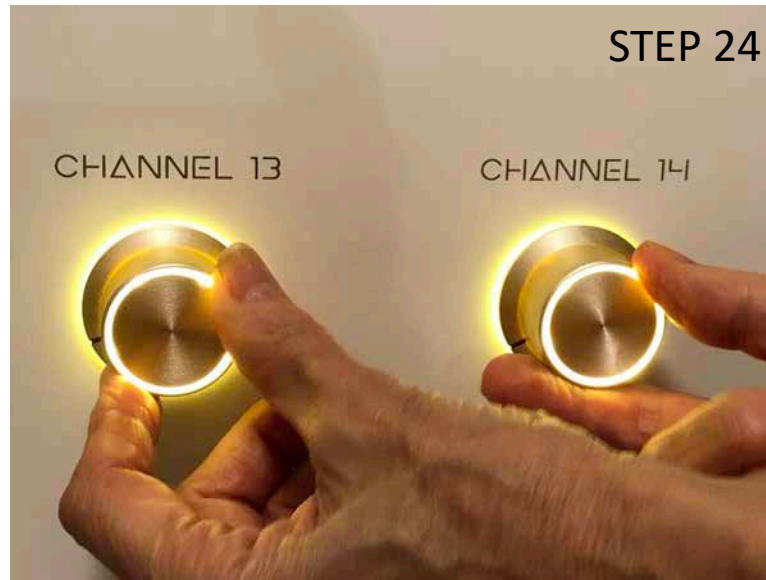
STEP 22



STEP 23



STEP 24



STEP 25



INCREASE THE RIGHT SIDE VOLTAGE IN EXTREMELY SMALL INCREMENTS

STEP 26



STEP 27



STEP 28



STEP 29



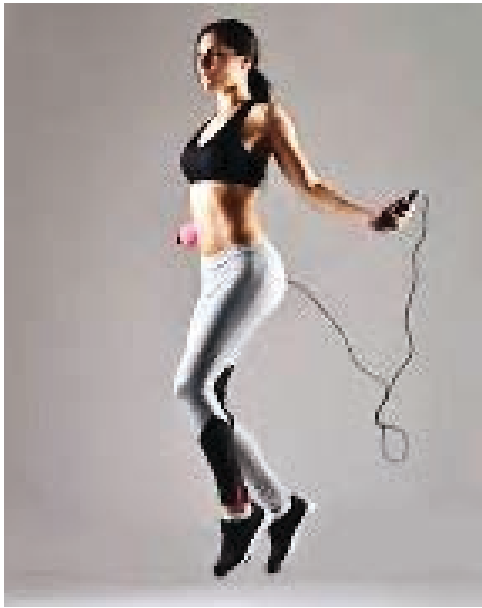
EVERYTIME YOU
INCREASE THE
VOLTAGE A LITTLE

ASK CLIENT:
ARE YOU OK?

CONTINUE UNTIL
YOU OBSERVE THE
CLIENT HAVING
8 SECS
CONTRACTIONS



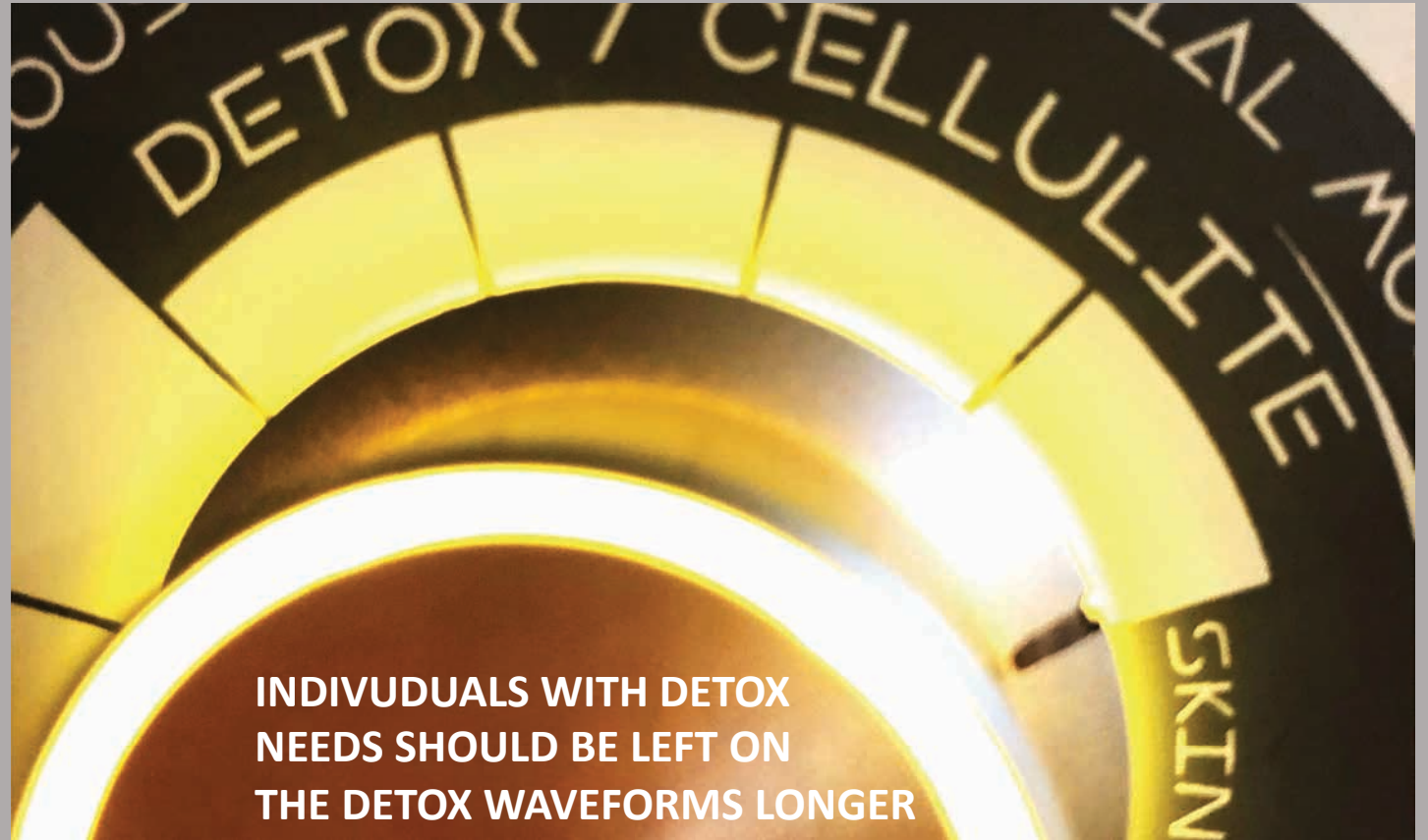
RESISTANCE / STRENGTH
EXERCISES



AEROBIC
EXERCISES

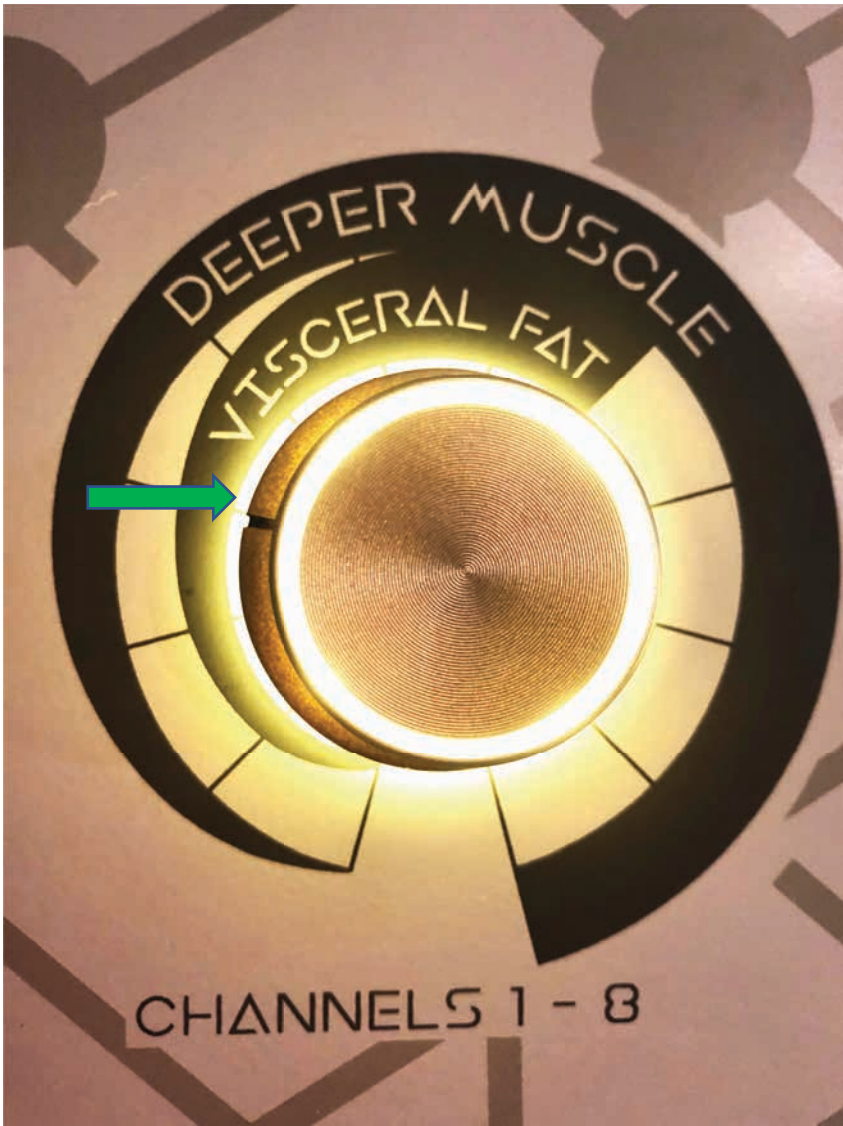


INDIVIDUALS WITH VISCERAL FAT SHOULD
BE LEFT ON THE VISCERAL FAT
WAVEFORMS LONGER



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

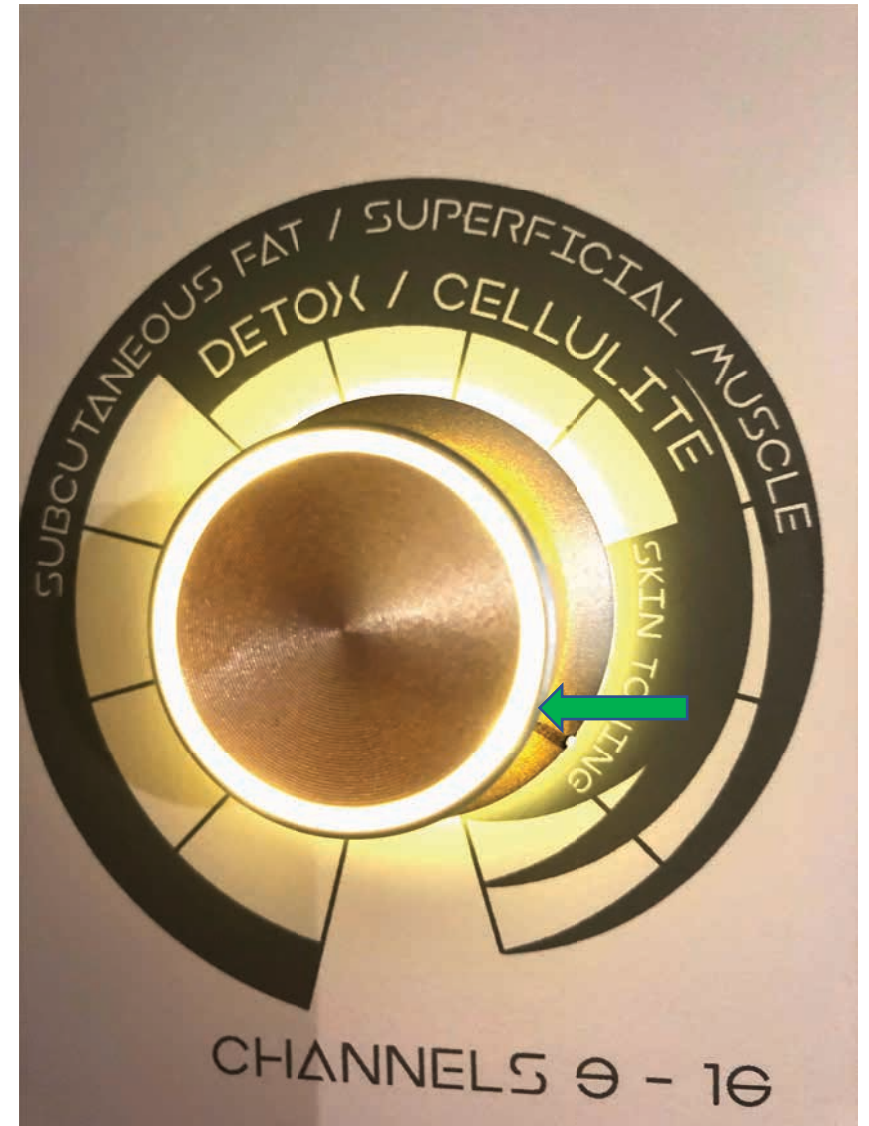


AFTER YOU HAVE
TURNED THE DEEPER
MUSCLE / VISCERAL FAT
WAVEFORM
AT LEAST TWICE
COUNTERCLOCKWISE,

WAIT FOR AT
LEAST 4-5
CONTRACTIONS

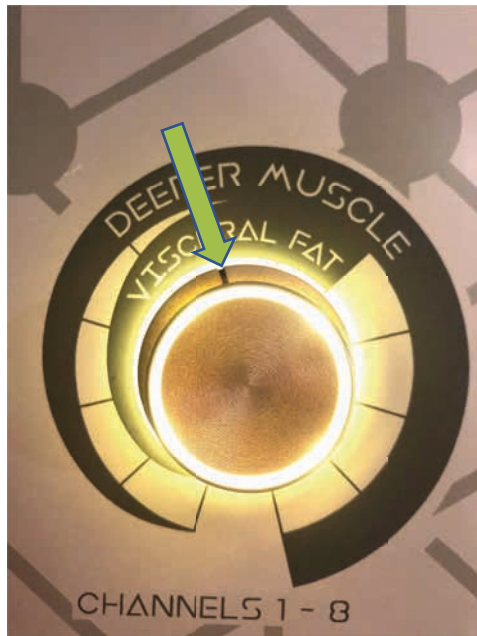
THEN TURN THE
WAVEFORM ON THE
LEFT, CLOCKWISE

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



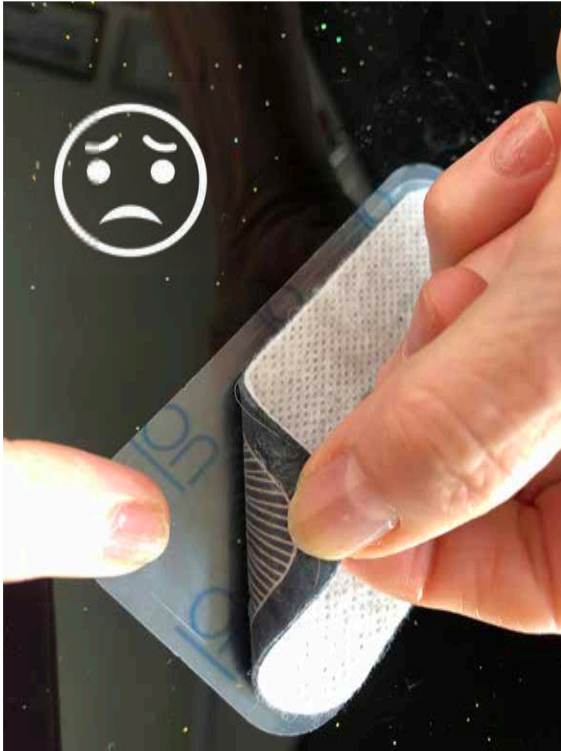
CONTRACTION ALSO INCREASES AS YOU TURN THE DETOX ON THE RIGHT WAVEFORM COUNTERCLOCKWISE



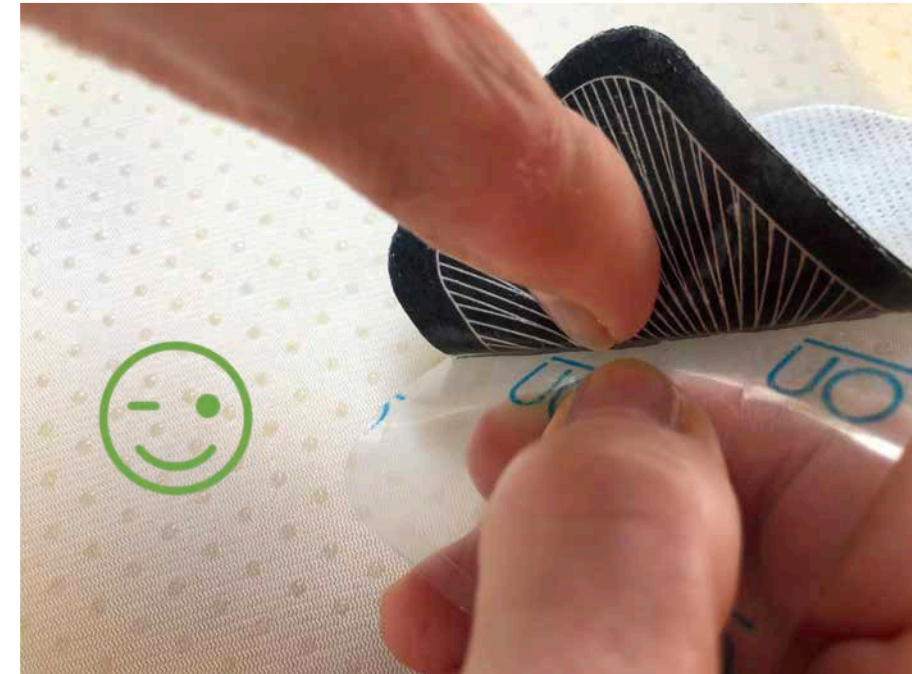
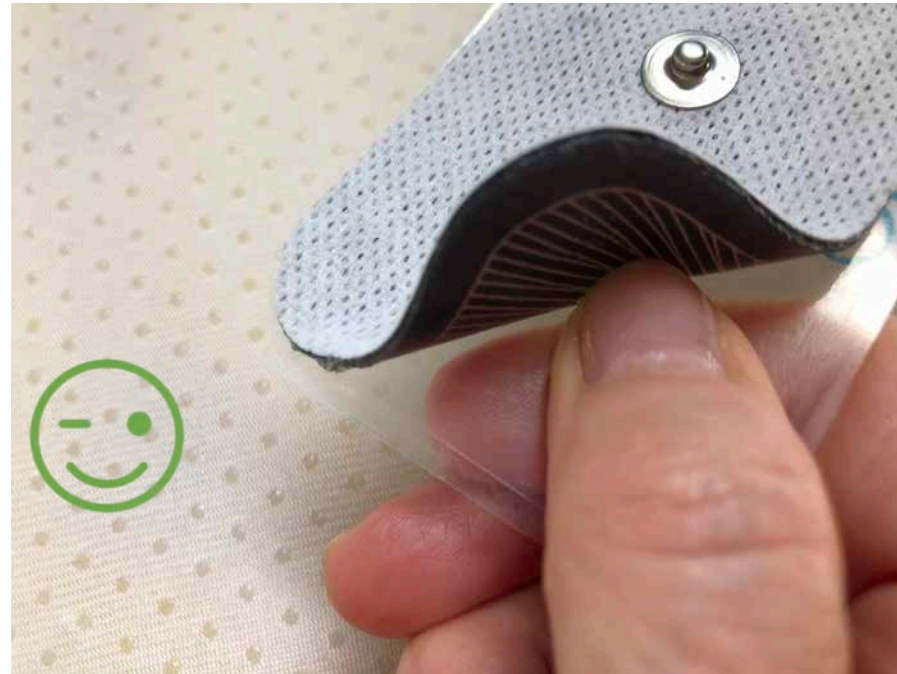
IN ORDER TO GET RESULTS THE CLIENT MUST HAVE VISIBLE CONTRACTIONS

Step by Step Padding

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



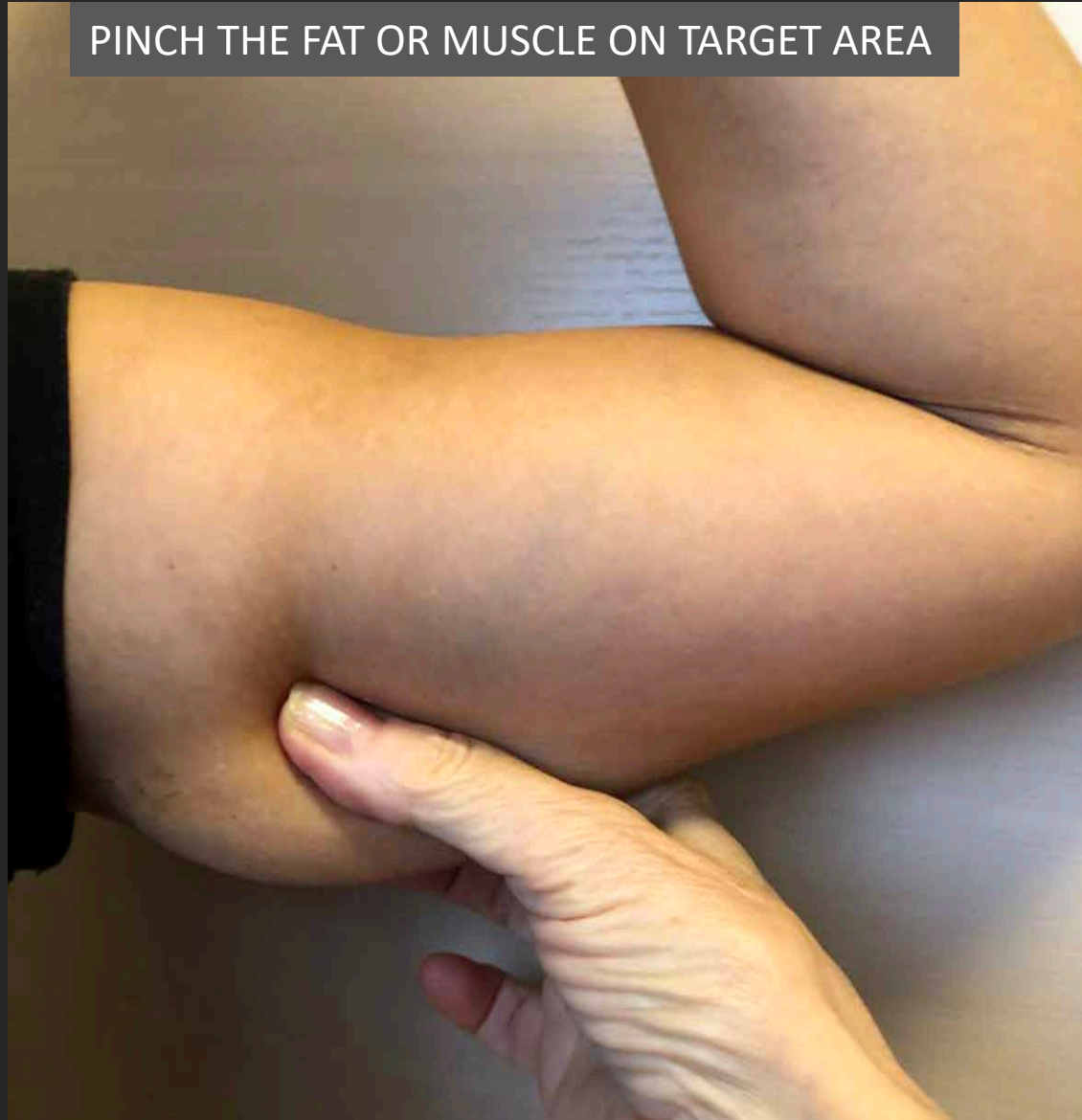
Make sure the clip now is secured and the cables are attached firmly onto the pad.



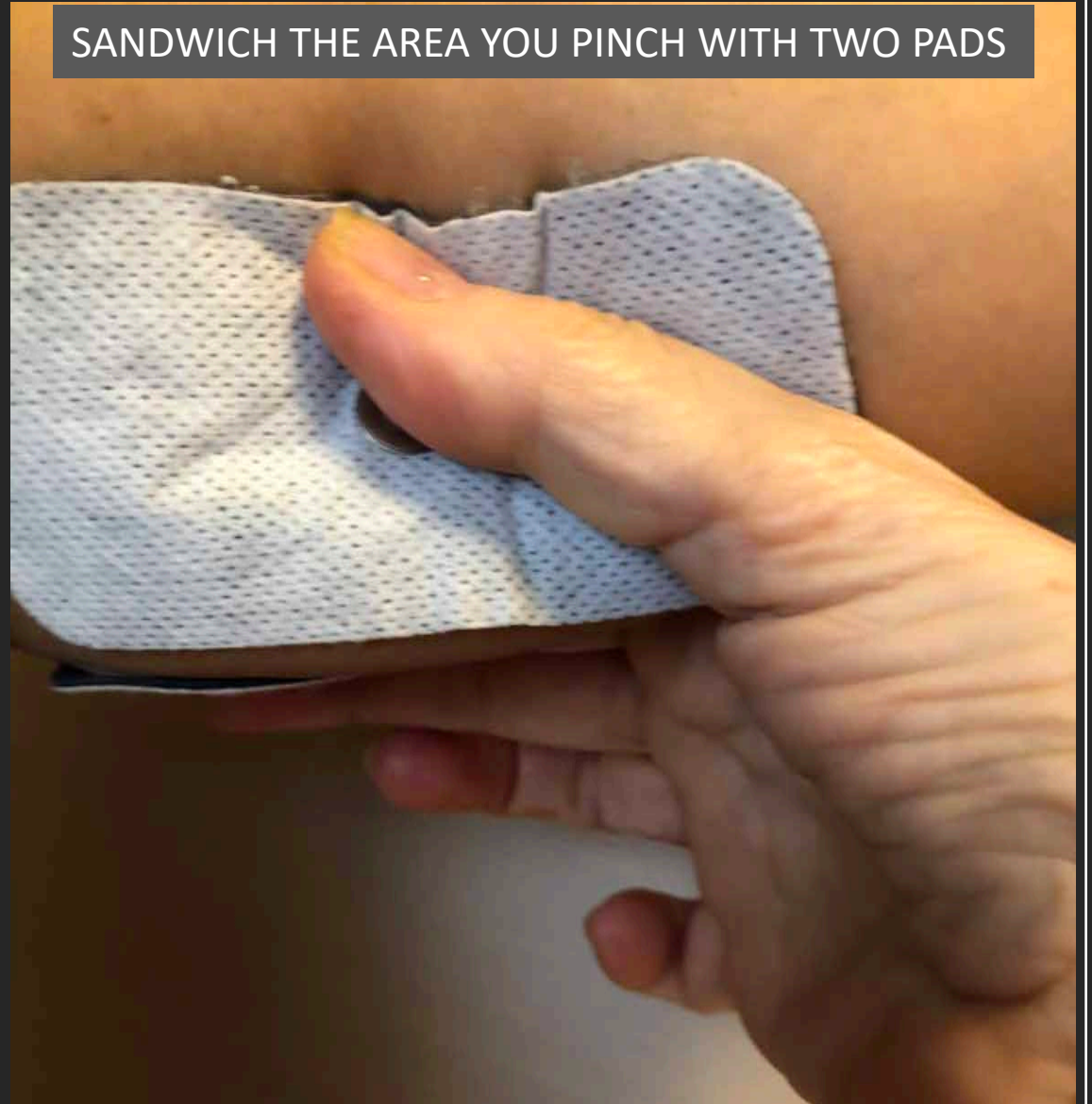
PADDING RULES:

—

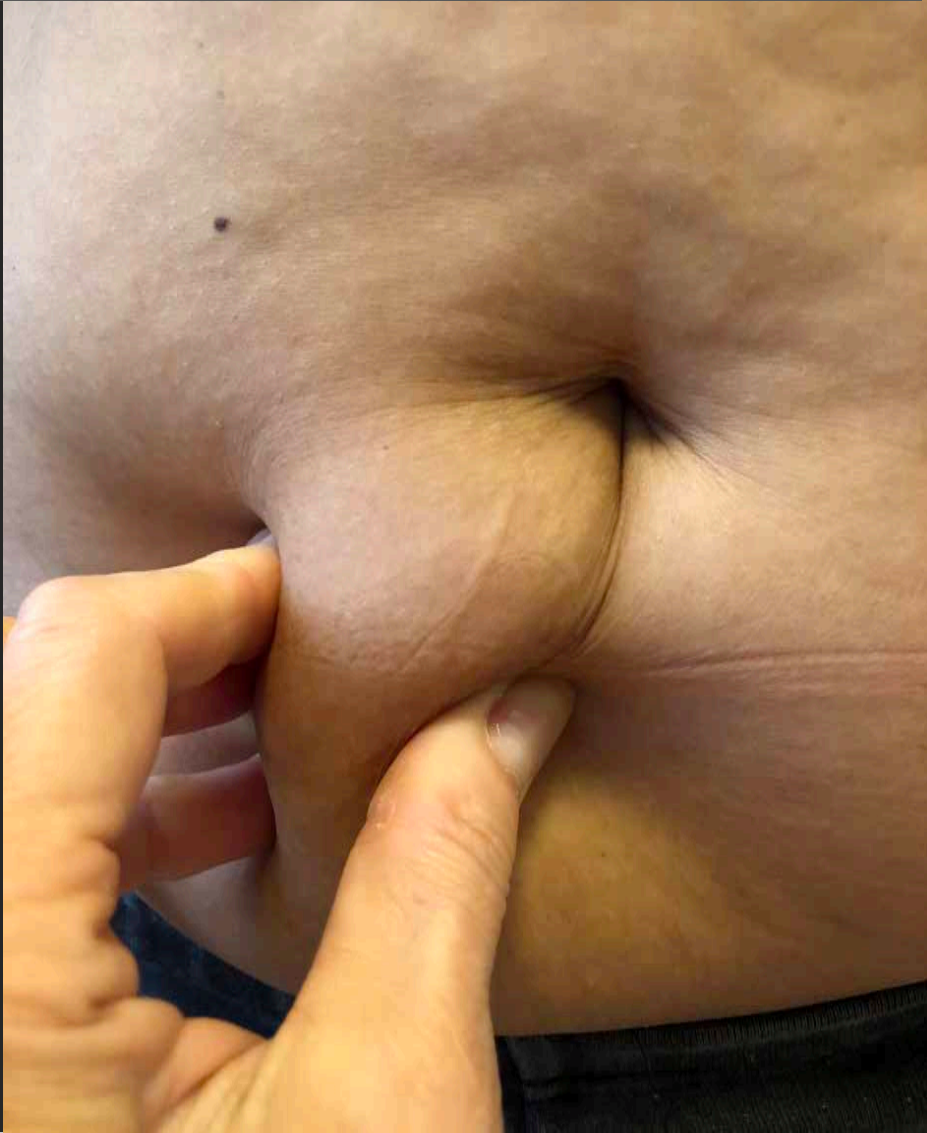
PINCH THE FAT OR MUSCLE ON TARGET AREA



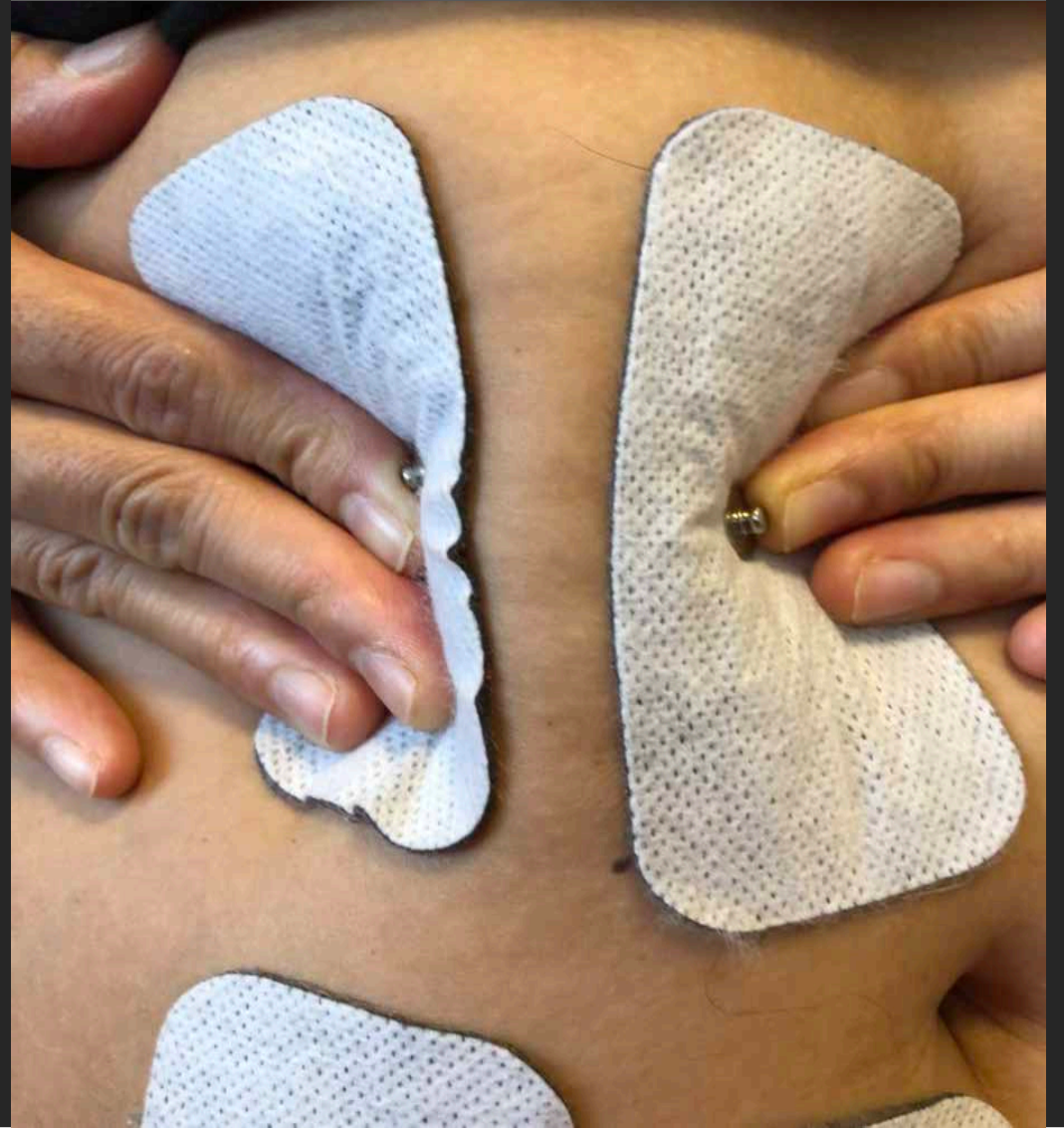
SANDWICH THE AREA YOU PINCH WITH TWO PADS



PINCH THE FAT OR MUSCLE ON TARGET AREA



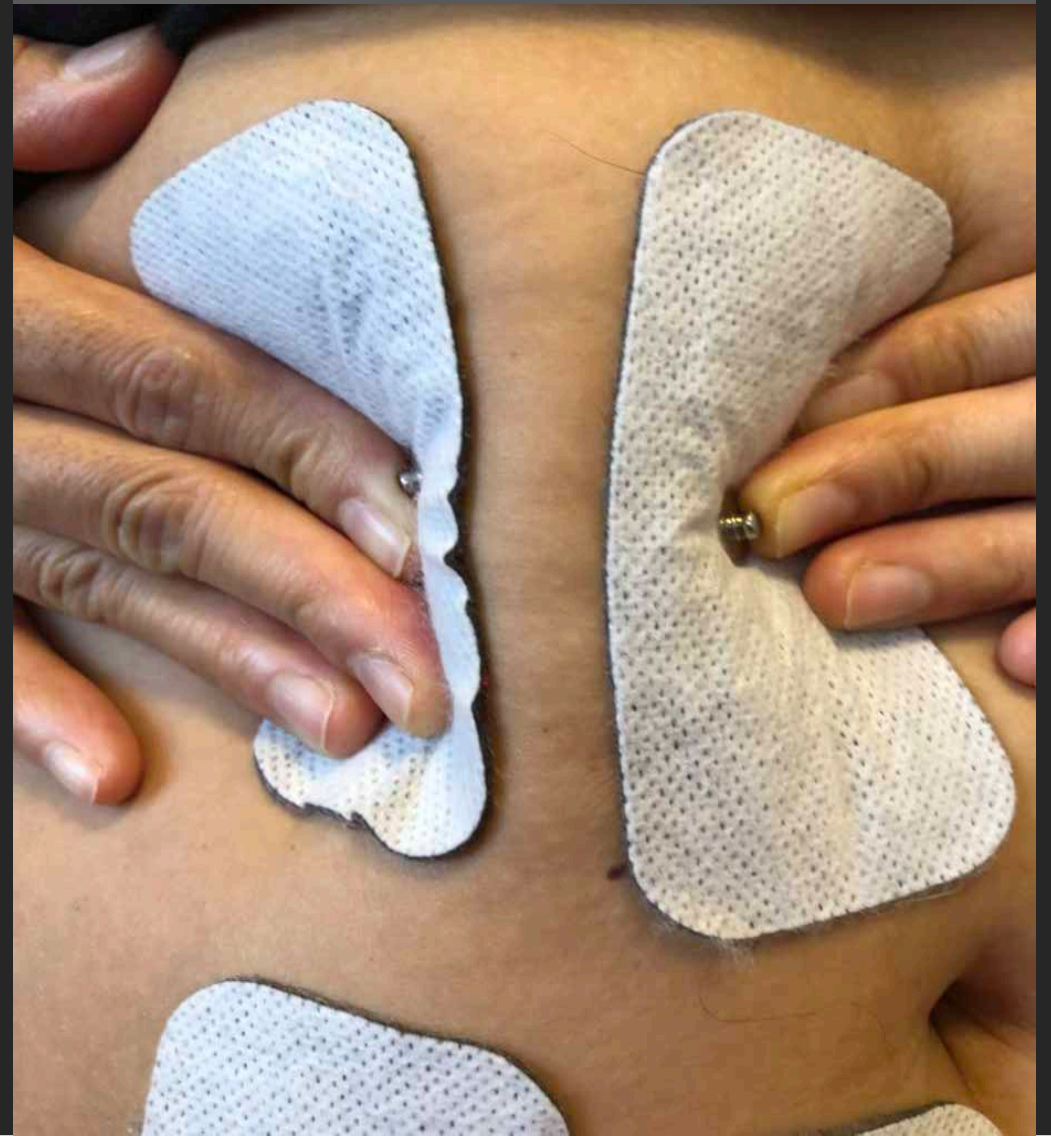
SANDWICH THE AREA YOU PINCH WITH TWO PADS



PAD LOWER ABDOMEN FIRST ON THE LEFT SIDE



THEN PAD UPPER ABSOMEN ON SAME SIDE ... ETC

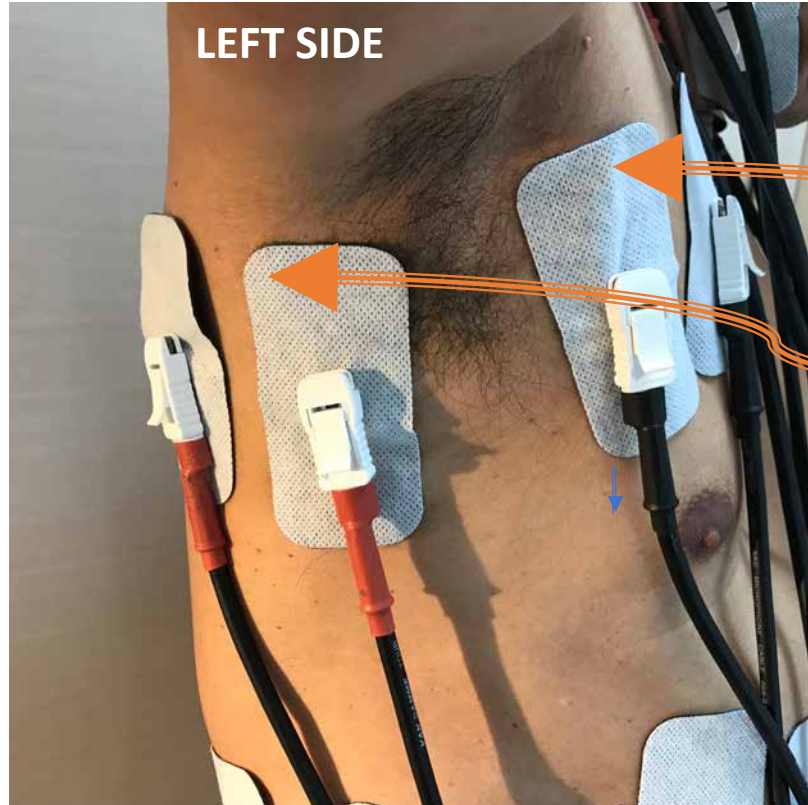




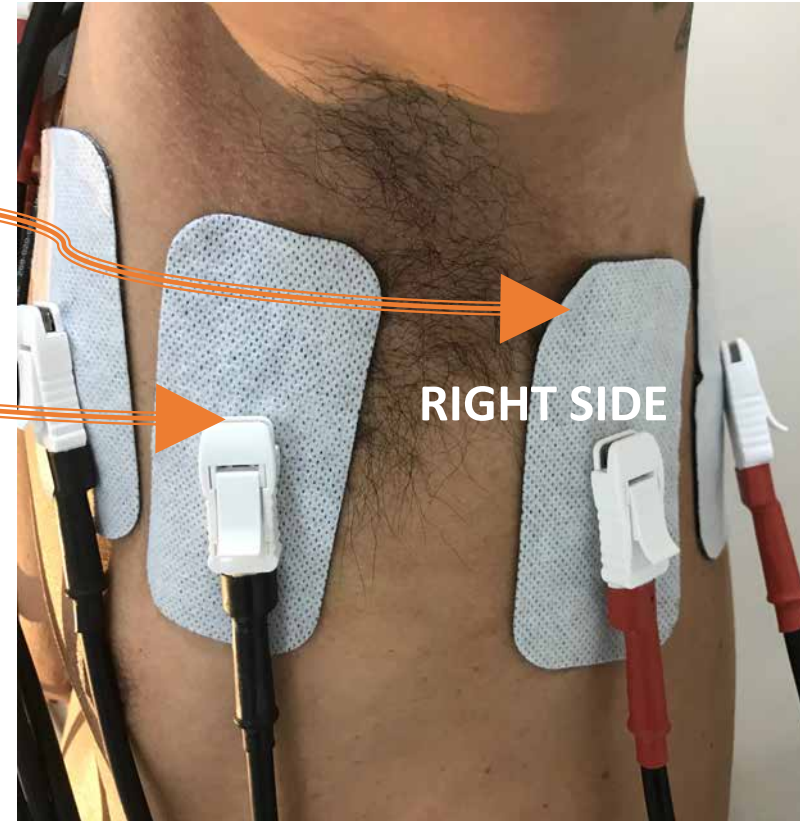
CONNECT
FAT WITH FAT

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**



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

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

Detox is Mandatory



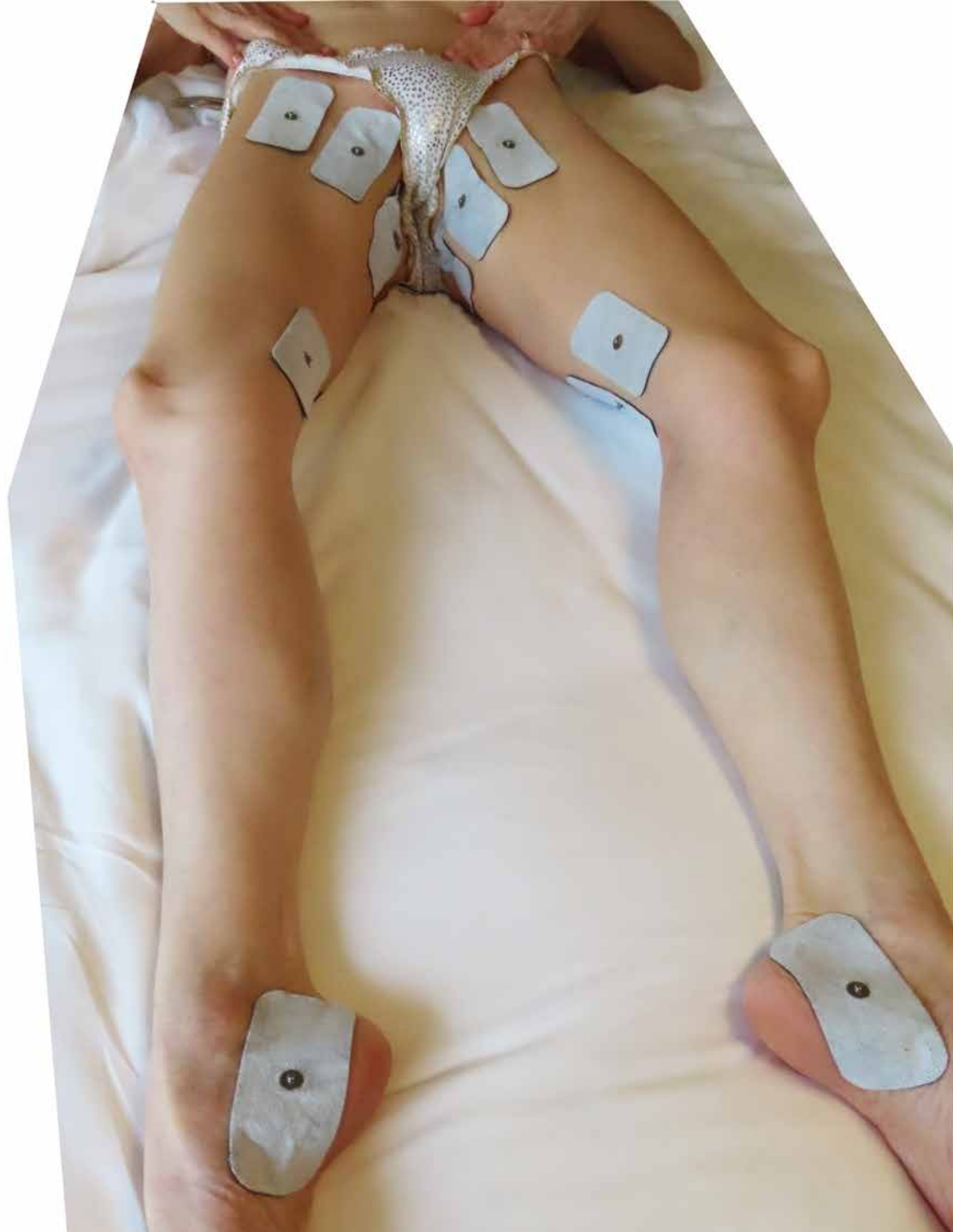
**UNDER THE KNEE
PROPER PAD
PLACEMENT**

STEP BY STEP

Lower Body DETOX

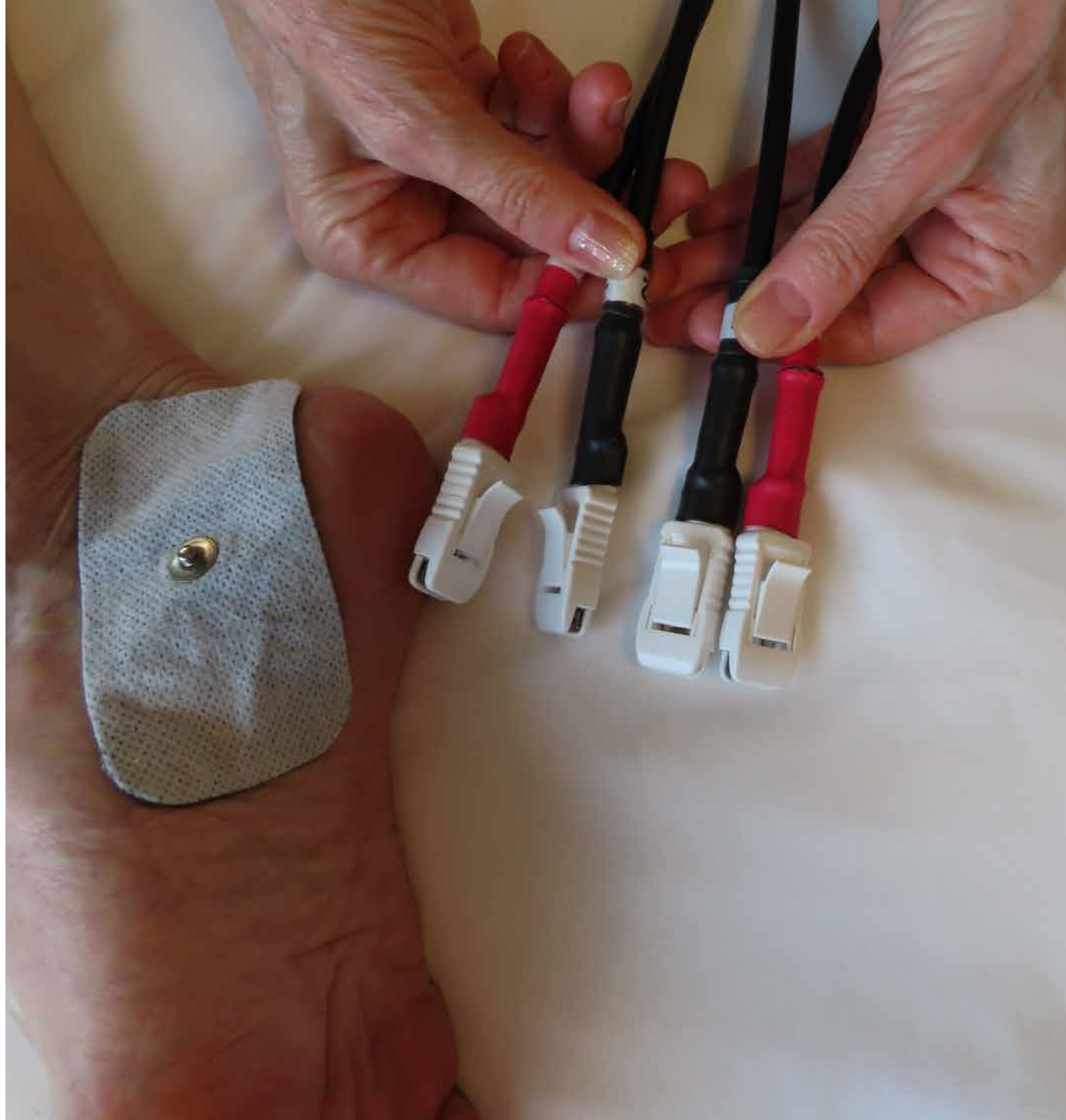




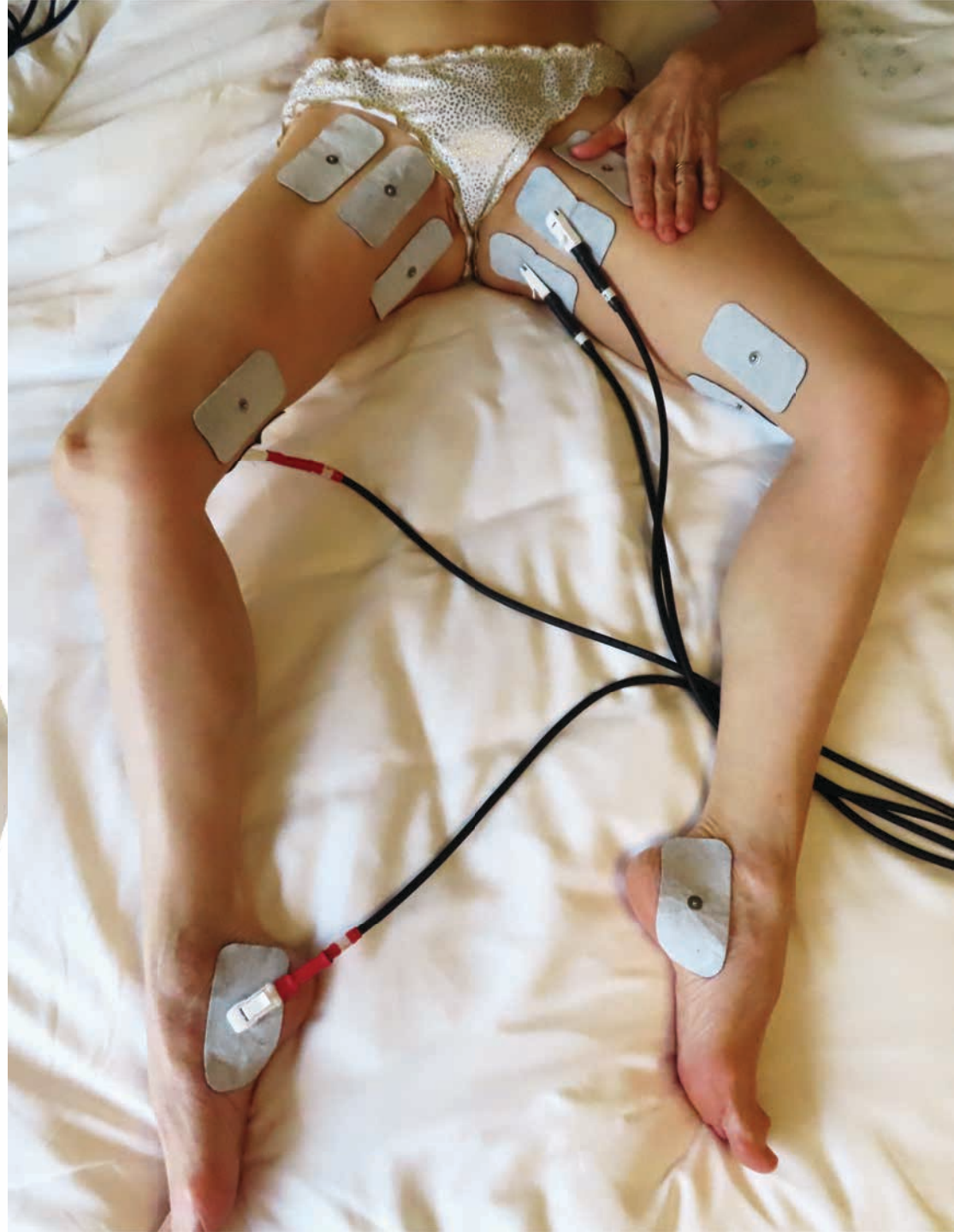
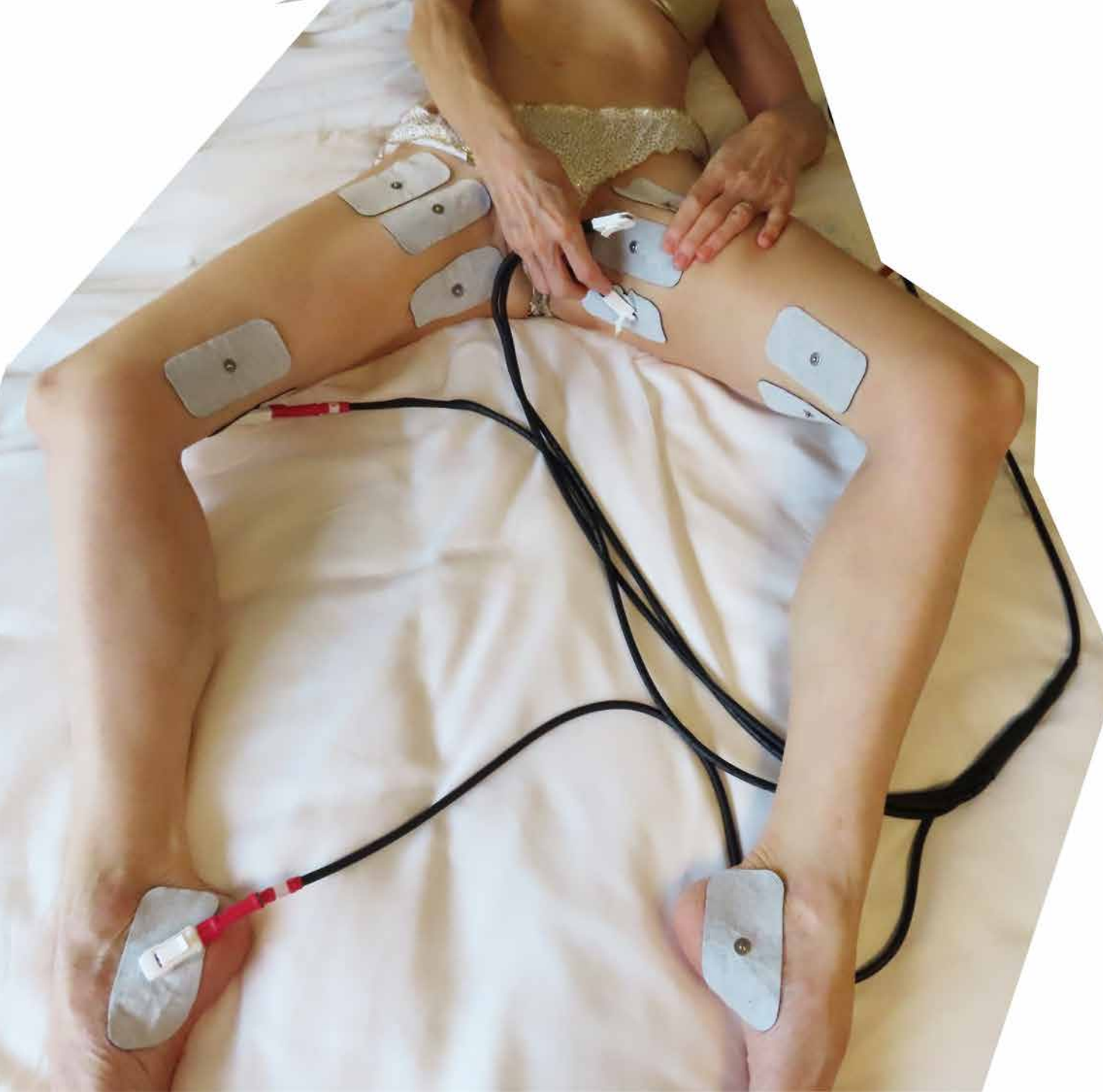


**How to
Connect the
Cables for Detox**

1. Double Cable 9







Mirror Image

Double Cable 16

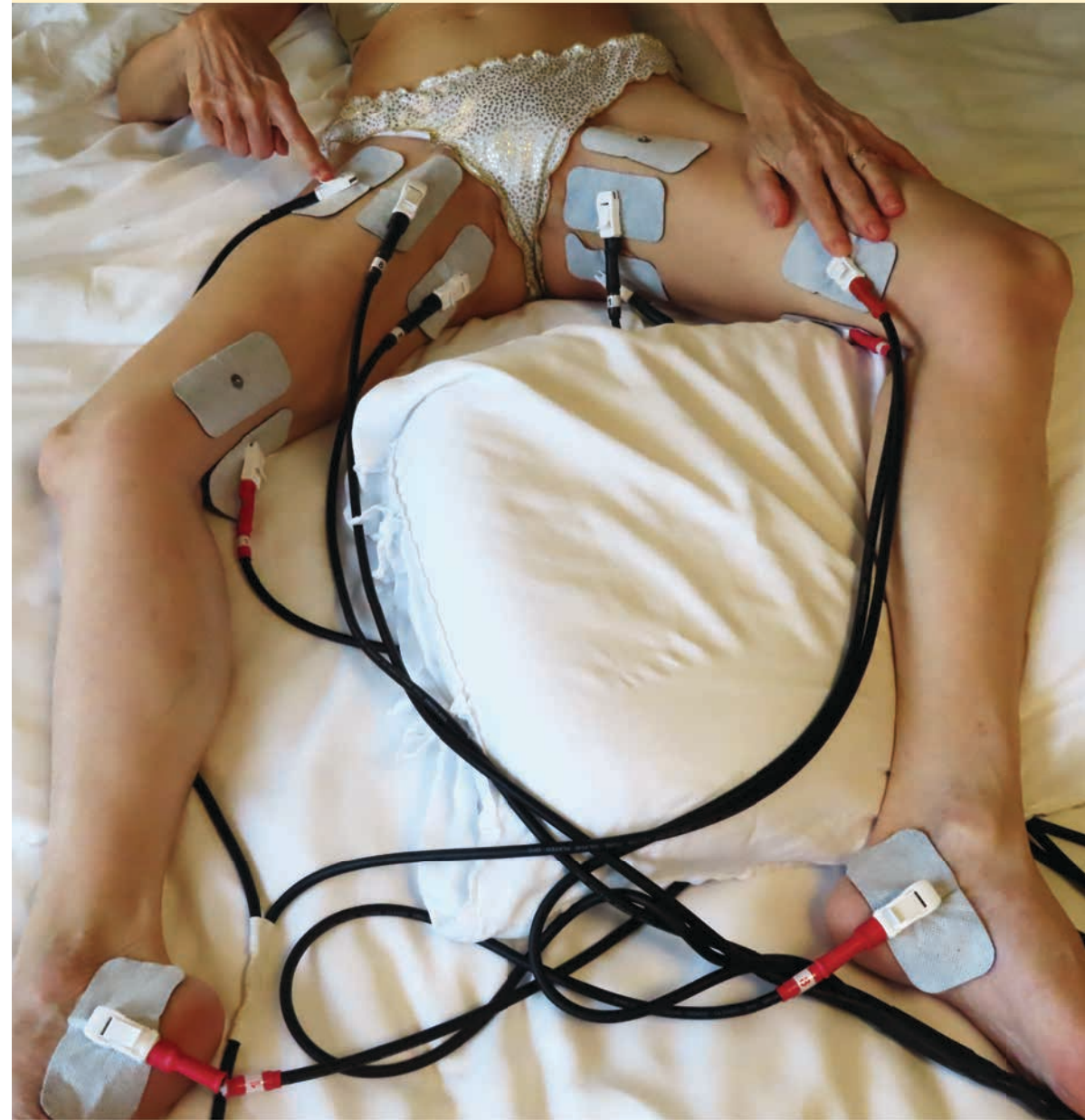
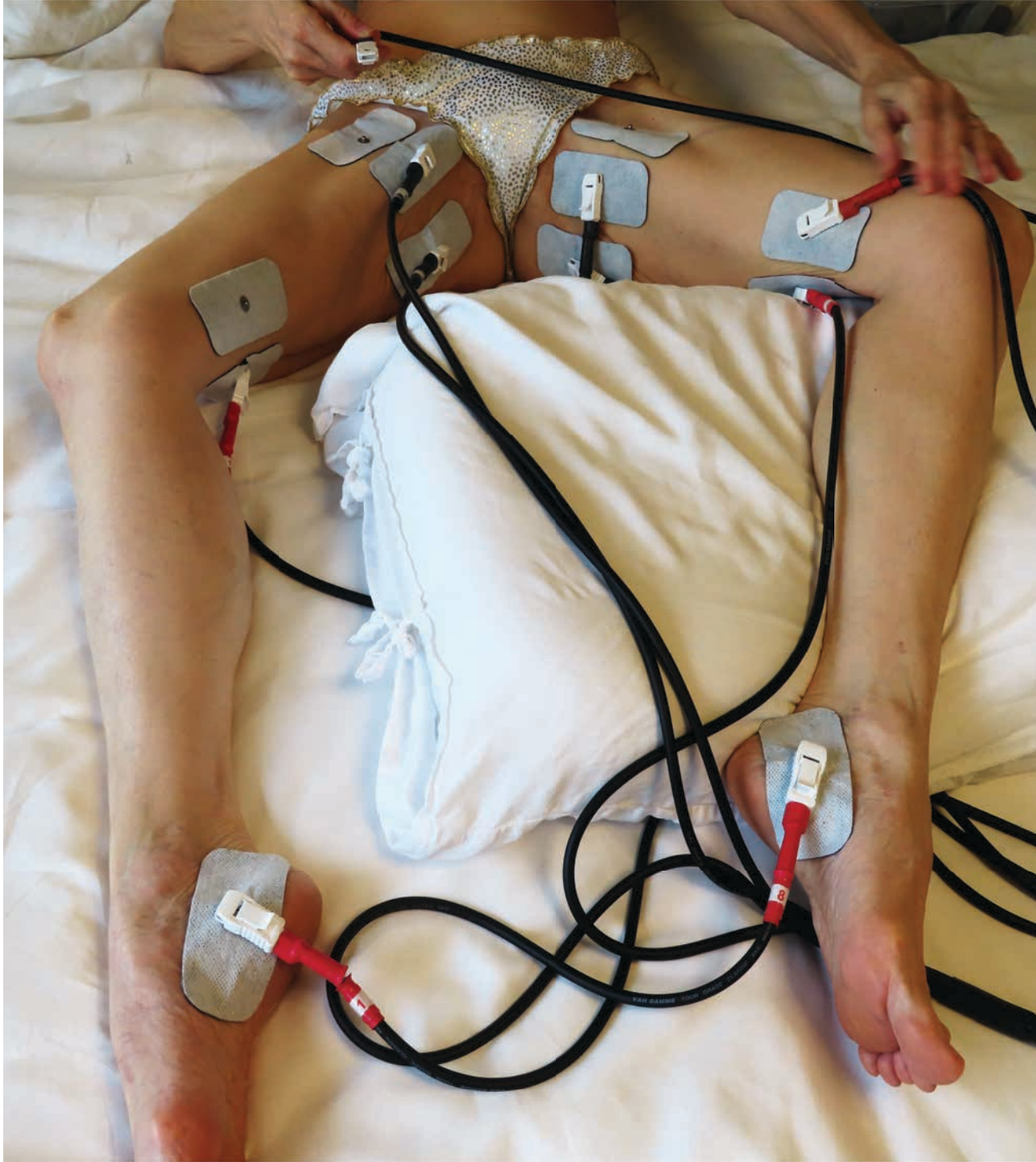
1 red on foot

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

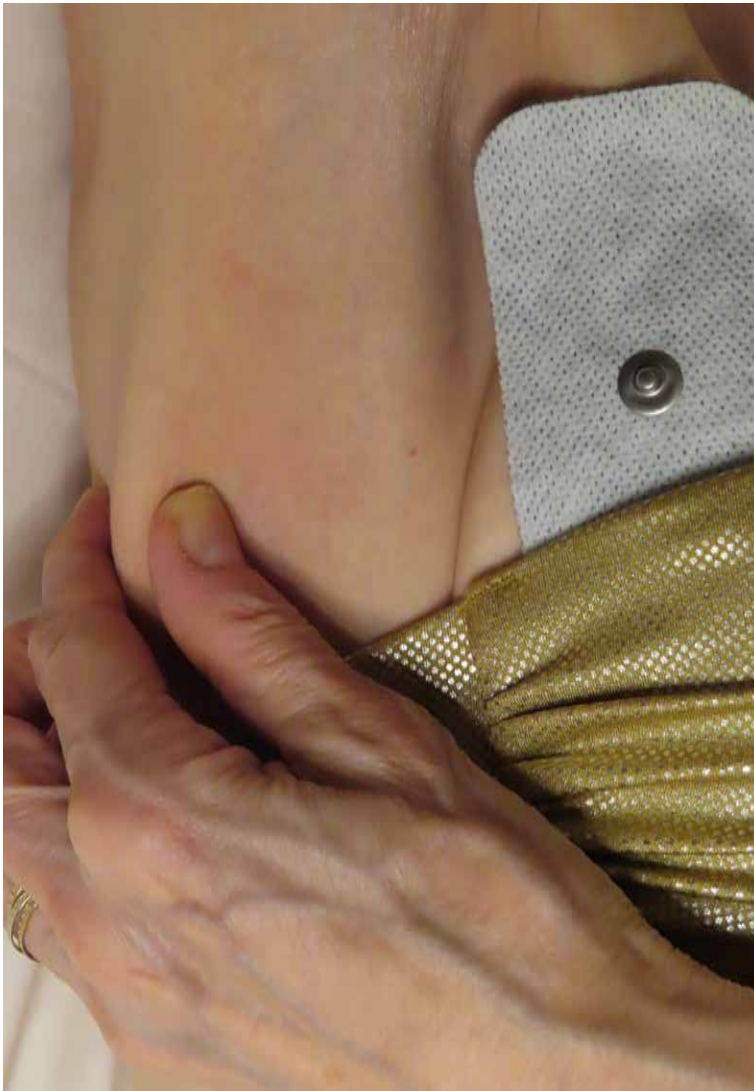
1 red under the knee

1 black on the
upper thigh
of the opposite leg



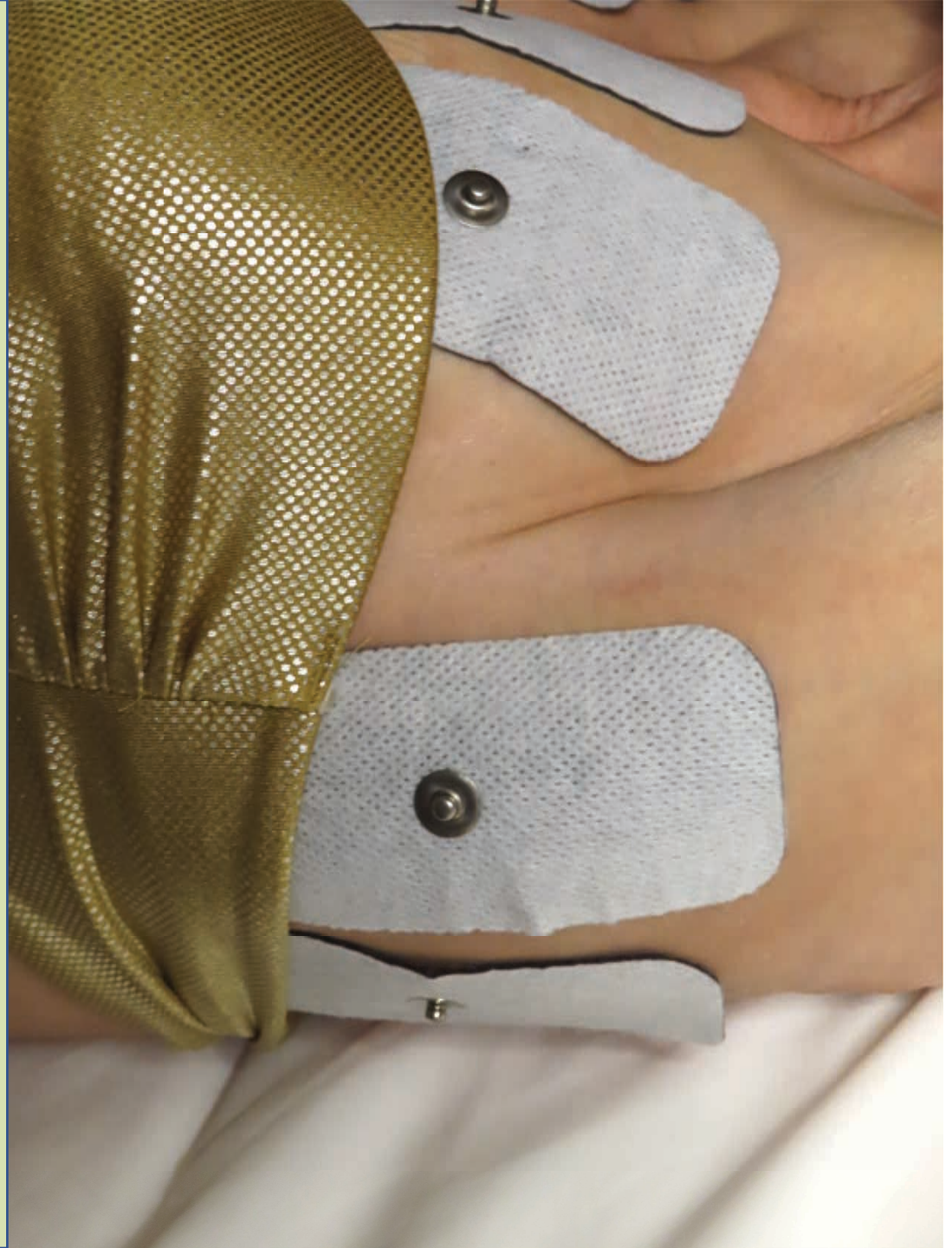
**STEP BY
STEP
UPPER
BODY
DETOX
&
BREAST
LIFT**



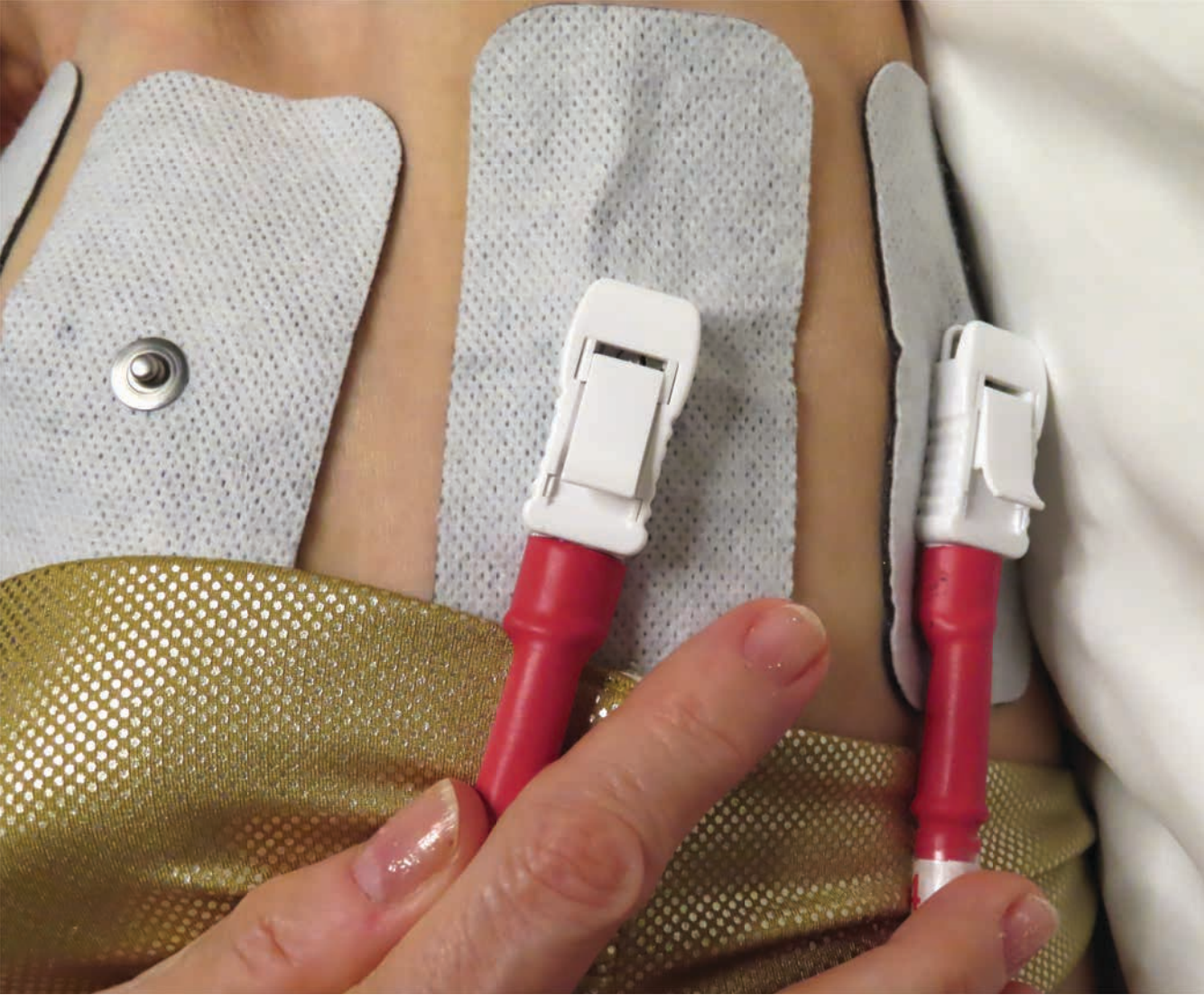


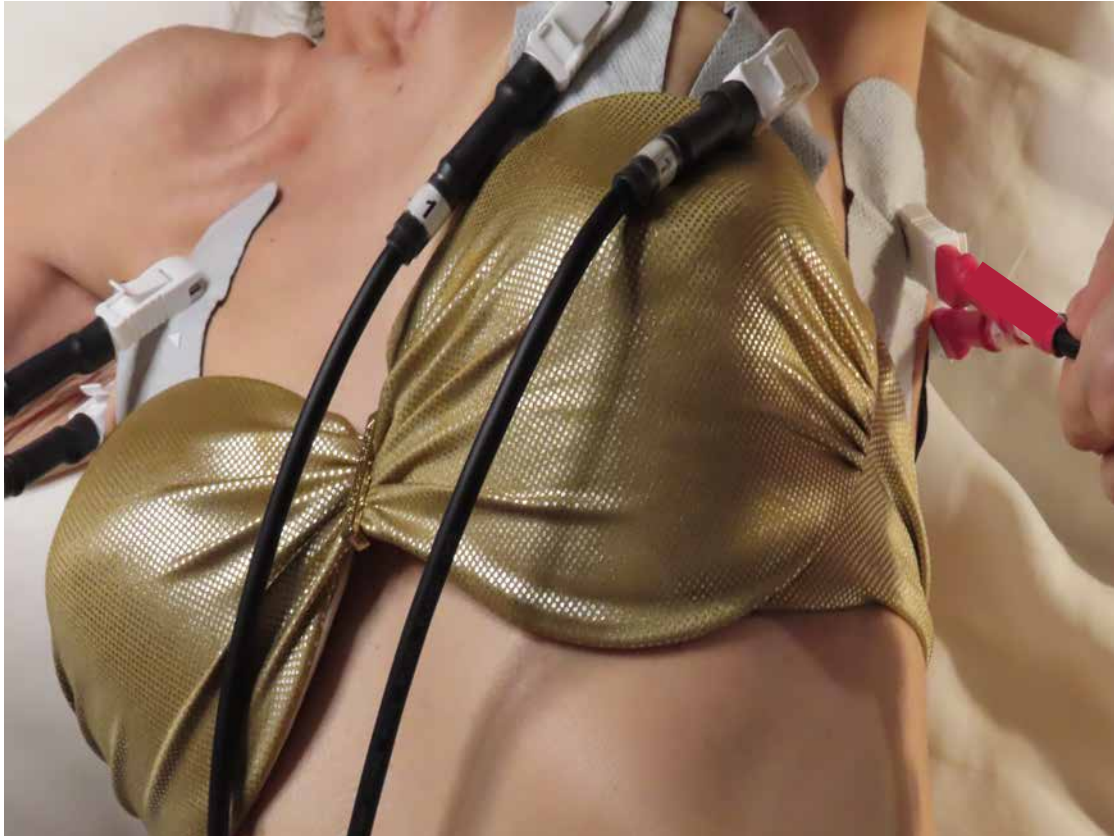
DETOX & BREAST LIFT

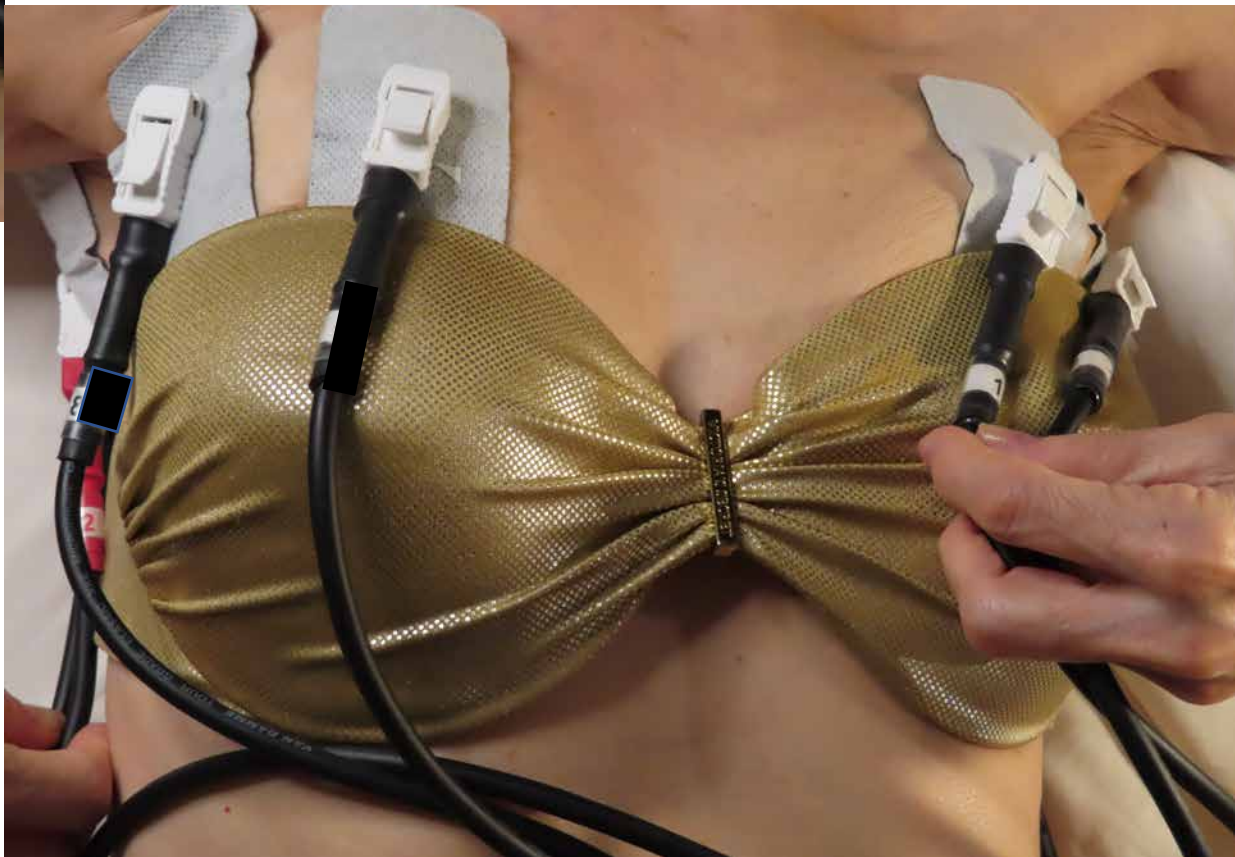
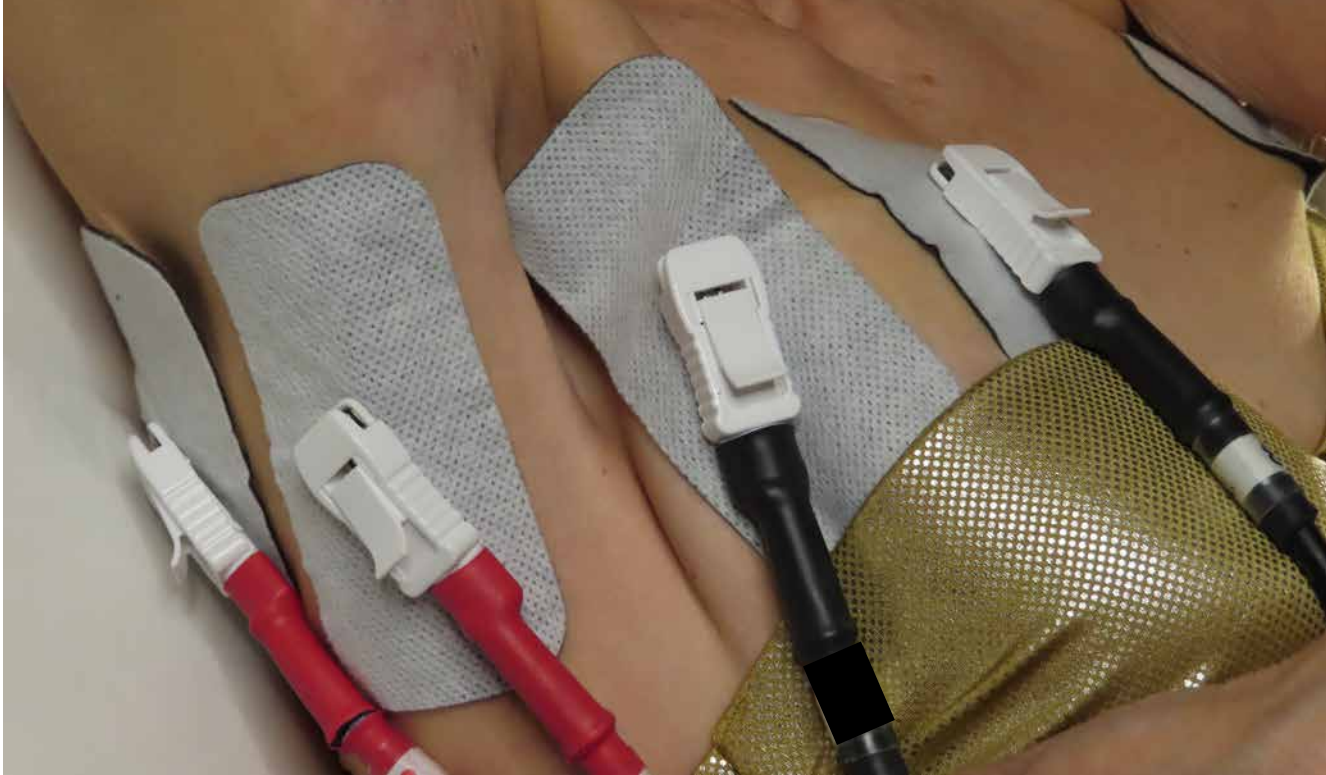
**MIRROR IMAGE
ON THE OTHER
BREAST AND BACK**















Arms' Shaping & Detox



Mirror Image

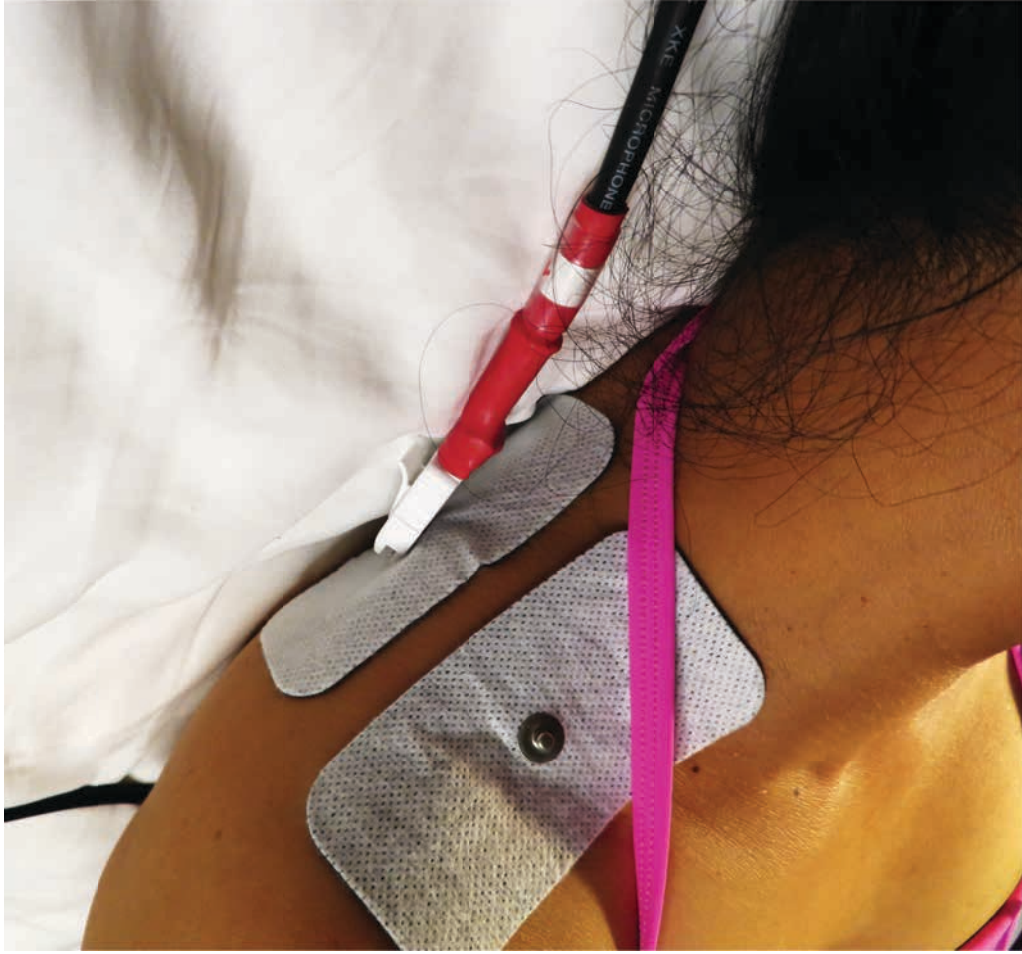
Black on
one arm

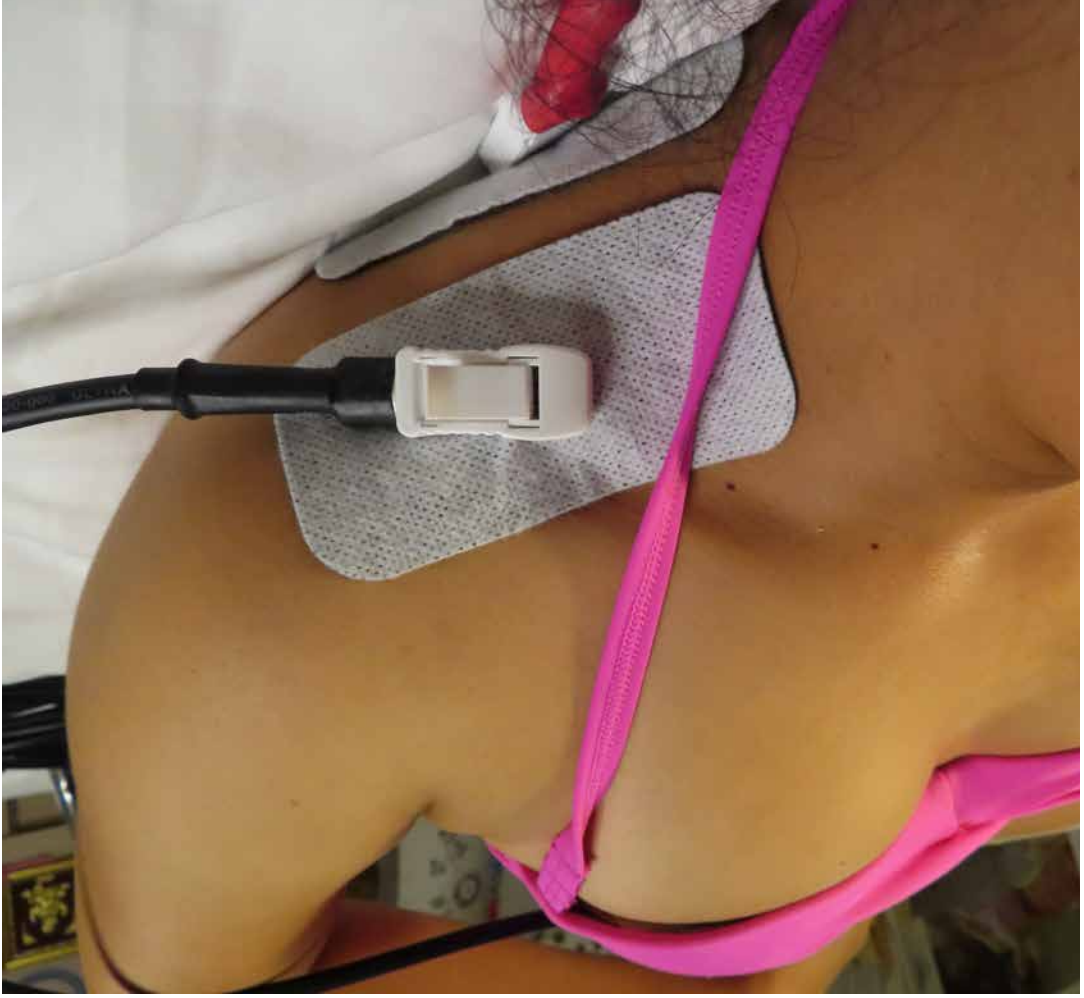
Red on
the other arm



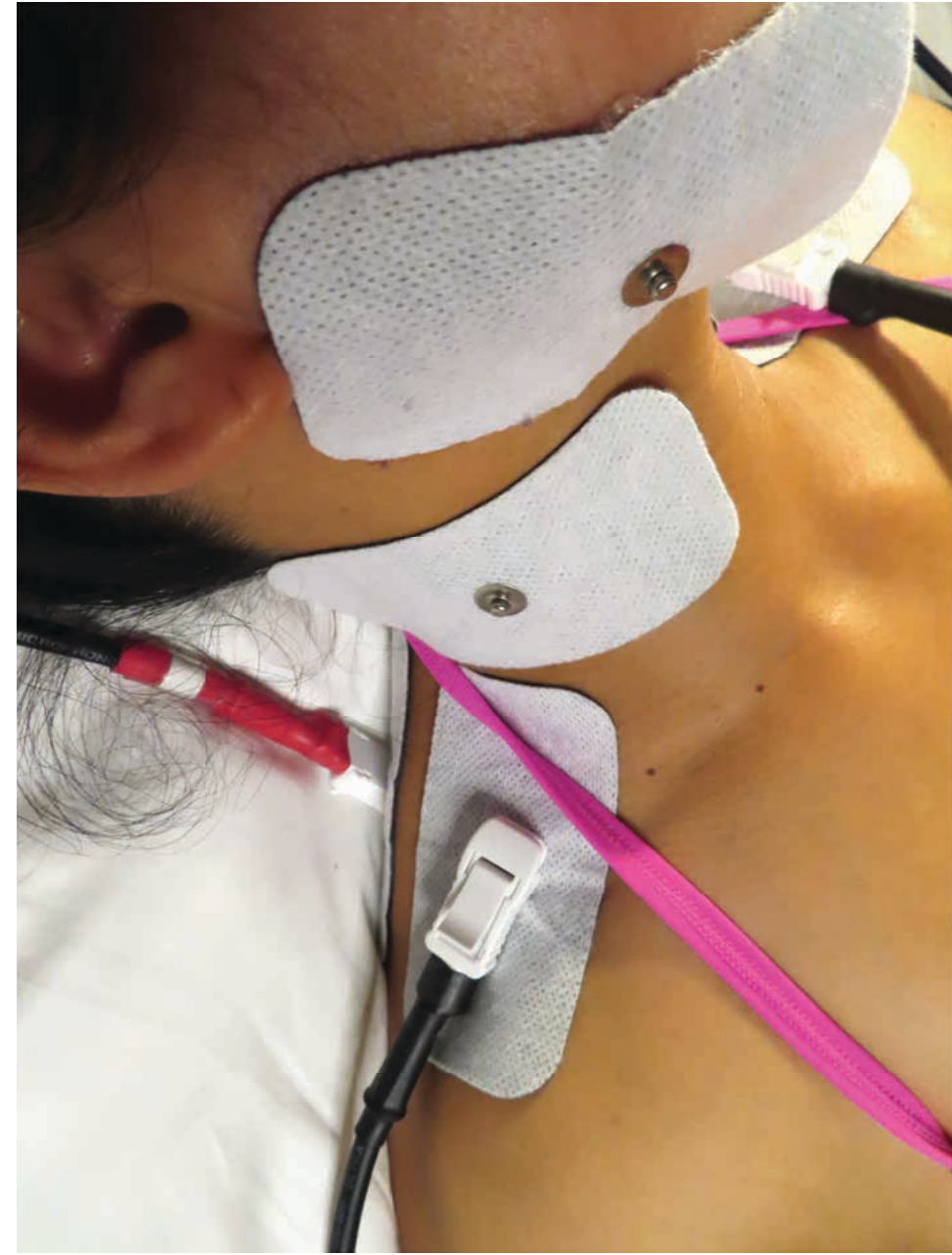


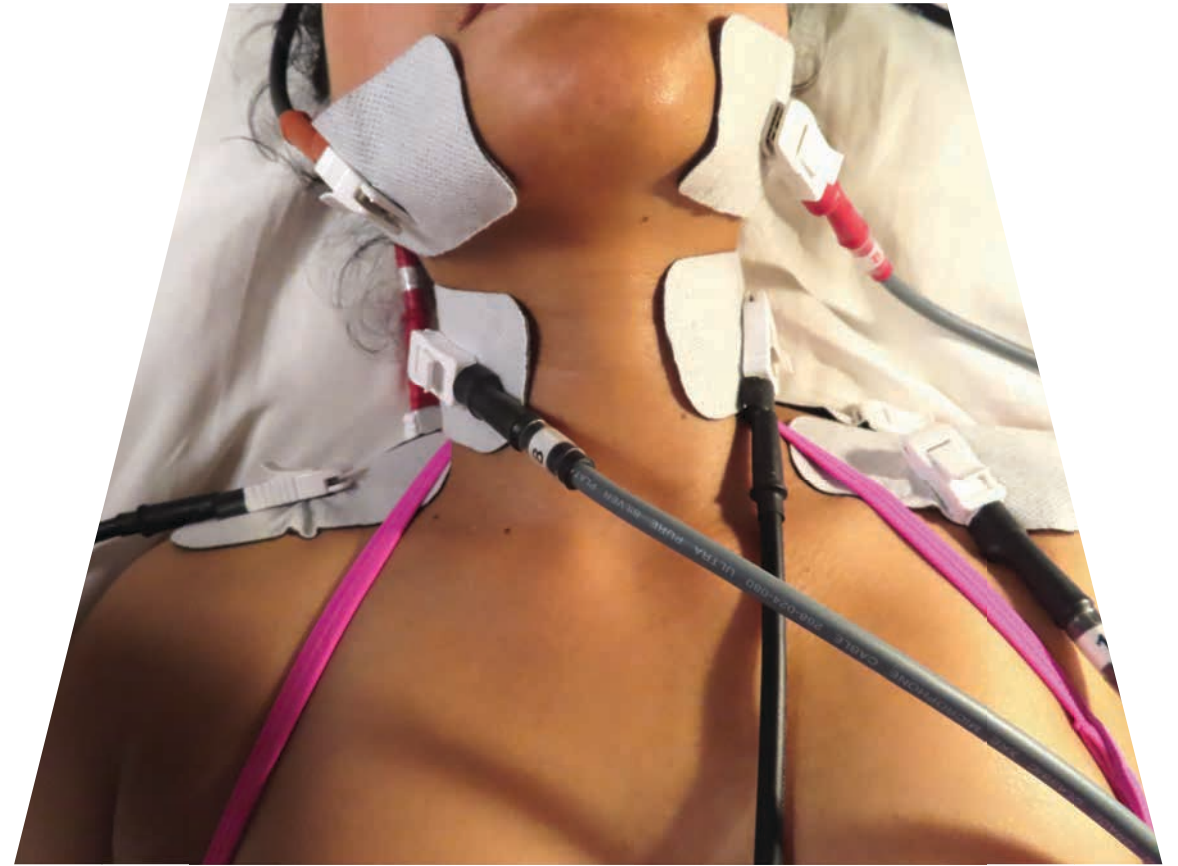
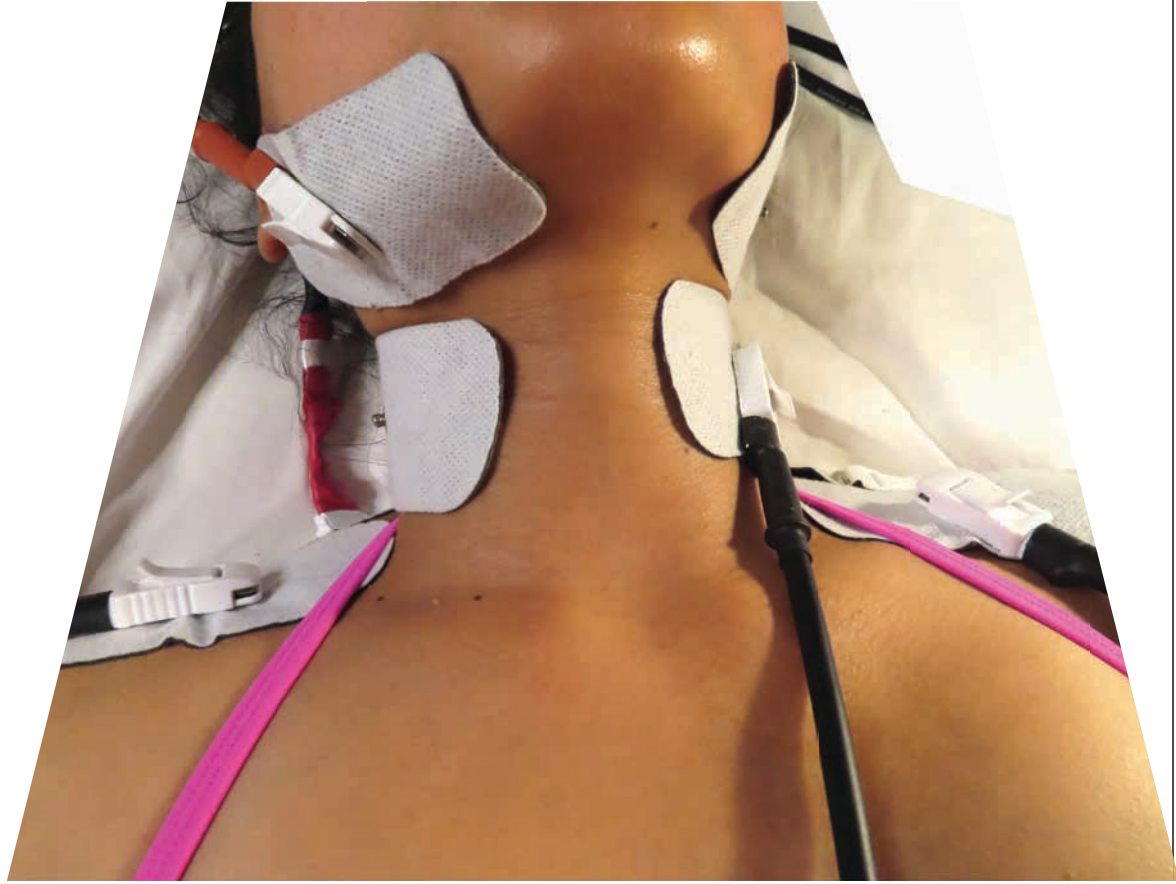
Shoulder Sculpting & Detox

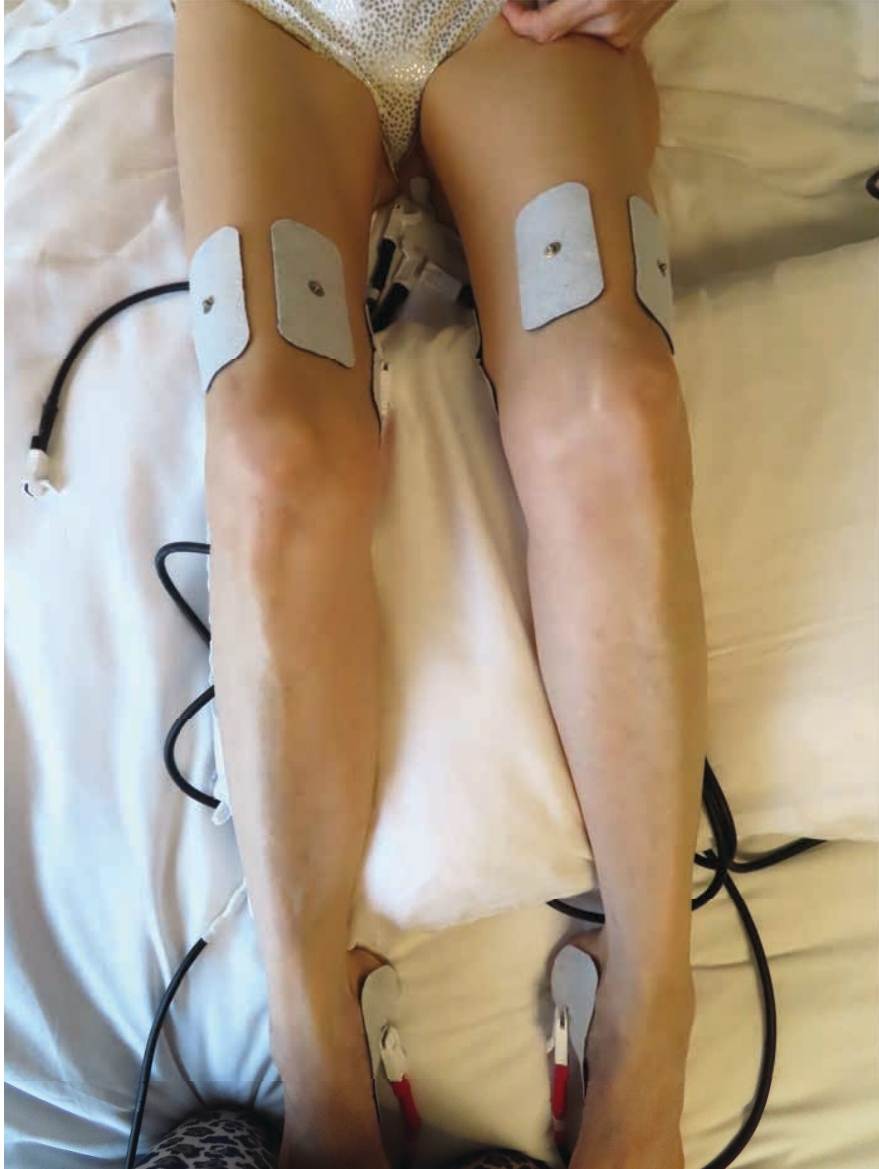




Neck &
Face
Sculpting
&
Detox





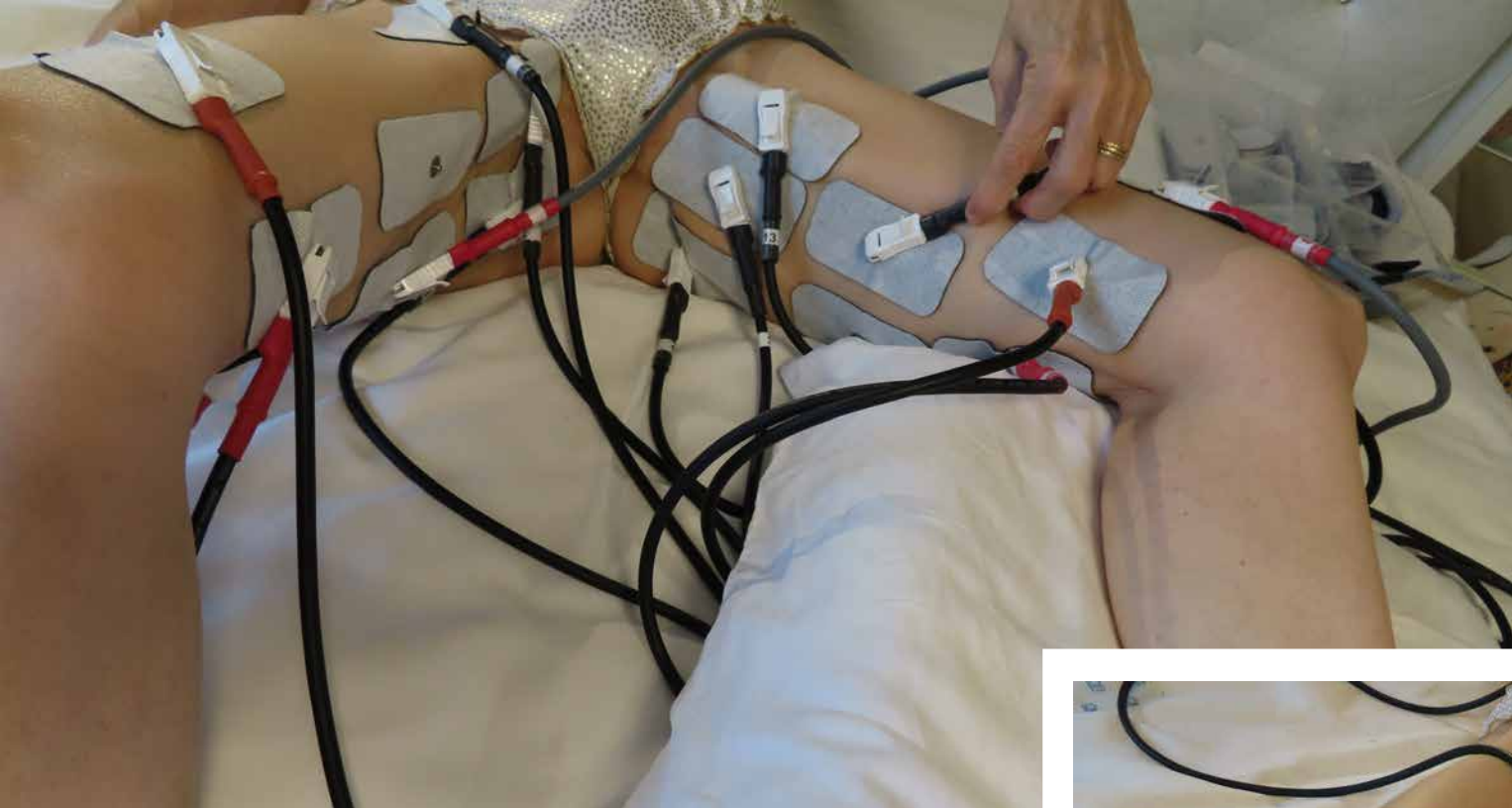




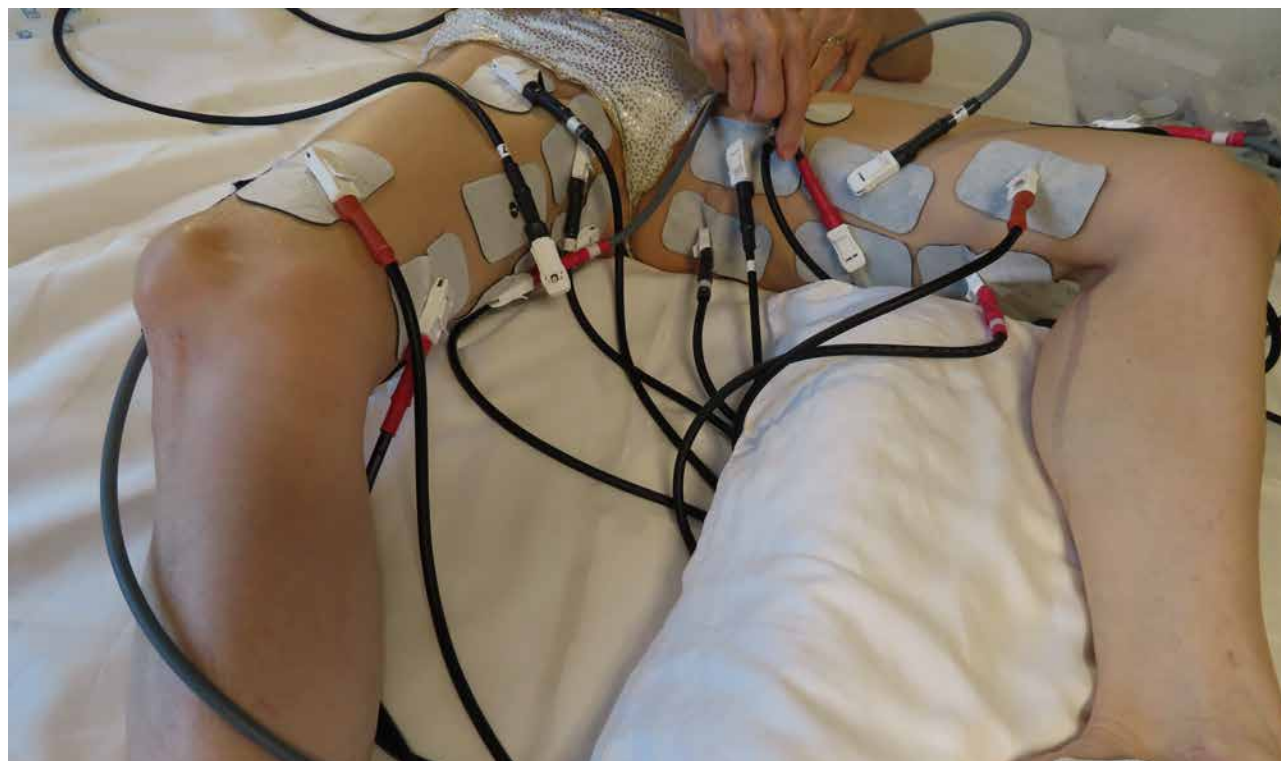


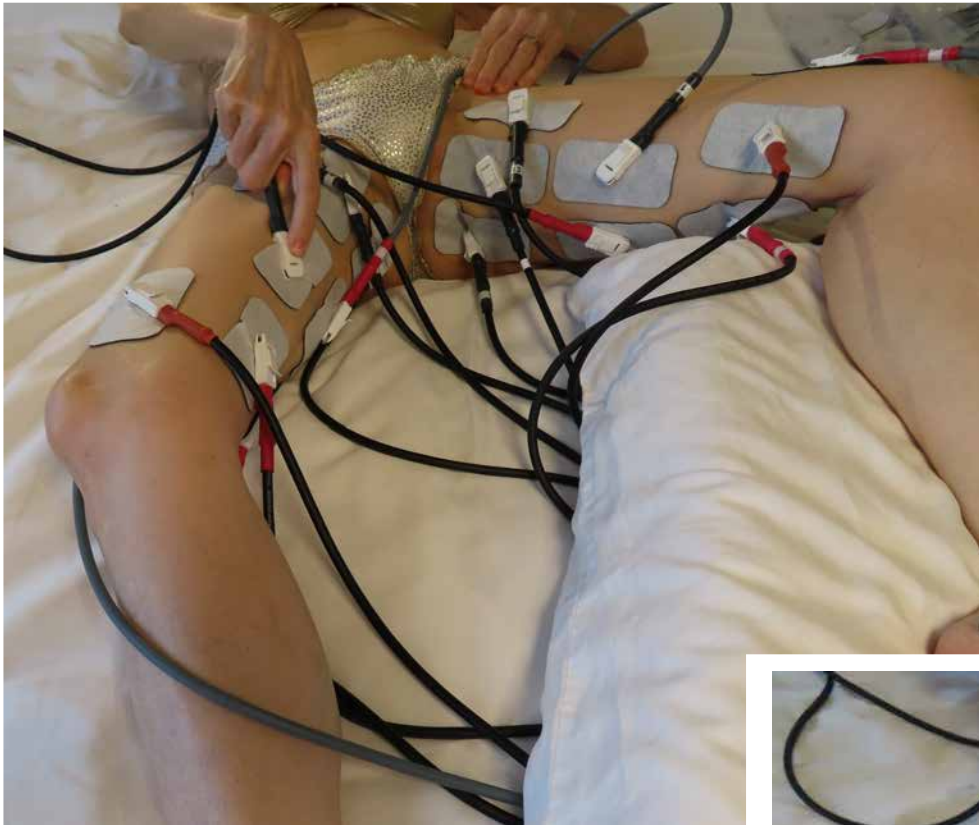
Knee
&
Inner
leg
Scupting



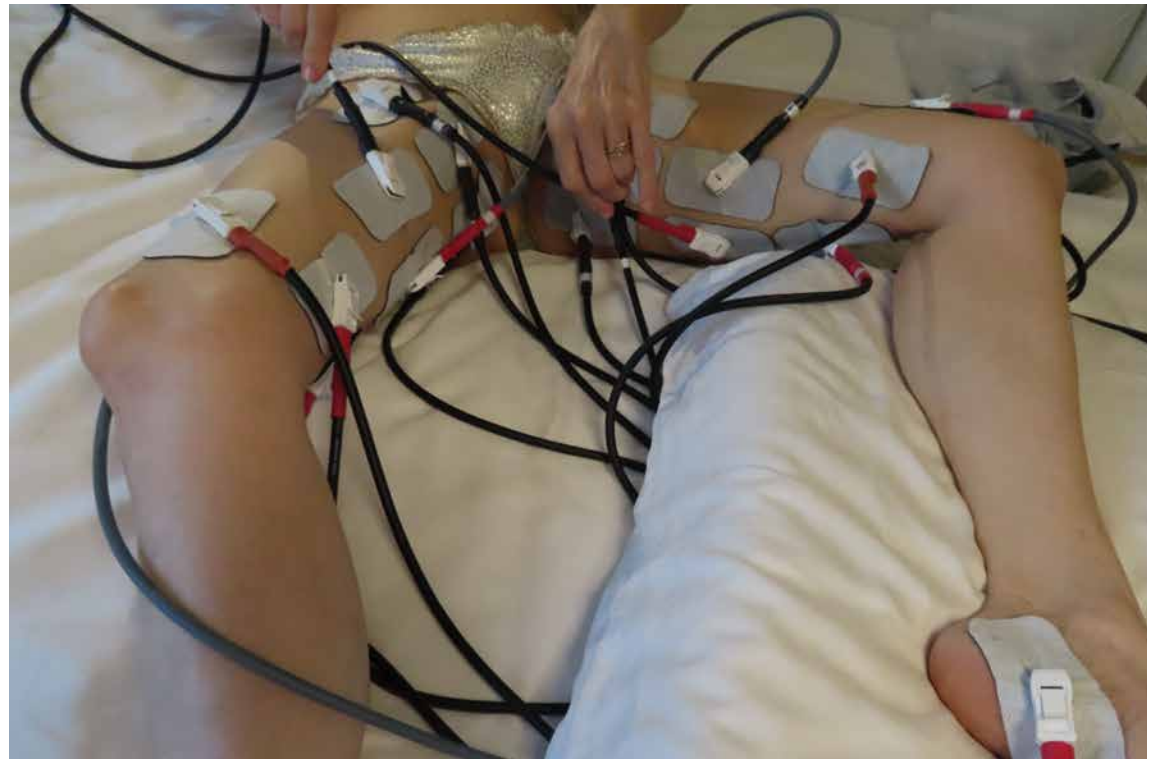


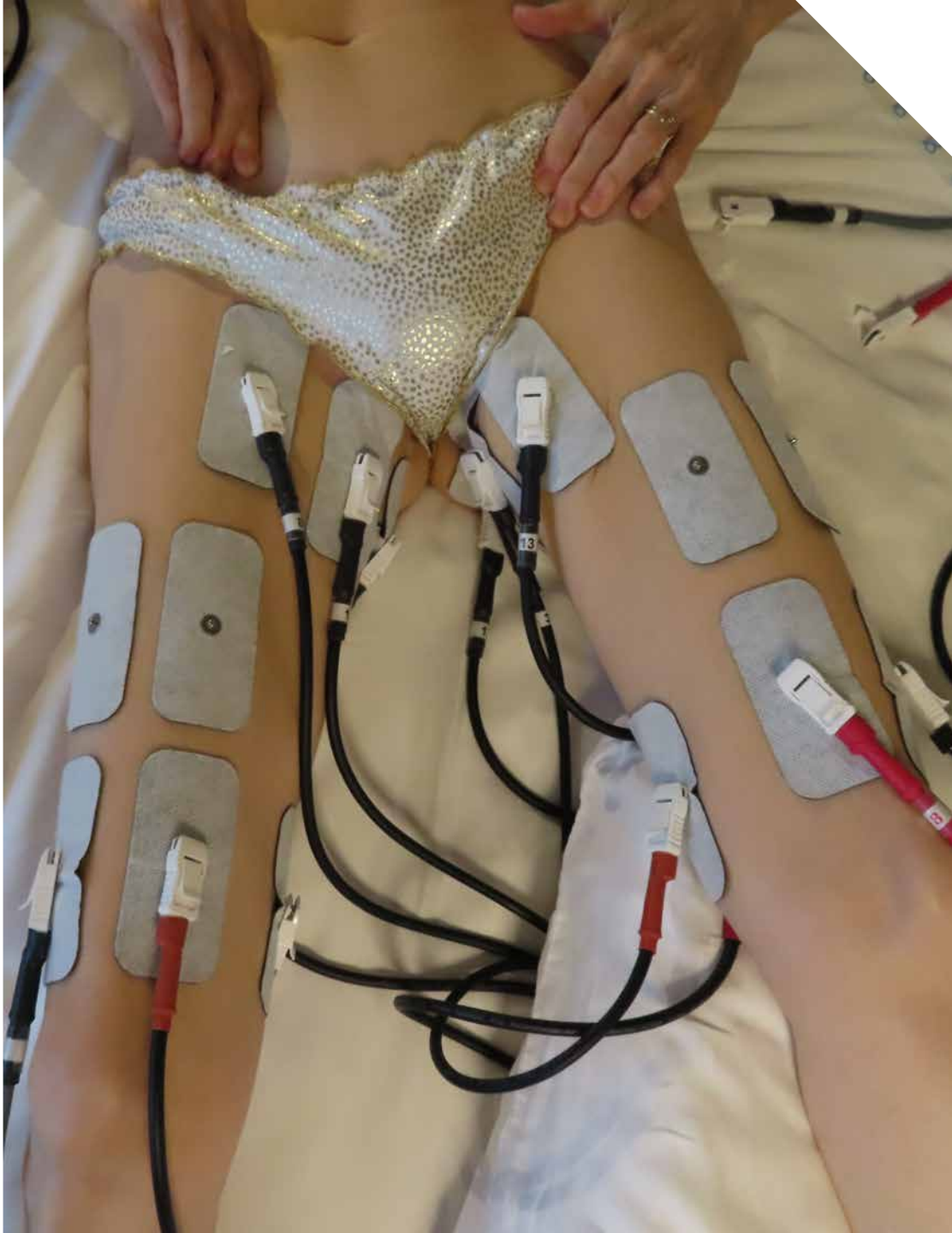
**DETOX IS
MANDATORY**



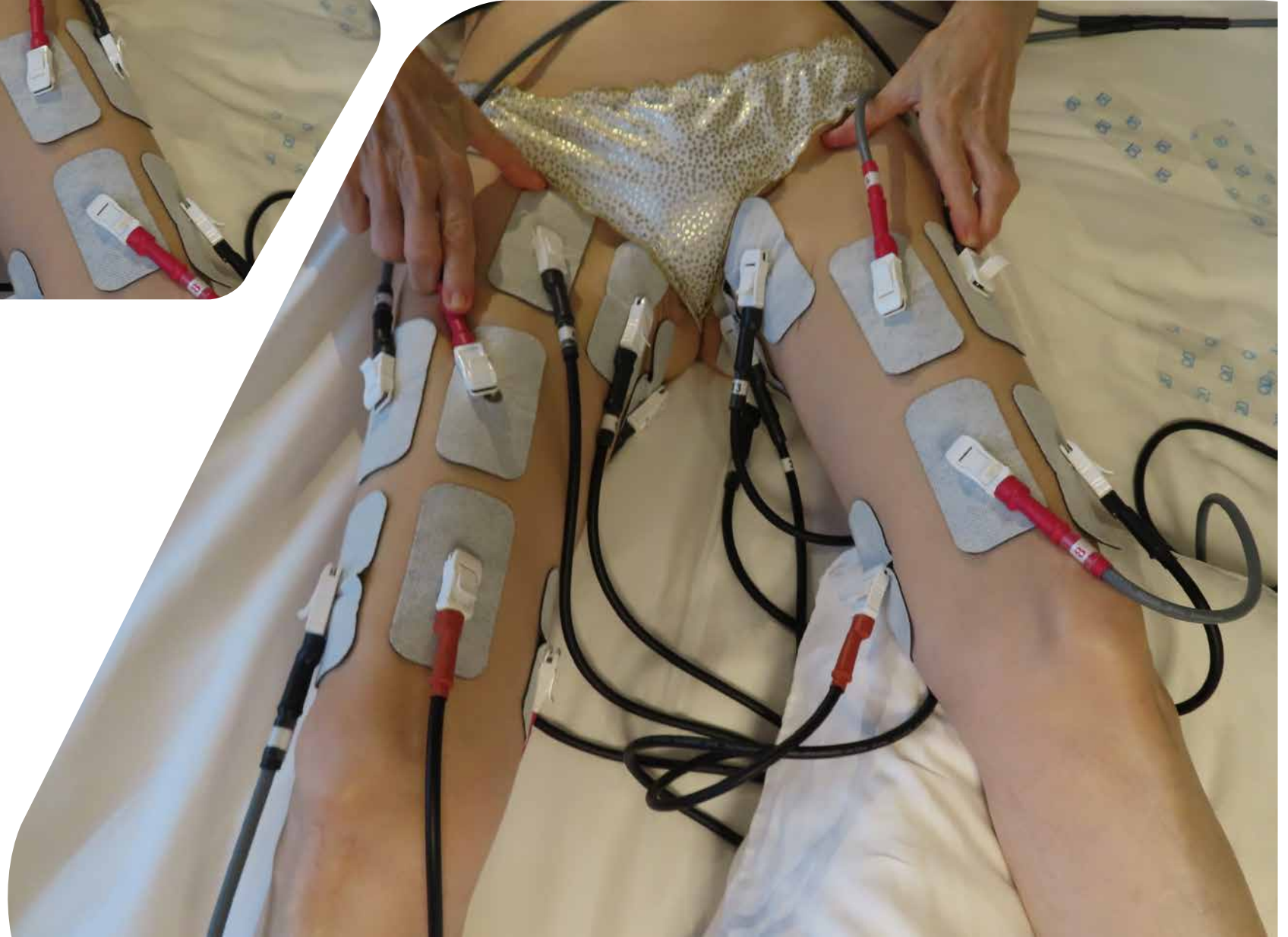
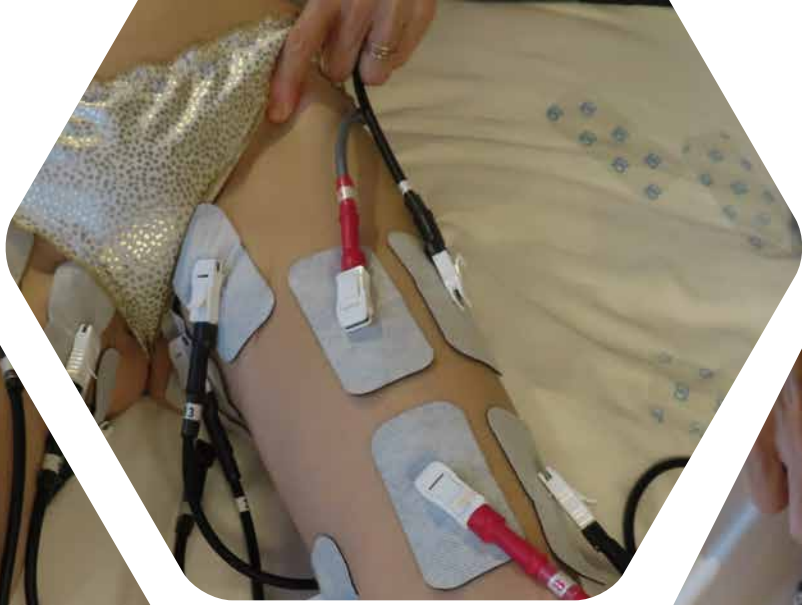


**DETOX IS
MANDATORY**



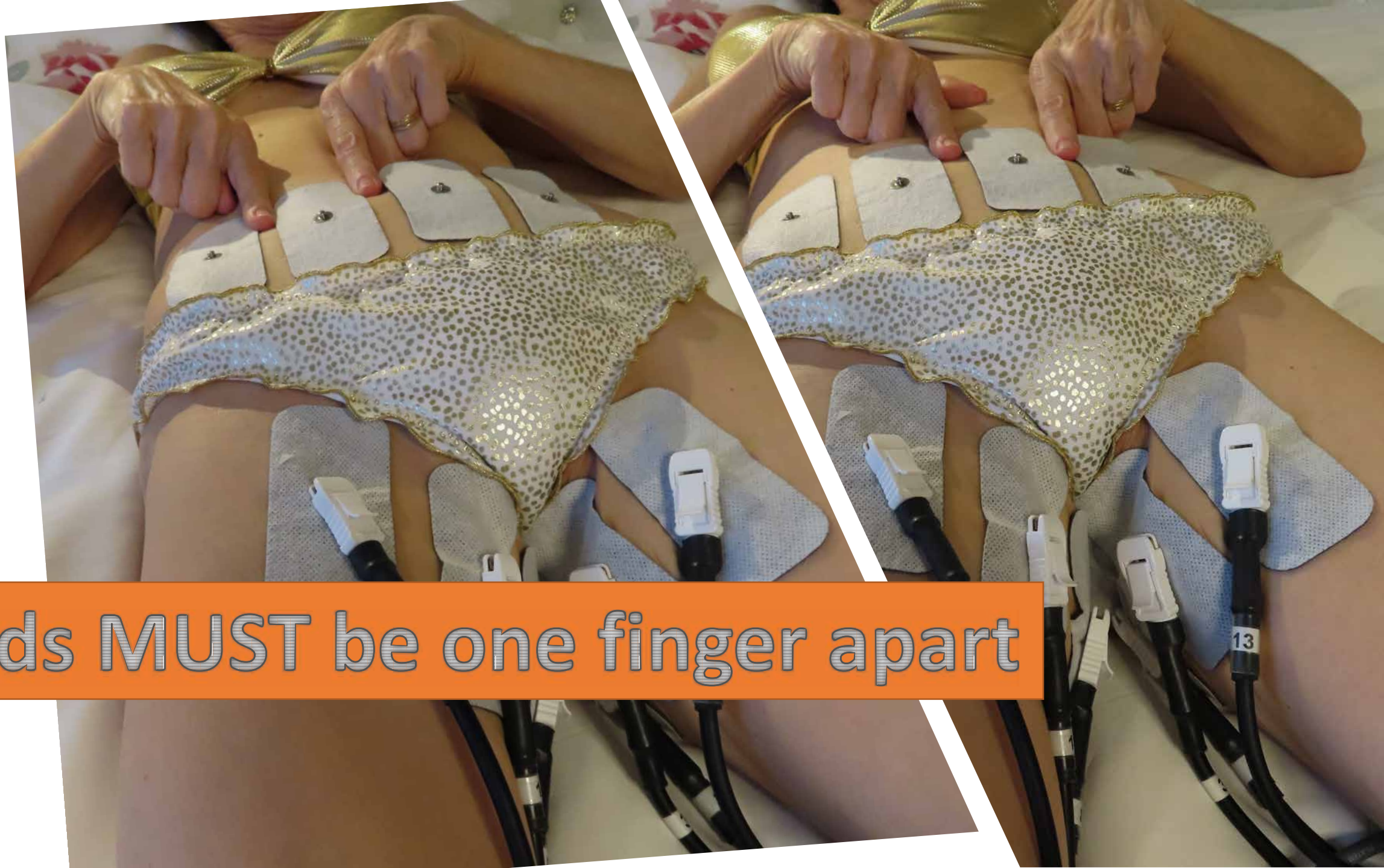


LEG
SHAPING

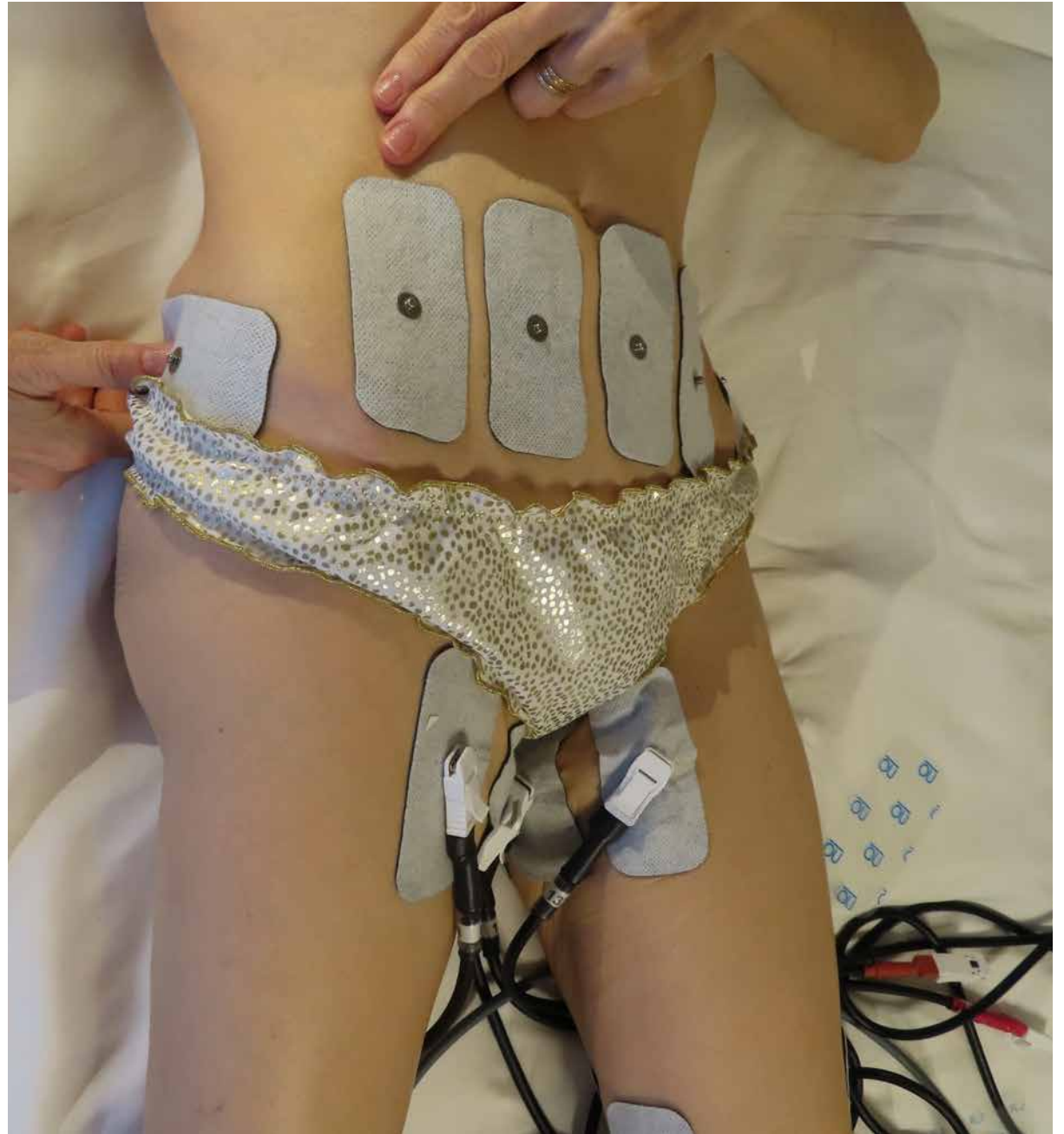
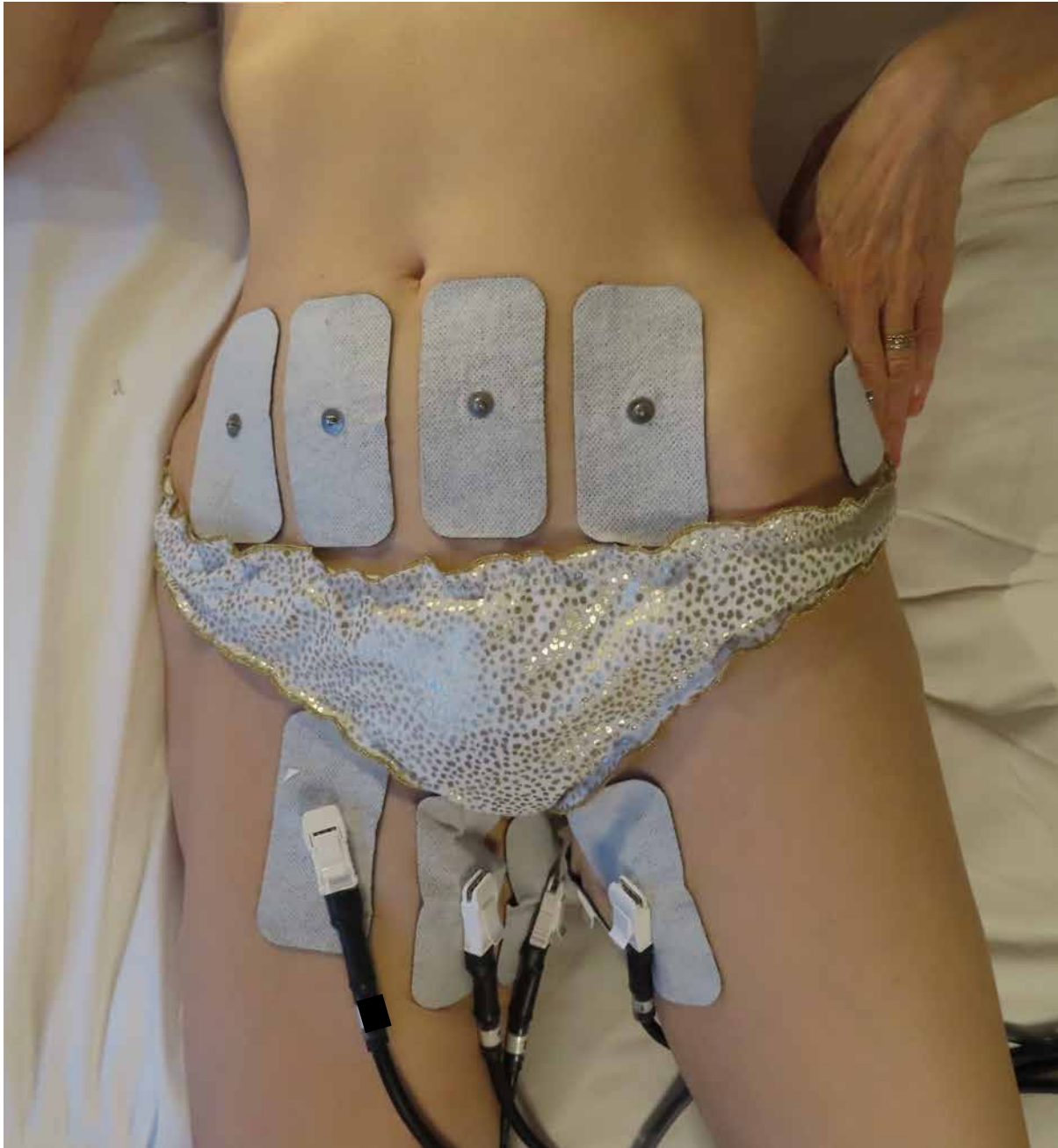


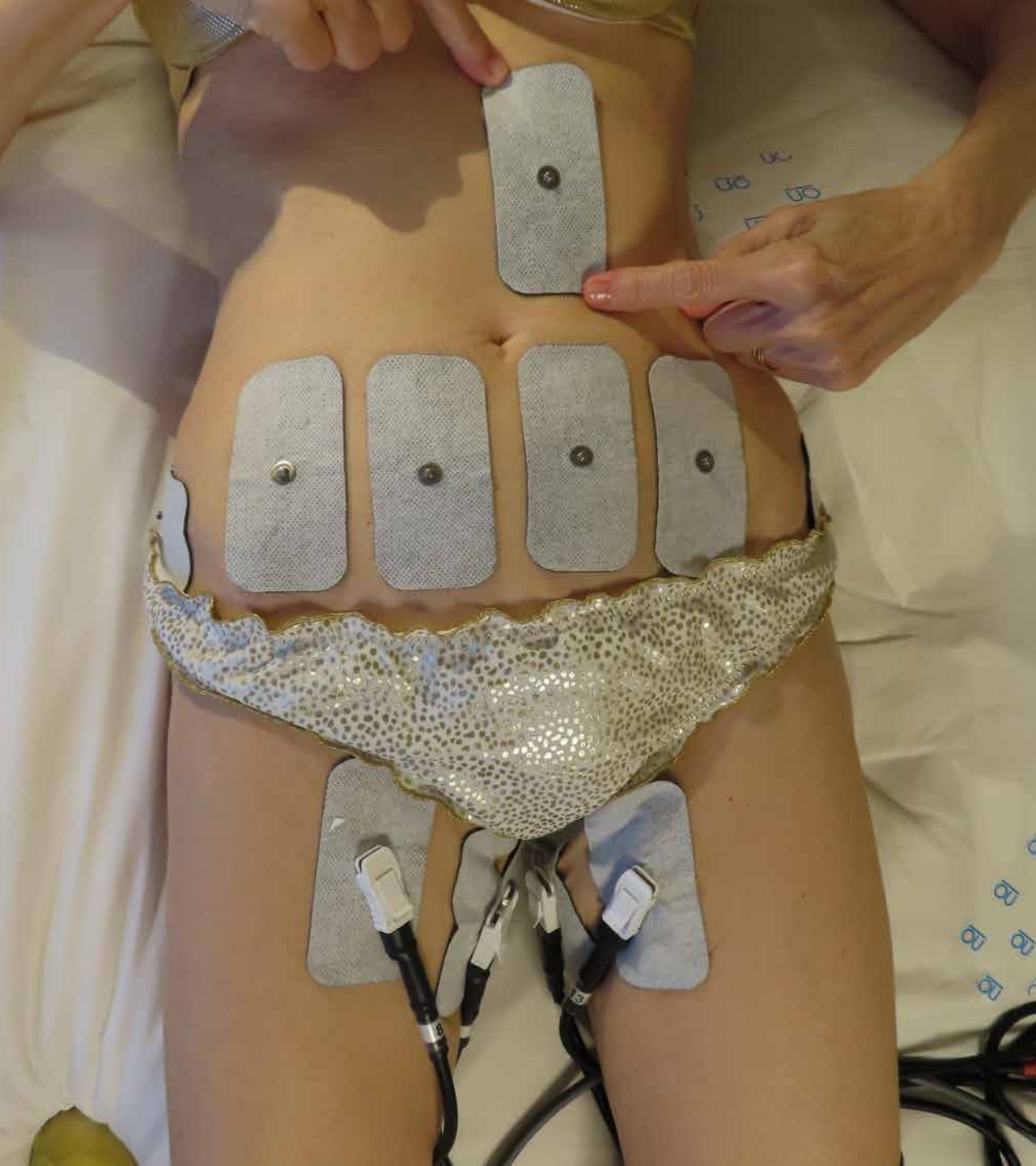


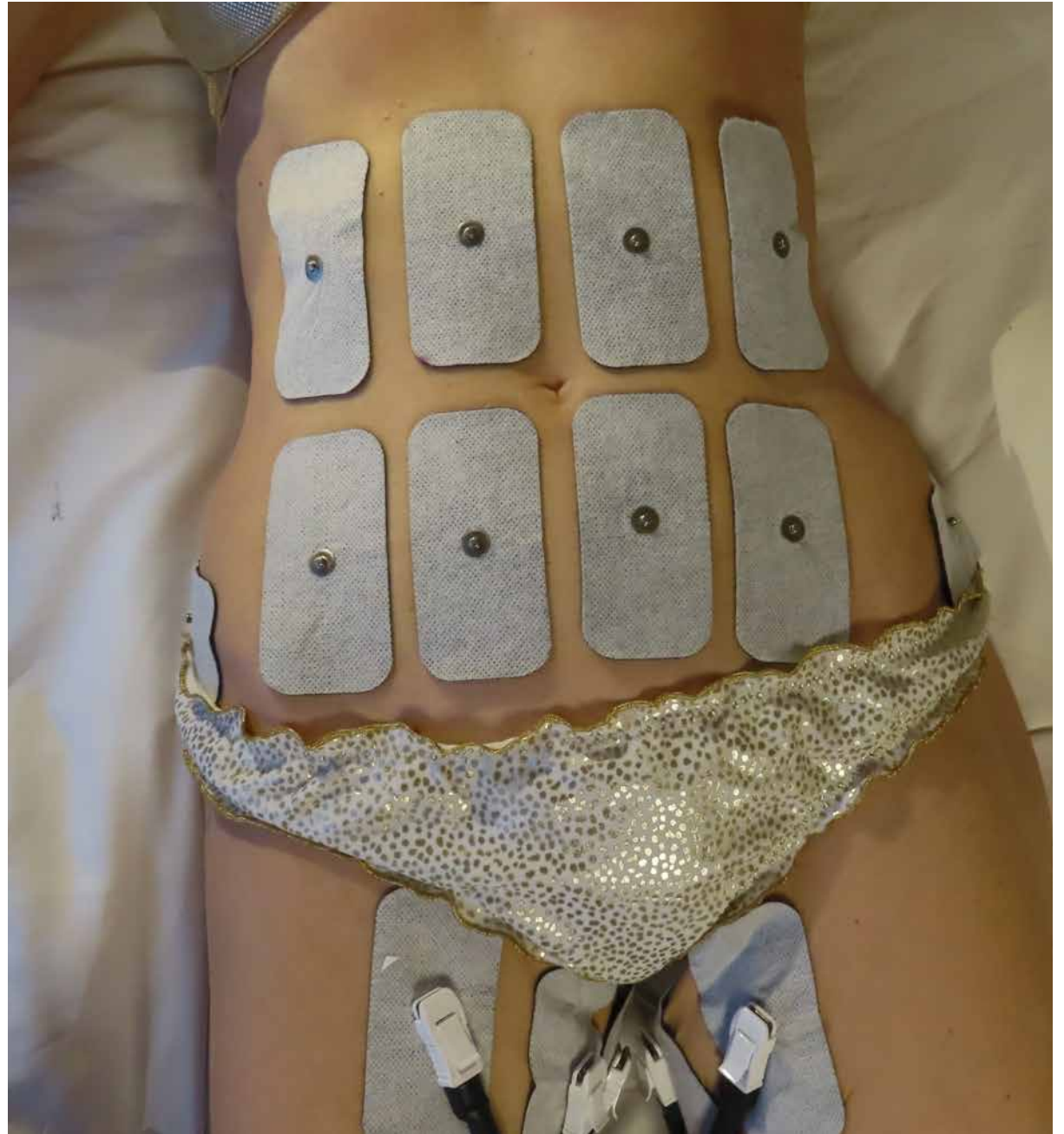
Step by Step Abdomen Padding

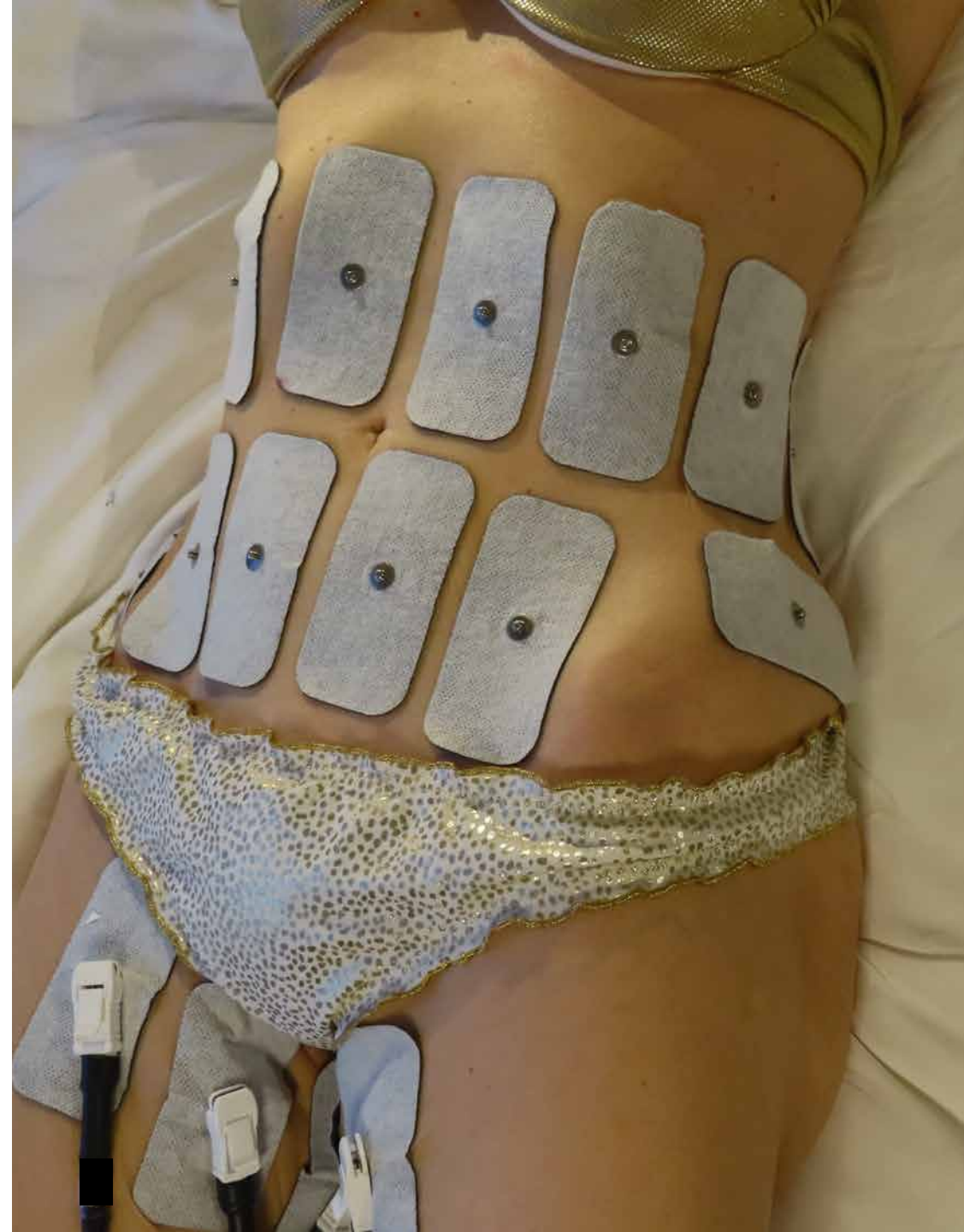
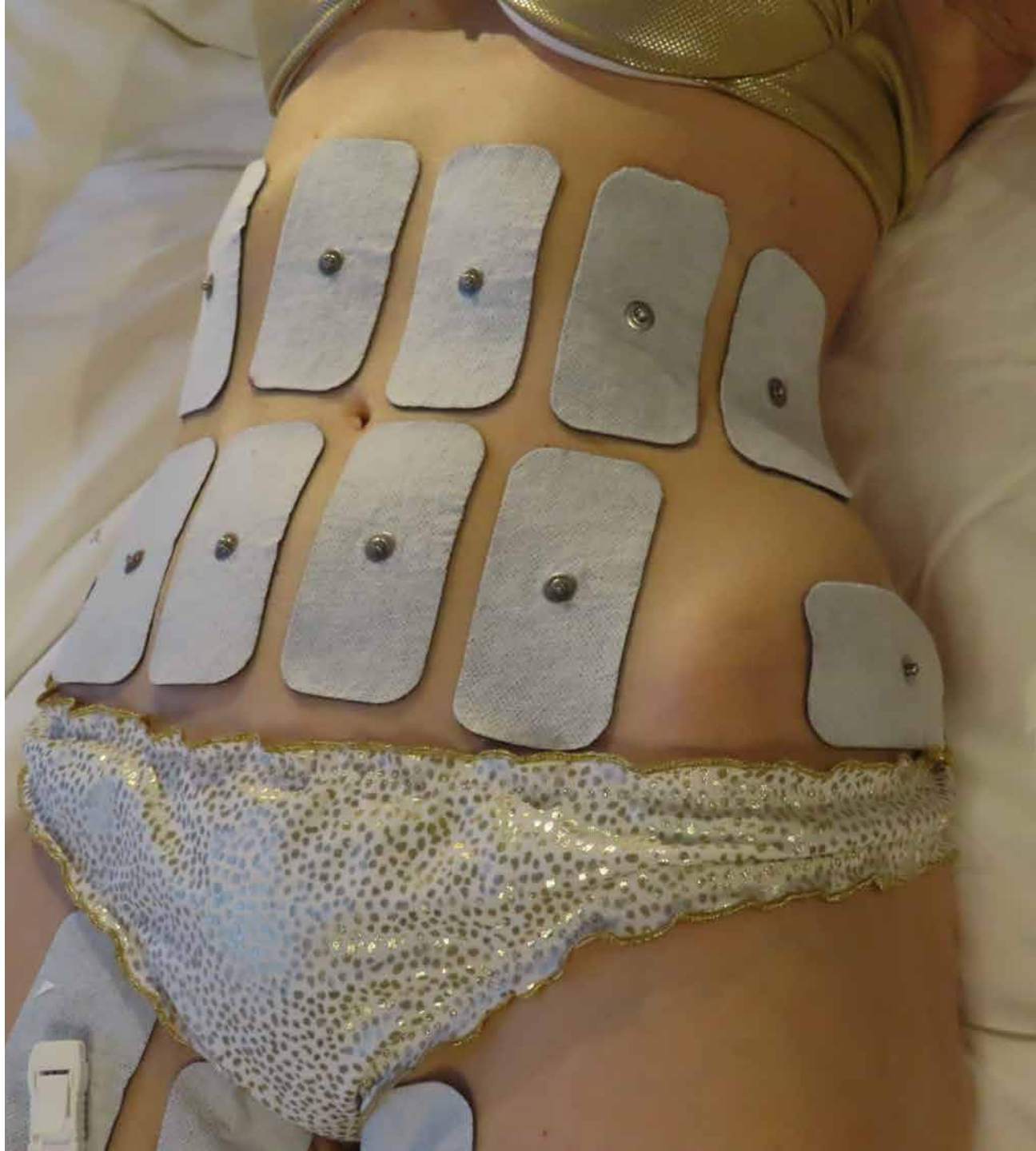


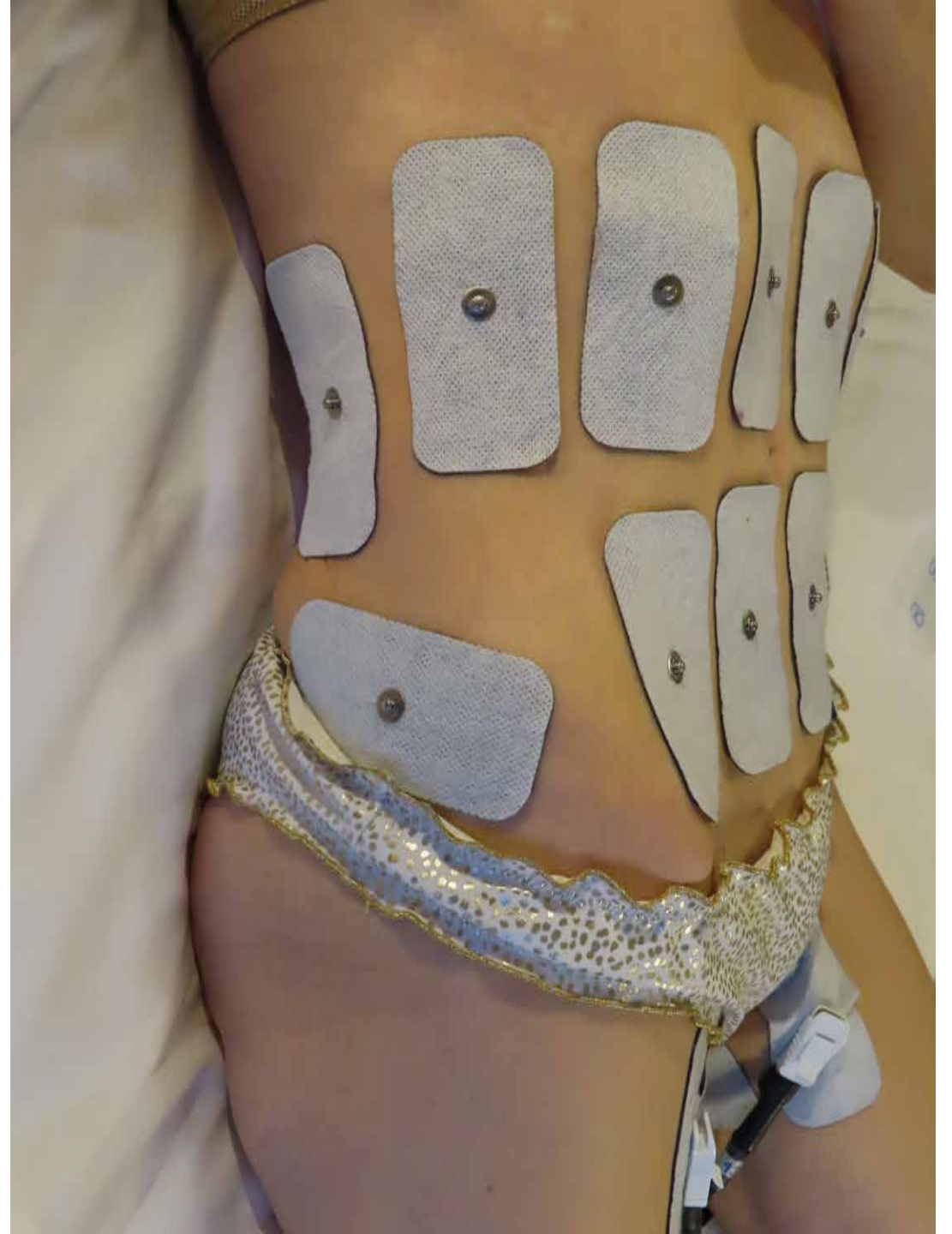
Pads MUST be one finger apart





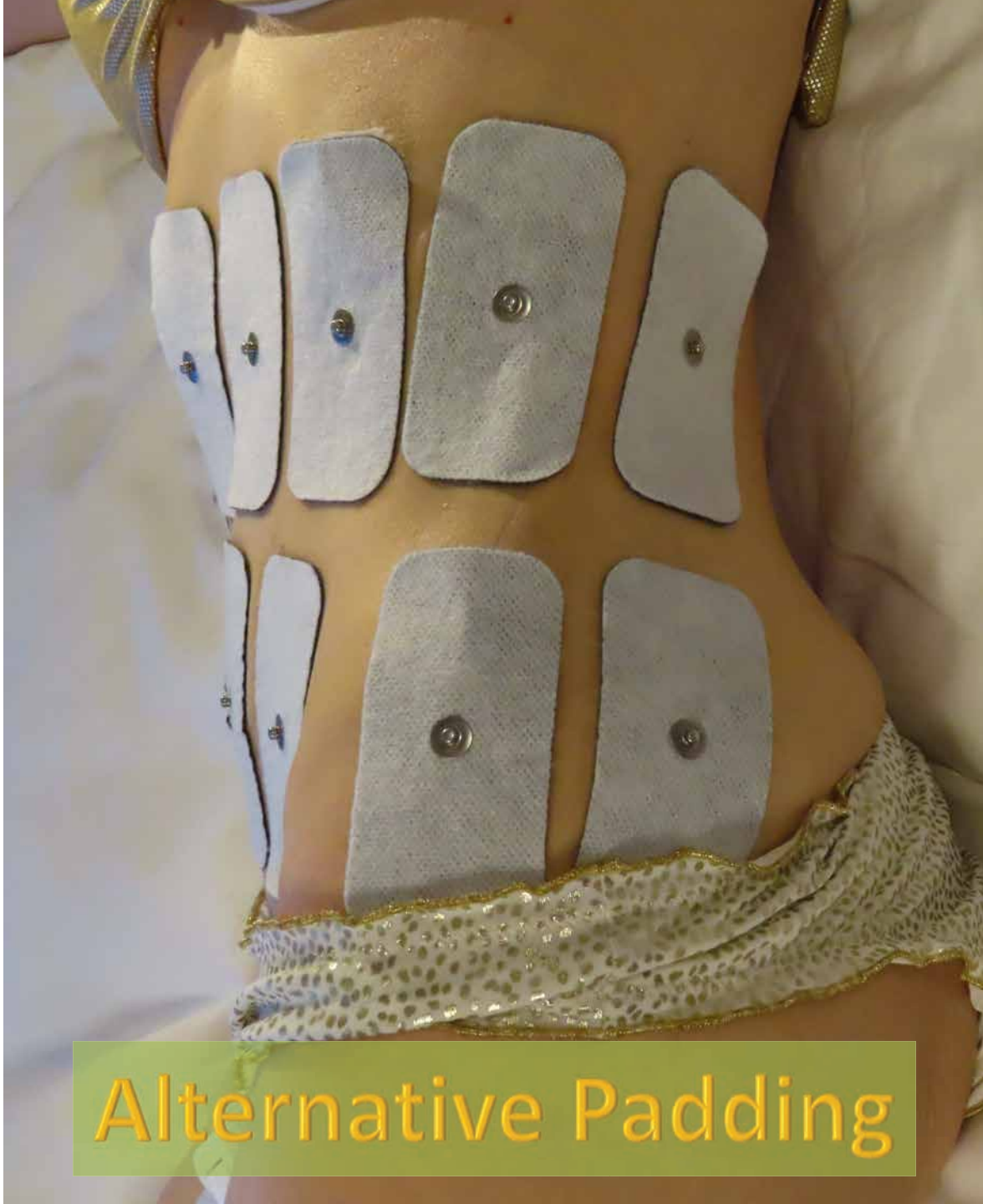






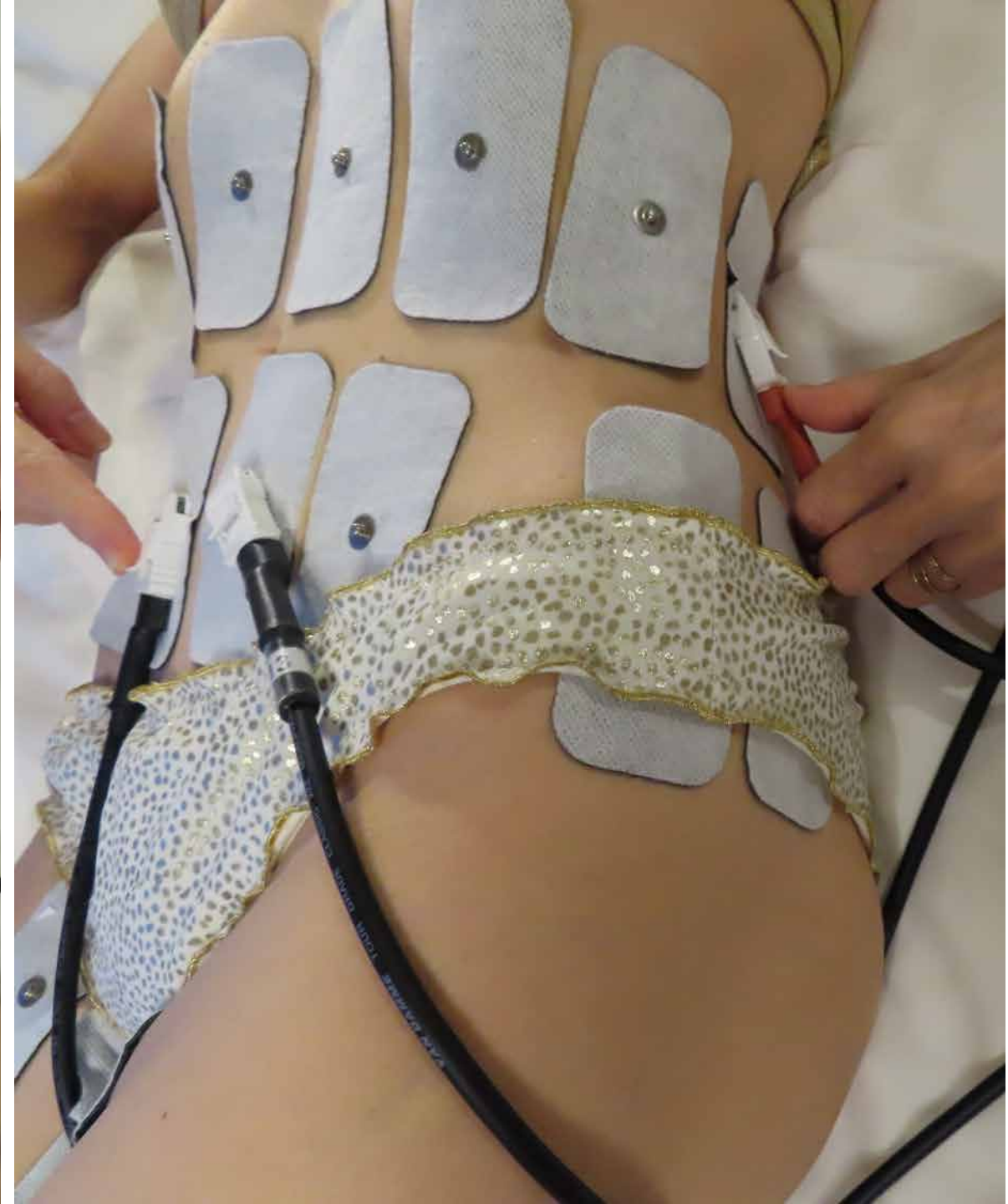
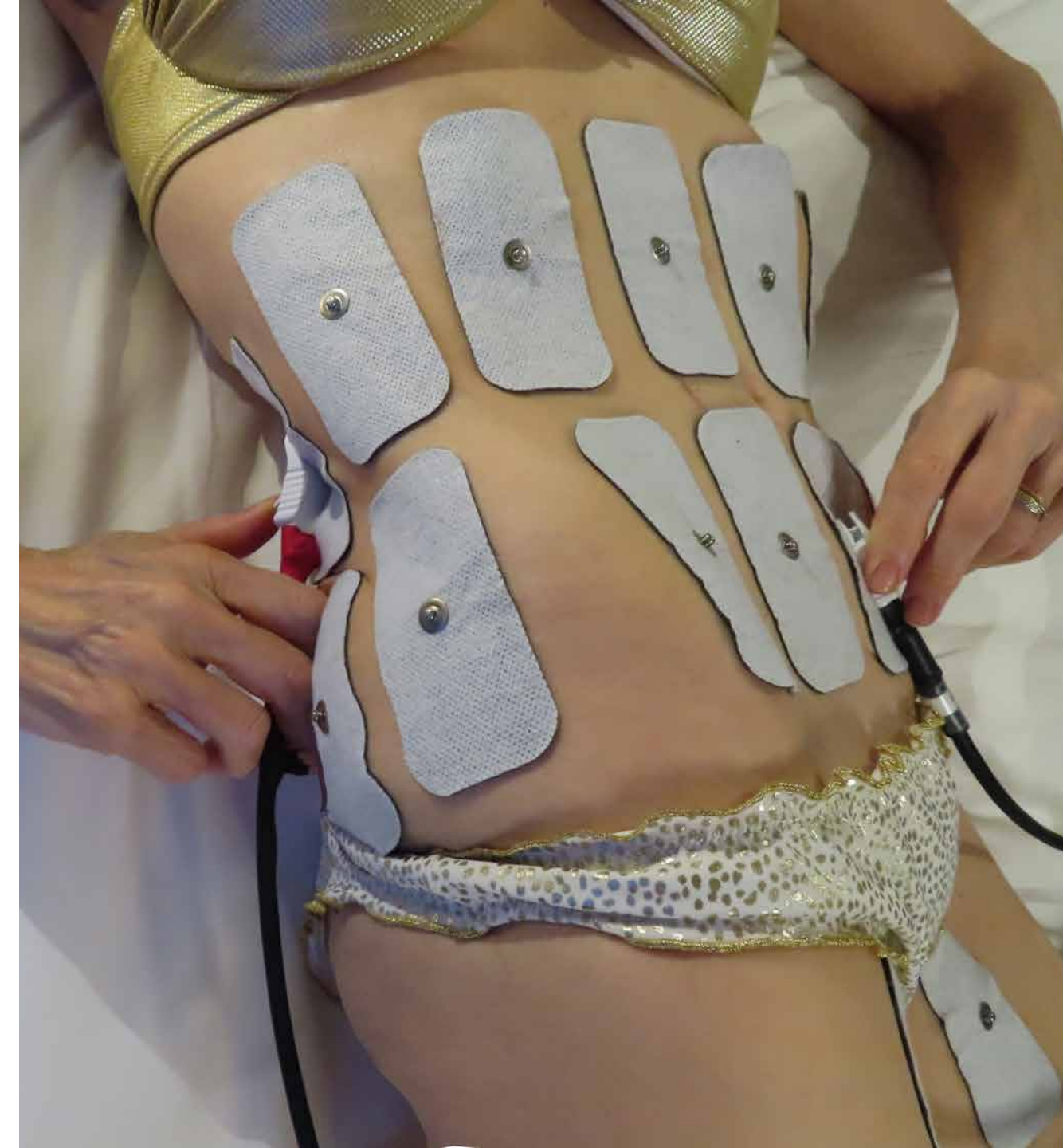
Pads **MUST** be
at least
FIVE FINGERS
Away from
the **SPINE**

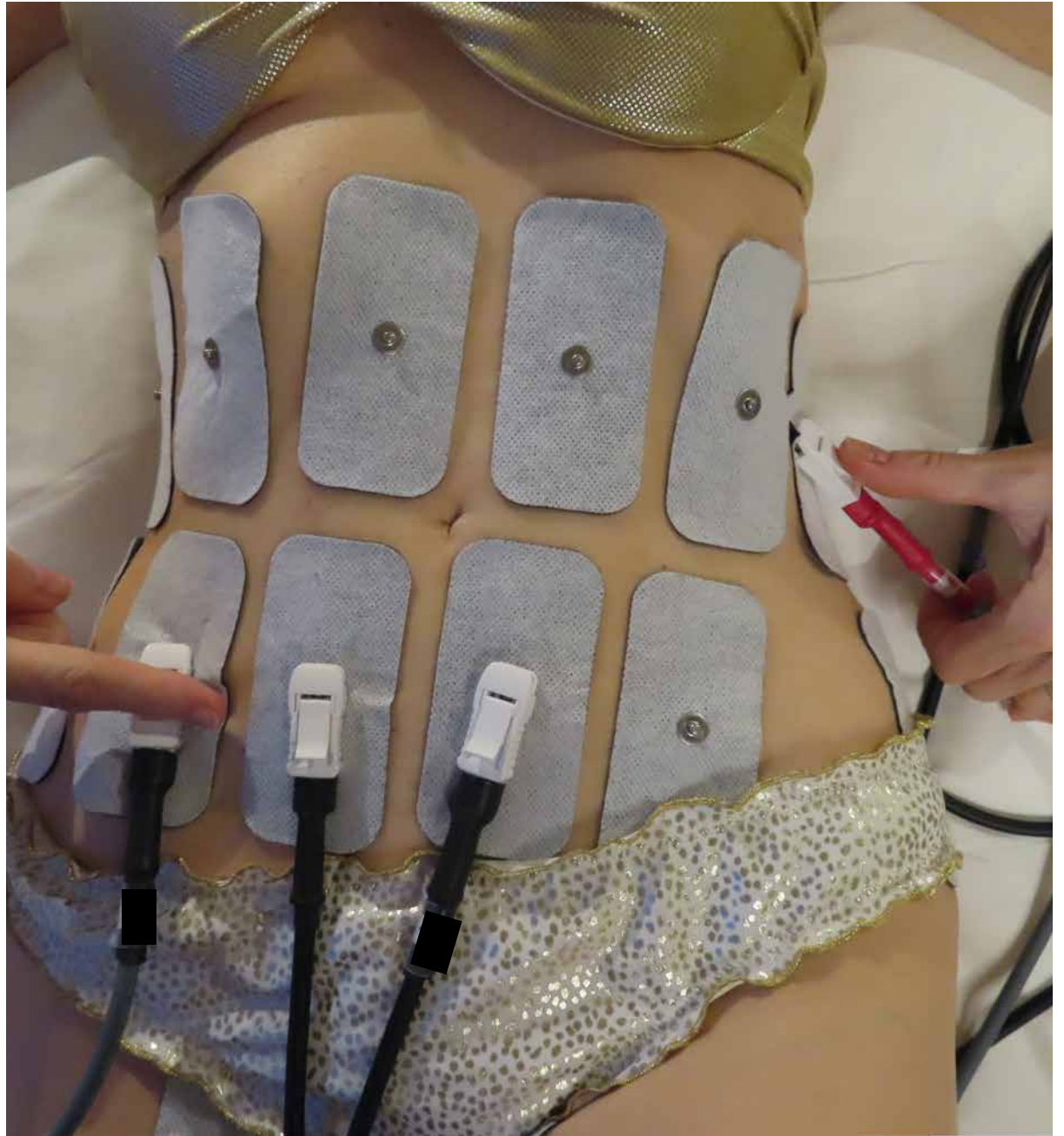
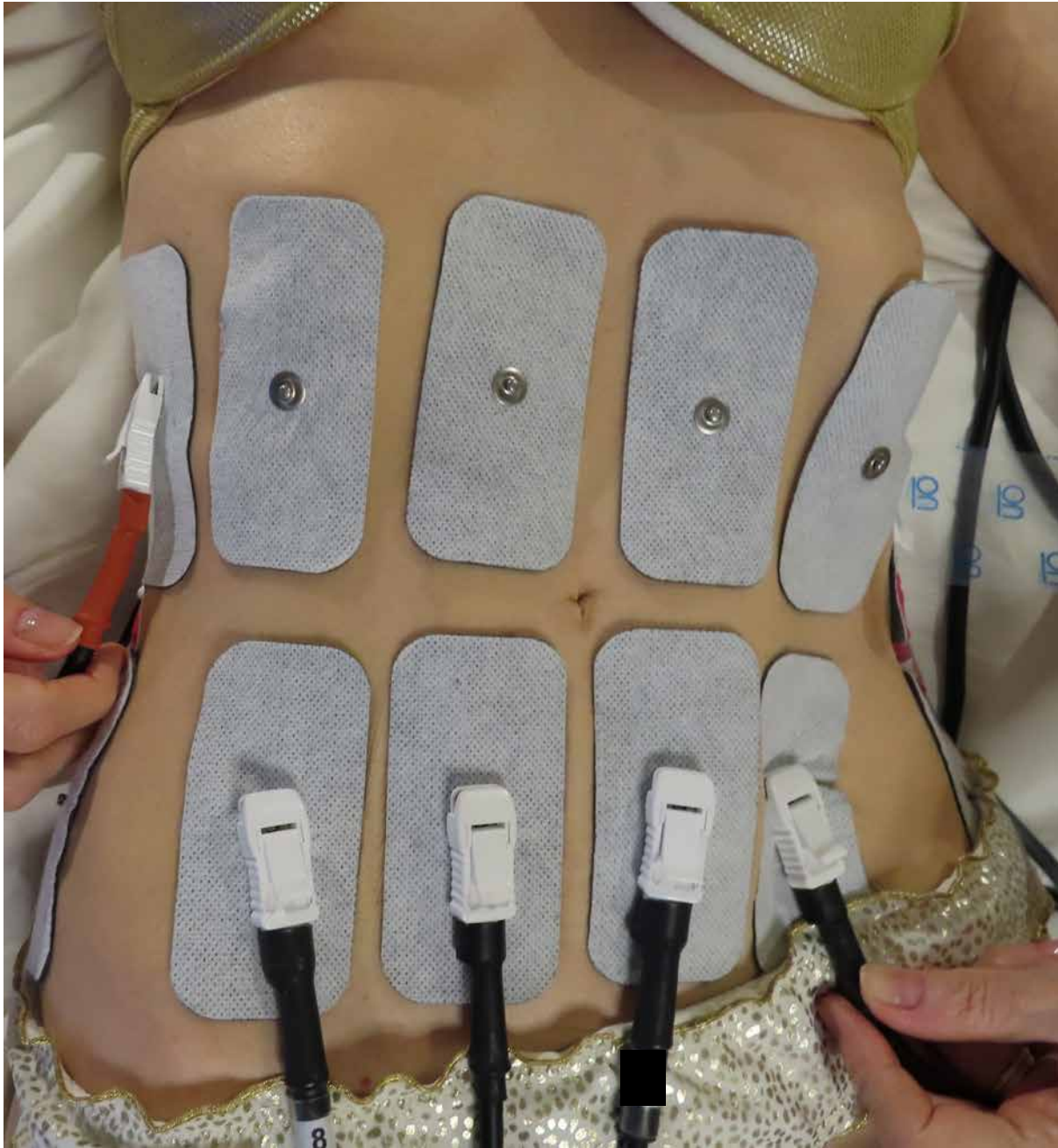


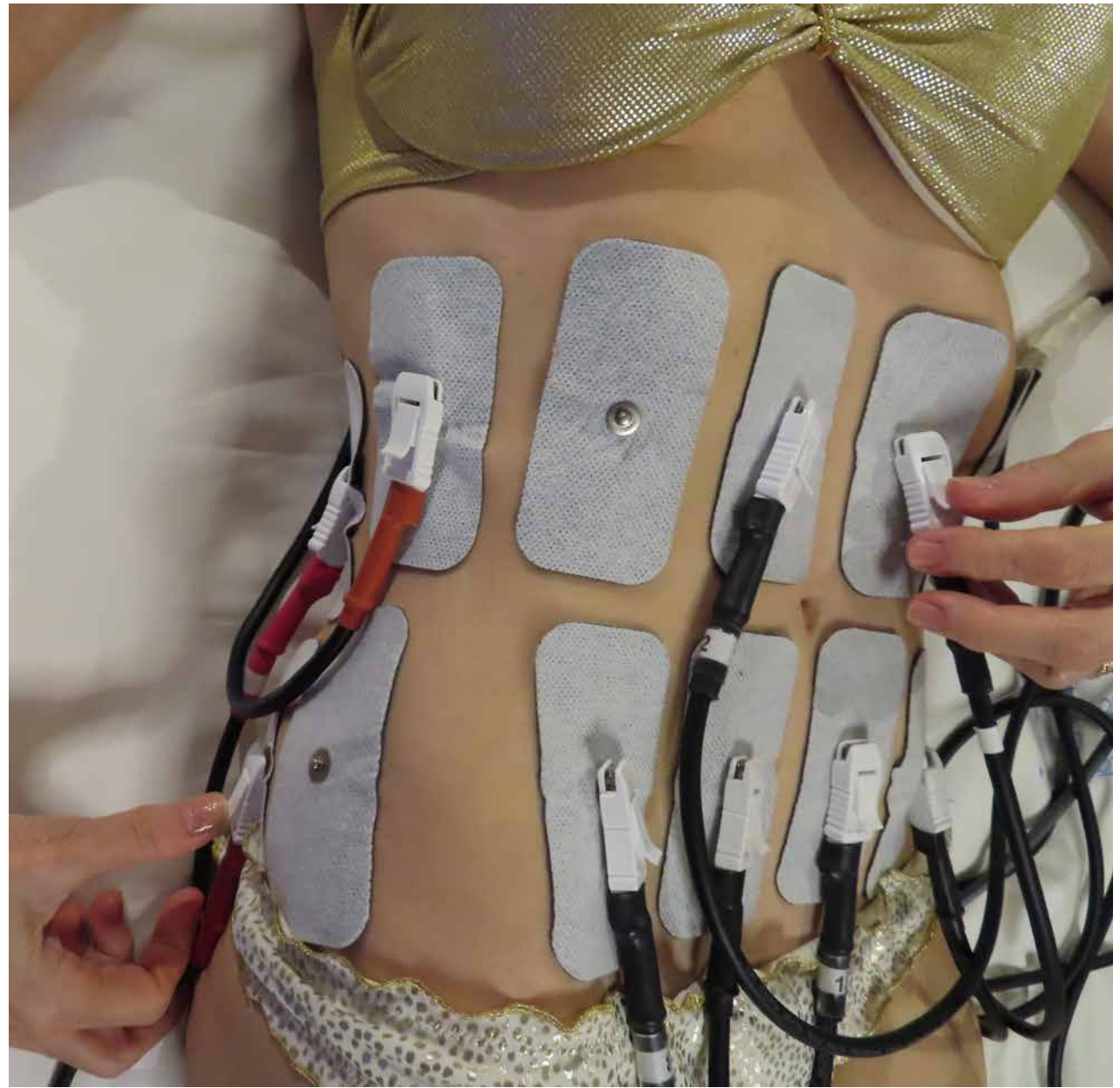
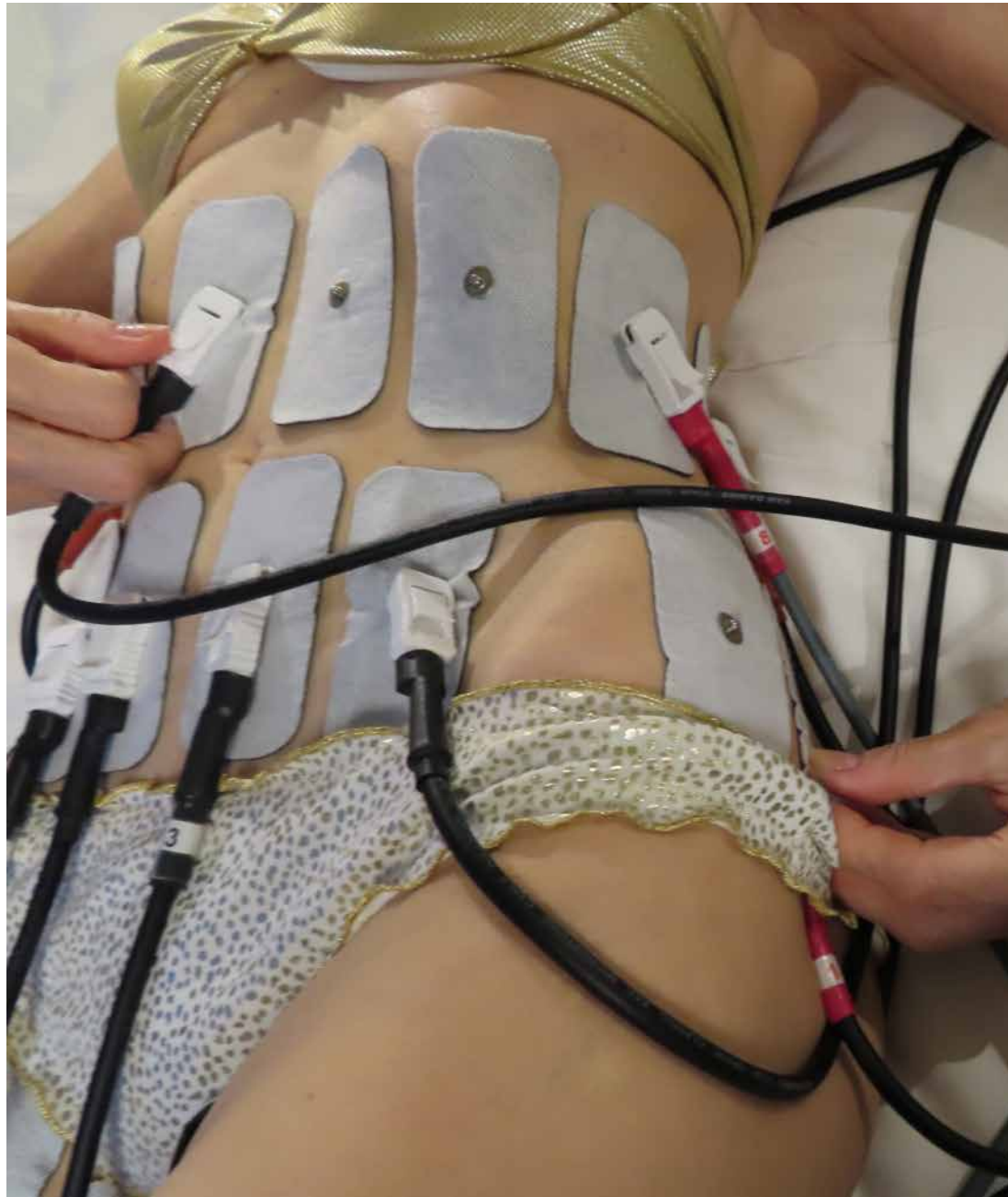


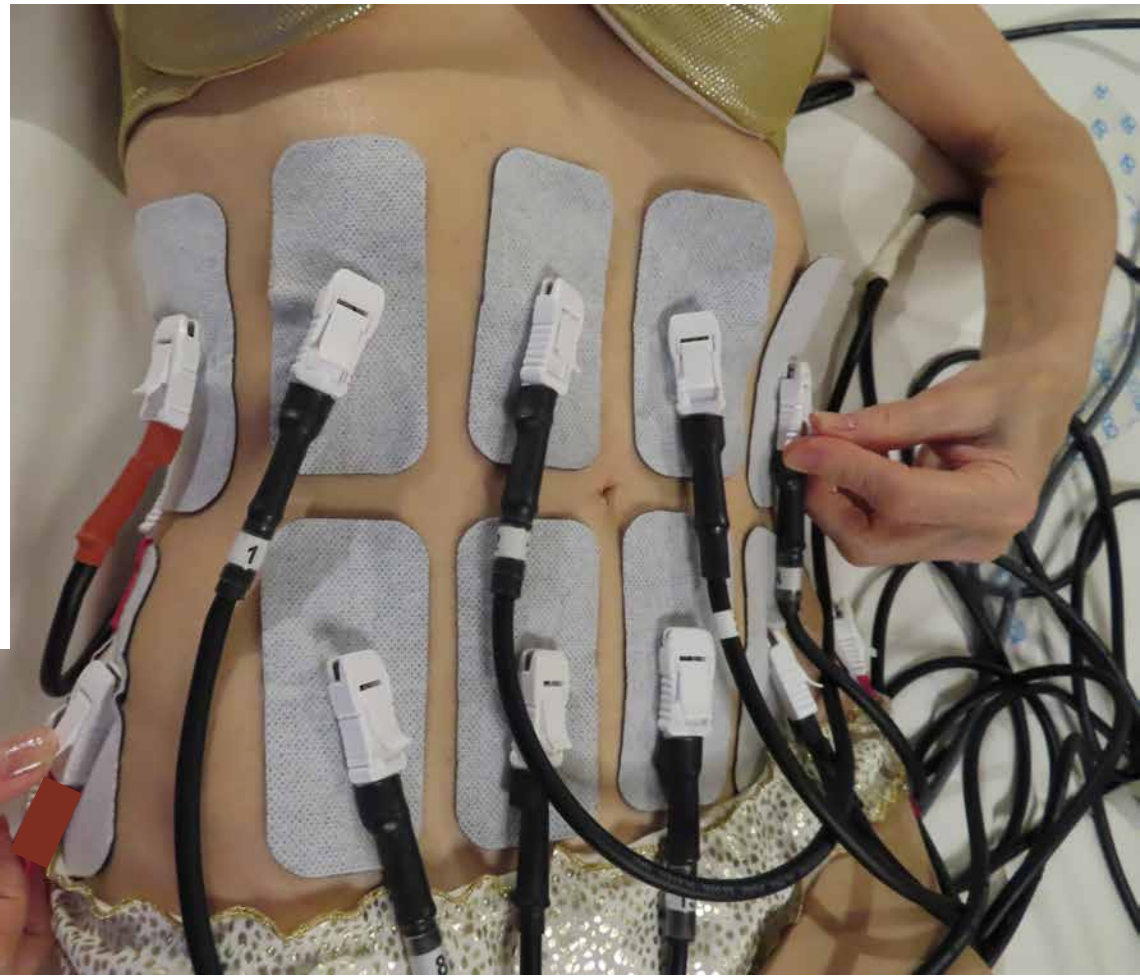
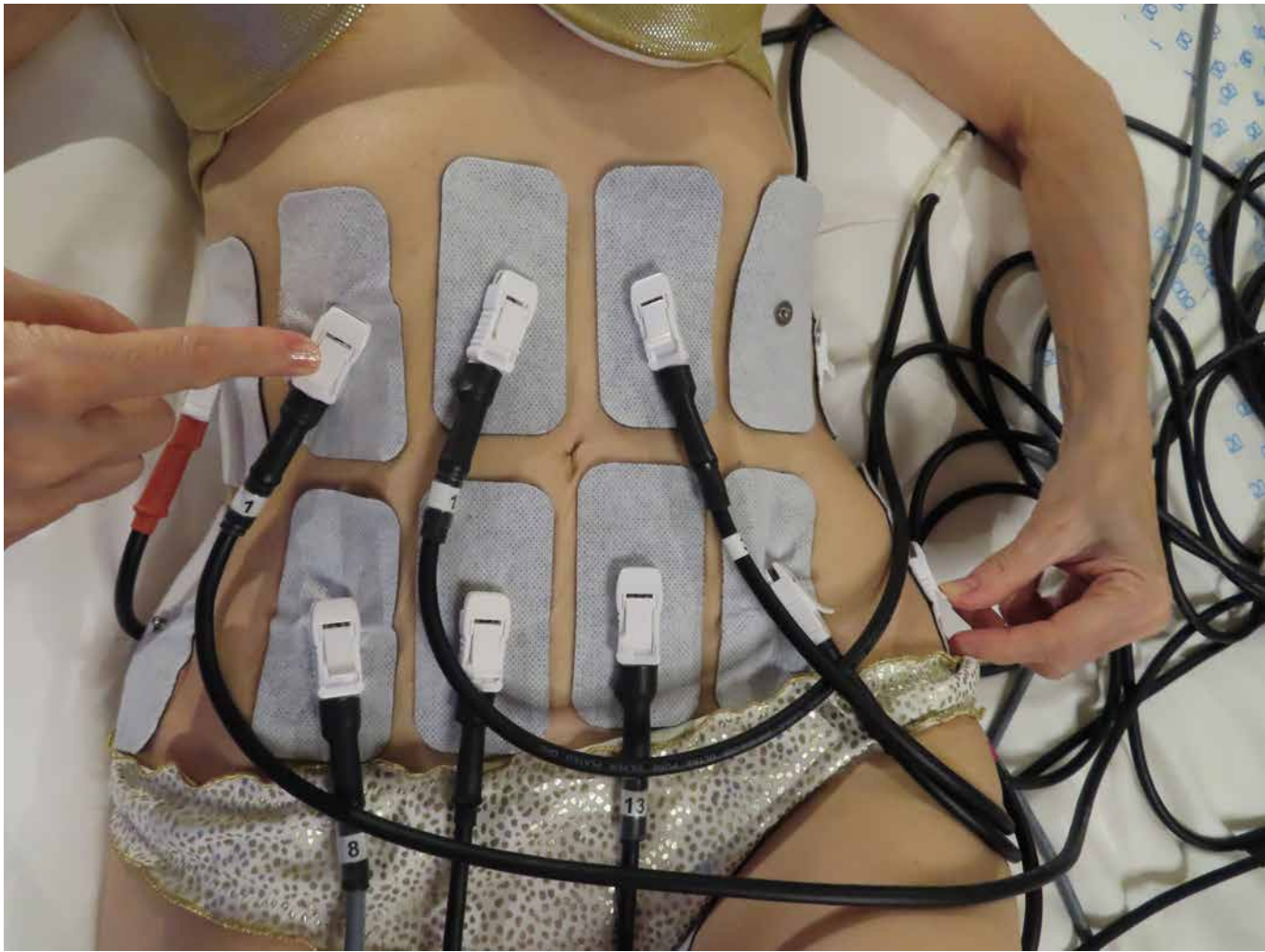
Alternative Padding

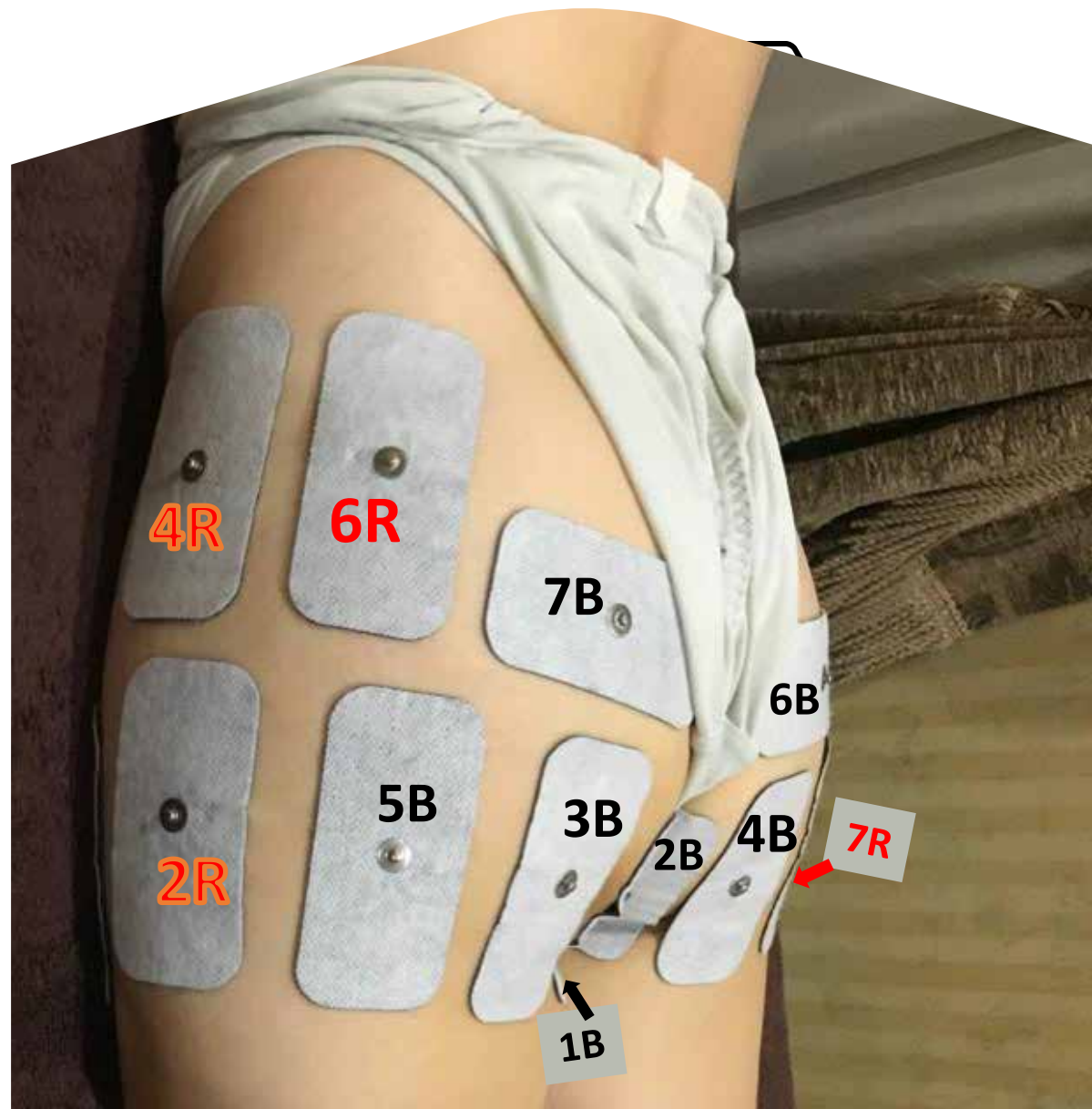
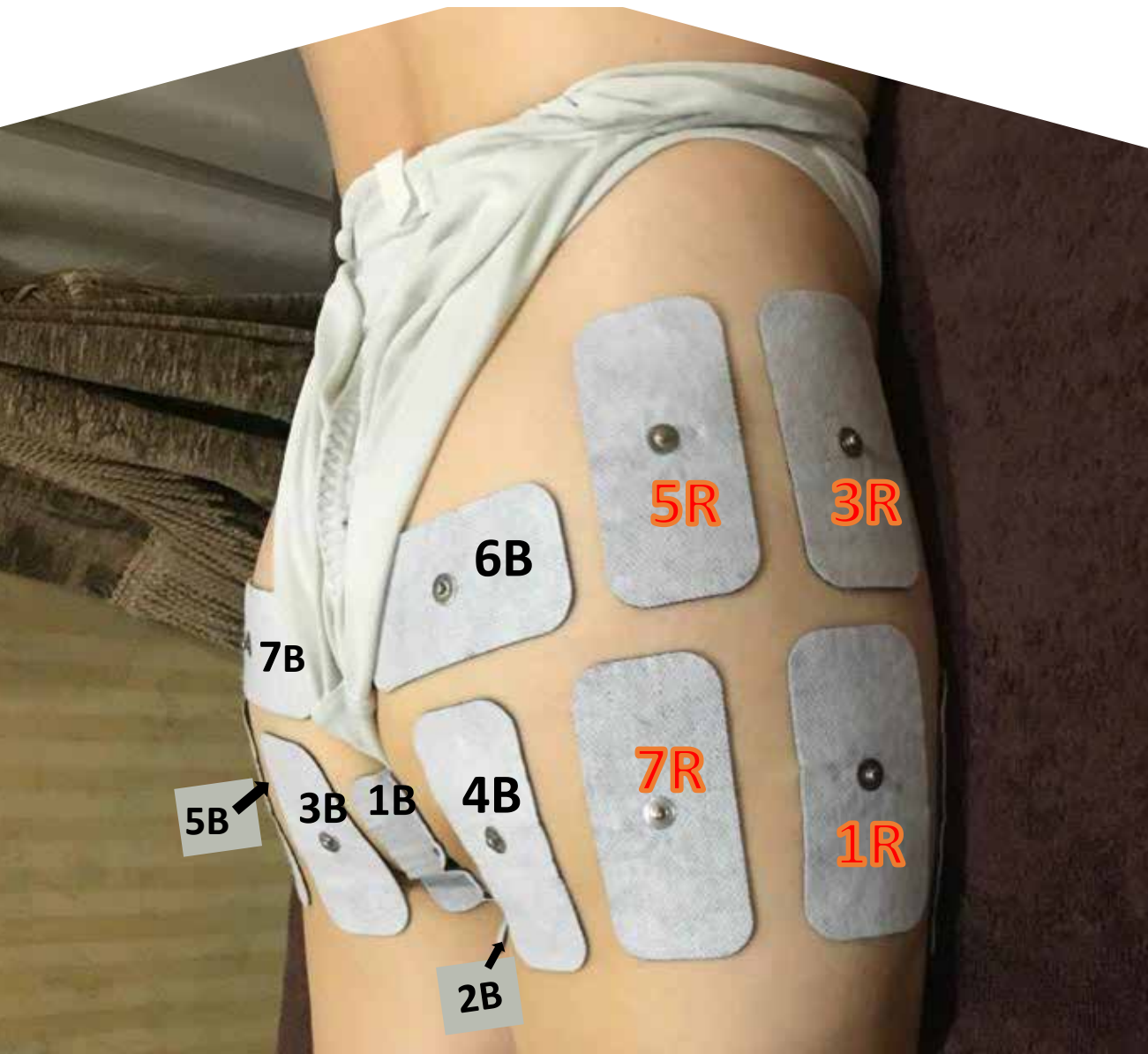


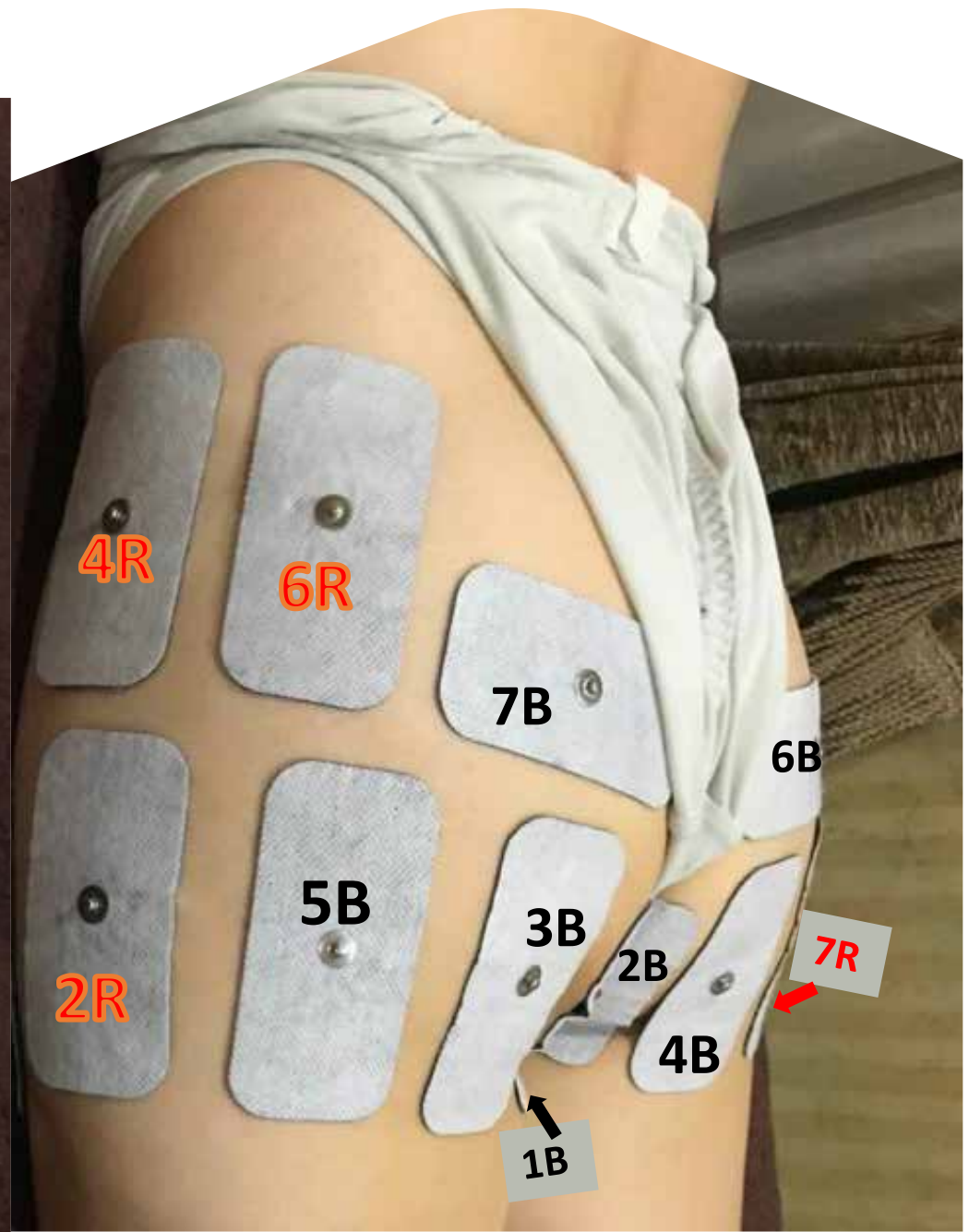
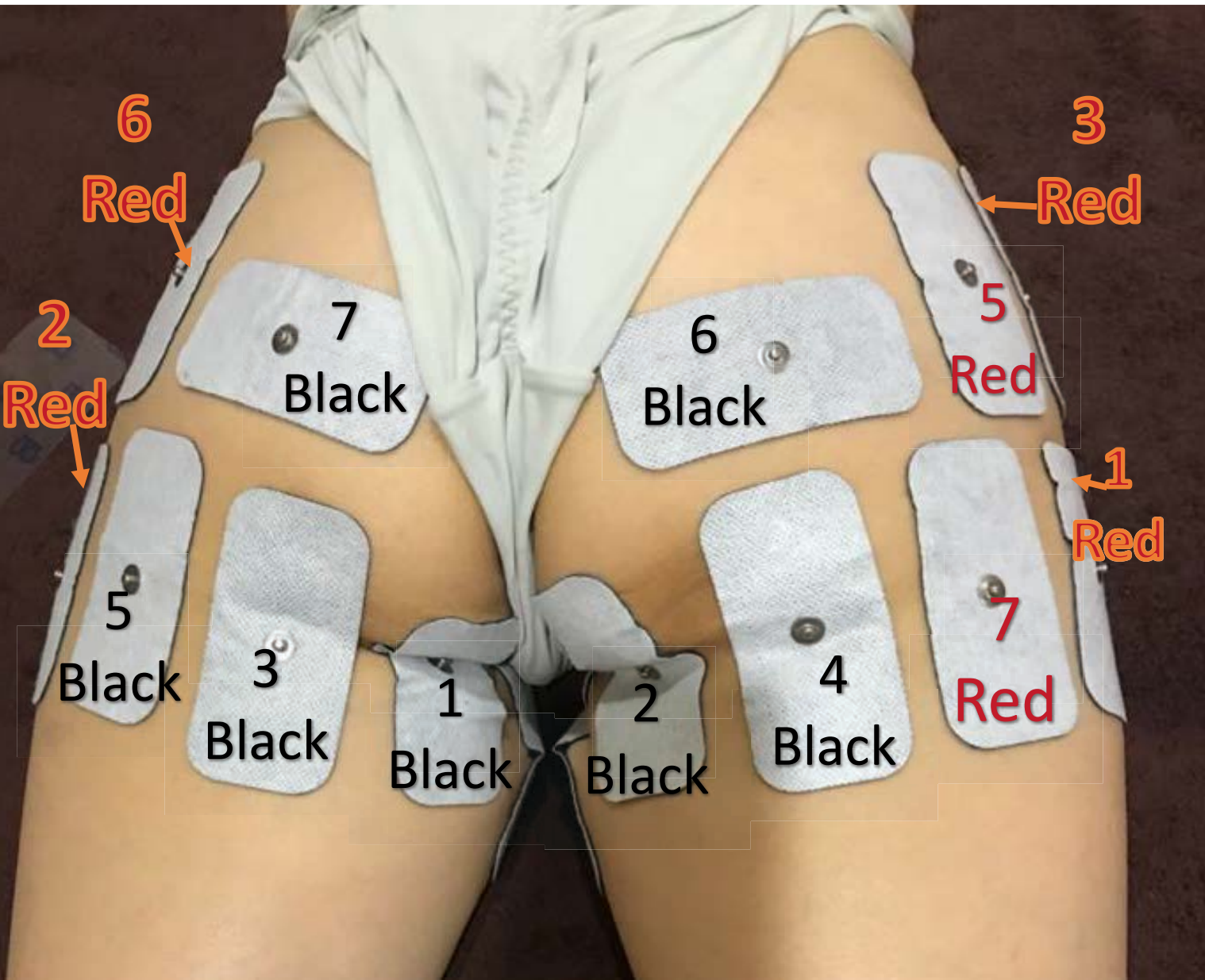


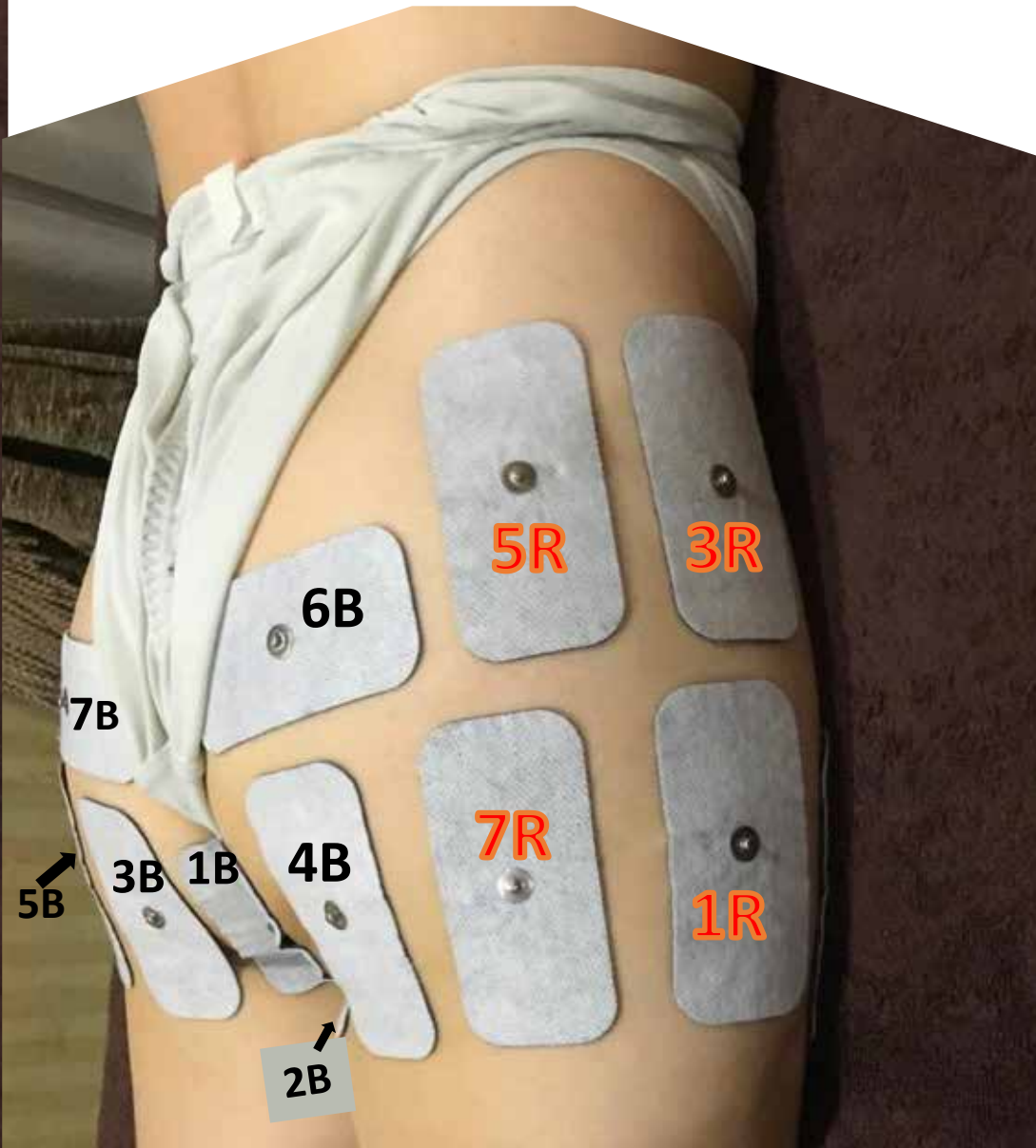
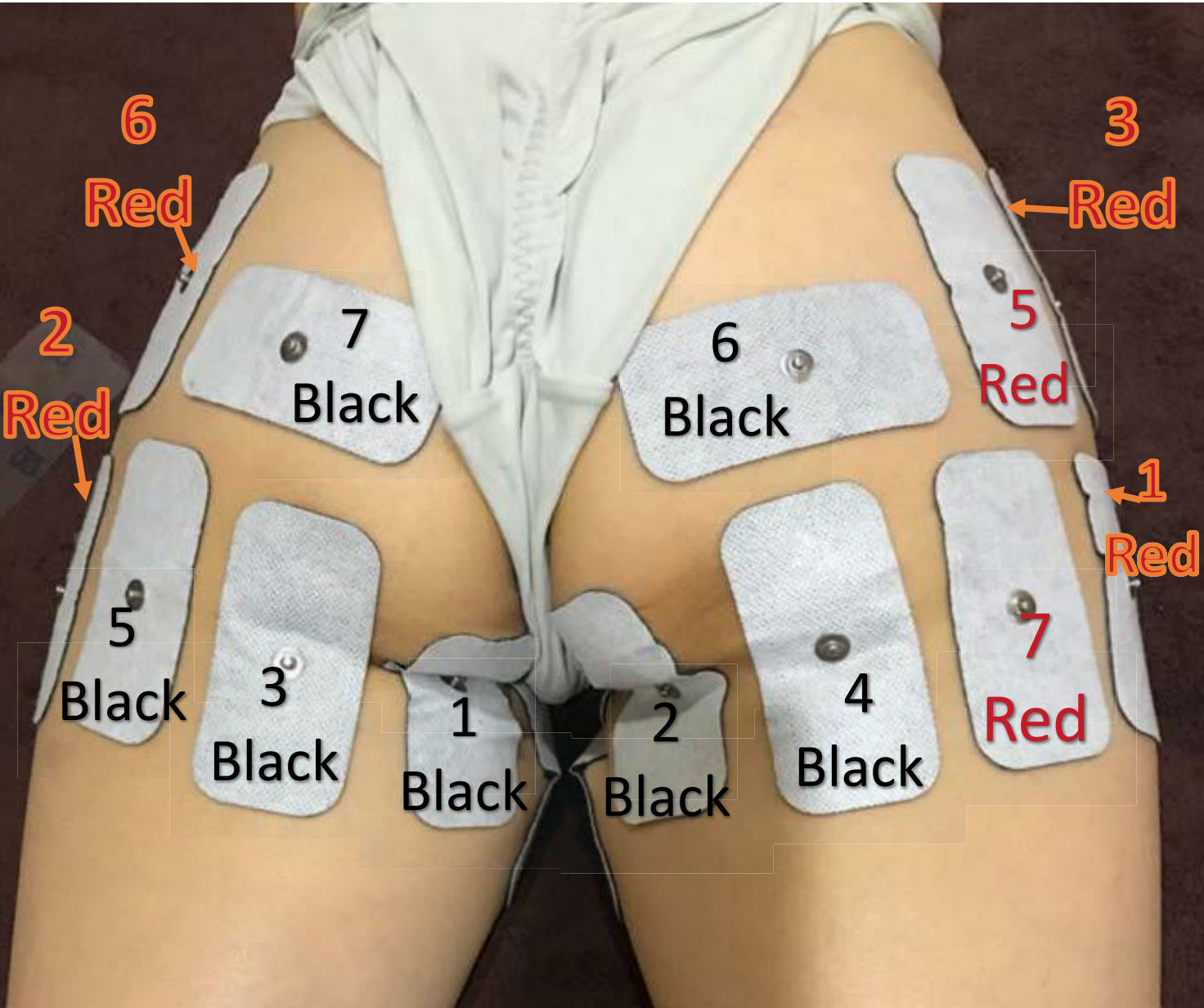










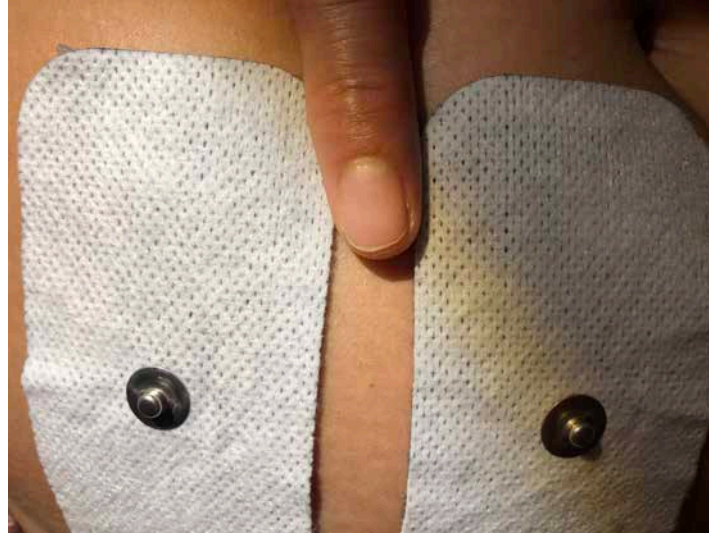


ONCE AGAIN: PADDING RULES REMINDERS

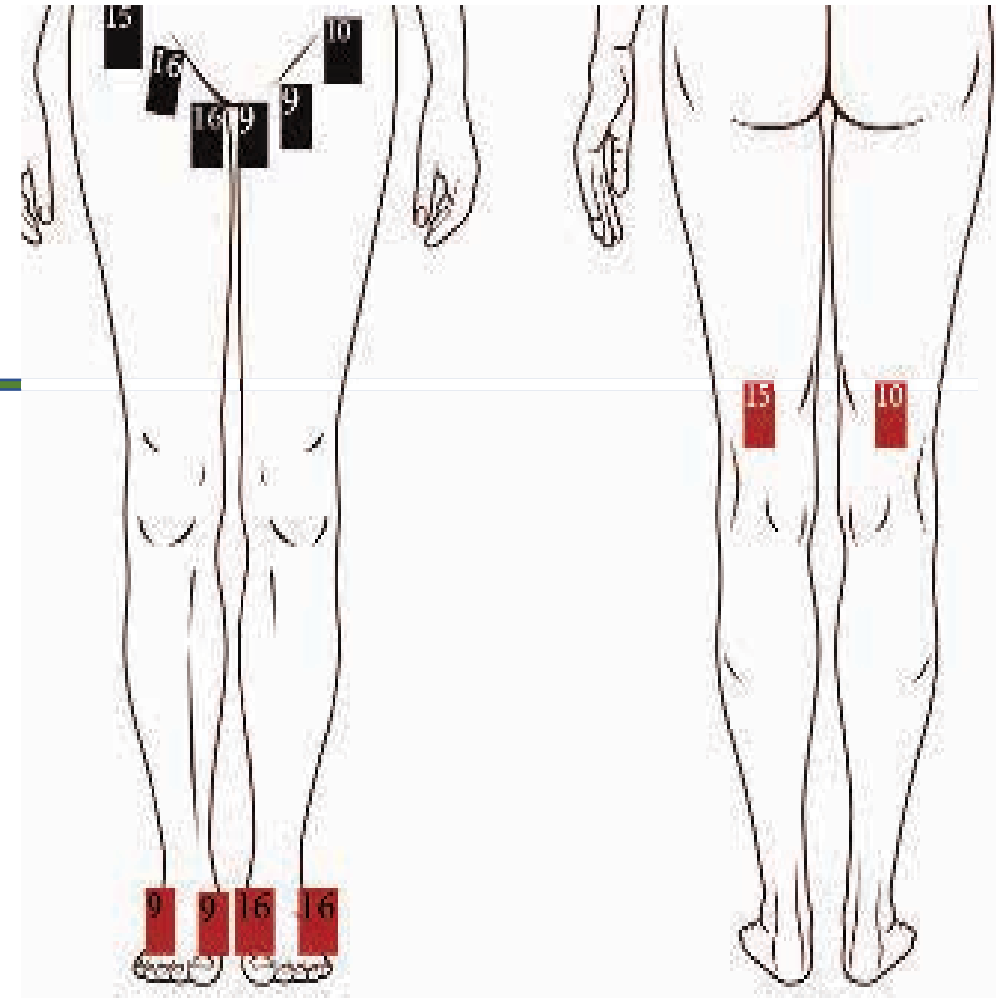
1. ALL BLACK MUST BE TOGETHER



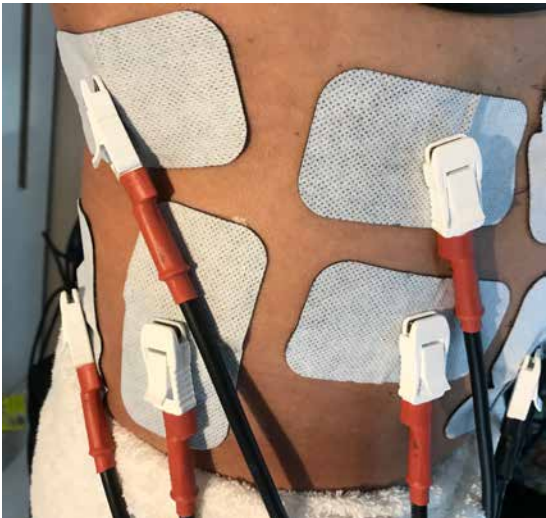
3. Pads are placed one finger apart



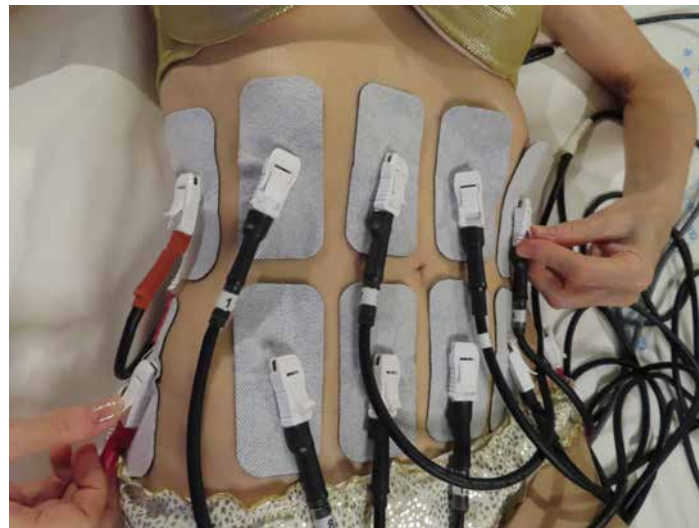
LEGS DETOX: YOU ALWAYS PUT RED ON THE FEET AND BEHIND THE KNEES AND BLACK ON THE UPPER THIGHS



2. ALL RED MUST BE TOGETHER



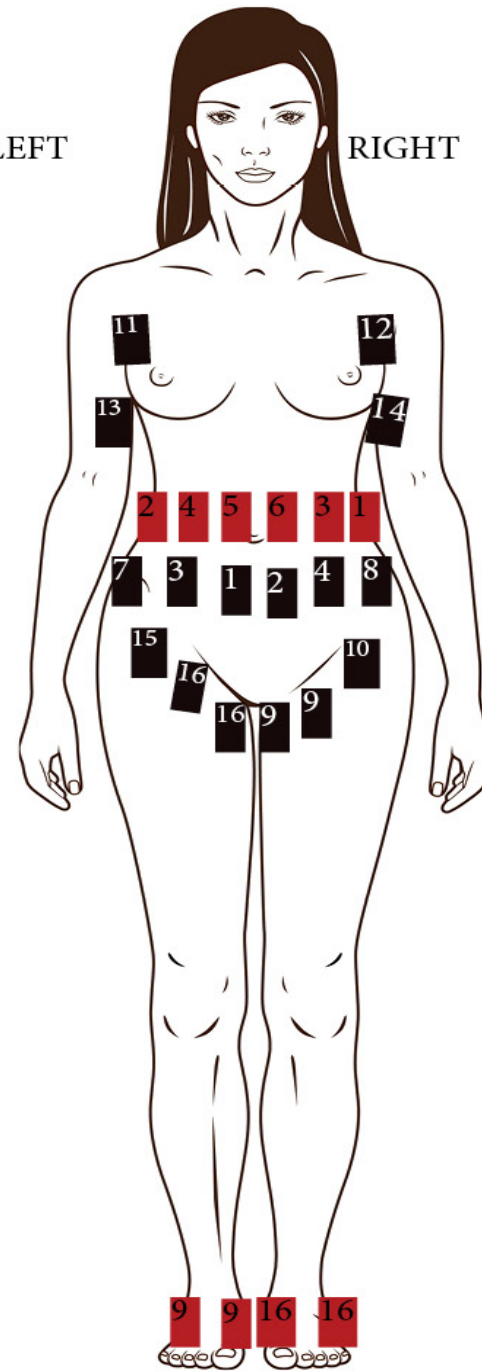
4. USE ALL CHANNELS ON EVERYONE





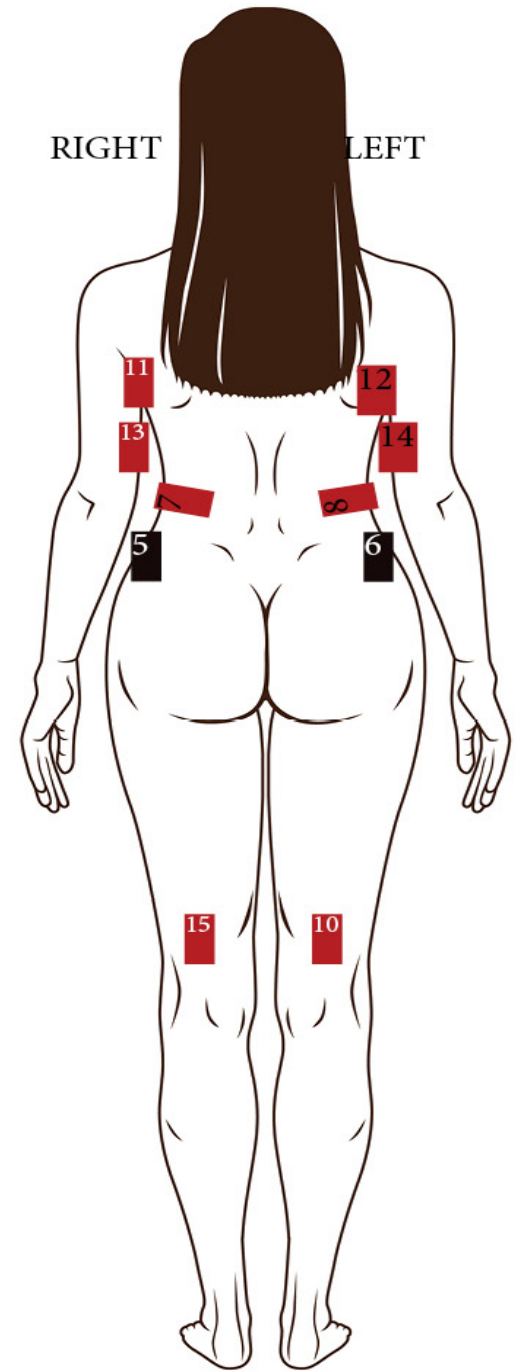
LEFT

RIGHT



RIGHT

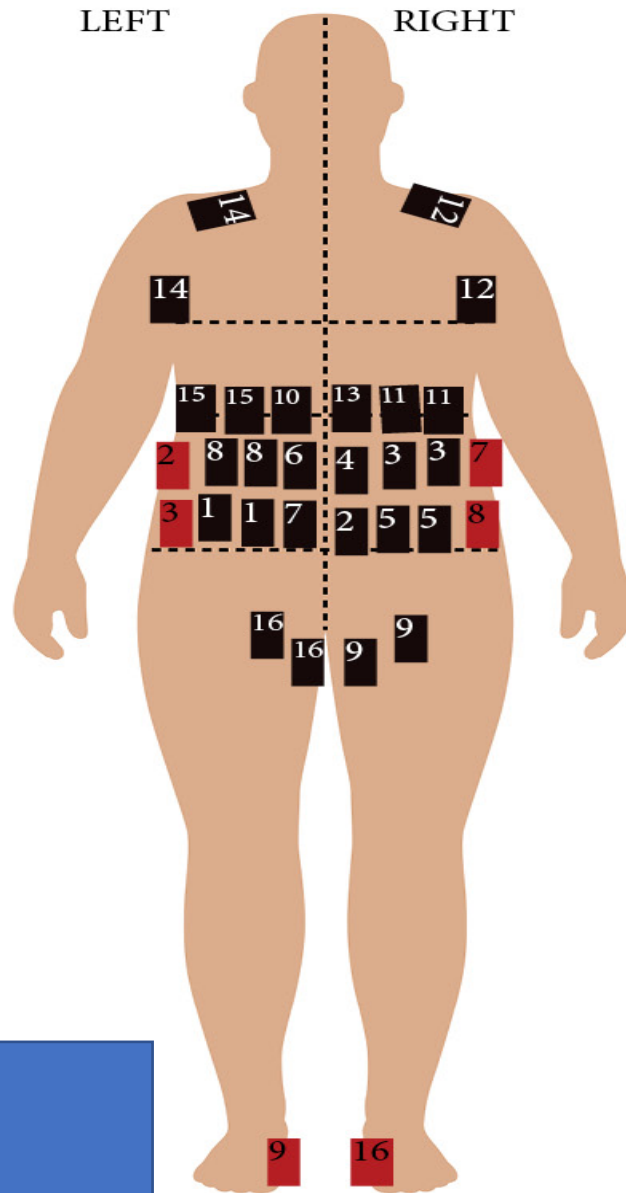
LEFT



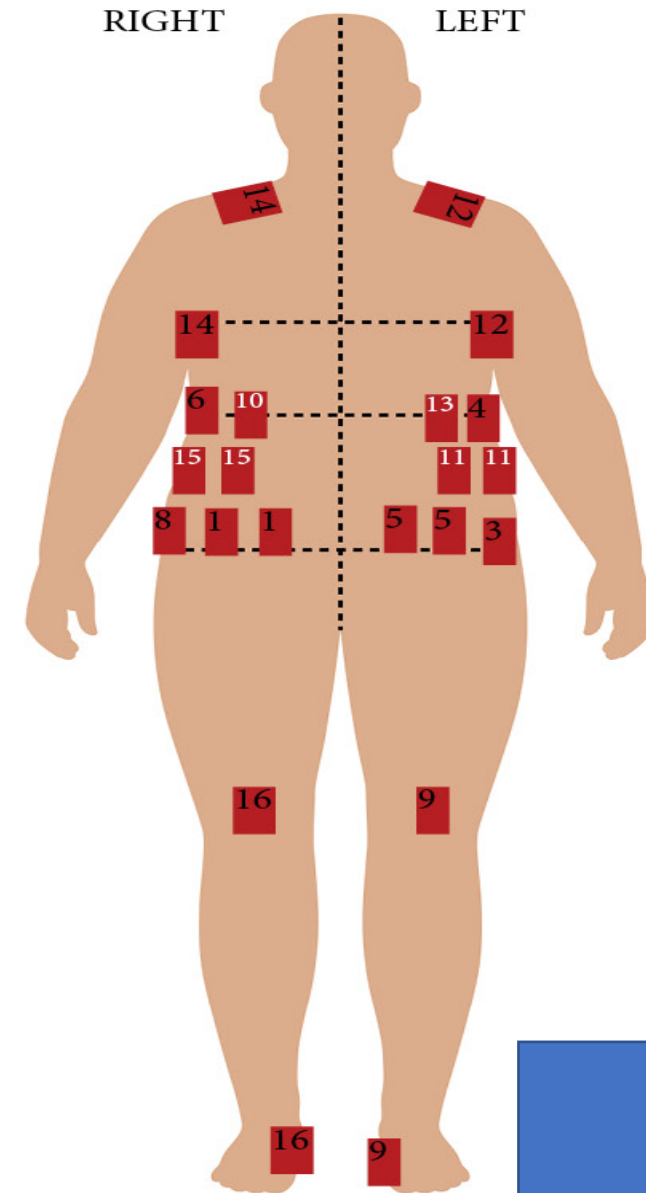
OBESITY PADDING

Axilla and
shoulders
Detox and fat
burning

*For
Obesity
Padding you
will need
more quad
cables.



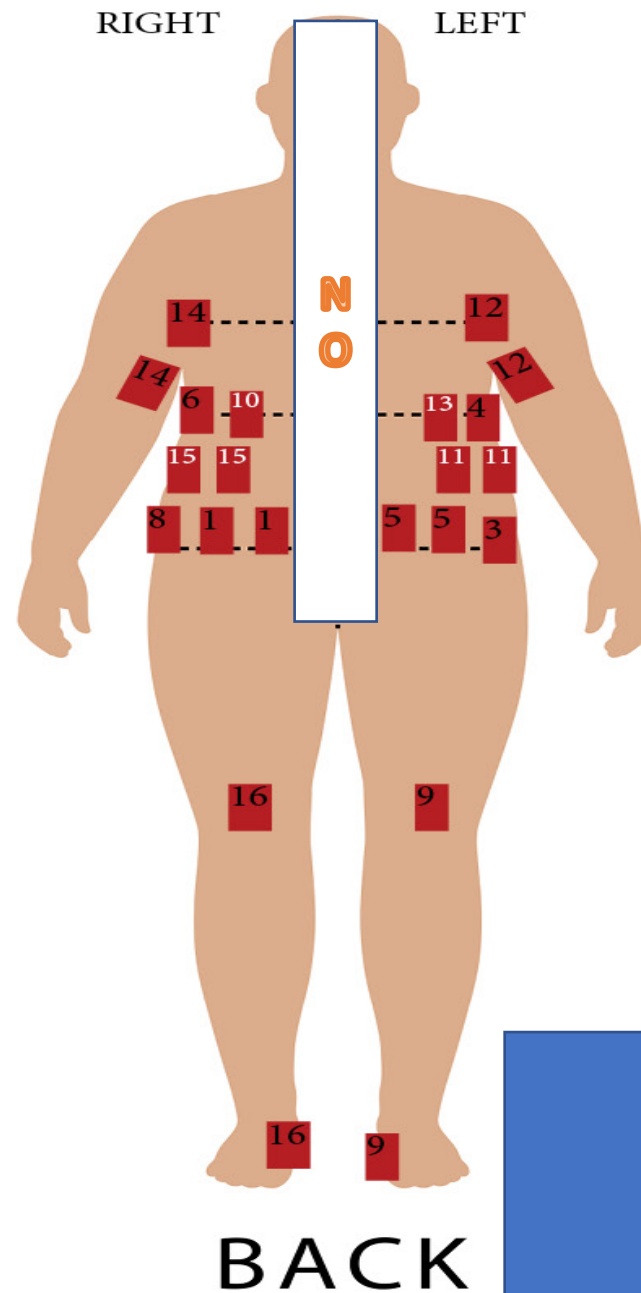
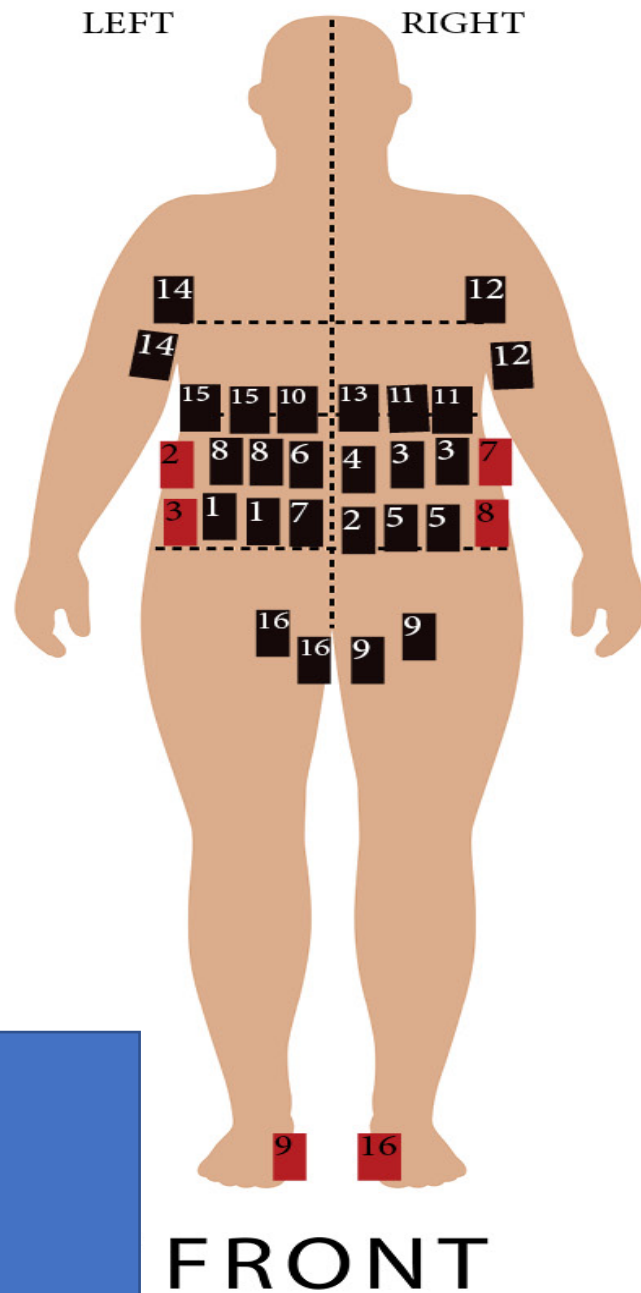
FRONT



BACK

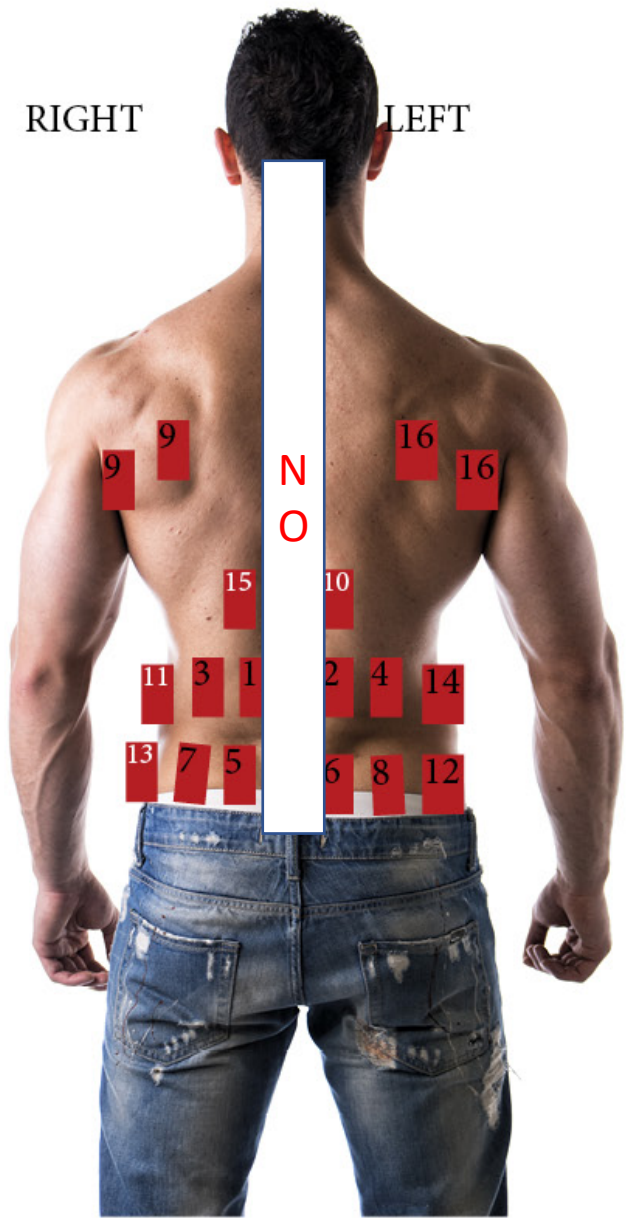
OBESITY PADDING

*For
Obesity
Padding you
will need
more quad
cables.



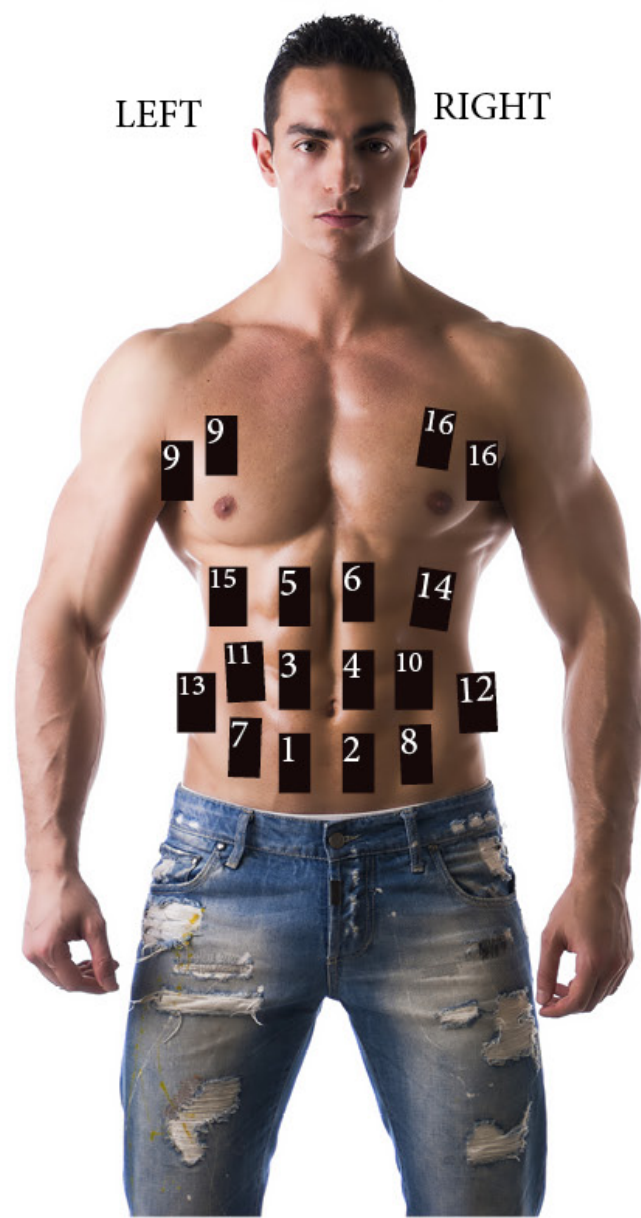
RIGHT

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.

RIGHT

LEFT



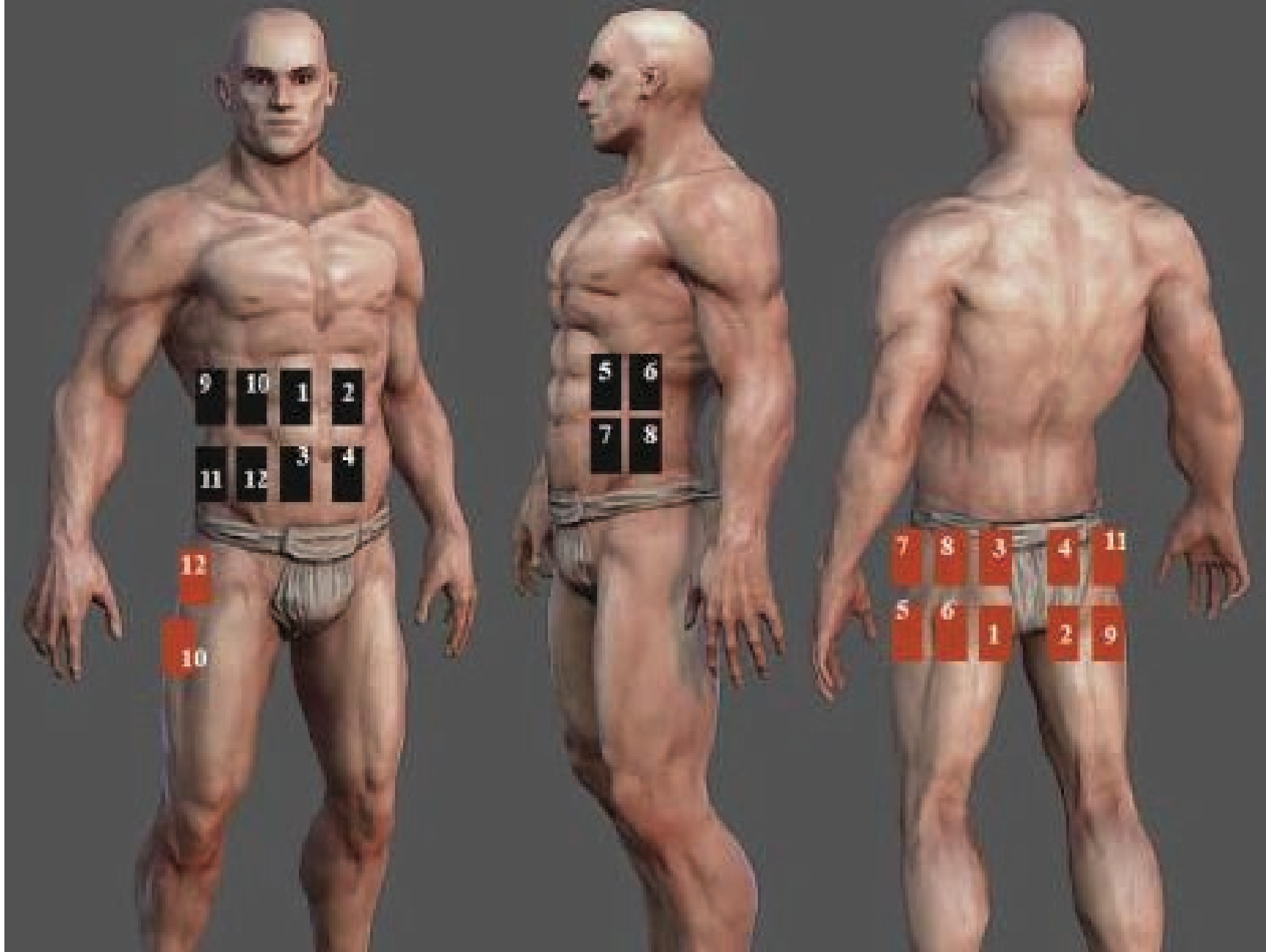
Pads
MUST be
at least
three
fingers
away from
either
side of
the spine

LEFT

RIGHT



ABDOMEN AND BUTTOCKS PADDING DETAIL



Abdomen and Buttocks
COMBO PADDING

AFTER TREATMENT



Closed ✓



Left opened X

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

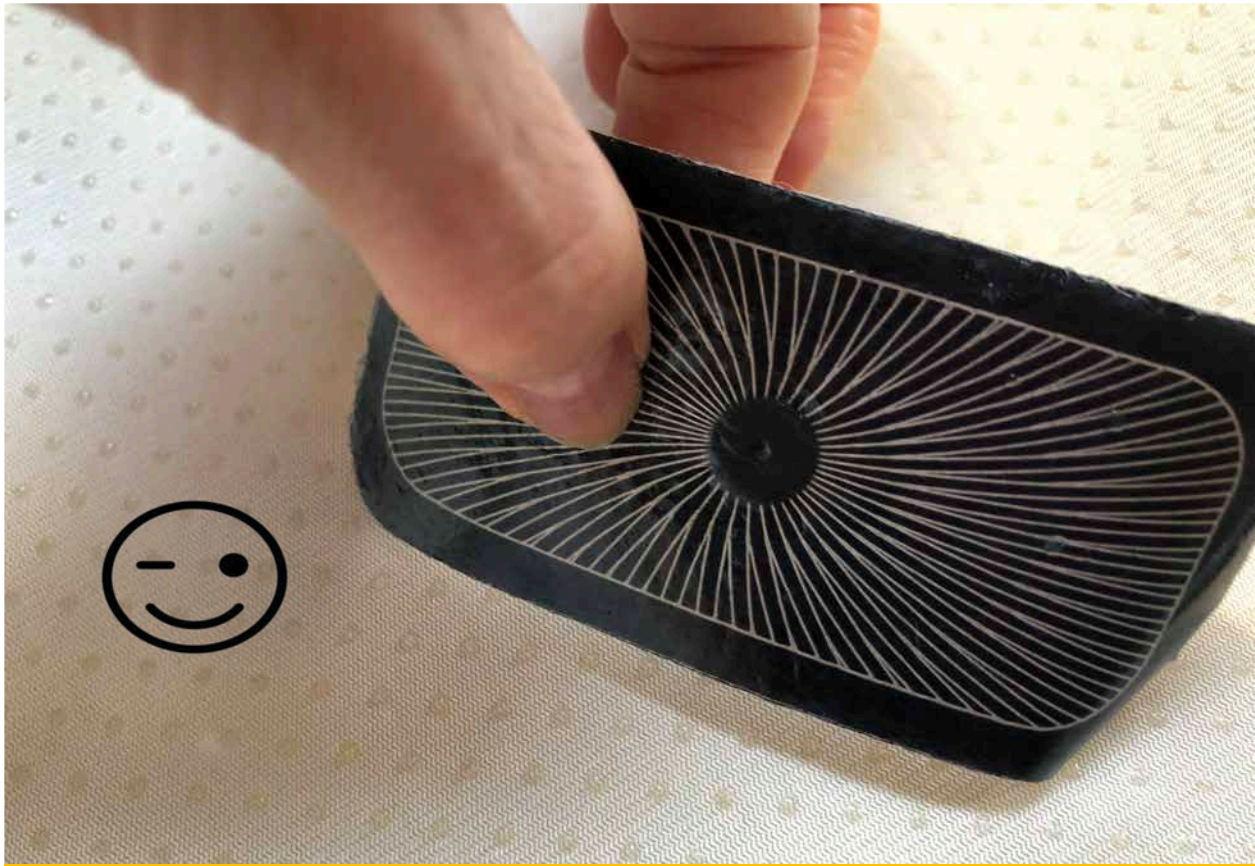
Gel pad removal

- 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.**

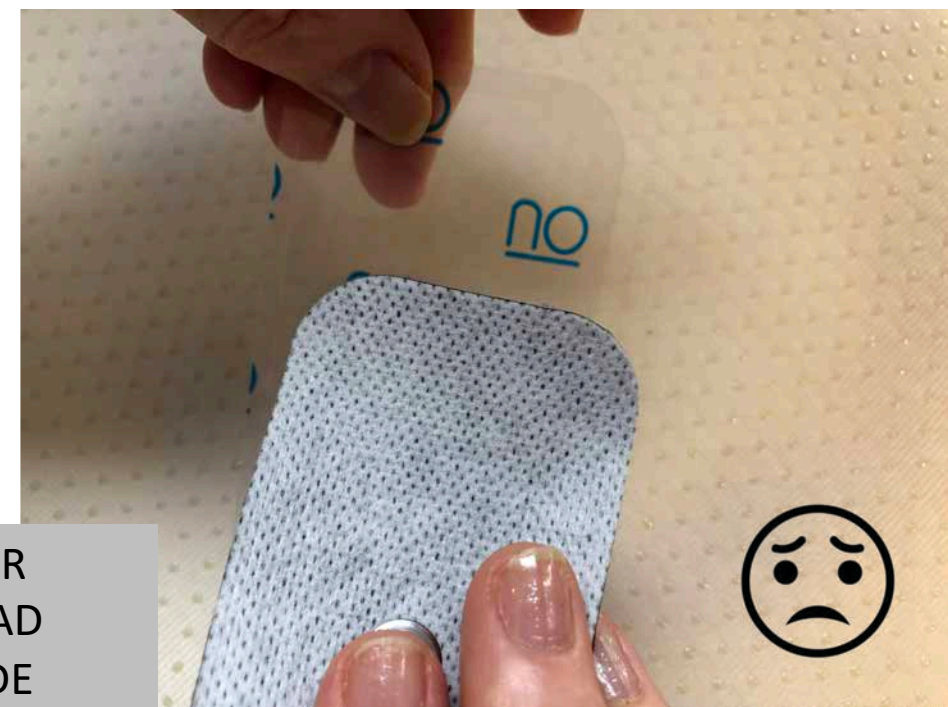
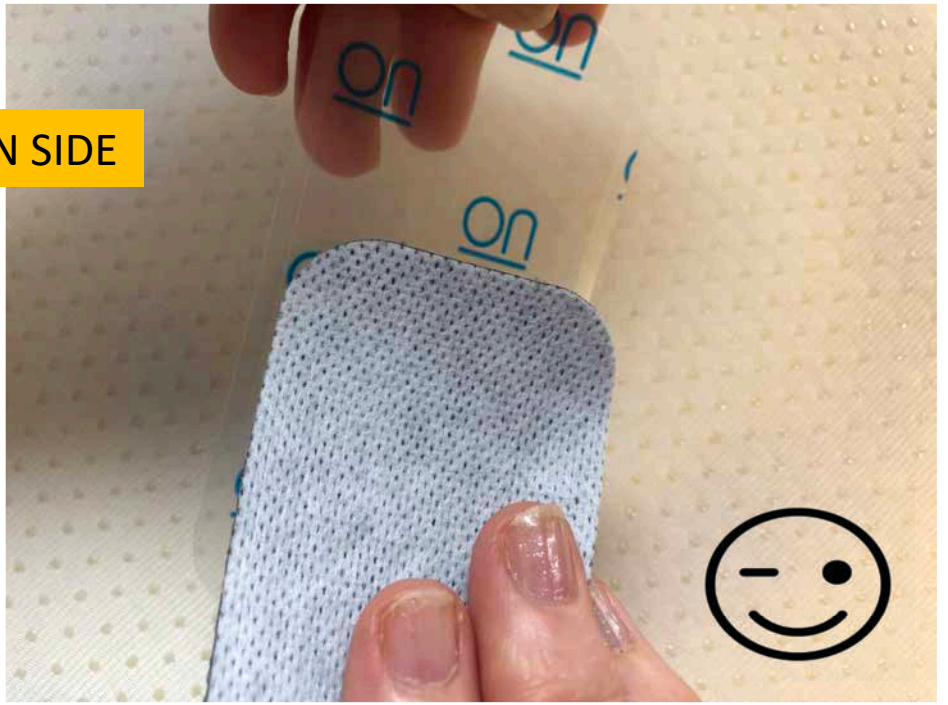


HOW TO PLACE PADS BACK ON THE PLASTIC

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

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. NOTt 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.

How is Virtual Gym different from Muscle Stimulators ?

VIRTUAL GYM:

- ✓ The brain signals the entire body musculature to contract for 8 secs.
- ✓ Hormones are RELEASED + balanced
- ✓ Fat Reduction
- ✓ Fitness

- ✓ You experience a large variety of 8-secs long, vigorous contractions, some of them resembling resistance exercises, others subjectively perceived as body twists, or fast-paced aerobics.
- ✓ Contractions are involuntary and painless involving the entire body's musculature contracting in a coordinated synchronized fashion.
- ✓ Based on Voltage Driven UNLIMITED RESOLUTION SIGNAL

HORMONAL BALANCE

- ✓ **Visceral Fat: - 30.34%**
- ✓ Metabolism: **+30%**
- ✓ Fitness: **+36.45%**
- ✓ Hunger: **-32.23%**
- ✓ Bad Cholesterol: **- 60%**
- ✓ Stress: **-7.33%**
- ✓ Drive: **+62.18%**
- ✓ Fitness: **+35.45%**

- ❖ **Muscle stimulators** send multiple electrical pulses per second.
- ❖ They cause **reflex** twitches to individual muscles. **THEY DO NOT INVOLVE THE BRAIN**

- ❖ **Muscle stimulators** cause involuntary muscle twitch **REFLEX REACTIONS**
- ❖ Based on electrical stimulation.

- ❖ Do NOT reduce visceral fat
- ❖ Do NOT balance hormones

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

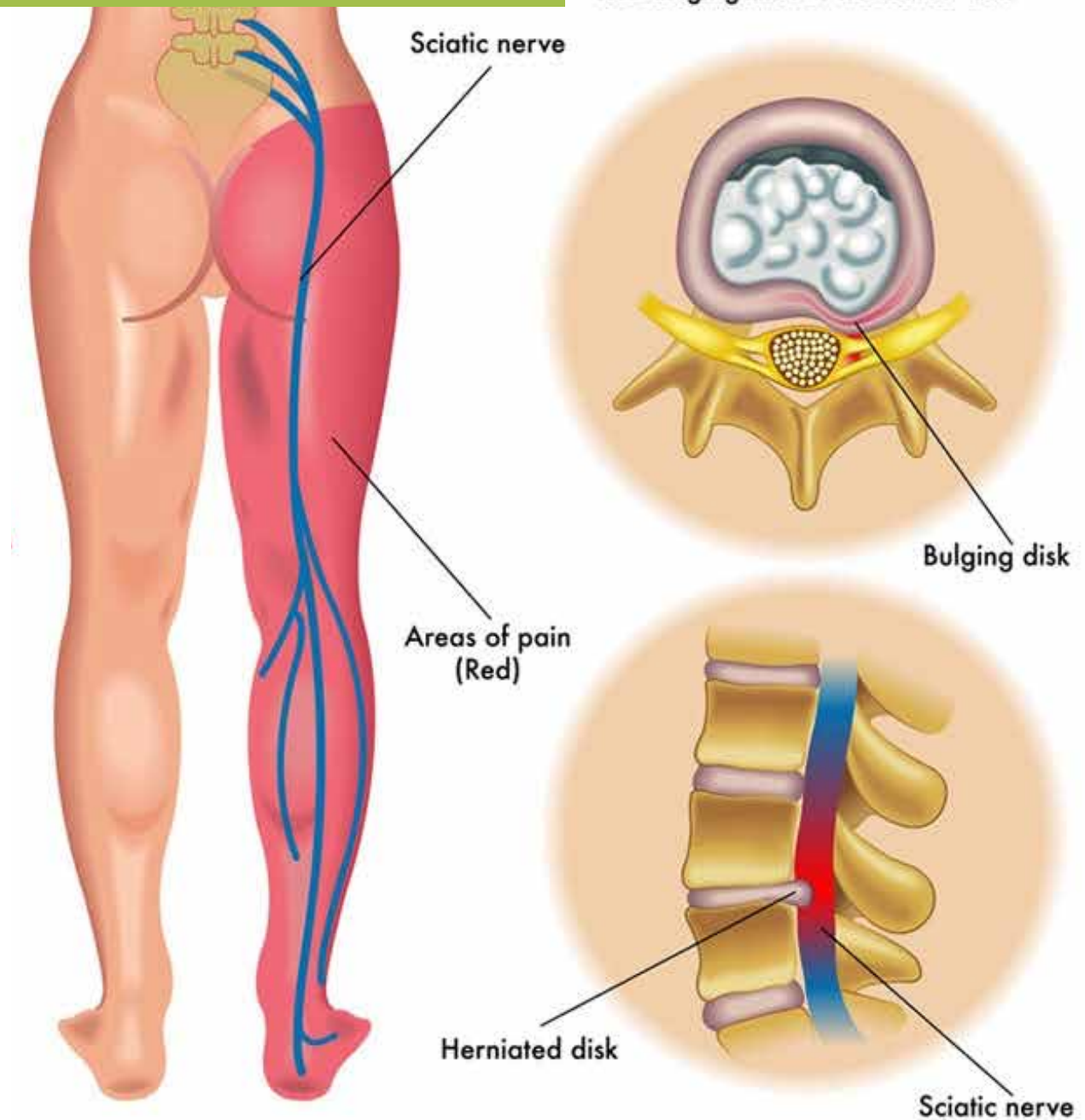
The most common cause of sciatica is a bulging disk or herniated disk

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.

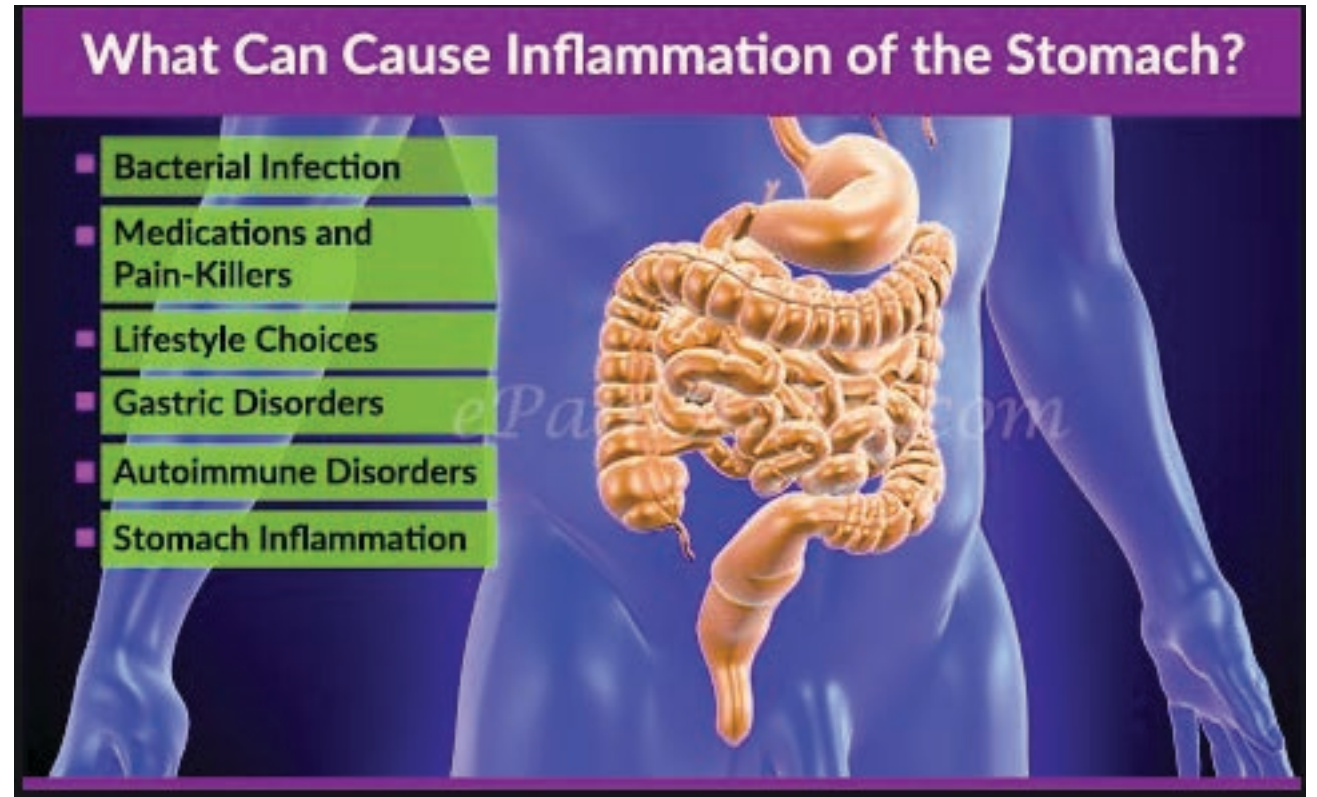


Sciatica often results in pain radiating down the leg



STOMACH DISCOMFORT

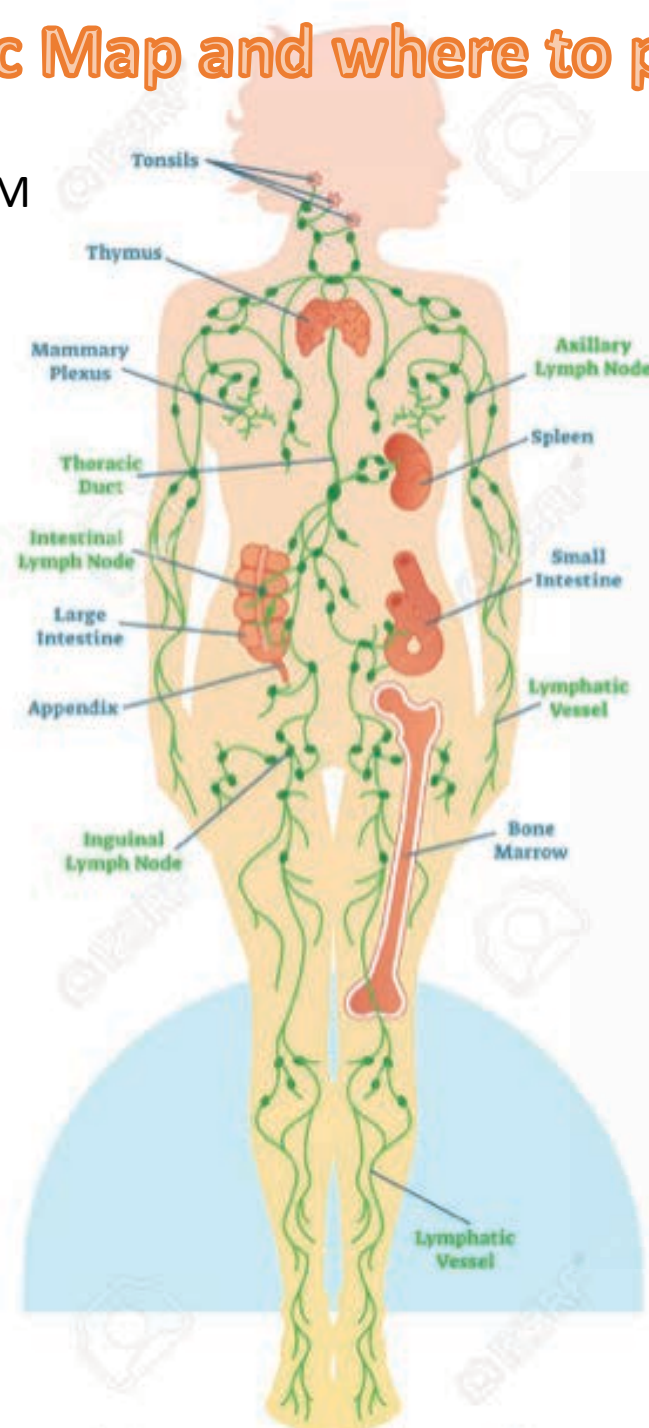
1. IMMEDIATELY DISCONNECT THAT SELF-ADHESIVE PAD.
2. TURN THE REST LIGHT TO 8 SECS TO GIVE YOU MORE TIME.
3. WHILE THE REST LIGHT IS ON, PLACE THIS SELF-ADHESIVE PAD AWAY FROM THE SITE OF DISCOMFORT BUT ON THE SAME SIDE OF THE BODY.
4. TURN REST DIAL BACK TO 2 SECS.



Lymphatic Map and where to put the Pads for Detox



LYMPHATIC SYSTEM



UPPER LYMPHATIC SYSTEM



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vbhc **REFLEX** * www.irepairkin.com