

VIRTUAL GYM 8000, VIP MANUAL



Virtual Gym Definition



The Virtual Gym 8000 simulates strenuous physical exercise offering 144 different types of gym and dance exercises effortlessly, via motor nerve intelligent resonance invented in London University.

Virtual Gym Main Functions

Effortless Exercise:

The Virtual Gym offers 144 types of virtual aerobic exercises equivalent to spinning, running, swimming, walking, hiking, aerobics classes, dancing, cross country skiing, and kickboxing (at contraction setting 2 / Rest setting 2; and 144 strength and resistance exercises like free weights, weight machines, devices that have adjustable seats with handles attached either to weights or hydraulics, leg adduction, Plank, Side plank. Short arc squats/wall slides, Straight leg raises. Wall shin raises, Heel step downs, Arm raises, Internal and external rotation, eight seconds lasting sit ups (at contraction setting 8, rest setting 2) All these exercises contract the entire body simultaneously involving the full coordinated contraction of large muscle groups, abdomen, buttocks, legs, hips arms chest working together while the body undergoes a mega detox process that enhances health and the immune system.

Virtual Gym Main Functions

Subcutaneous Fat / Superficial Muscle / Skin Toning:

By using different complex waveforms, the Virtual Gym signals will be sent to superficial layers of the body for superficial muscle strengthening, superficial fat burning, cellulite reduction and skin toning. Waveforms were invented in London University after 25 years of empirical research by the Co-inventor of the First Pacemaker. They are composed with up to 4,000 individual waveforms of different frequencies in a proprietary specific combination that serves as a key to unlock a wave of motor nerve signals which reach the brain resulting in the secretion of hormones utilized to burn fat as an energy source to build muscle as well as produce adequate energy for a health enhanced overall body functioning.

Virtual Gym Main Advantages

Visceral Fat / Deeper Muscle : By using different complex waveforms, the Virtual Gym signals will be sent to deeper body layers reaching and utilizing visceral fat to build the deeper “tougher” muscles. Waveforms are composed with up to 4,000 individual waveforms of different frequencies in a proprietary specific combination.

Lymphatic Drainage / Detox: The Virtual Gym stimulates the Lymphatic system via the RBC's separation which increase blood flow and the blood carrying waste products to the kidneys and liver for excretion , the vigorous contractions that involve large coordinated muscles of the abdomen, buttocks, arms legs, chest working simultaneously as if one is working out on several gym machines at the same time, and the enhanced energy production that allows for a more efficient lymphatic system functioning.

Hormonal Balance / Cholesterol: Research has shown a statistically significant increase of Free T3 and a statistically significant decrease of VLDL (the bad cholesterol) and Triglycerides

How is Virtual Gym different than Muscle Stimulators ?

The Virtual gym offers the coordinated 8 seconds whole-body contractions you experience during strenuous exercise without the effort and muscle aches the next day.

The Virtual Gym involves the brain. IT targets the motor nerves under the pads. The motor nerves awaken the motor nerves around them like a resounding echo. The waves of motor nerves reach the brain that behaves as it does during strenuous exercise, by releasing hormones to burn both subcutaneous and visceral fat to provide the body with the necessary energy required to build muscle as well as fulfil other life functions. This is a **CENTRAL** event that involves the **brain and the entire body**

There's clinical evidence that **the Virtual Gym** reduces deeper visceral fat and relieves fatty liver

Muscle stimulators send multiple electrical pulses per second to uncoordinated muscles resulting in a series of mini reflexes

Muscle stimulators target muscles causing a reflex reaction that does not involve the brain. This is a **REFLEX** response to electrical stimulation.

There's no evidence that **muscle stimulators** have an effect on deeper visceral fat or fatty liver

HEALTH STATUS QUESTIONNAIRE

CONDITION	YES CURRENTLY	YES BEFORE	HOW LONG AGO	NEVER	RECOMMENDATIONS
PACEMAKER					No
DURING PREGNANCY					No
SCIATICA					See Virtual Gym Sciatica Padding + IREPAIR
CARPAL TUNNEL					IREPAIR
ONE MONTH AFTER DELIVERY					For Flat belly and Detox
FOUR MONTHS AFTER CESAREAN					Ask Physician
KELOIDS					IREPAIR
CANCER					Ask Physician
HEART PROBLEMS					Ask Physician
VISCERAL FAT / FATTY LIVER					Virtual Gym
SWELLING					Virtual Gym
SEIZURES					Ask Physician
HORMONAL IMBALANCE					Virtual Gym
DIABETES					Caution
METAL PLATES					Caution
COUPHING / BREATHING PROBLEMS					Caution
FEVER					Caution
OTHER MEDICAL ILLNESS					Caution
OTHER MENTAL ILLNESS					Caution
HIGH BLOOD PRESSURE					Ask Physician
SURGERY					Ask Physician
FLU					Caution
HEADACHE					Caution
EXERCISES REGULARLY					Will Enhance Core Strength, Speed & Stamina
SMOKING / ALCOHOL (CIRCLE ONE)					Intensive Detox
MEDICATIONS / VITAMINS					Intensive Detox

* PLEASE LIST MEDICATIONS: _____

*PLEASE LIST VITAMINS: _____

CONSENT FORM MUST BE SIGNED BY ALL CLIENTS

CONSENT FORM PAGE 1:

VIRTUAL GYM

The Virtual Gym and the IELLIOS are Health Enhancement Devices. It is not meant to treat or cure any physical or mental illness. Always seek the advice of a trained health professional with any questions you may have regarding a medical or a mental disorder before seeking procedures with the Virtual Gym. If you have one of the medical disorders listed on our Medical History Form then: 1) proper medical attention should always be sought for specific ailments, and 2) you must present a clearance letter from your physician to the technician who is offering you a Virtual Gym procedure. Never disregard professional medical advice. The medical history we require is not intended to diagnose, treat or cure. It is for informational purposes only.

The following profile must be completed by all clients prior to a Virtual Gym procedure. The information provided is completely confidential and will be used to evaluate the patient's/client's needs and concerns.

DATE OF INITIAL VISIT: _____

OPERATOR: _____

CONSENT FORM PAGE 2:

Virtual Gym is considered as effortless exercise that can be used for body sculpting, however slimming requires the type of diet a trainer would recommend you if you worked out in the gym. The virtual gym treatment is equivalent to up to 1000 sit ups or other weight lifting, resistance, endurance, strength or flexibility exercises that are equivalent to a month in the gym due to the intensity of the virtual gym treatment. The next day you will experience muscle growing aches – but absolutely no soreness related to lactic acid since the Virtual Gym does not involve lactic acid

I confirm that the answers I have given are correct and that I have not withheld any information that may be relevant to my treatment. My signature signifies my consent to receiving one or more Virtual Gym procedures. My signature also signifies that I agree to indemnify the Company and its officers, directors, employees, agents, operators (individually, a "Company Indemnified Party" and collectively, the "Company Indemnified Parties") and save and hold each of them harmless against any and all claims.

SIGNATURE

PRINTED NAME

Date:

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

5. 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 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.

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,

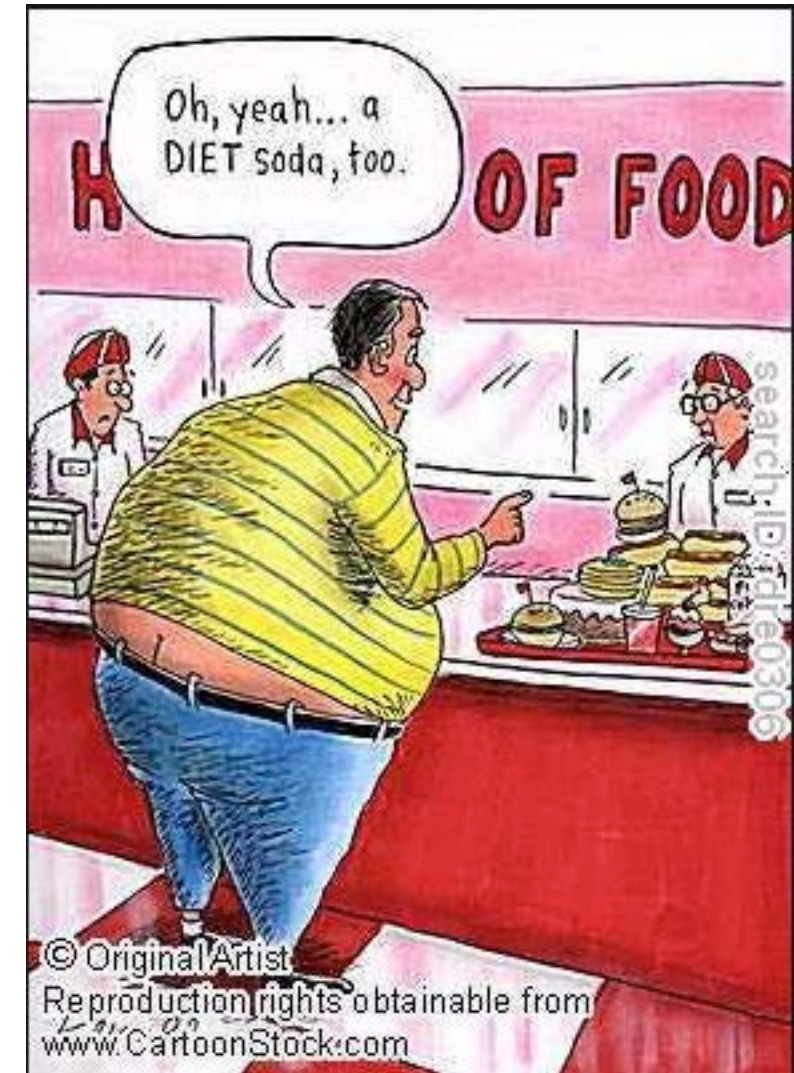
B/ LIFESTYLE

C/ EXERCISE

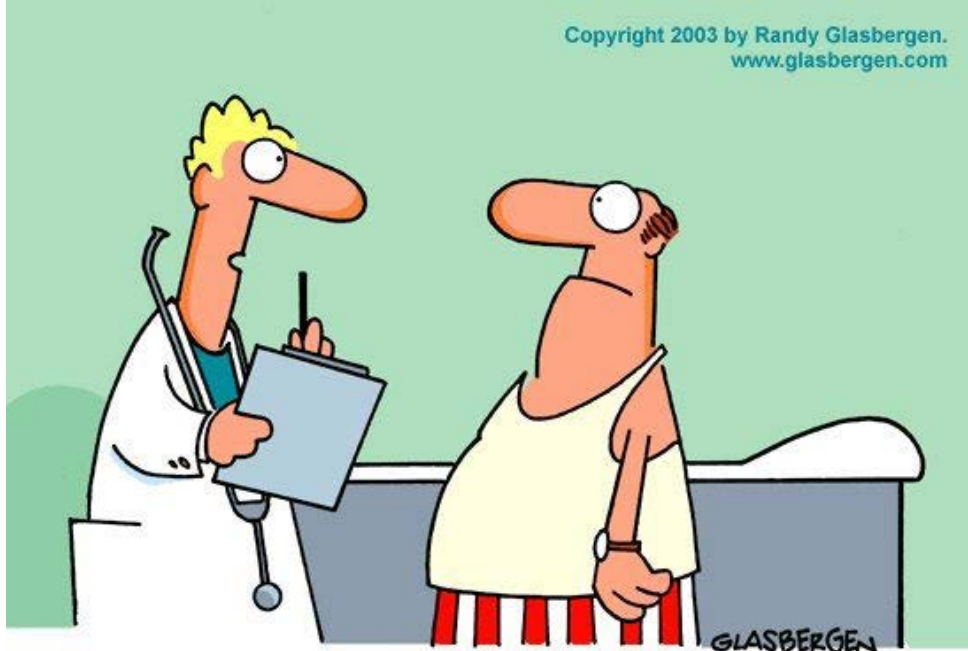
D/ EATING HABITS:

* 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 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

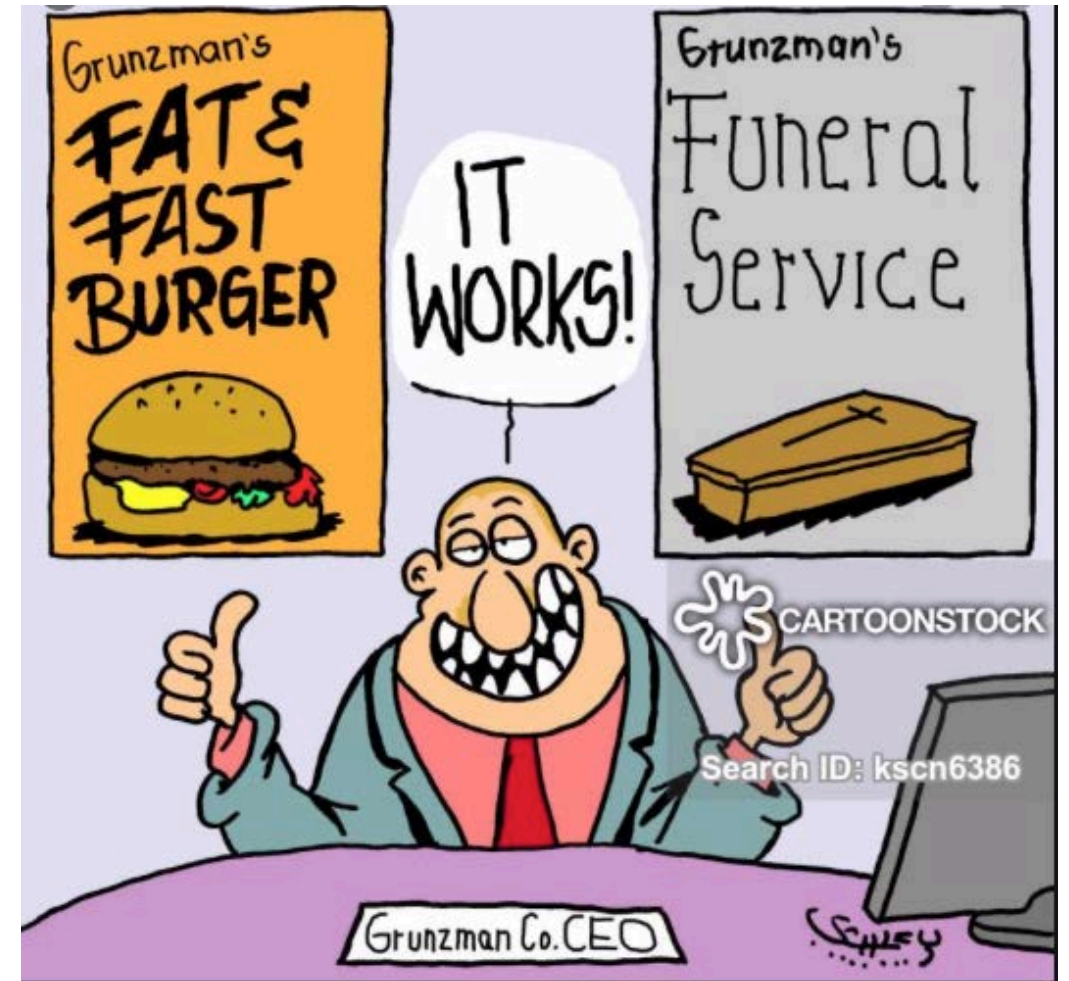
RULE 8: PEOPLE WHO ARE STRESSED WILL NEED MORE TREATMENTS

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

WHY VIRTUAL GYM HIGH-SPEED EFFORTLESS EXERCISE?

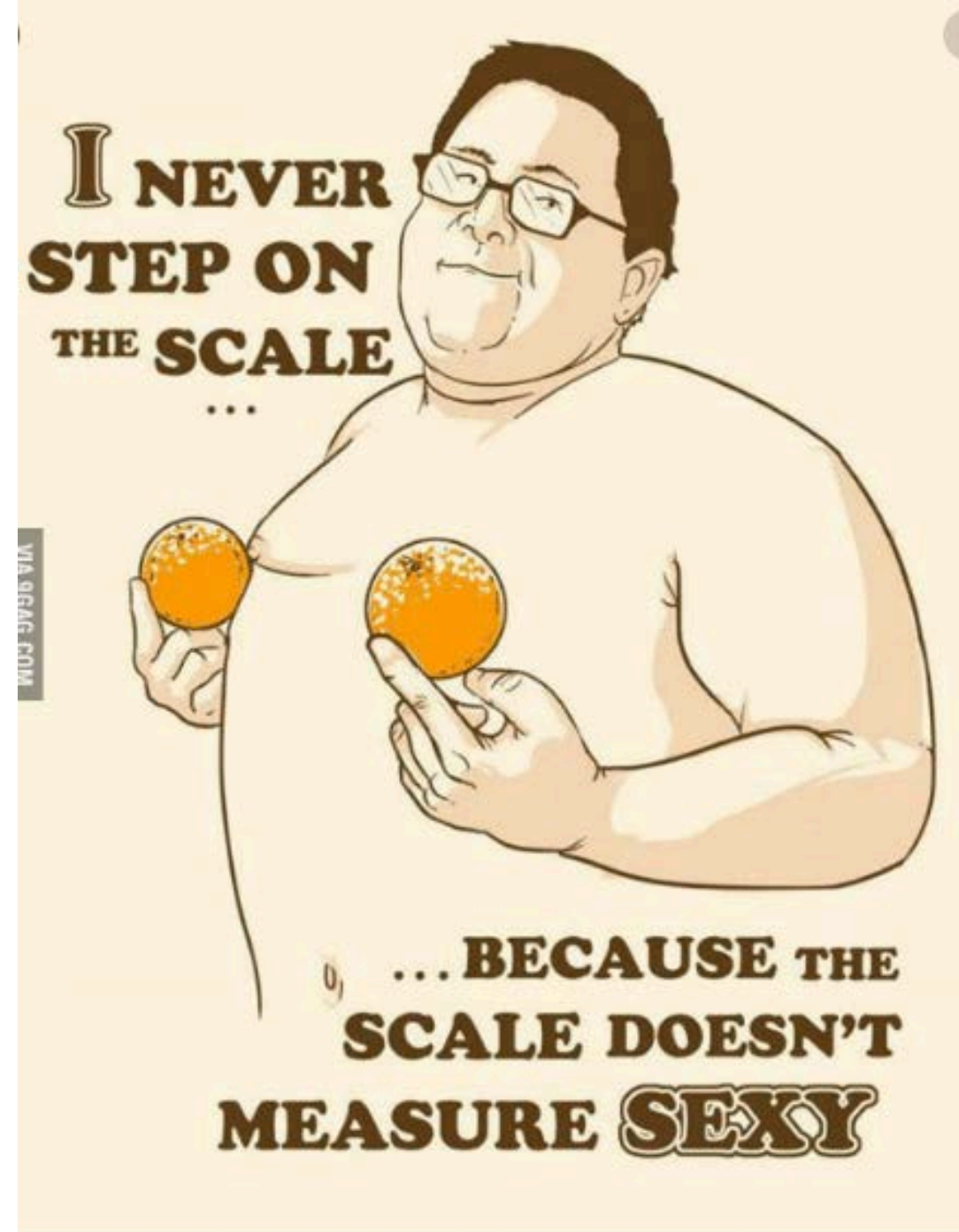
- Overweight and 50 plus: Strenuous Exercise may lead to injury
- Overweight and 40 plus: Strenuous Exercise will result to testosterone decrease and cortisol increase leading to weight gain.
- Overweight and 40 plus: You need overly strenuous exercise to reduce visceral fat
- Strenuous exercise will 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?



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



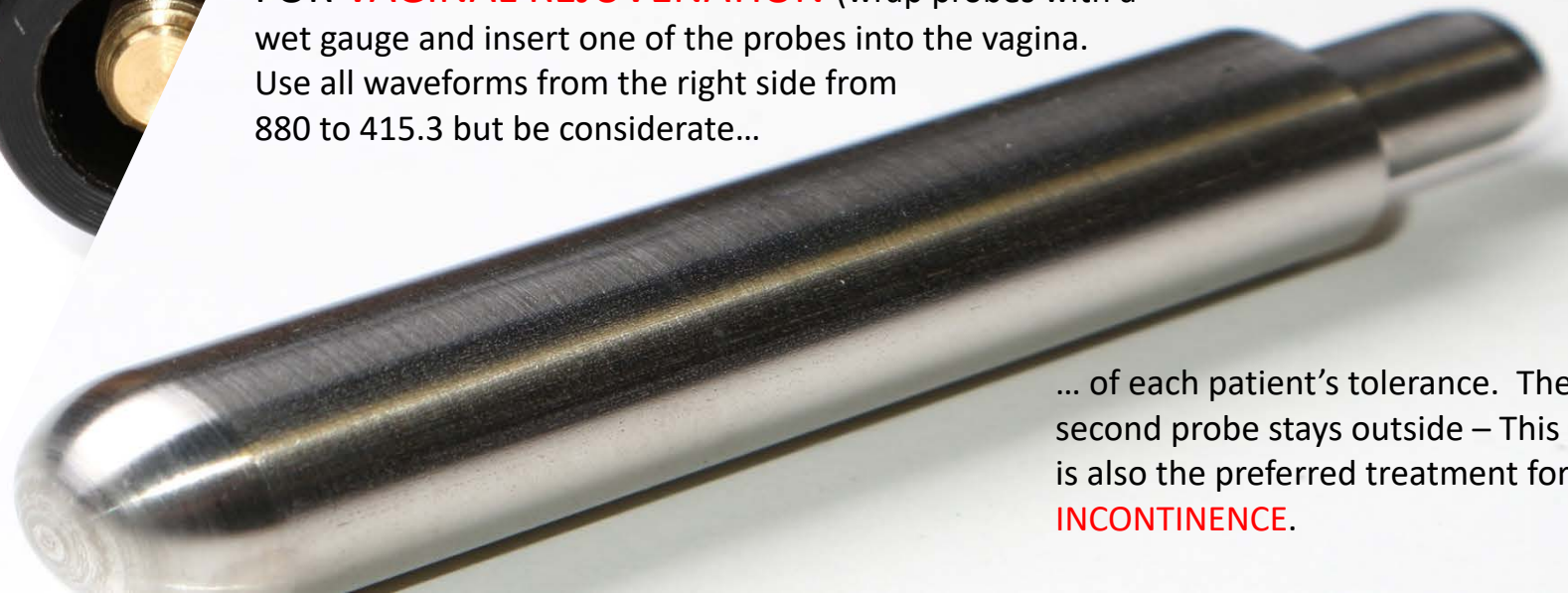


SURGICAL STAINLESS STEEL DESIGNER PROBES
FOR **FACE LIFT**



SURGICAL STAINLESS STEEL DESIGNER PROBES
FOR **VAGINAL REJUVENATION** (wrap probes with a
wet gauge and insert one of the probes into the vagina.
Use all waveforms from the right side from
880 to 415.3 but be considerate...

ADDITIONAL ACCESSORIES FOR PURCHASE
LEADS FOR VAGINAL REJUVENATION &
FACE LIFTS



... of each patient's tolerance. The
second probe stays outside – This
is also the preferred treatment for
INCONTINENCE.



CAUTION

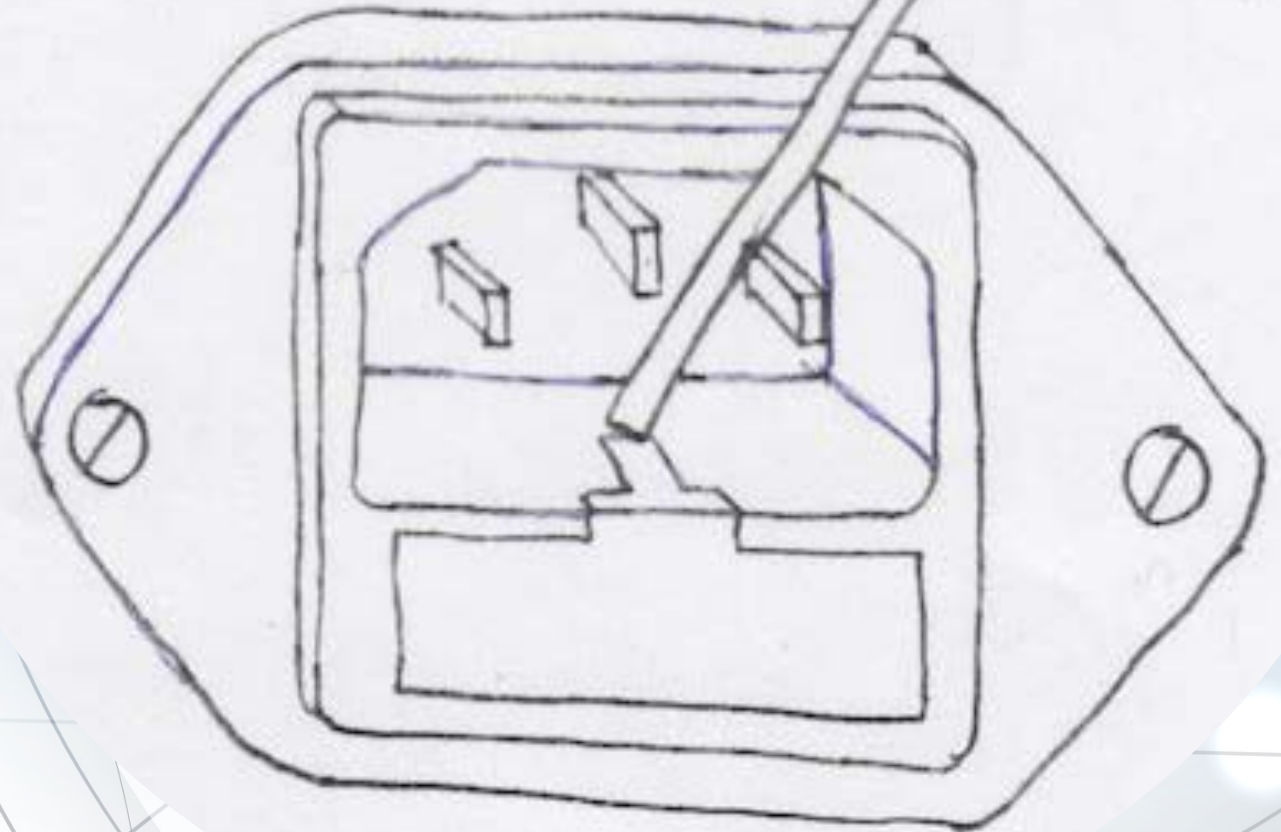
IF YOU ARE IN A COUNTRY WITH A VOLTAGE OF 220 AND THE SWITCH IS ON 110, THE VOLTAGE DISCREPANCY WILL BLOW UP YOUR POWER ADAPTOR AND THE DEVICE WILL HAVE TO RETURN TO THE UK AT YOUR EXPENSE TO BE REPAIRED

There is a voltage switch at the back of the device can manually switched from 110 to 230 Volts to accommodate different voltages around the world. Please make sure that the switch displays the voltage of your country
E.g.: UK: 220v/ USA: 110v/ Japan: 110v/
China: 220v/ Singapore: 220v/ Hong Kong: 220v



How to Change the Fuses

1. Remove Plug or Power cord
2. With a screwdriver lever out and pull out flap which will show the fuse holder
3. Remove both fuses
4. Replace with new 2 Amp fuses
5. Replace fuse holder securely and close flap



Length of Time the Device has been Used

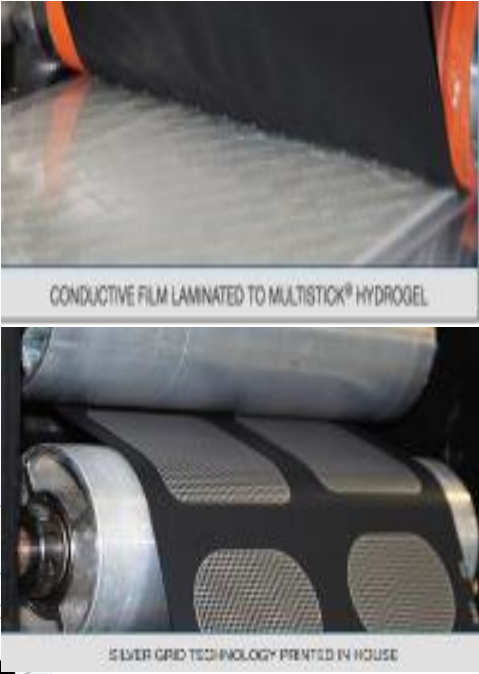
The timer at the back of the device automatically counts the minutes and hours that the device has been used. If the device was never used the timer will show the time that the device was tested. The device is often on soak test for 2-3 days. From then on, every time the device is used the time of usage will be registered on this automatic counter



Self Adhesive Pads

1. **Self Adhesive Pads must be used only with the same client. They can be used up to at least 10 TIMES**
2. **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**





Self Adhesive Pads have been tested and have been successfully proven to accurately deliver the Virtual gym signal. Do not use self adhesive pads from unauthorized vendors because unauthorized self-adhesive pads will compromise the Virtual Gym Signal and subsequently, they will compromise your results. The IELLIOS LTD self-adhesive pads have a proprietary silver grid with complex layers of patterns that is specially calculated to precisely control signal spread over the electrode surface, while the border around the grid pattern allows for an intentional voltage roll off to eliminate edge stinging. Utilizing our patented multi-layer multi-stick, self-adhesive pads eliminates performance problems associated with self-adhesive pads featuring single-layer gels.



WHY YOU SHOULD NOT USE PADS FROM UNAUTHORIZED VENDORS

Cables with Clips

1. Seven SINGLE gray 4-pin din cables for channels 1-7
2. One QUAD four-pin cable for channel 8.
3. Five SINGLE white 3-pin din cables for channels 10,11, 13,14,and 15
4. Three QUADS white 3-pin din cables for channels 9,12 and 16.

Gray Single



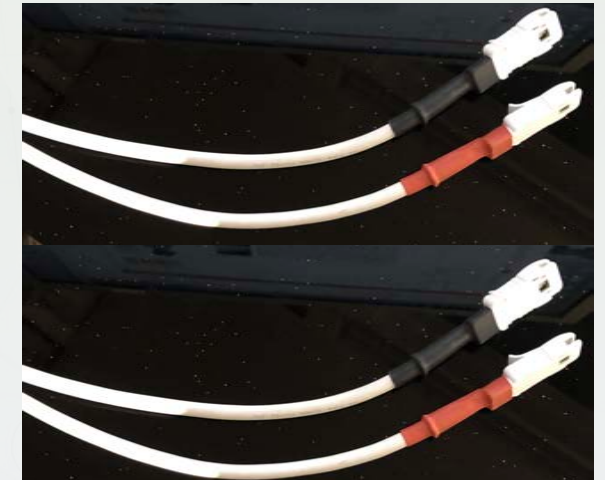
Gray quad



White Single



White quad



**TO CONNECT 4-PIN DIN GRAY CABLES
PLEASE ALLIGN THE 4-PIN DIN MALE TO THE 4-PIN DIN
FEMALE**



**CONNECT 4-PIN DIN GRAY
CABLES AS MARKED.
EG. CABLE MARKED 1
CONNECT IT TO CHANNEL 1.
AND SO ON...**

**TO CONNECT 3-PIN DIN GRAY CABLES
PLEASE ALLIGN THE 3-PIN DIN MALE TO
THE 4-PIN DIN FEMALE**



**CONNECT 3-PIN DIN GRAY CABLES
AS MARKED. EG. QUAD CABLE MARKED 12
CONNECT IT TO CHANNEL 12. AND SO ON.
MATCH NUMBERS ON THE CABLES WITH
NUMBERS ON THE CHANNELS**

DOUBLE GRAY CABLE GOES TO CHANNEL 8 AS MARKED.



DOUBLE GRAY CABLES GOES TO CHAANNELS 1-7 AS MARKED.



**DOUBLE WHITE CABLE GO TO
CHANNELS 9, 12 AND 16 AS MARKED.**



**SINGLE WHITE CABLE GO TO
CHANNELS 10, 11 AND 13, 14 AND 15
AS MARKED.**



BEFORE STARTING THE MACHINE

CHECK THE VOLTAGE

IT MUST BE IN THE MAINS
VOLTAGE SUPPLIED IN
YOUR COUNTRY



PLUG EACH CABLE TO THE
CHANNEL INDICATED ON
THE CABLE



TO PLUG WHITE CABLES
ALIGN THE 3 PINS
TO THE 3 HOLES OF THE
CHANNEL



TO PLUG GRAY CABLES
ALIGN THE 4 PINS
TO THE 4 HOLES OF THE
CHANNEL



PLUG THE POWER CORD
INTO THE MACHINE



CHECK THE PLUG
IS THE PLUG
ALL THE WAY IN?



BEFORE STARTING THE MACHINE

TURN ON THE KEY TO THE ON POSITION



YOU WILL NOW HEAR THE FAN.

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



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

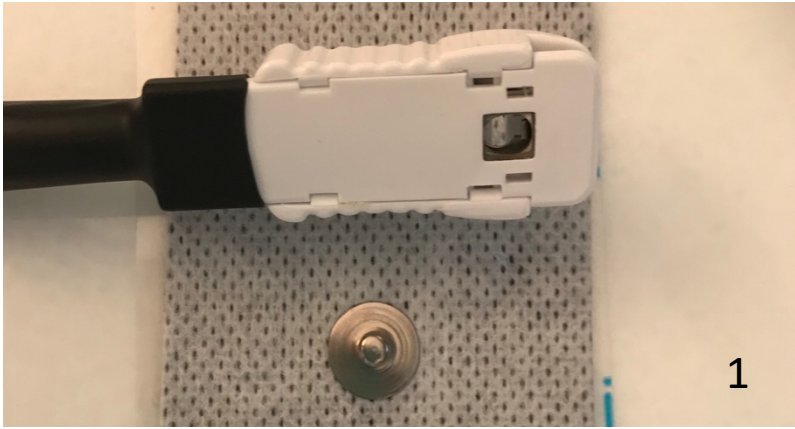


MAKE SURE ALL THE CHANNELS ON THE RIGHT SIDE ARE NOT LIT UP. THE MACHINE WILL NOT START IF ANY OF THE CHANNELS IS LIT UP



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





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.

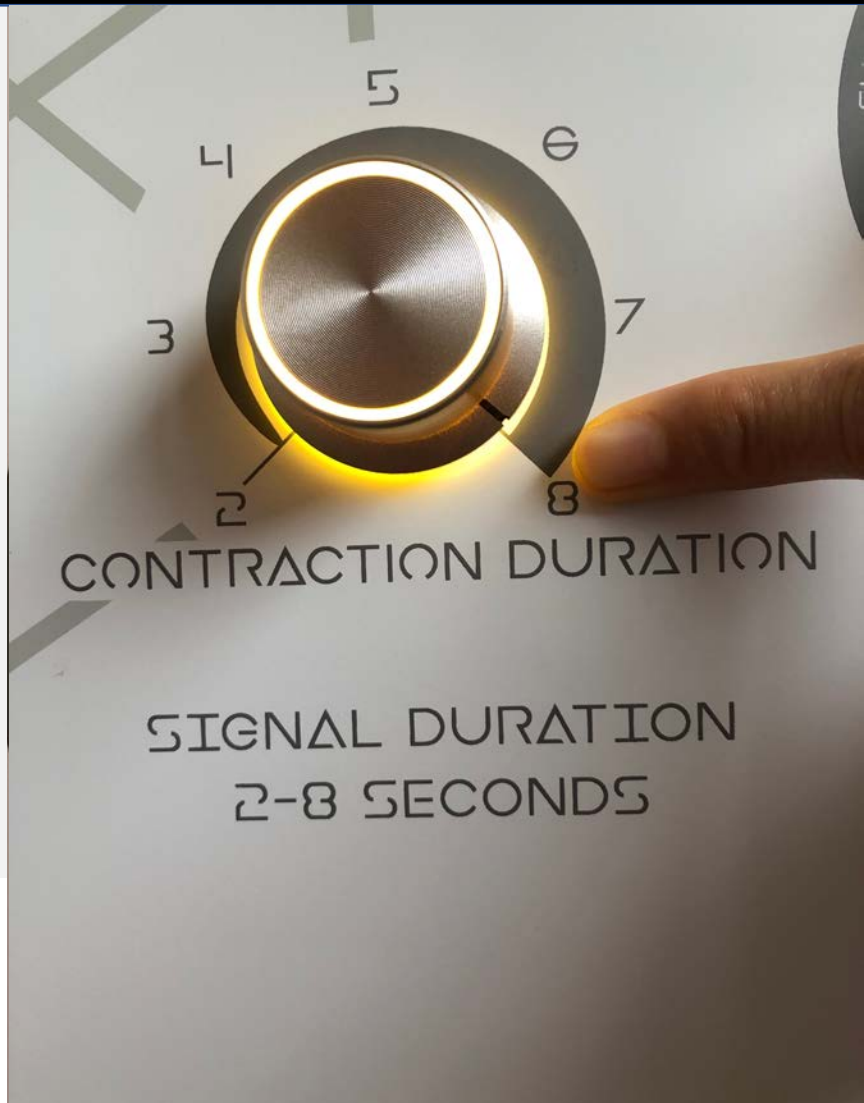


Check the Subcutaneous Fat / muscle/ Detox Waveform. It must be turned all the way to the right



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

BEFORE
STARTING
THE
MACHINE



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

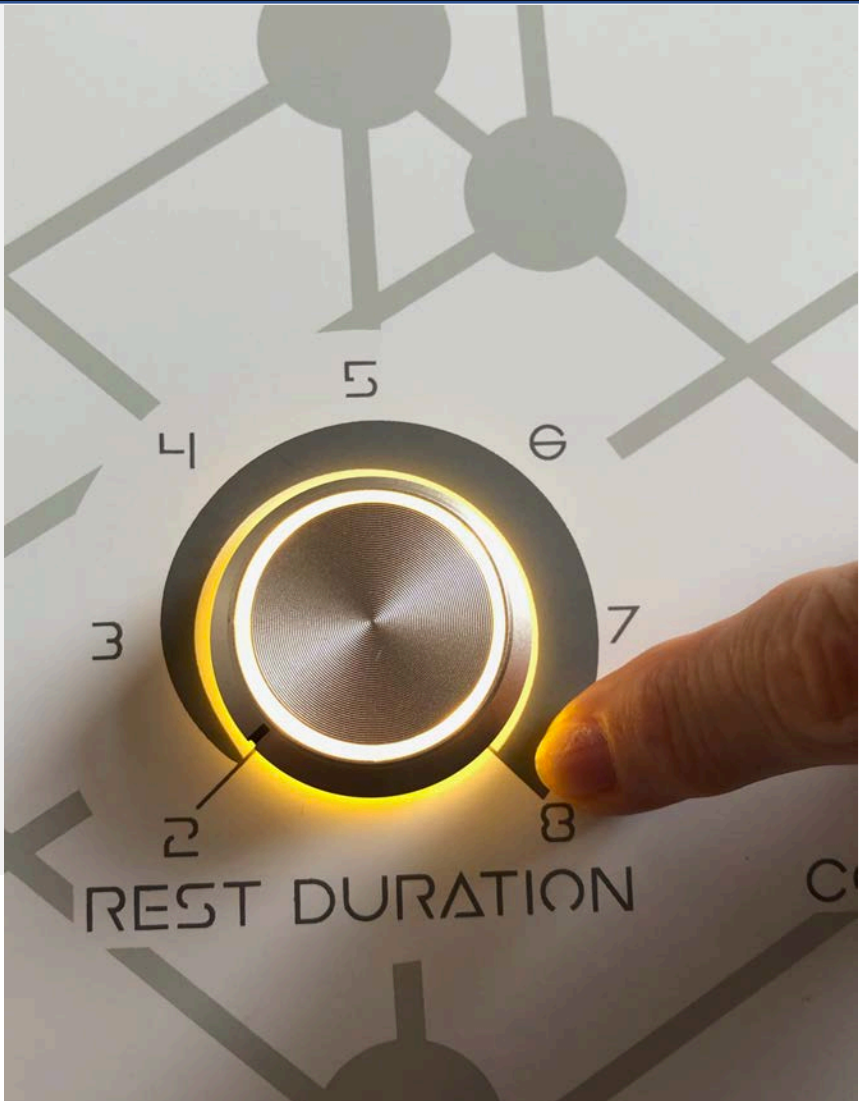
BEFORE
STARTING
THE
MACHINE

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



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



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

IF
EVERYTHING
IS AS IT
SHOULD
START
THE
MACHINE



PRESS THE GREEN BUTTON TO START
THE MACHINE

REMINDER

1. FIRST YOU CHECK THE VOLTAGE



2. YOU CHECK ALL CABLES TO SEE IF ANY OF THEM IS DAMAGED



3. YOU TURN THE KEY TO THE ON POSITION.



4. YOU CHECK THE PADS TO SEE IF ANY OF THEM IS WORN OUT



5. YOU CHECK EACH PAD AGAIN BEFORE PLACING ANY PAD ON A CLIENT



6. YOU CHECK THE MACHINE WAVEFORMS, REST & CONTRACTION TIME



ONLY AFTER ALL THESE ARE DONE YOU TURN ON THE GREEN BUTTON TO START THE TREATMENT



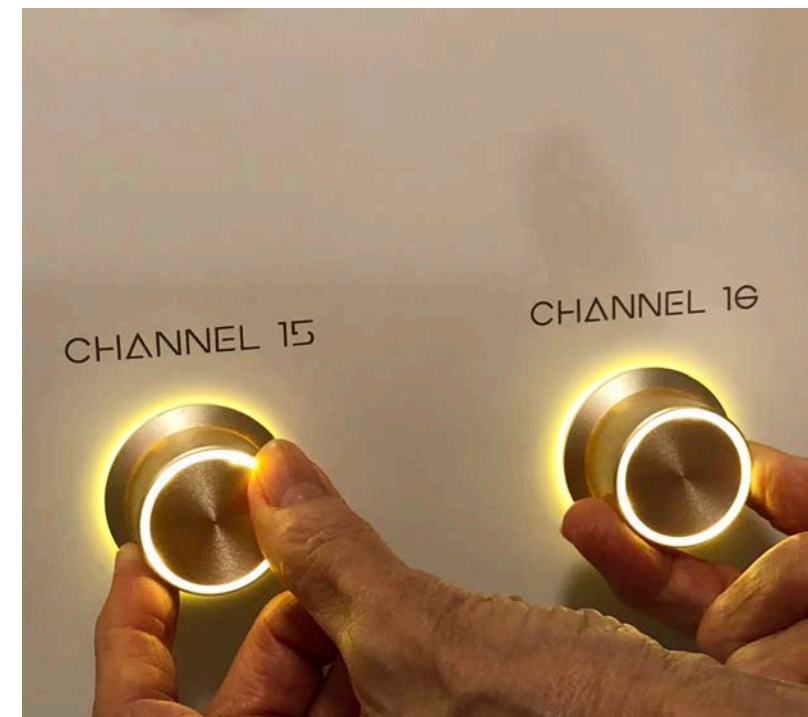
CAUTION: NEVER PAD & CONNECT A CLIENT TO THE CABLES BEFORE YOU TURN THE KEY ON!

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

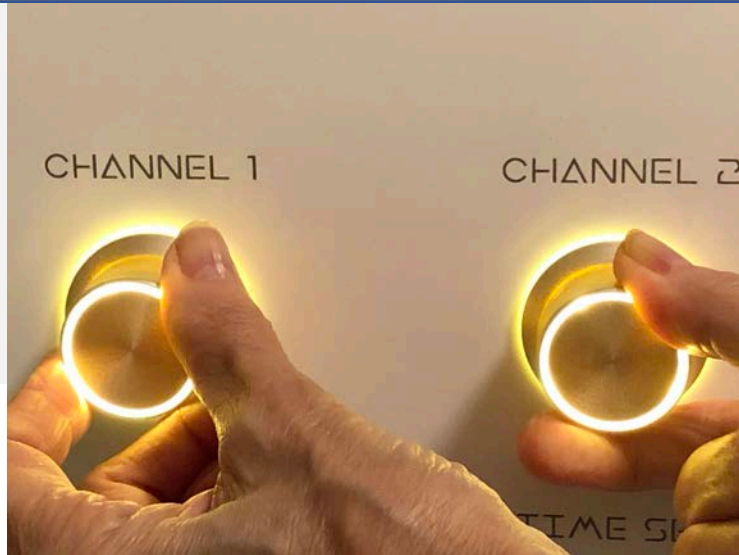


If your hand turns it higher than one you **MUST TURN IT BACK TO 1.**

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



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



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

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

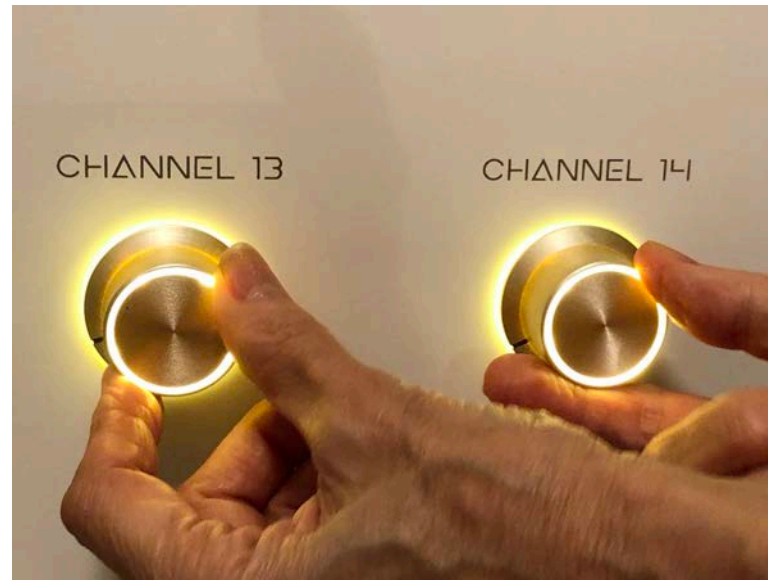


TURN RESTING KNOB
TO 2 SECS

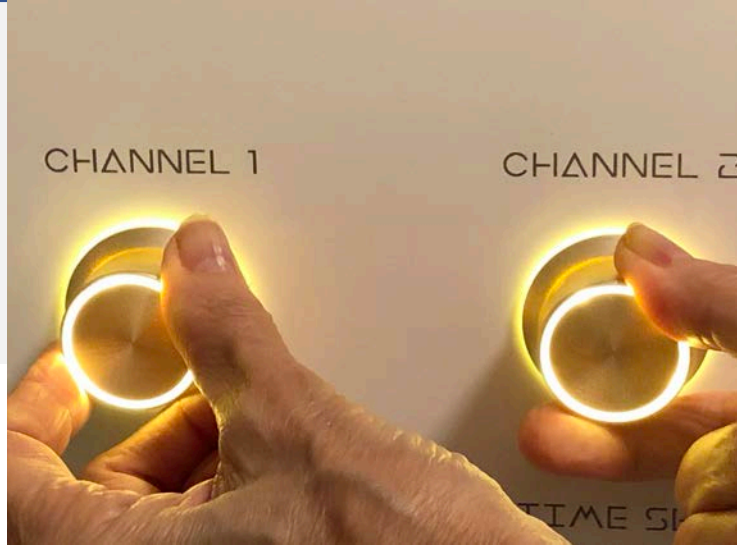


INCREASE THE RIGHT SIDE VOLTAGE KNOBS IN EXTREMELY SMALL INCREMENTS
EVERYTIME YOU INCREASE THE VOLTAGE A LITTLE

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



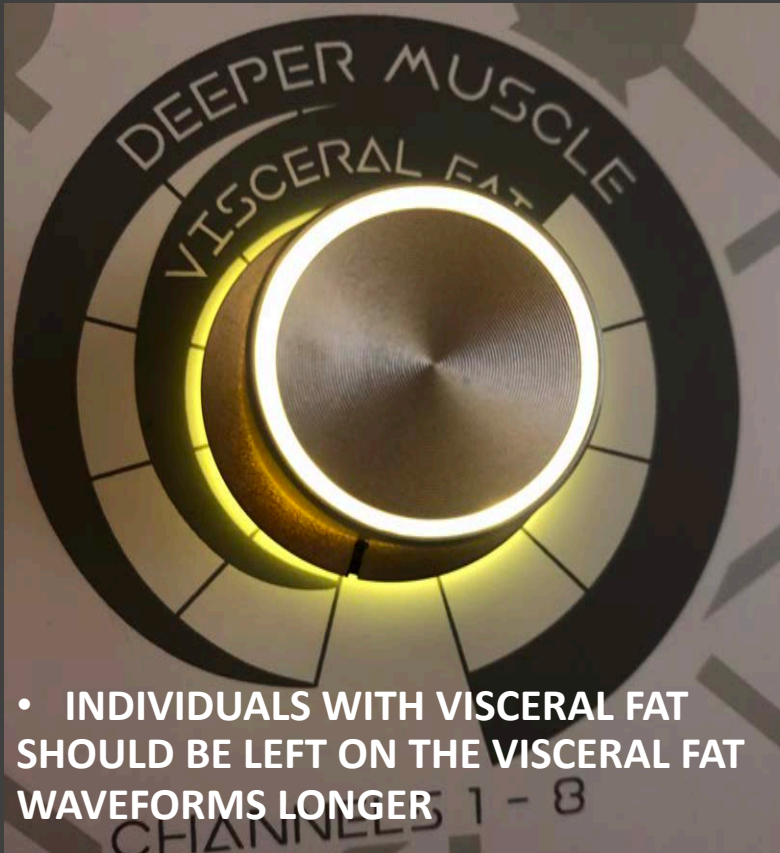
INCREASE THE RIGHT SIDE VOLTAGE IN EXTREMELY SMALL INCREMENTS



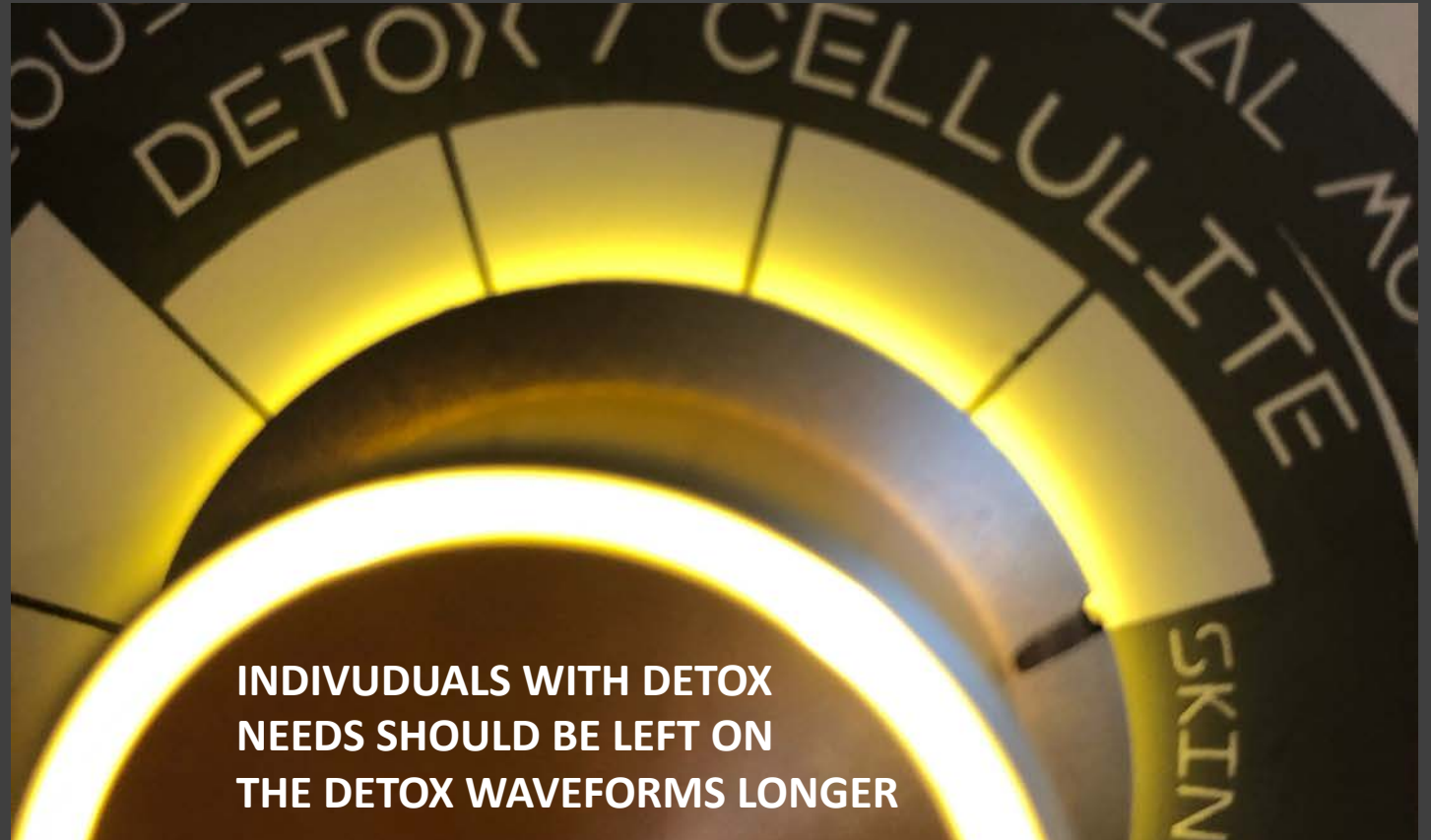
EVERYTIME YOU
INCREASE THE
VOLTAGE A LITTLE

ASK CLIENT:
ARE YOU OK?

CONTINUE UNTIL
YOU OBSERVE THE
CLIENT HAVING
8 SECS
CONTRACTIONS



- 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



- You start by changing the visceral fat / deeper muscle waveforms on the left first
- You change one waveform at a time.
- Every time you change the waveform you INFORM THE CLIENT:

“I WILL NOW CHANGE YOUR EXERCISE. THE TECHNOLOGY WILL TAKE YOU THROUGH 144 DIFFERENT EXERCISES. SOME WILL BE LIKE WEIGHT-LIFTING, OTHERS LIKE SIT-UPS, OTHERS LIKE DANCING. IT WILL BE LIKE GOING FROM THE GYM TO THE DANCE STUDIO ALL IN 45 MINUTES...”

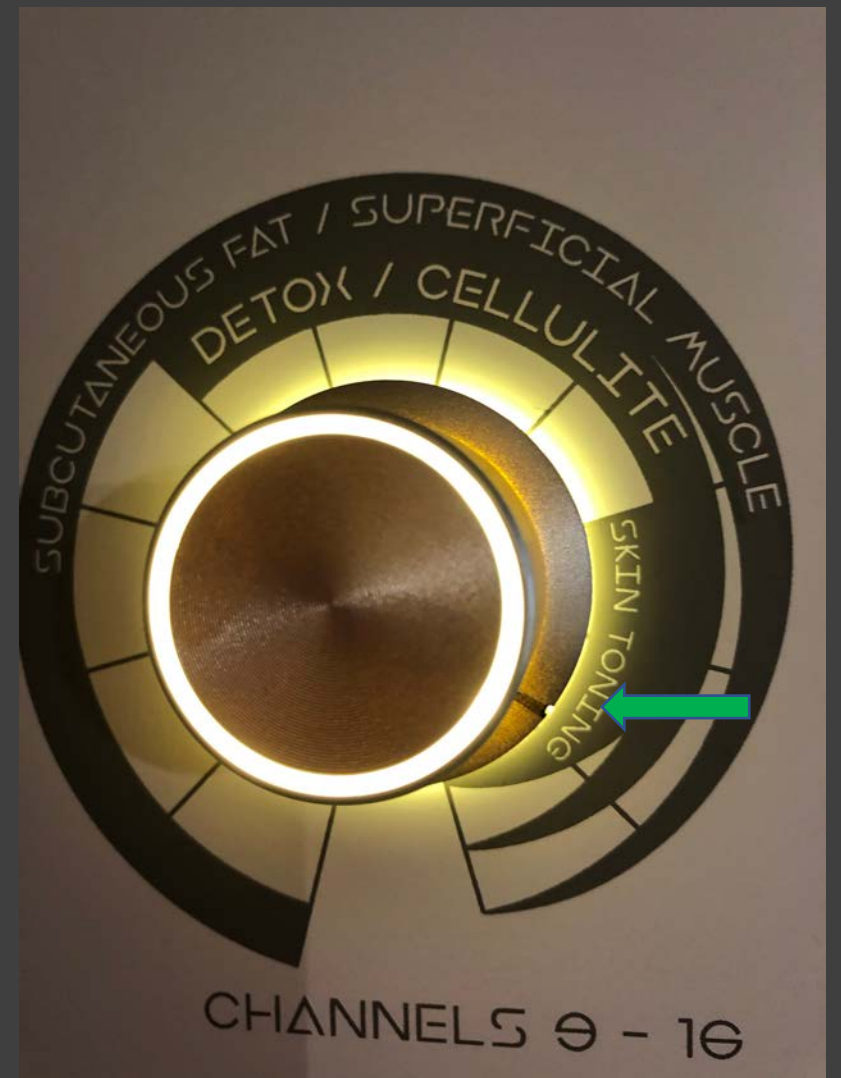
CHANGE THE WAVEFORM **ONLY WHEN THE REST DURATION BUTTON IS LIT UP**



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

WAIT FOR AT LEAST 4-
5 CONTRACTIONS

TURN THE
WAVEFORM ON THE
LEFT, CLOCKWISE



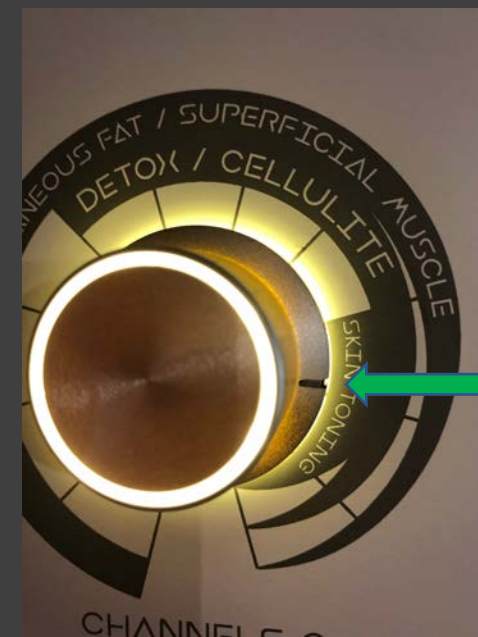
CHANGE THE WAVEFORM **ONLY WHEN THE REST DURATION BUTTON IS LIT UP**

YOU NEVER TURN BOTH WAVEFORMS SIMULTANEOUSLY.

YOU ALWAYS WAIT FOR AT LEAST 4-5 CONTRACTIONS AFTER YOU TURNED UP ONE WAVEFORM BEFORE TURNING THE OTHER

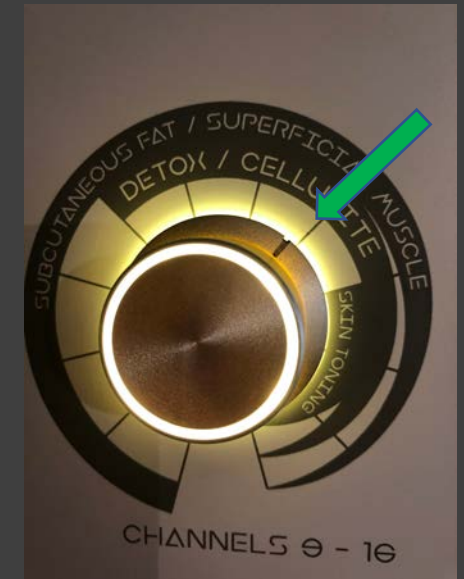
ALWAYS INFORM THE CLIENT BEFORE CHANGING A WAVEFORM:

I AM GOING TO CHANGE YOUR EXERCISE...



EXAMPLE 1
THE TWO WAVEFORM POSITIONS ARE ALWAYS DIFFERENT

EXAMPLE 2
THE TWO WAVEFORM POSITIONS ARE ALWAYS DIFFERENT



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

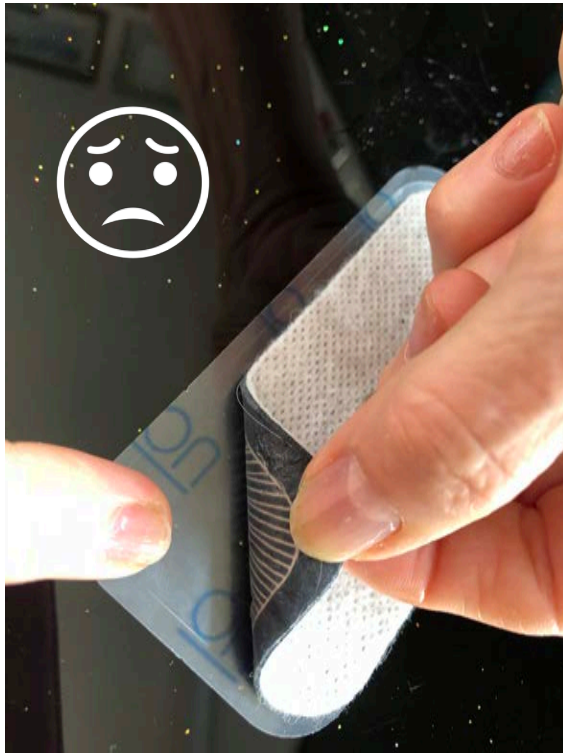
IF A CLIENT IS UNCOMFORTABLE WHEN YOU INCREASE THE VOLTAGE, THEN YOU CAN INCREASE MAINTAIN THE CLIENT'S CONTRACTION BY PRIMARILY TURNING THE LEFT WAVEFORM ANTICLOCKWISE

IN ORDER TO GET RESULTS THE CLIENT MUST HAVE VISIBLE CONTRACTIONS

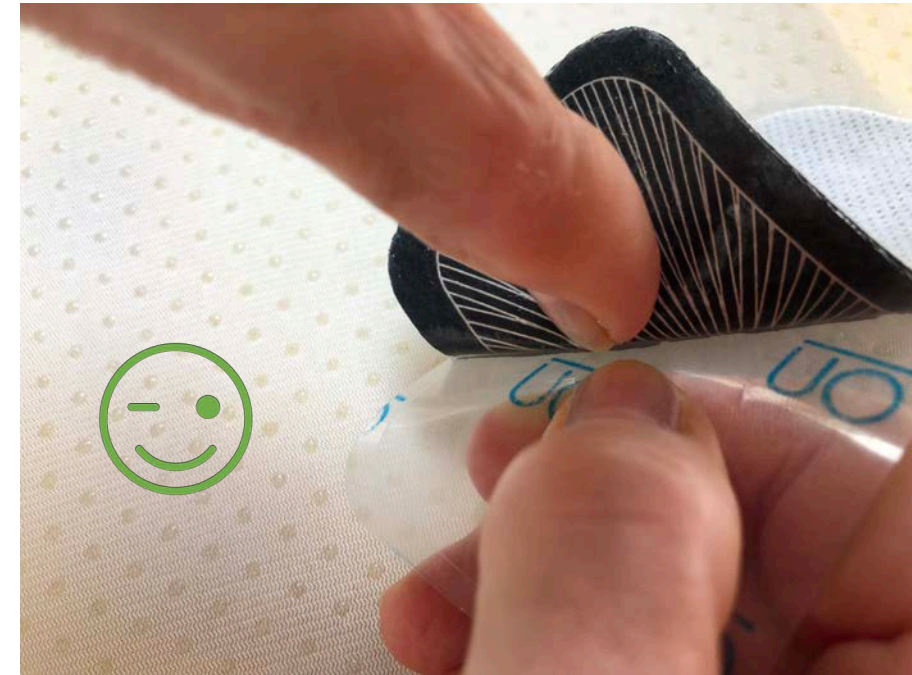


PADDING

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

ALWAYS WIPE THE CLIENT'S BODY WITH A WARM TOWEL. THEN USE A DRY WARM TOWEL TO DRY THE BODY. LOTION COMPROMIZES THE STICKINESS OF THE PADS



Sometimes the self-adhesive pads are wet with sweat after treatment. Get a grid similar to those you see in an oven and stick the self-adhesive pads on the grid until they are dry. The less surface you use the less the damage you cause on your self-adhesive pads



HOW TO CLEAN YOUR PADS



- You cannot clean the self-adhesive pads.
- Use the self-adhesive pads ONLY with the same patient.
- Spraying alcohol may reduce both the conductivity of your self-adhesive pads compromising their adhesive properties

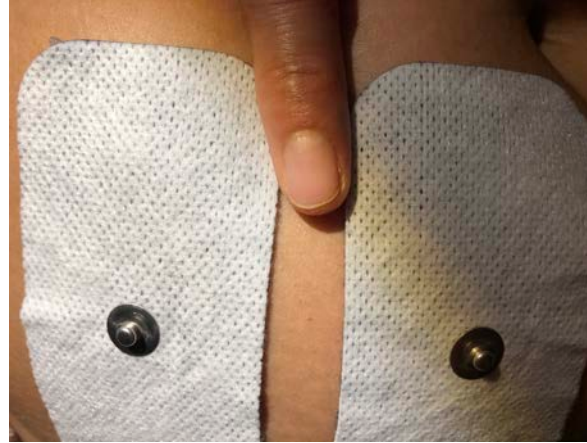
PADDING RULES

1.

ALL BLACK MUST BE TOGETHER

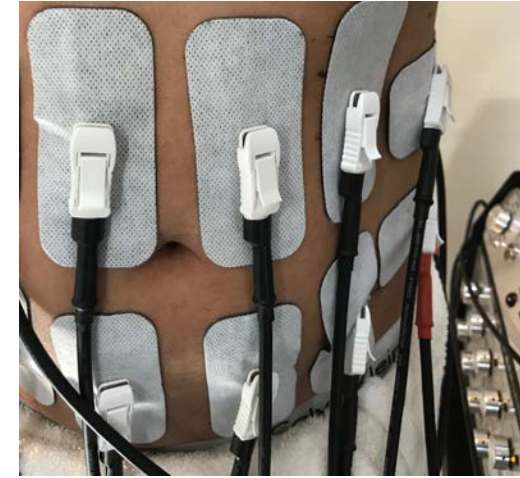


3.



Pads are placed one finger apart from each other

5



Pads are preferably vertical. You only place the pads horizontally to accommodate the client's physique

2.

ALL RED MUST BE TOGETHER



4



Pads are placed at the same height if possible

6



Pads on feet are placed on top of the swelling of the foot

Pads on feet can be horizontal or vertical to COVER the SWELLING

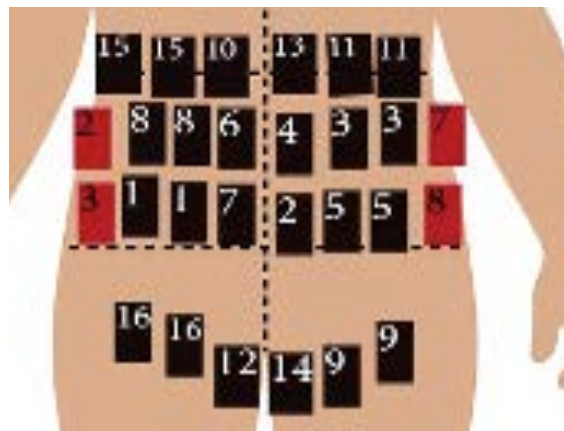
PADDING RULES

7.



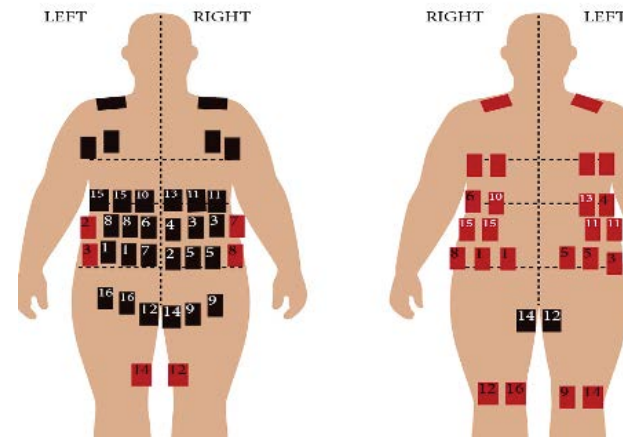
LYMPHATIC DRAINAGE IS VERY IMPORTANT AND SHOULD BE PERFORMED ON EVERY TREATMENT

9.



COVER ALL FATTY PARTS OF THE BELLY OR OTHER TARGET AREAS WITH PADS

11.



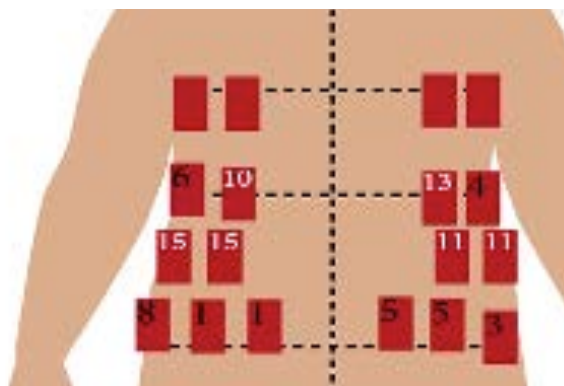
CONNECT FAT ON THE LEFT OF THE BODY TO FAT ON THE RIGHT SIDE OF THE BODY

8.



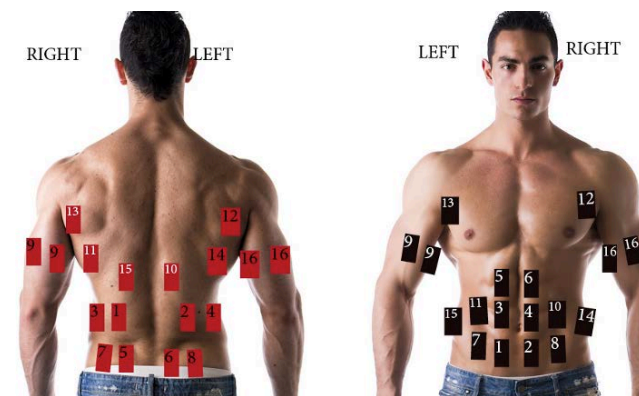
FOR THOSE WITH SWELLING ON THE UPPER PART OF BODY

10.



PADS MUST 3-4 FINGERS AWAY FROM EITHER SIDE OF THE SPINAL CORD.

12.

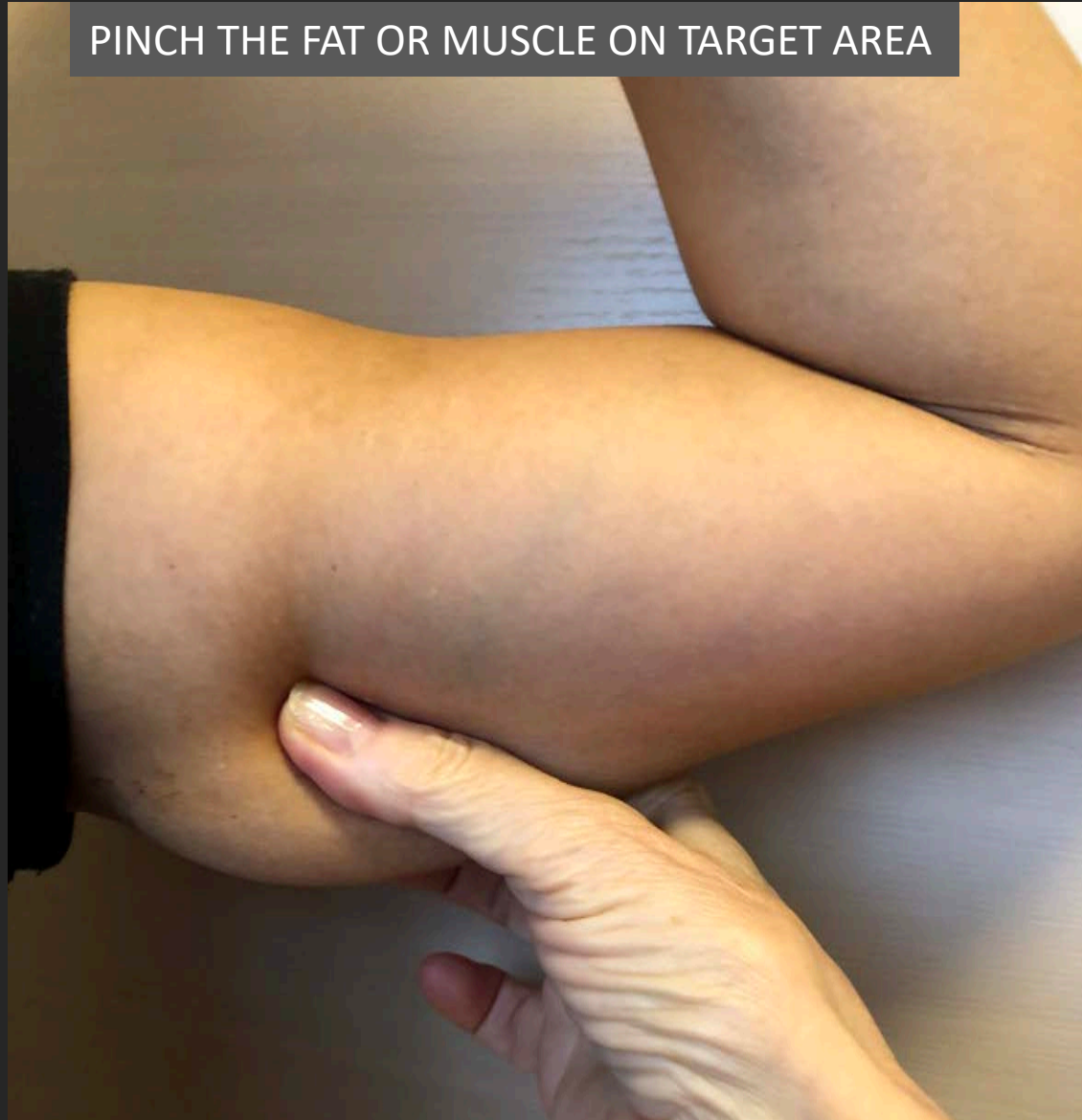


CONNECT FAT ON THE LEFT OF THE BODY TO FAT ON THE RIGHT SIDE OF THE BODY

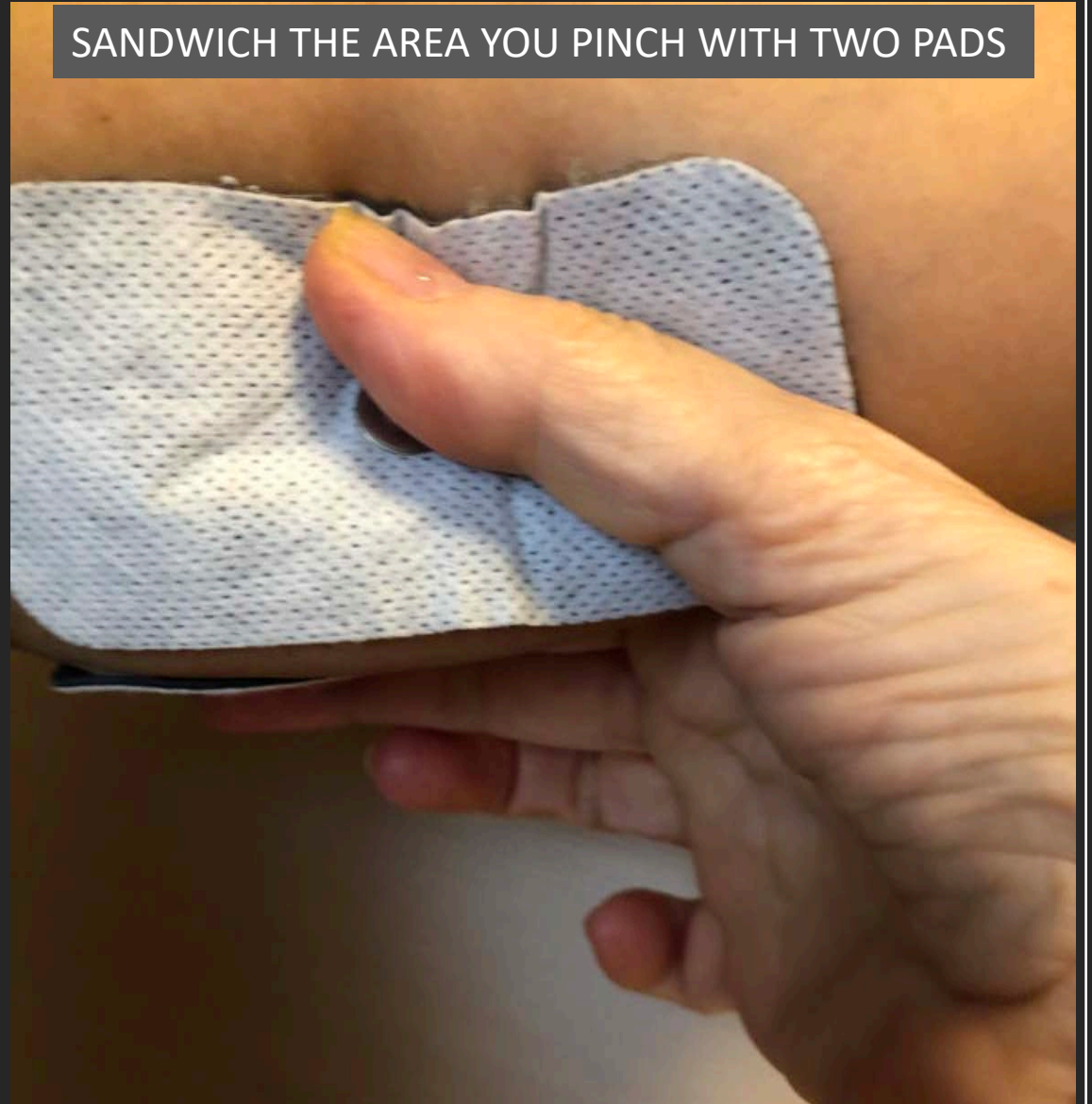


RECAP PADDING
RULES:

PINCH THE FAT OR MUSCLE ON TARGET AREA



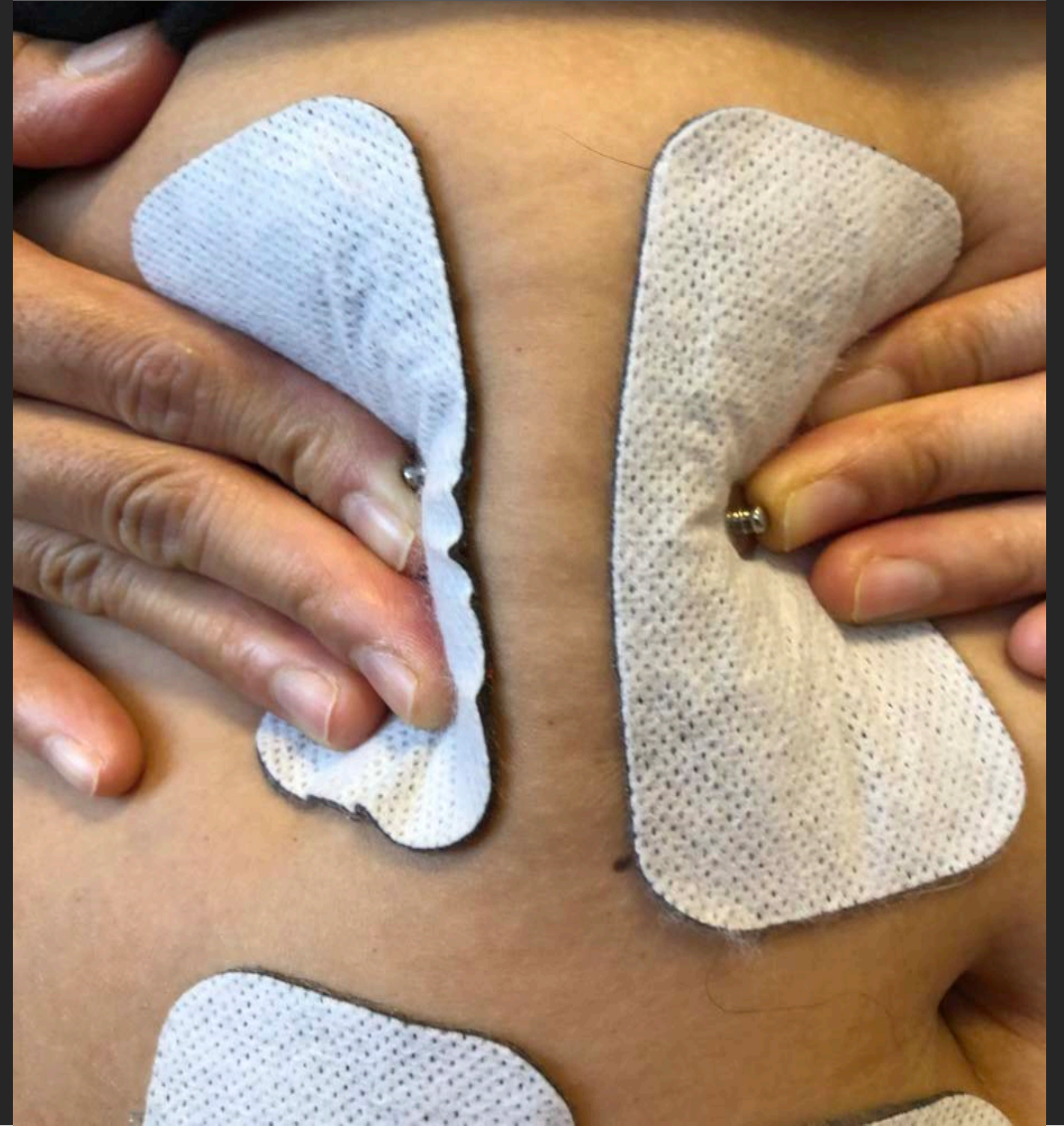
SANDWICH THE AREA YOU PINCH WITH TWO PADS



PINCH THE FAT OR MUSCLE ON TARGET AREA



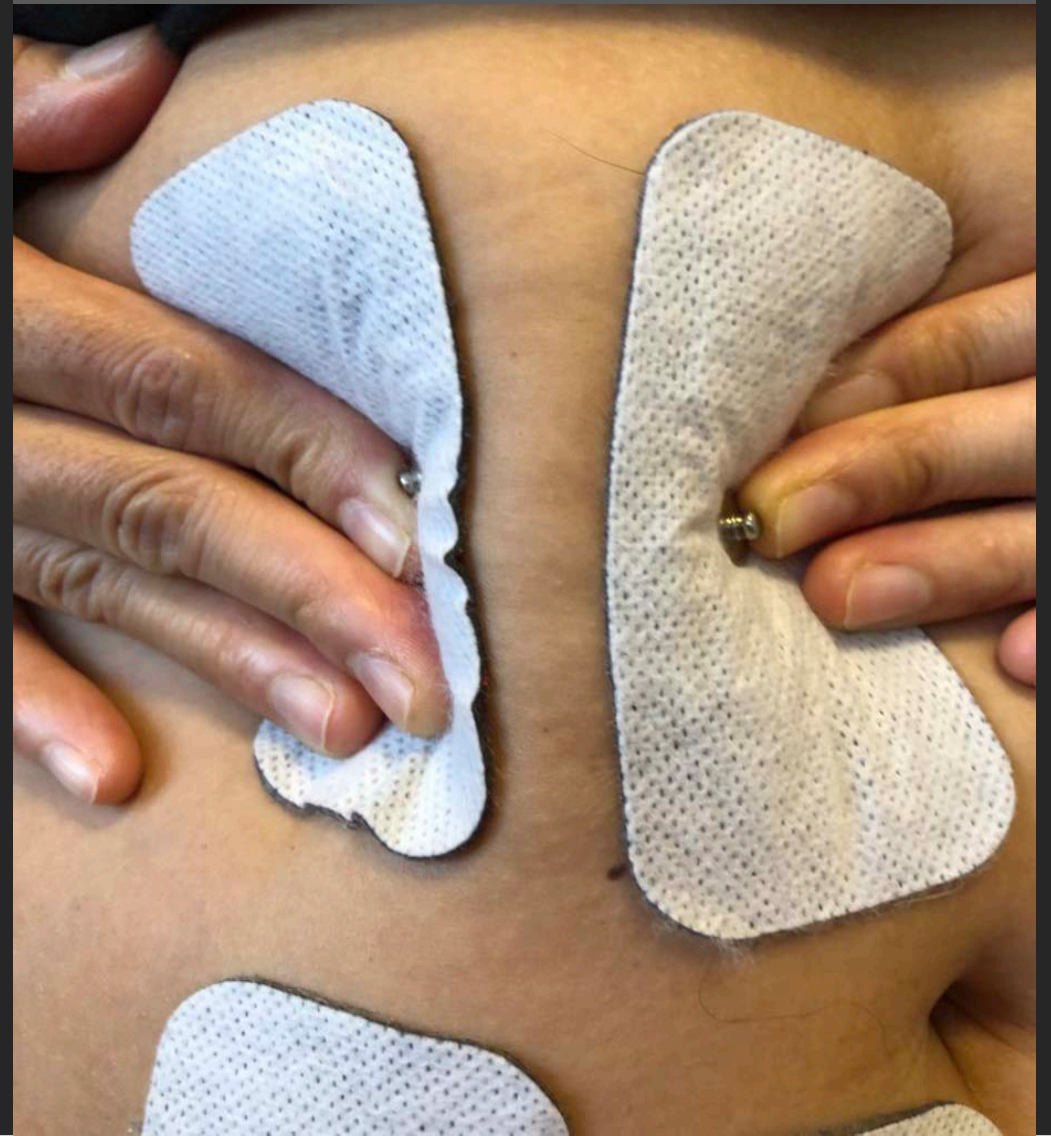
SANDWICH THE AREA YOU PINCH WITH TWO PADS



PAD LOWER ABDOMEN FIRST ON THE LEFT SIDE



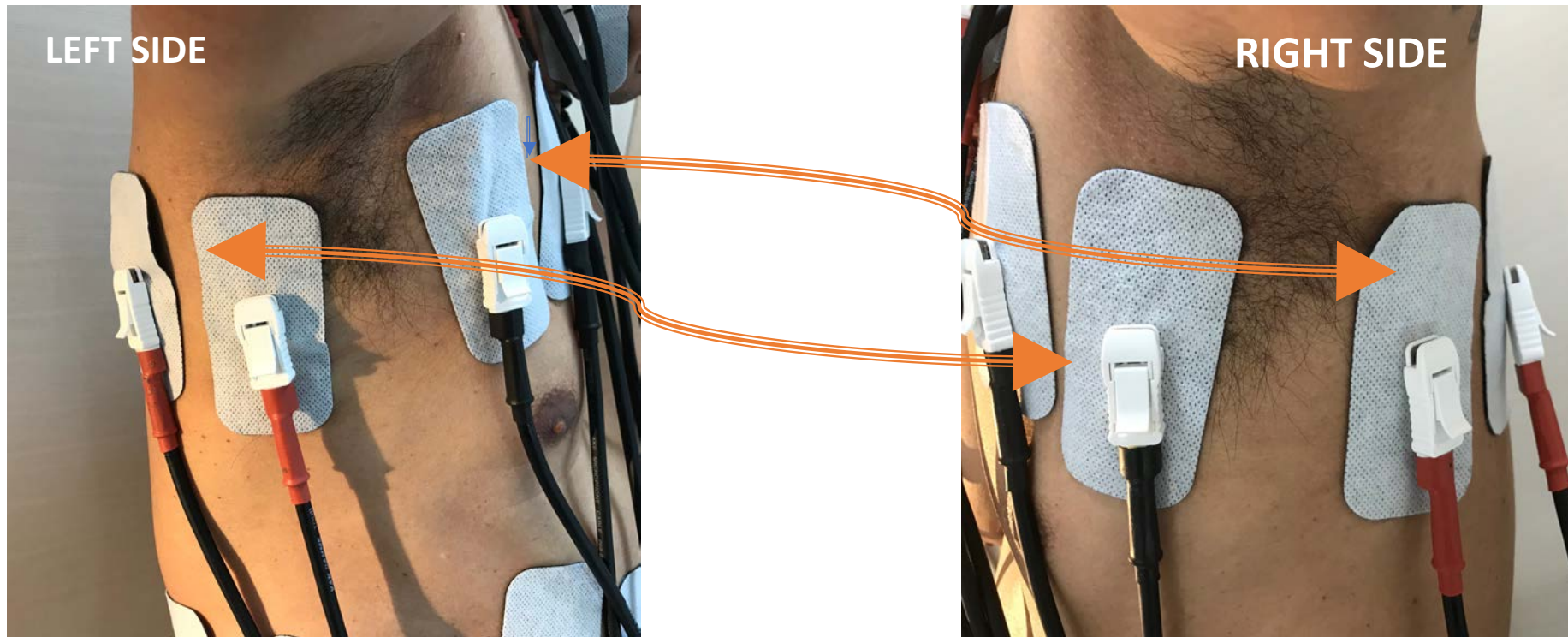
THEN PAD UPPER ABSOMEN ON SAME SIDE ... ETC



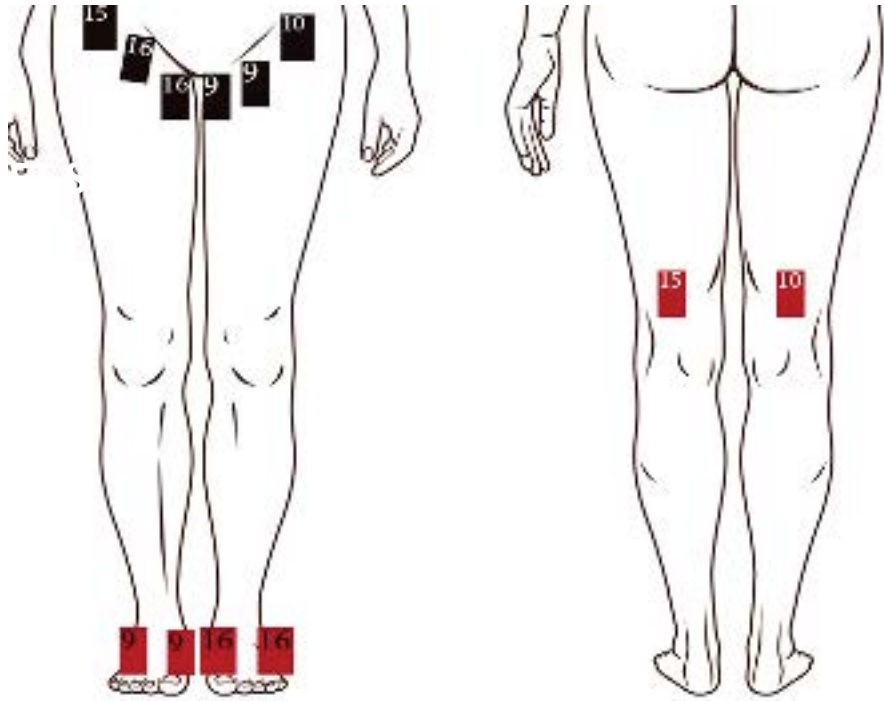


CONNECT
FAT WITH FAT

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

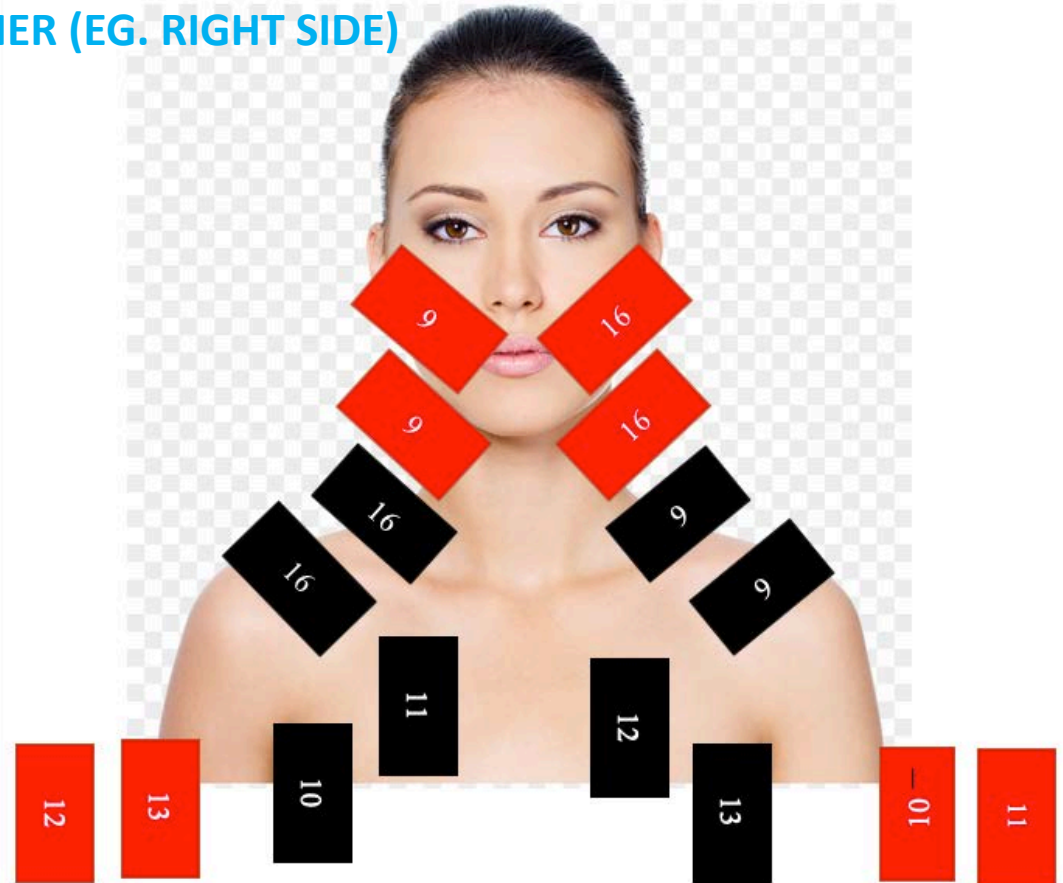


LEGS DETOX: YOU ALWAYS PUT RED ON THE FEET AND BEHIND THE KNEES AND BLACK ON THE LOINS



UPPER BODY DETOX

1. 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
2. IF YOU PUT RED ON ONE SIDE OF THE BODY (EG. LEFT SIDE) YOU PUT BLACK ON THE OTHER (EG. RIGHT SIDE)
3. 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)



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**



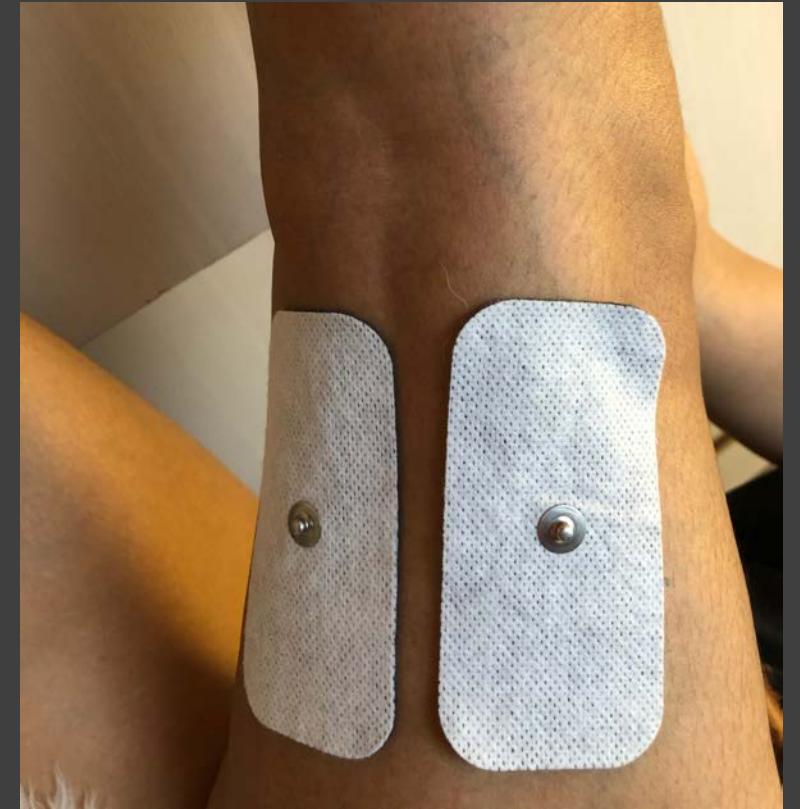
3. Mirror padding on the other side with quad cable 16

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



UNDER THE KNEE PROPER PAD PLACEMENT

**SOME PEOPLE HAVE SCIATICA
IF A CLIENT COMPLAINS OF DISCOMFORT**

**1. IMMEDIATELY DISCONNECT THAT SELF-ADHESIVE
PAD.**

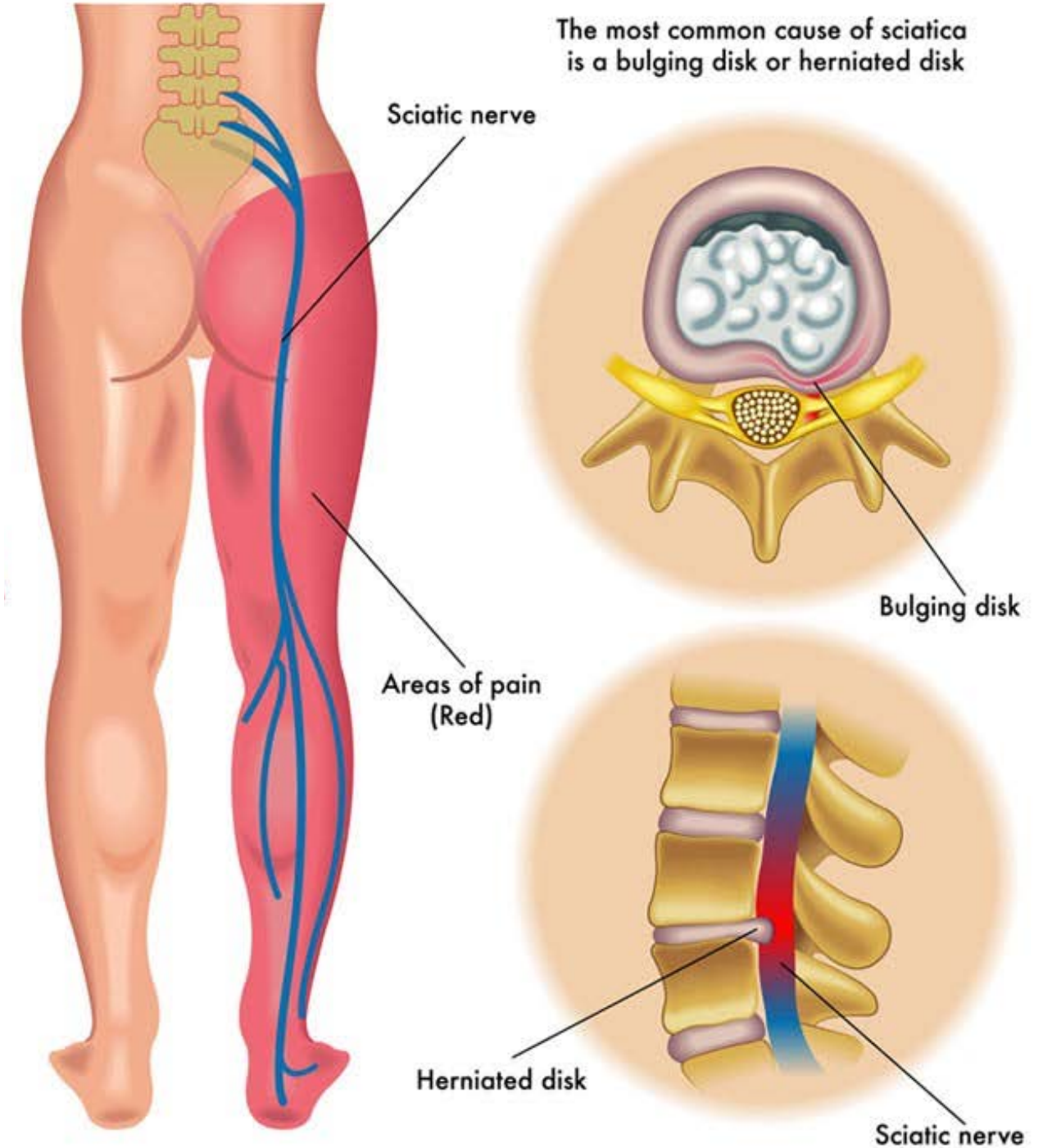
**2. TURN THE REST LIGHT TO 8 SECS TO GIVE YOU
MORE TIME.**

**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



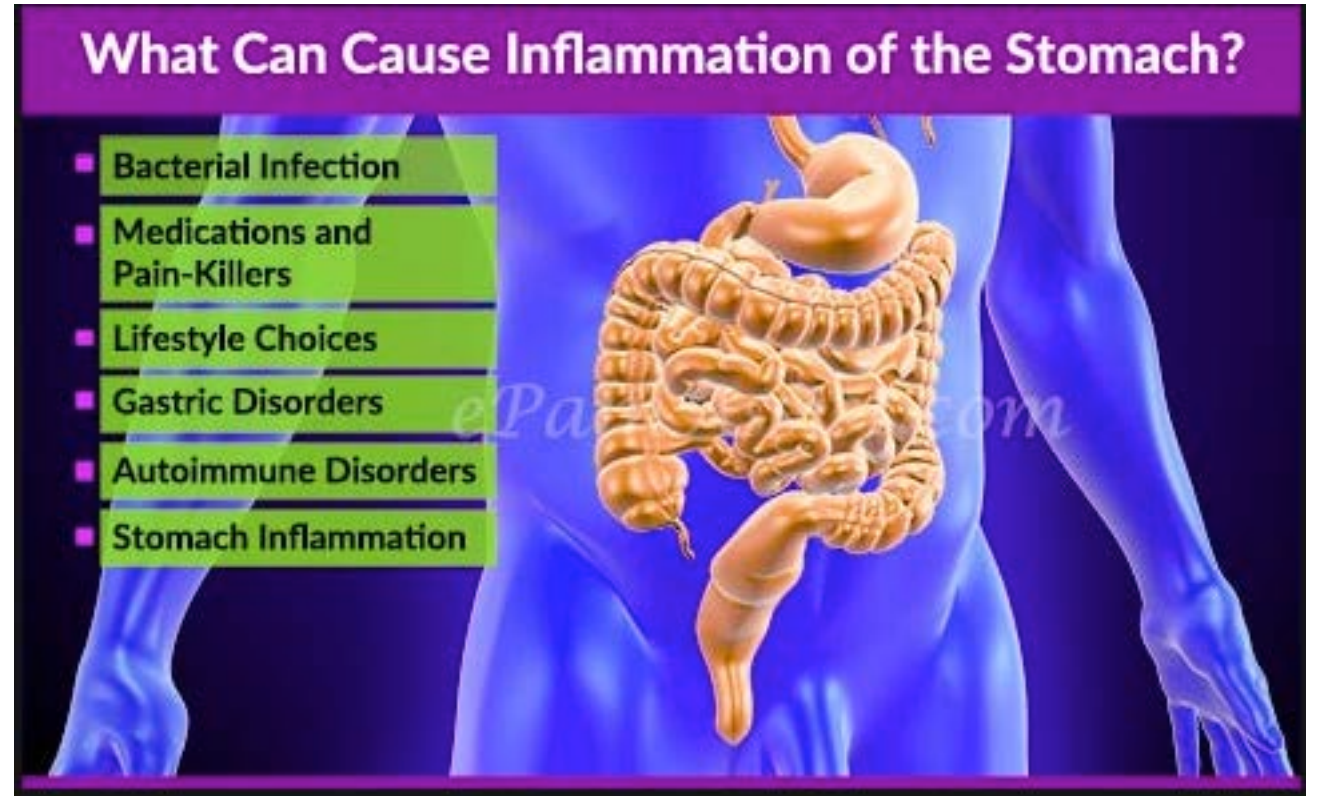
SOME PEOPLE MAY EXPERIENCE PAIN IN THEIR STOMACHS DUE TO INFLAMMATION IF A CLIENT COMPLAINS OF DISCOMFORT

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**



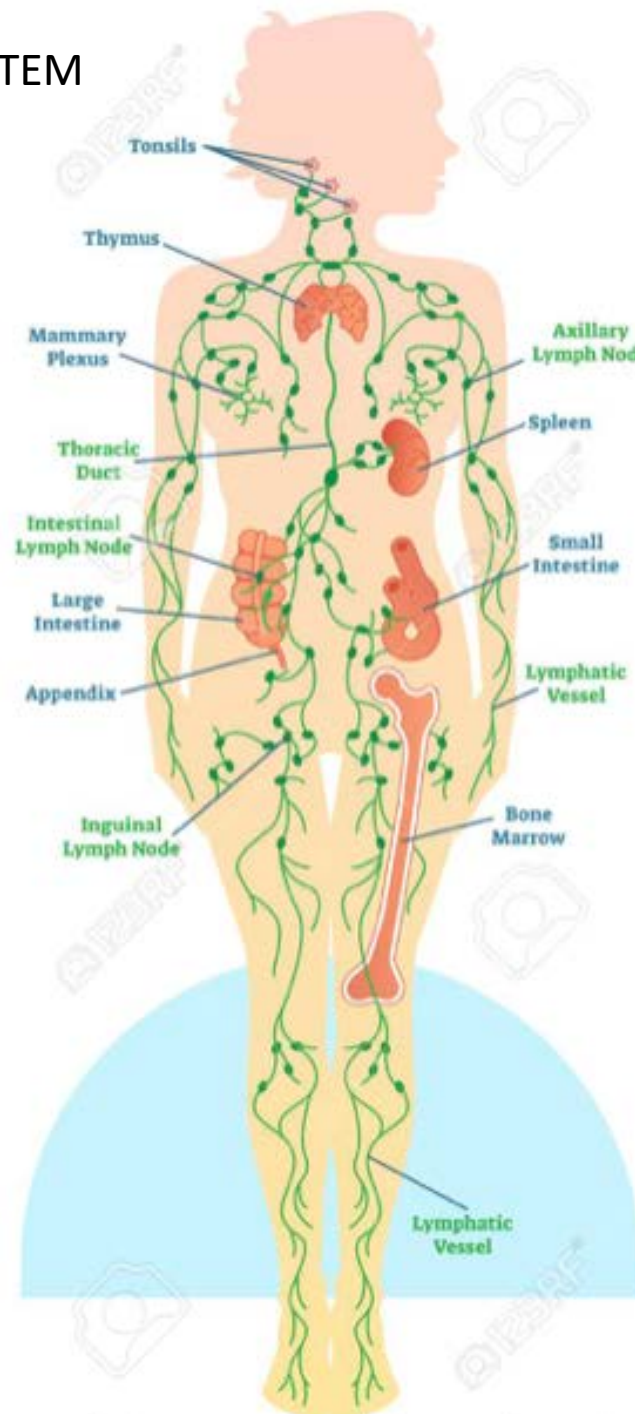
YOU SHOULD NOT HAVE PLACED THIS PAD ON THE PATIENT. IF YOU DID, YOU SHOULD NOT BE OPERATING THIS DEVICE UNTIL YOU LEARN TO FULLY COMPLY WITH THE RULES



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

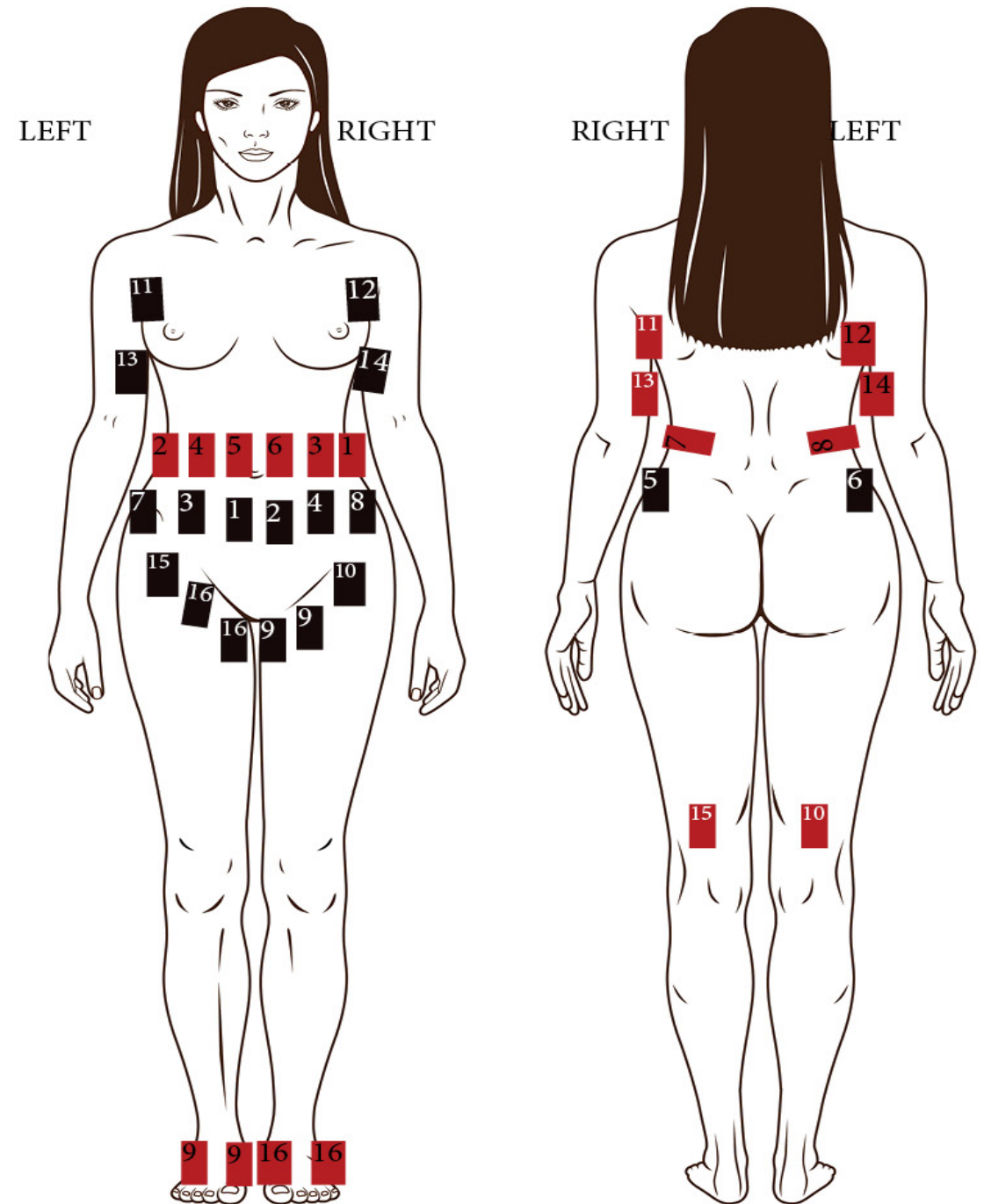


LYMPHATIC SYSTEM



UPPER LYMPHATIC SYSTEM



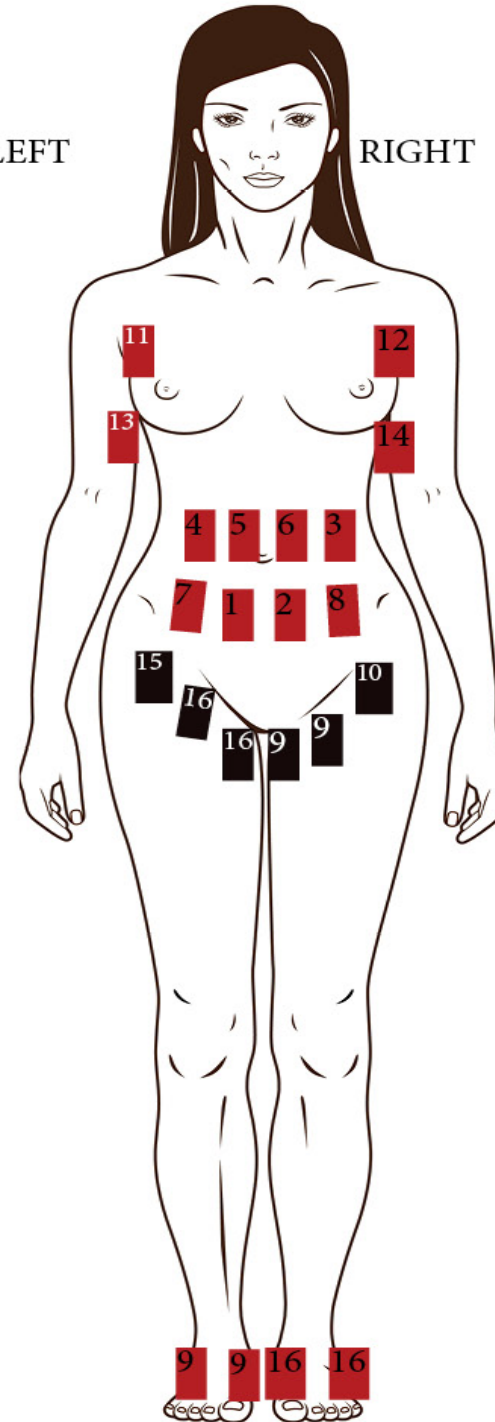


Observe whether the black or red pads offer the highest contraction. If the red pads offer the greatest contraction use the red pads on ALL the fatty areas or the areas you want to build muscle



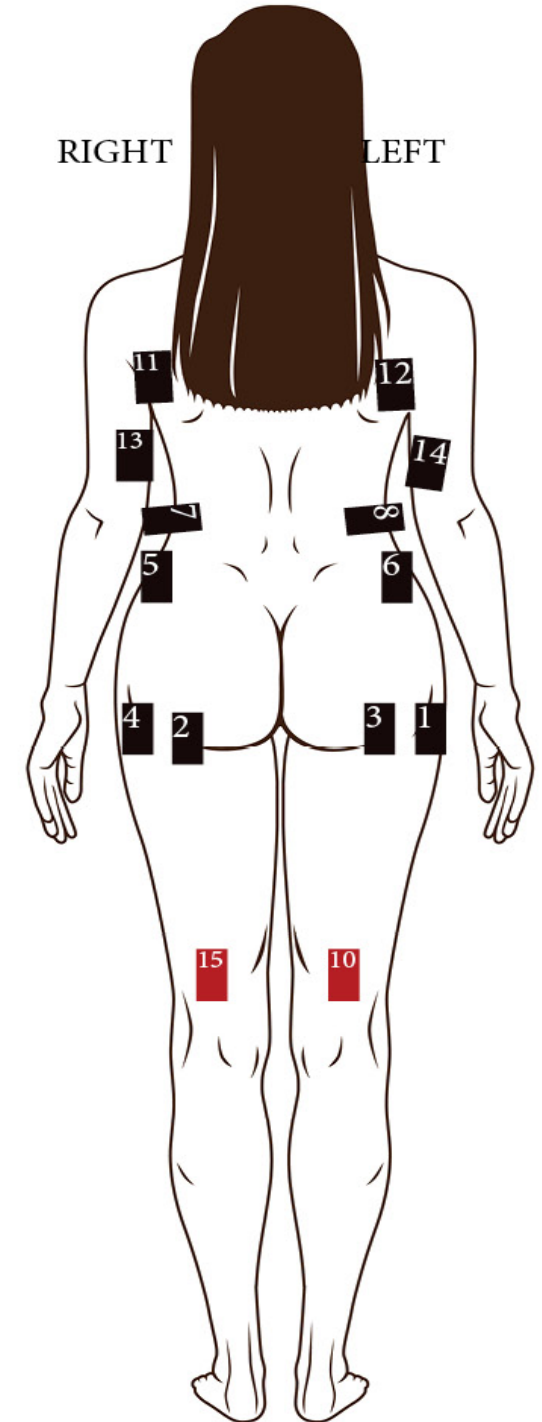
LEFT

RIGHT



RIGHT

LEFT

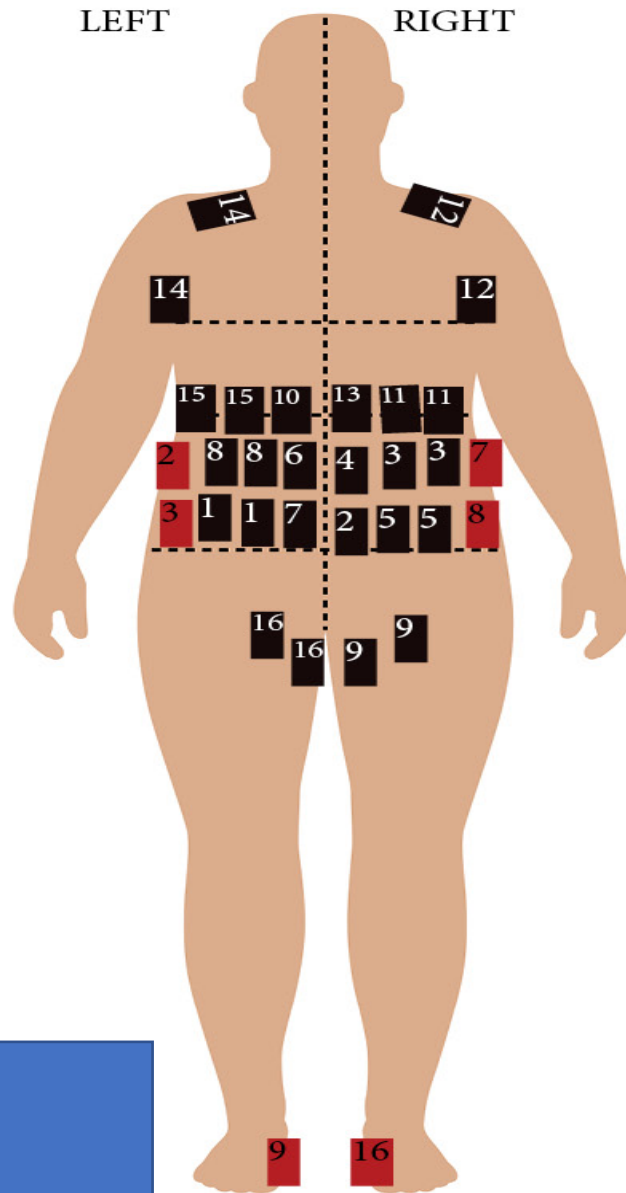


Observe whether the black or red pads offer the highest contraction. If the red pads offer the greatest contraction use the red pads on ALL the fatty areas or the areas you want to build muscle

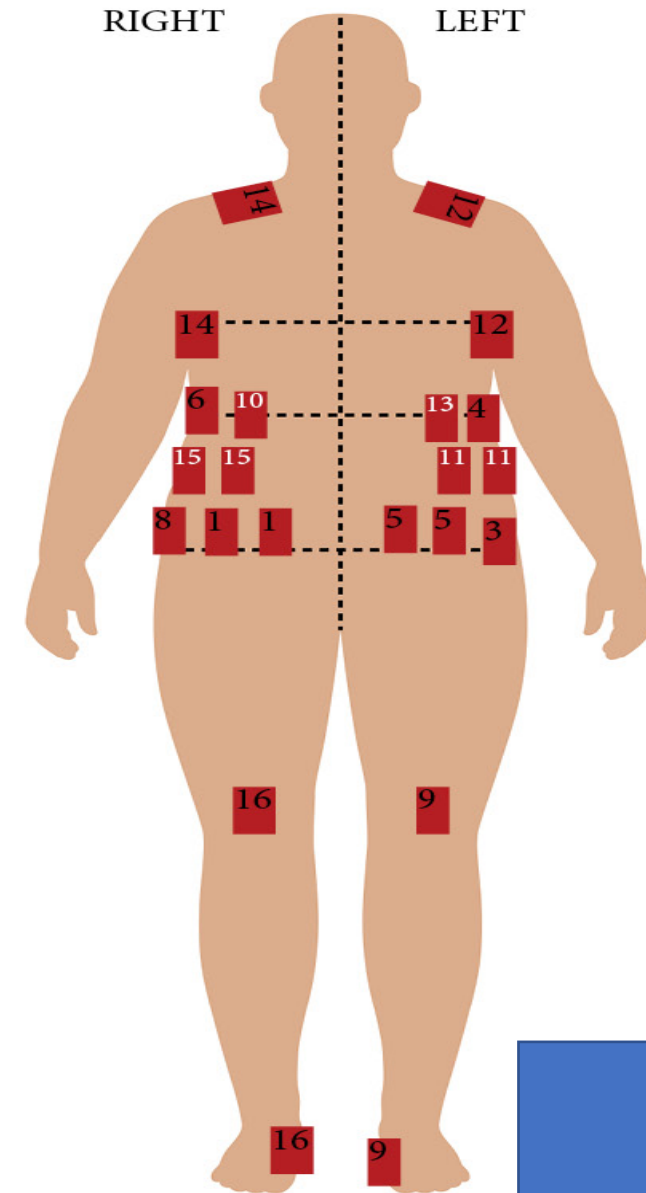
OBESITY PADDING

Axilla and
shoulders
Detox and fat
burning

*For
Obesity
Padding you
will need
more quad
cables.



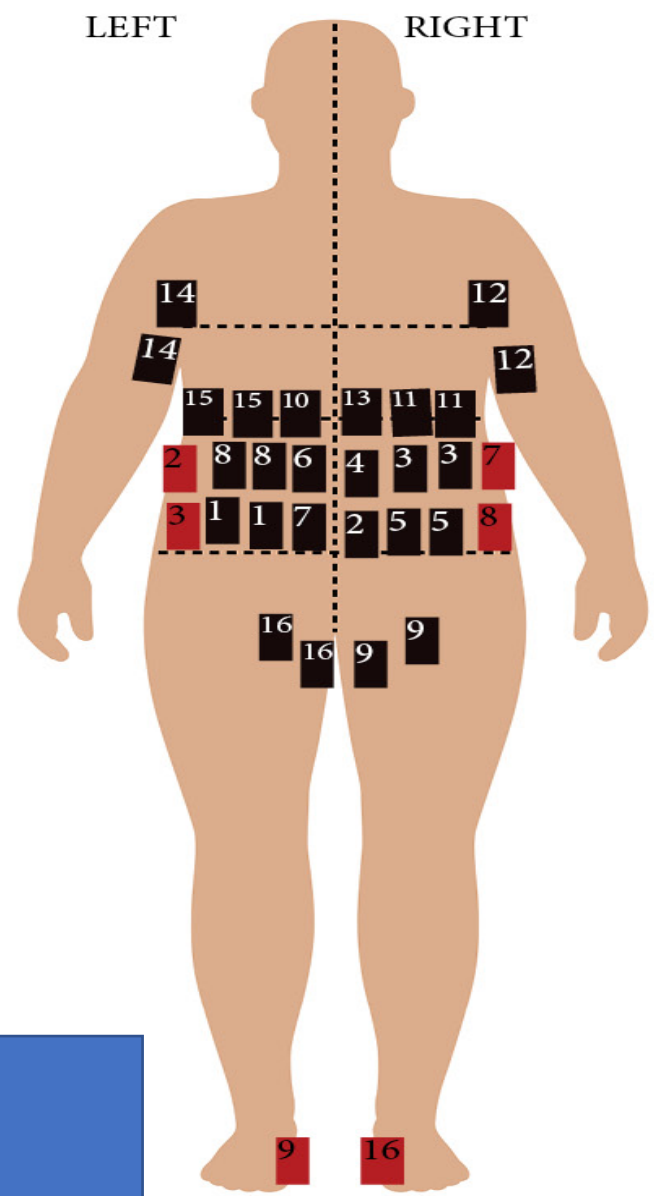
FRONT



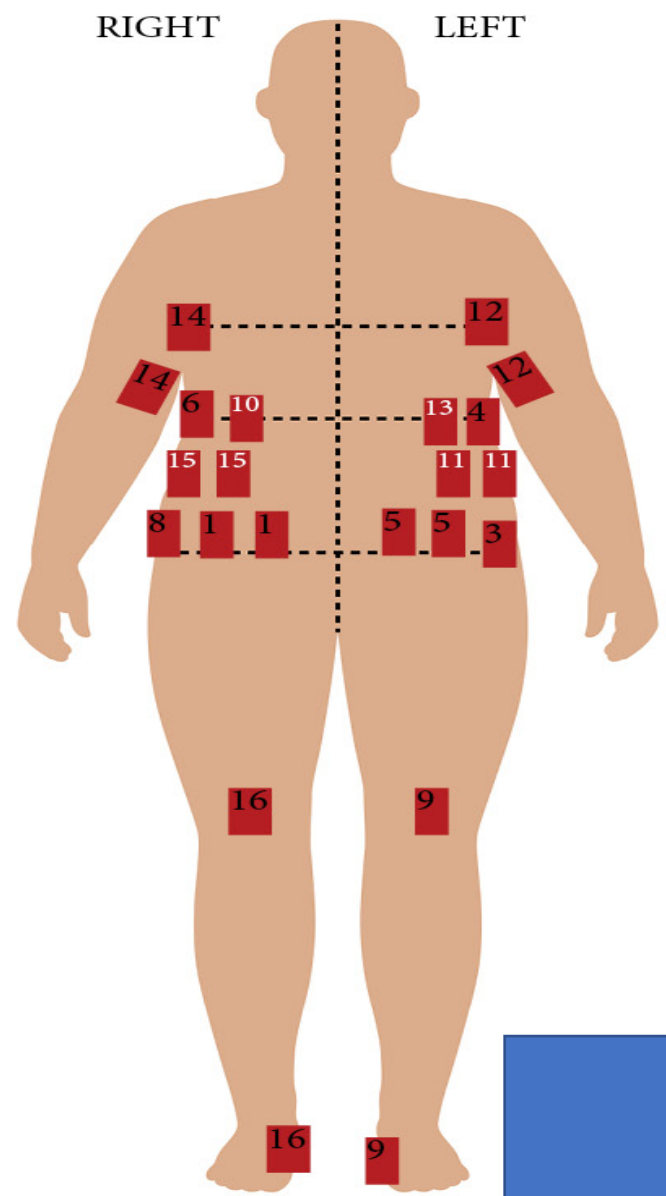
BACK

OBESITY PADDING

*For Obesity Padding you will need more quad cables.



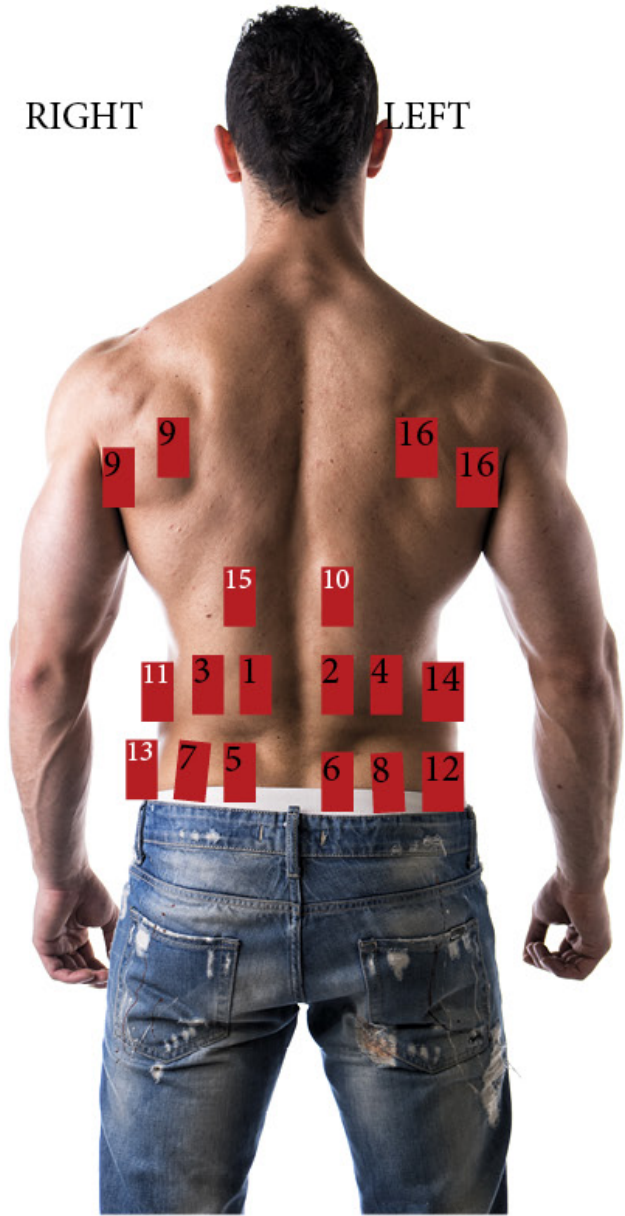
FRONT



BACK

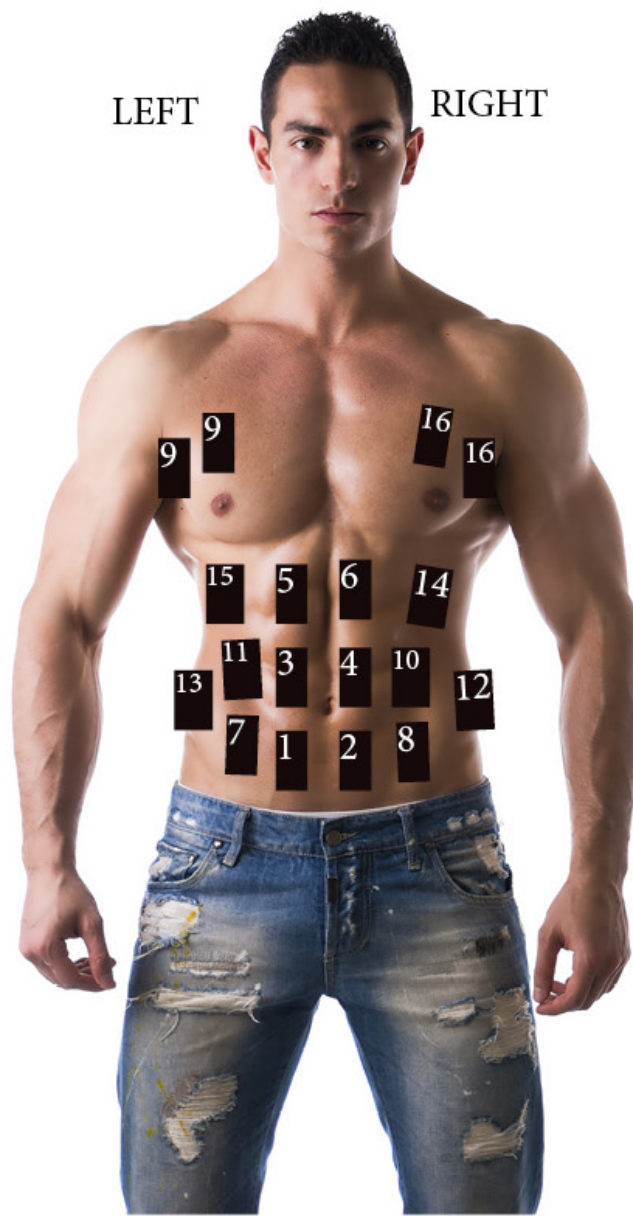
RIGHT

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



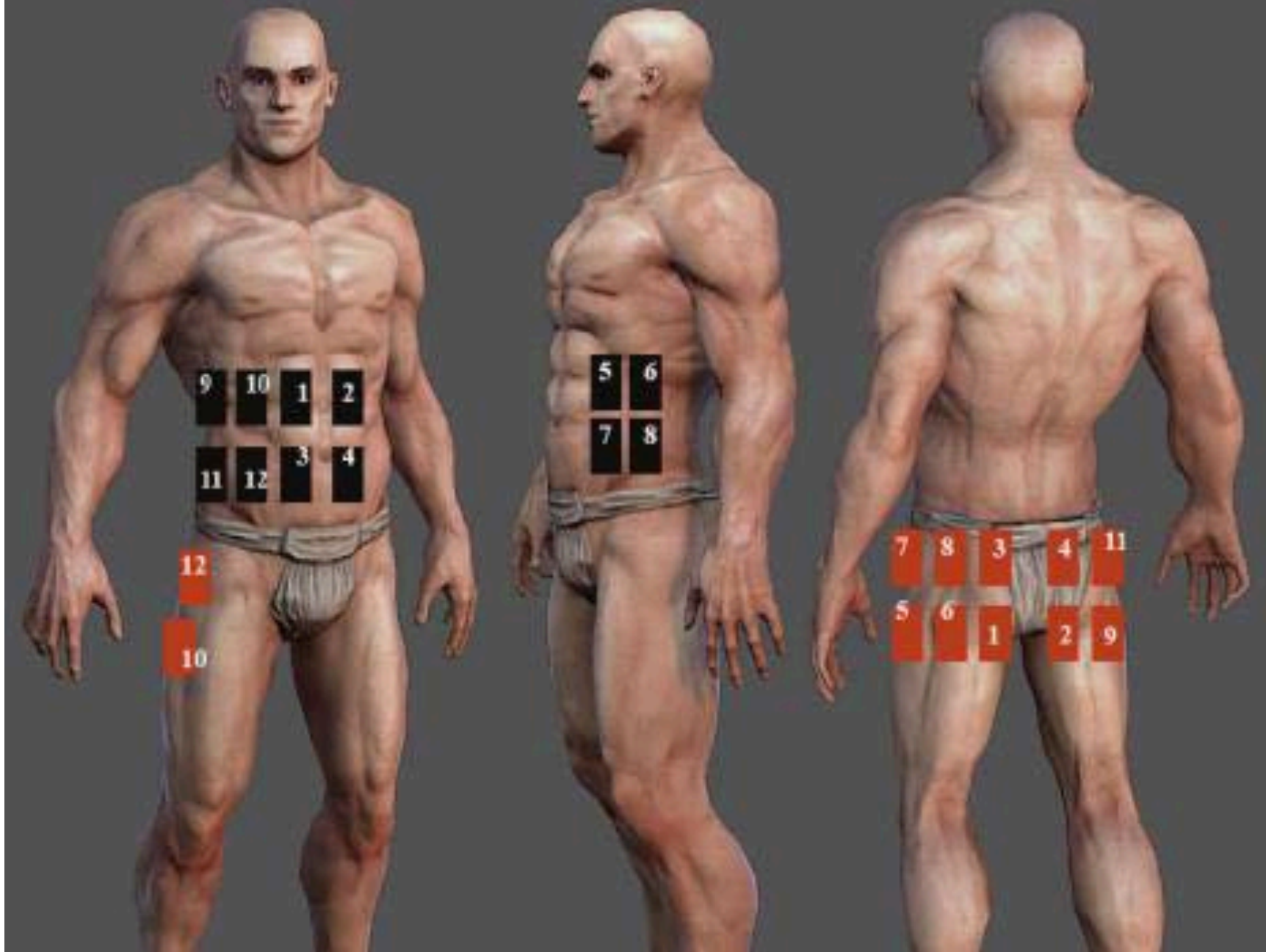
Pads
MUST be
at least
three
fingers
away from
either
side of
the spine

LEFT

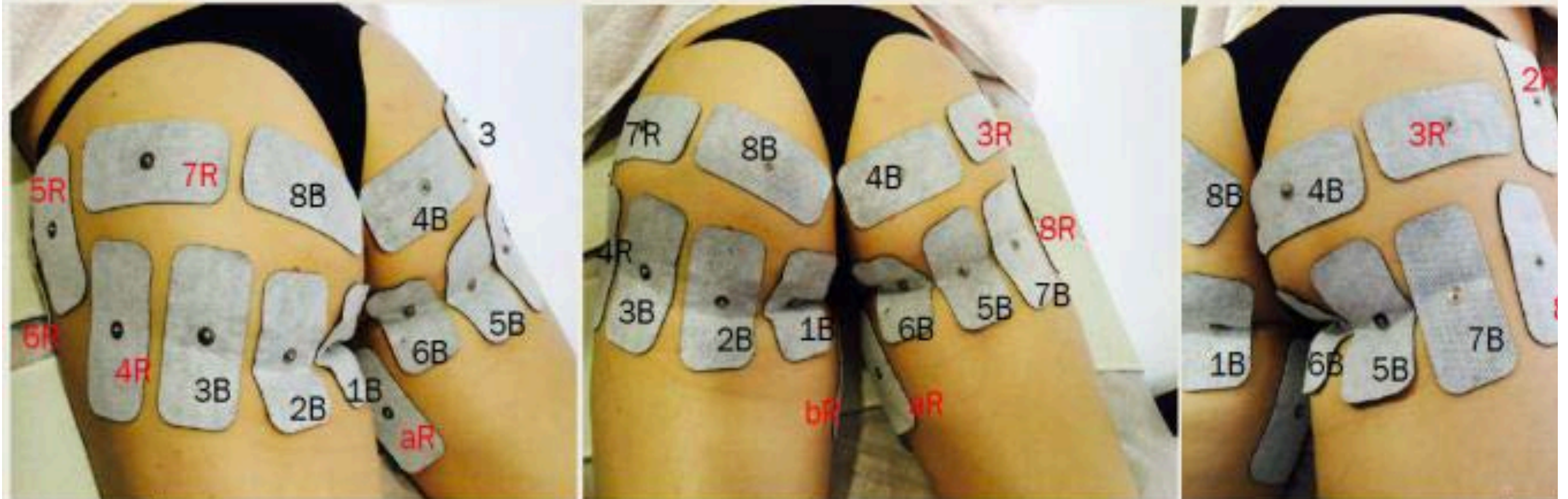
RIGHT



ABDOMEN AND BUTTOCKS PADDING DETAIL



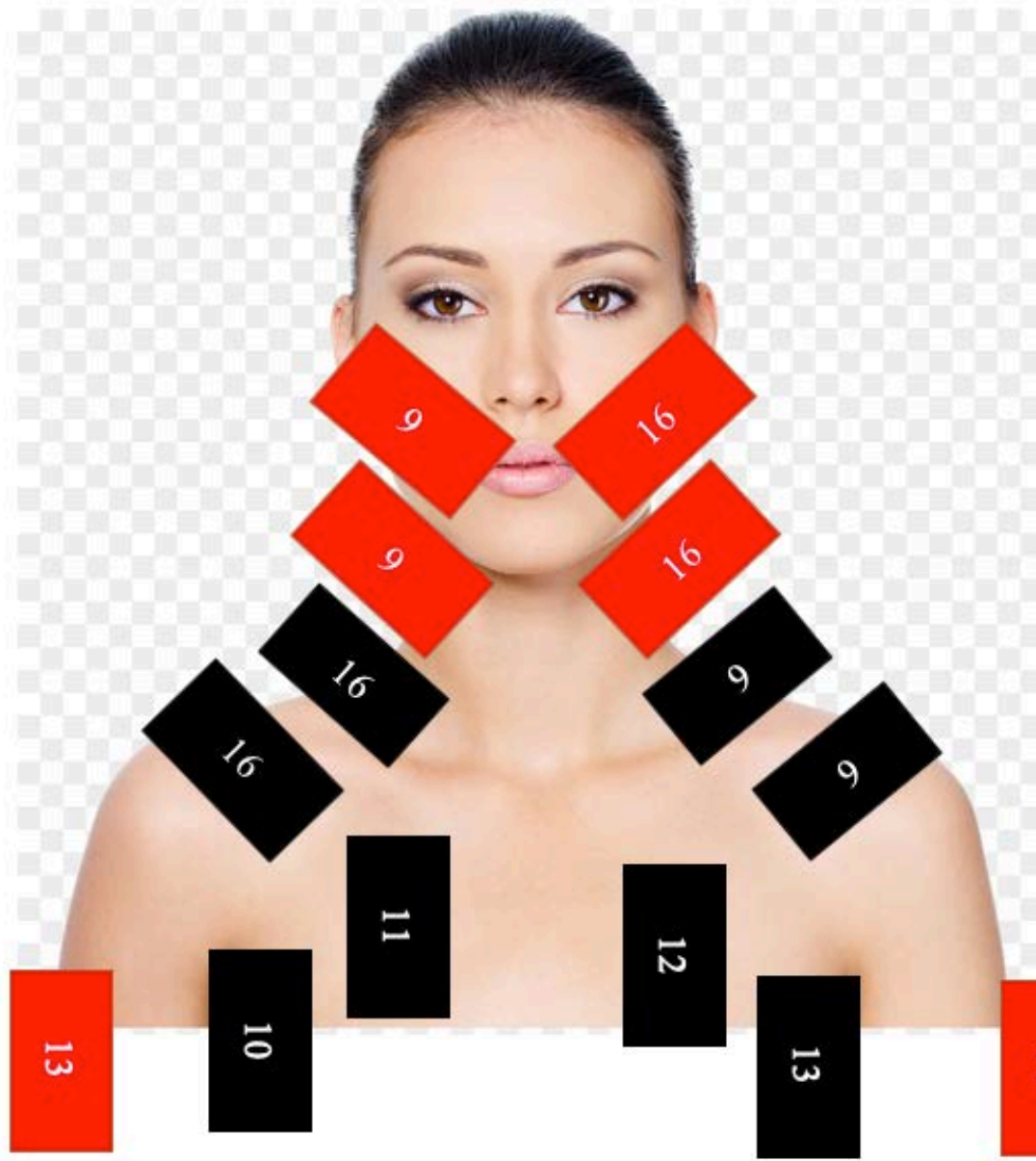
Abdomen and Buttocks
Padding



OBSERVE HOW PADS SANDWITCH FAT AND MUSCLE. OBSERVE HOW PADS ARE AROUND ONE FINGER APART

DETOX DETAIL

FOR PROPER LYMPHATIC DRAINAGE IDENTIFY WHERE THE SWELLING IS ON THE NECK OR ARMPITS



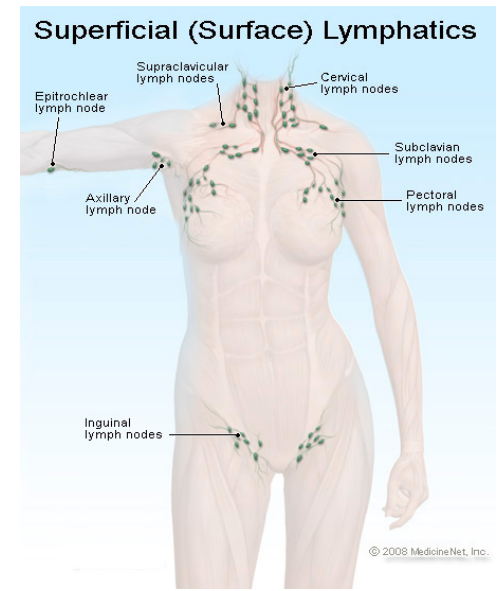
PADS ON THE FACE AND NECK MUST BE ON VERY LOW VOLTAGE
(around 0.5-1.5 voltage)

12 / 13 RED on exactly the same level as 10 BLACK
10 / 11 RED on exactly the same level as 13 BLACK

9R on face exactly over the chin line
9R under chin following the chin line and neck
16 B on lower Neck and shoulder
16 B on shoulder

16R on face exactly over the chin line
16R under chin following chin line and neck
9 B on lower Neck and shoulder
9 B on shoulder

- Cover lymph nodes**
1. Lymph Nodes at the Ear
 2. Lymph Nodes at the side of the Neck
 3. Axillary Lymph Nodes under the armpits



SUMMARY OPERATION

1-8VOLTAGE DIALS ON THE LEFT OF CORRESPPOINT TO FOR:

- ❖ VISCERAL FAT REDUCTION
- ❖ DEEPER MUSCLE
- ❖ SPORTS INJURY – TORN LEGAMENTS
- ❖ CORE STRENGHT
- ❖ STAMINA
- ❖ ULTRA FITNESS
- ❖ ENERGY INCREASE

THE VOLTAGE CARRIES THE SIGNAL THROUGH THE SKIN TARGETING THE MOTOR NERVES UNDER THE PADS. THE HIGHER THE VOLTAGE THE DEEPER THE SIGNAL CAN PENETRATE.

- ❖ IF THE CLIENT HAS A CONTRACTION CHANGE THE EXERCISE / WAVEFORM WITHOUT INCREASING THE VOLTAGE





9-16 VOLTAGE DIALS ON THE RIGHT OF DEVICE:

- ❖ DETOX
- ❖ SKIN TONING
- ❖ SUBCUTANEOUS FAT
- ❖ SUPERFICIAL MUSCLE
- ❖ CELLULITE
- ❖ FACE LIFT
- ❖ VAGINAL REJUVENATION
- ❖ SPORTS INJURY / PAIN
- ❖ SPEED
- ❖ ENERGY INCREASE

THE VOLTAGE CARRIES THE SIGNAL THROUGH THE SKIN TARGETING THE MOTOR NERVES UNDER THE PADS. THE HIGHER THE VOLTAGE THE DEEPER THE SIGNAL CAN PENETRATE.

- ❖ IF THE CLIENT HAS A CONTRACTION CHANGE THE EXERCISE / WAVEFORM WITHOUT INCREASING THE VOLTAGE
- ❖ **YOU DO NOT NEED HIGH VOLTAGE FOR LYMPHATIC DRAINAGE**



REST DURATION RANGES FROM **2-8 SECS**
SET ON 2 SECS FOR FASTER RESULTS

CONTRACTION DURATION.

1. IT RANGES FROM **2 - 8 SECONDS.**
2. THE LONGER THE CONTRACTION TIME, THE DEEPER THE SIGNAL PENETRATES. SO TO TREAT **VISCERAL FAT** SET CONTRACTION DURATION TO 8 SECONDS.
3. TO BUILD DEEPER MUSCLES USE 8 SECS SETTING
4. USE THE 2 SECS SETTING ON WOMEN DESIRING SLIMMER LEGS.
5. **2 SECONDS CONTRACTIONS ARE LIKE RUNNING**



THESE THE DEEPER WAVEFORMS FOR CHANNELS 1-8 FOR:

- ❖ VISCERAL FAT REDUCTION
- ❖ DEEPER MUSCLE
- ❖ SPORTS INJURY – TORN LEGAMENTS
- ❖ CORE STRENGHT
- ❖ STAMINA
- ❖ ULTRA FITNESS
- ❖ ENERGY INCREASE

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

- ❖ EVERYONE SHOULD GO THROUGH ALL THE WAVEFORMS
- ❖ **VISCERAL FAT** REMAIN WITHIN THE RANGE OF VISCERAL FAT WAVEFORMS



THESE THE MORE SUPERFICIAL WAVEFORMS FOR CHANNELS 9-16 FOR:

- ❖ DETOX
- ❖ SKIN TONING
- ❖ SUBCUTANEOUS FAT
- ❖ SUPERFICIAL MUSCLE
- ❖ CELLULITE
- ❖ FACE LIFT
- ❖ VAGINAL REJUVENATION
- ❖ SPORTS INJURY / PAIN
- ❖ SPEED
- ❖ ENERGY INCREASE

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

- ❖ EVERYONE SHOULD GO THROUGH ALL THE WAVEFORMS
- ❖ DETOX CONCERNS REMAIN WITHIN THE RANGE OF DETOX
- ❖ SKIN TONING REMAIN WITHIN THE SKIN TONING \ RANGE
- ❖ CELLULITE CONCERNS REMAIN WITHIN THE CELLULITE RANGE

CLIENT'S
RESPONSE
ASSESSMENT



DO NOT LEAVE THE CLIENT ALONE DURING TREATMENT



ASK CLIENT HOW SHE/ HE FEELS EVERY TIME YOU INCREASE THE VOLTAGE



PRIOR TO AND EVERYTIME YOU CHANGE THE WAVEFORMS INFORM THE CLIENT THAT YOU WILL BE CHANGING HIS/ HER VIRTUAL EXERCISE



INCREASE THE VOLTAGE IN EXTREMELY TINY INCREMENTS UNTIL YOU THE CLIENT REPORTS HAVING A CONTRACTION, THEN YOU CAN START CHANGING WAVEFORMS.



ONLY CHANGE EXERCISE WHEN THE REST DIAL LIGHT IS ON. CHANGE THE VISCERAL FAT DIAL FIRST. WAIT FOR AT LEAST 4-5 CONTRACTIONS, THEN CHANGE THE DETOX / SUPERFICIAL MUSCLE DIAL.



IF THE CLIENT REPORTS DISCOMFORT IMMEDIATELY LOWER THE CHANNEL THAT GIVES THE DISCOMFORT AND CHECK THE PADS

IF REPOSITION AND RECONNECTION OF CABLE OR PAD IS NEEDED, WAIT TILL THE CONTRACTION DIAL LIGHT TURNS OFF AND THE REST DIAL LIGHT TURNS ON

IMPORTANT RULES

ONLY PEOPLE WHO HAVE BEEN TRAINED AND ARE PROFICIENT ON THE DEVICE CAN USE THE DEVICE



INCREASE THE VOLTAGE IN TINY INCREMENTS. FROM ONE LINE TO THE NEXT IT SHOULD BE 5 INRECMENTS



DO NOT

1. DO NOT USE THE VIRTUAL GYM AS A MUSCLE STIMULATOR.
2. DO NOT INCREASE THE VOLTAGE UNLESS IT IS NECESSARY TO GET A CONTRACTION

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

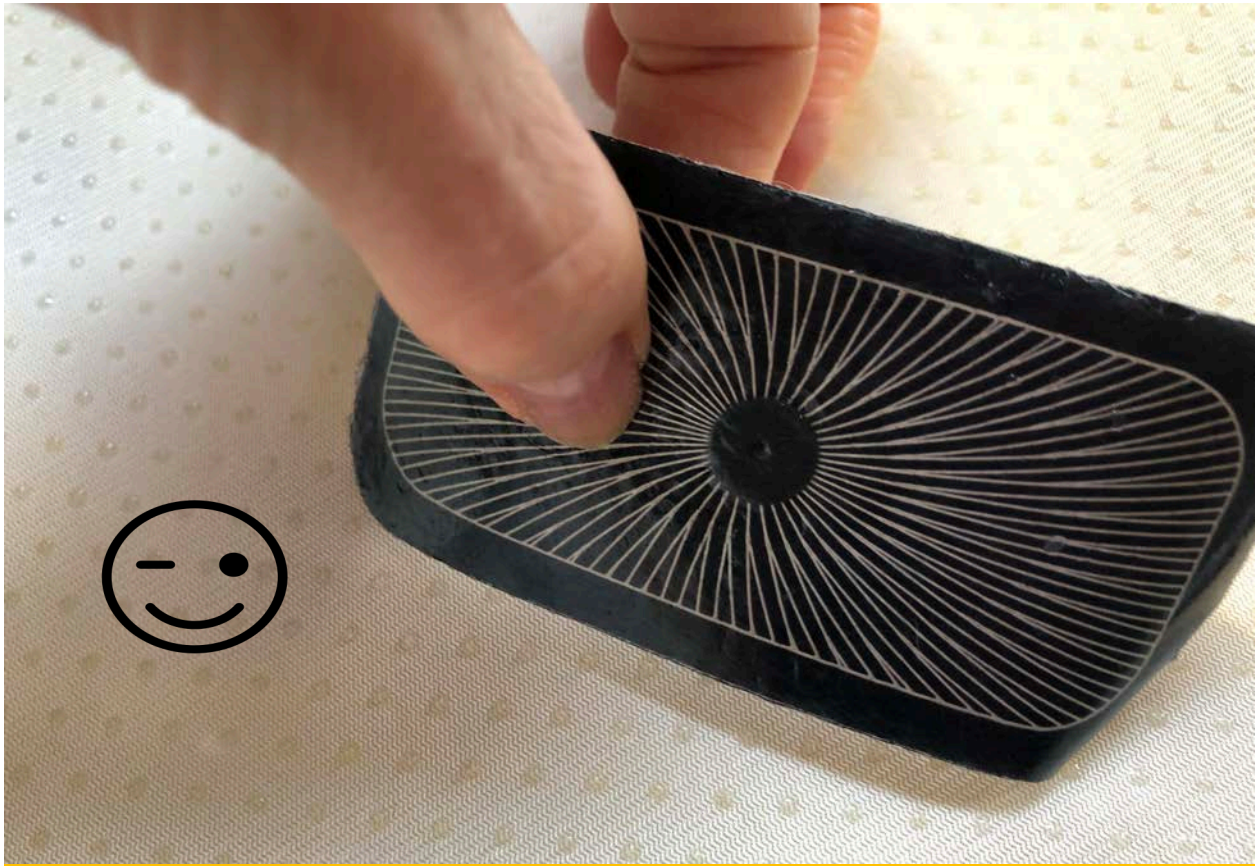
Gel pad removal

- 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.**

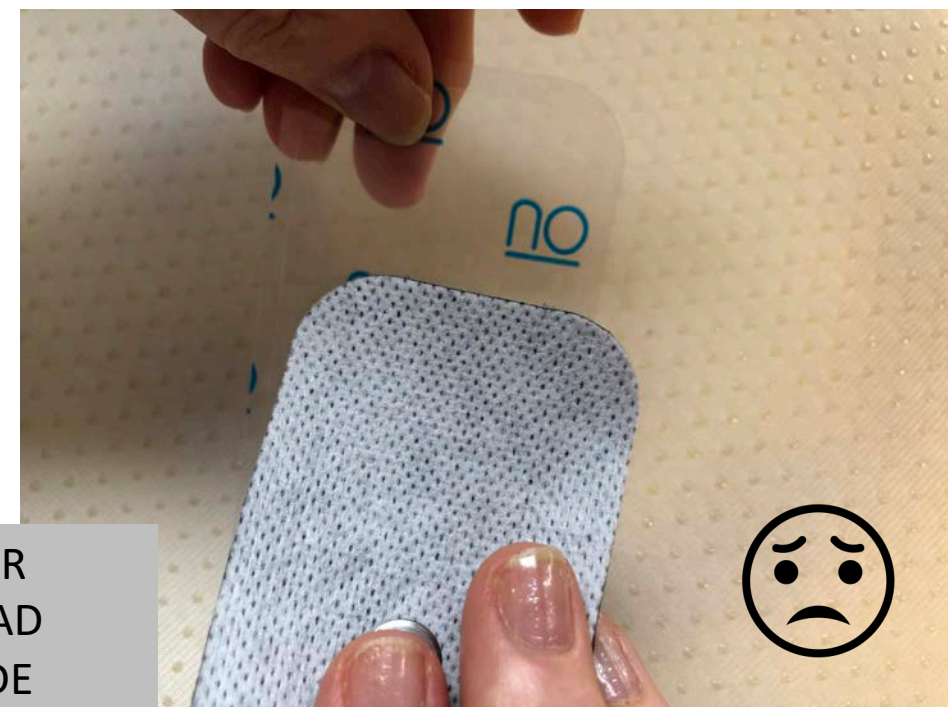
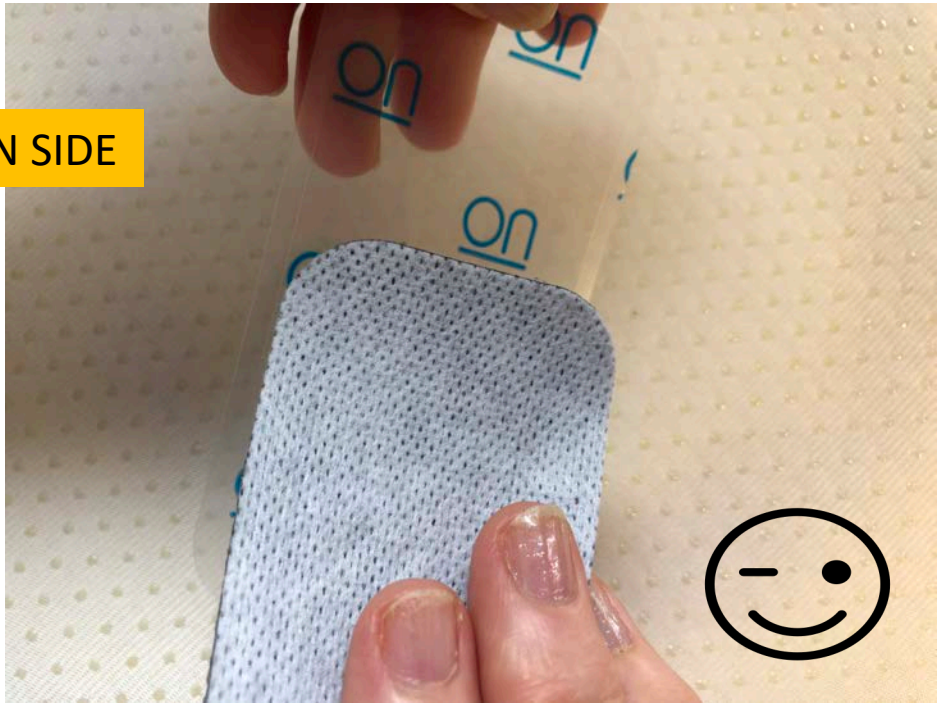


HOW TO PLACE PADS BACK ON THE PLASTIC

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

TRAINING RULES



Only up to three trainees
at a time.



The three trainees must focus on
the training for at least 5 hours.

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.

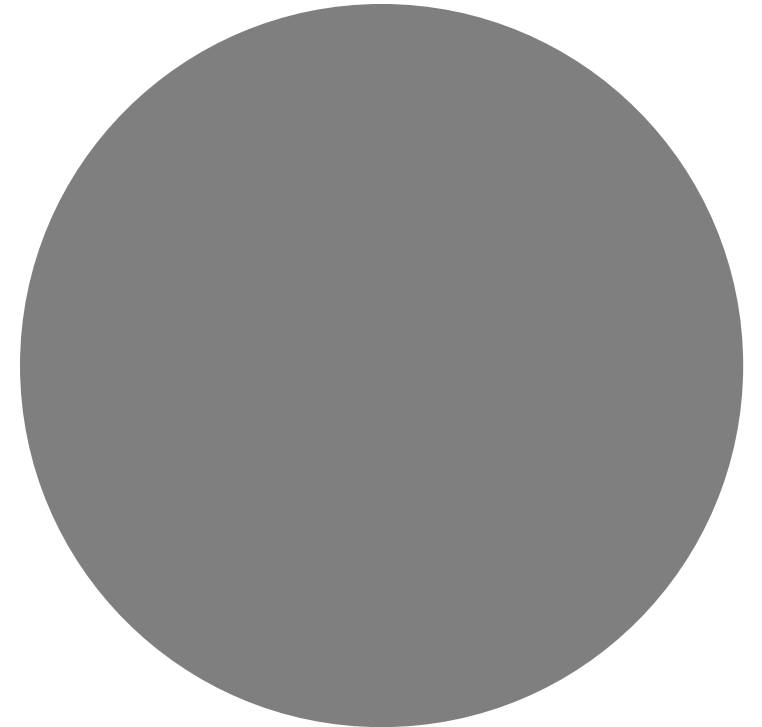
Therefore diet is important.

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.

- Q: My female client wants to lose weight on her arms or legs But after a few treatments she increased weight and volume

A: Did you use the cables from the LEFT side on the legs and arms with the deeper waveforms? You cannot use the left side because she will build more muscle. She's got too much muscle on her legs. You can only use the right side. SHE NEEDS TO DIET. You need to explain to your patients that either they will burn the energy to build muscle from the food they eat OR they can burn the energy from the fat cells which store energy in order to build muscle. If the patient wants to lose weight on the legs because there are large muscles in the legs if they eat and do not diet, their bodies will utilize the fat that comes from their foods to build the muscle so the fat content will remain the same and the muscle content will increase so their legs will never look slimmer. She needs to change her food habits. Additionally she needs a lot of detoxification. USE a lot of cables for detox because look at her swollen legs. Toxicity that has been accumulated there which is why her legs are swollen will interfere with her metabolism and will further slow down the weight loss process.

- Q: My Male Patient has increased size around the waist. Why is that?
- A: It sounds like he's growing muscle at a higher rate and burning fat at a slower rate. This could be the same explanation as above diet. Or it could be a hormonal imbalance where muscle building hormones are higher than his metabolic Hormones that are involved in metabolism and fat burning. Diet and more treatments will bring him the desirable results



Diet Suggestions

- Drink more water.
- Squeeze lemons into your water. At least 4 lemons daily
- Grapefruit for breakfast
- At least two apples daily
- More FRESH vegetables, avoid sauces, less meat, low fat, no fried rice, reduce rice, noodles and sugar
- Maintain good exercise practice. If you do not exercise come back for Virtual Gym treatments at least once or twice a month
- Maintain normal life routine
- Reduce sodas, alcohol, smoking.
- Increase freshly squeezed juices, and green tea without sugar

Post Treatment Reminder and Care

The following reactions may appear
in some people after Virtual Gym
which are considered to be normal

Increased energy and waking up
early. This is the result of the Virtual
Gym energy boost necessary to build
muscle fast and provide for a
healthier body functioning

Redness around the pad locations
are normal, it should disappear in a
few hours. APPLY ANTI-
INFLAMMATORY SOLUTION

Slight muscle soreness as a result
muscle growth and not due to lactic
acid accumulation. (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

Detox

When detoxing you often go through what we call a Healing crisis. This means and any symptoms your currently have or used to have get worse before they get better.

Such symptoms usually disappear after 3-4 days.

You may experience

- Diarrhoea
- Frequent urination and a toxic smell in your urine
- Flu like symptoms including headaches-Body aches
- Tiredness / fatigue (it may last over one week provided you receive at least 3 virtual gym treatments weekly)
- Increased Hunger (it may last over one week provided you receive at least 3 virtual gym treatments weekly)
- Nausea or stomach pains-Rarely you may experience rashes which should go away within a week.

510(k) Premarket Notification

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[510\(k\)](#) | [DeNovo](#) | [Registration & Listing](#) | [Adverse Events](#) | [Recalls](#) | [PMA](#) | [HDE](#) | [Classification](#) | [Standards](#)
[CFR Title 21](#) | [Radiation-Emitting Products](#) | [X-Ray Assembler](#) | [Medsun Reports](#) | [CLIA](#) | [TPLC](#)

[New Search](#)

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Device Classification Name	Stimulator, Muscle, Powered, For Muscle Conditioning
510(K) Number	K132179
Device Name	ARASYS
Applicant	ION GENIUS INC 1833 KALAKAUA AVE. Honolulu, HI 96801
Applicant Contact	Xanya Sofra-Weiss, Ph.d
Correspondent	ION GENIUS INC 1833 KALAKAUA AVE. Honolulu, HI 96801
Correspondent Contact	Xanya Sofra-Weiss, Ph.d
Regulation Number	890.5850
Classification Product Code	NGX
Date Received	07/15/2013
Decision Date	04/28/2014
Decision	Substantially Equivalent (SESE)
Regulation Medical Specialty	Physical Medicine
510k Review Panel	Physical Medicine
Summary	Summary
Type	Traditional
Reviewed By Third Party	No
Combination Product	No

CERTIFICATES

Declaration of Conformity

This is to certify that the following equipment meets the requirements of 93/68/EEC
(CE Marketing Directive)

Manufacturer : Kays Electronics (Microcustom International Limited t/as)
Registered Address : 37 Lower Brook Street, Ipswich, Suffolk, IP4 1AQ
Registration Number : 04227045
Equipment Designation : VIRTUAL GYM

89/336/EEC UK Regulations:
The Electromagnetic Compatibility Regulations 1992-SI 1992/2372

Applied Standards: EN50081-1
EN50082-1

73/23/EEC UK Regulations:
The Electrical Equipment (Safety) Regulations 1994-SI 1994/3260

Applied Standard: EN60601-1

Signed: *M.P. Noble*

31-05-2016 For & on behalf of Kays Electronics
(Microcustom International Limited t/as)

Name: M P Noble

Position: Managing Director

First Issued: 31 May 2016



CERTIFICATE OF APPROVAL

This is to certify that the Quality Management System of:

**Microcustom International Ltd
trading as Kays Electronics Ltd
85 Cavendish Street,
Ipswich, Suffolk
United Kingdom**

has been approved by Lloyd's Register Quality Assurance
to the following Quality Management System Standards:

ISO 9001 :2008

The Quality Management System is applicable to:

**Sales, manufacture and repair of electronic measurement
and control equipment for general use.**

Approval
Certificate No: LRQ 0959441

Original Approval: 7 May 1998

Current Certificate: 1 June 2016

Certificate Expiry: 14 September 2018

Deans
Issued by: Lloyd's Register Quality Assurance Limited



1 Trinity Park, Bickenhill Lane, Birmingham. B37 7ES, United Kingdom

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WARRANTY

Warranty is only for the original owner of the machine and is non transferable. For Distributors, all interactions must occur between Company and Distributor and cannot occur directly with the Distributor's customers.

(1) New Equipment Warranty - Company warrants to the original purchaser of Equipment that, for the Warranty Period of one year full warranty for parts and labor (excluding shipping), and limited lifetime warranty for parts (excluding shipping and labor) on all devices including the most recent technology of iRepair, Health Genius, Fitness Master, iReVive IELLIOS, Virtual Gym and Ion Magnum / Health Genius (8 channels).

The warranty confirms that the equipment will be free from material defects in materials and workmanship.

(2) Cables have one month warranty and should be changed every six months to maintain the clarity and richness of the signal. If the clips of the cable break the client has the option to repair his own cables provided that he client does not replace the actual cable complies to the specific standards necessary for optimum signal transmission. Pads only have one month warranty and they should only be used more than once only on the same person for hygiene and health reasons. Purchasing pads from unauthorized dealers may compromise the effectiveness of your treatment

(3) Shipping is the customer's responsibility, including any shipping liability, loss or theft during shipping. Although the company is facilitating the shipping by offering the shipping to be done via the company's authorized shipping agent, the customer is responsible for insuring the device with a private insurance agency for additional protection and to avoid any possible liability due to damage or loss of the device during shipping. Neither the full first year warranty nor the extended life warranty cover shipping or damage / loss of the device during shipping.

(4) Life Time Warranty - Company warrants to the original purchaser of the Life Warranty that after the 1st year when the New Equipment warranty has expired that the customer is not responsible for the replacement of internal parts which are handmade in the UK and can only be replaced by our authorized UK technicians. However, the customer is responsible for a minimum charge of \$375.00 for labor fees (one hour diagnostic labor) and the shipping charges for the device to be sent to and be returned from the UK repair center. If the repair requires more hours of work the labor charge will be according to the hours required to complete the repair.

(5) Equipment Repair / Upgrade Warranty - Company warrants to the original purchaser of Equipment that, for the Warranty Period of six months full warranty for parts and labor (excluding shipping) after the device has been upgraded or repaired in our authorized UK manufacturing center. The upgrade charge will be additional to the labor charge required for any repair. Upgraded parts and new technology is not covered by the life warranty.

(6) The foregoing warranties are made subject to the proper installation, operation and maintenance of the equipment in accordance with verbal or written installation instructions supplied to the Customer during training. Warranty claims must be made by the Customer in writing within thirty (30) days of the manifestation of a problem.

(7) The "Warranty Period" begins on the date the equipment is delivered.

(8) Any repairs under this warranty must be conducted by our authorized manufacturing facility in the UK where the machine was originally built. Attempting to repair one of our devices in an unauthorized facility voids the warranty, unless such activity is agreed with one of the Directors.

(9) Excluded from the warranty are repairs required due to natural disasters, floods, earthquakes, abuse, misuse, misapplication, damage during shipping due to the customer packaging the device in other than its original packaging or due to the customer's negligence to package the device properly resulting in the device being damaged during transport, other customer storage damage (e.g. stored in a place and there was a flood and the machine was drenched in water) or other such misfortune, negligence, or modification of the equipment or its components. Attempting to modify the equipment or its components voids the warranty.

(10) Loss of machine due to: accidents, theft, shipping, negligence, lending out the device or any other such situation or any situation that is not within the control of the company are also excluded from the warranty.

(11) Company does not authorize any person or party to assume or create for it any other obligation or liability in connection with Equipment except as set forth herein.

(12) Warranty is NOT transferable. In case of the involvement of a distributor, all repair communications must be made via the authorized distributor who holds the original warranty and not the distributor's customer. ALL repairs including those involving a distributor's devices must be done in our United Kingdom Authorized Facility.

Zanya Sofra Ph.D
Directors
Polyxeni Sofra Ph.D Owner
ION MAGNUM INTERNATIONAL
VIRTUAL GYM
LIFE GENIUS



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APPENDIX 2

The Virtual Gym is a Health and Fitness device that offers vigorous detoxification while contracting large group of coordinated muscles for 8 seconds. The entire body, abdomen, buttocks, arms, legs, chest works together as if you are exercising on several gym equipment, focusing on abdomen, legs, arms, chest, simultaneously. This is a very different process that the sequential bursts of individual muscle twitches caused by muscle stimulators, most of which are current driven depleting ATP and resulting in muscle cells' apoptosis.

The Virtual Gym is handmade in the UK with custom made components and based on a 30 years scientific research that the co-inventor of the pacemaker Gerald Pollock started in London University. The Virtual Gym is the only technology that reduces visceral fat as well as subcutaneous fat which are utilized as an energy source to build muscle. The Virtual Gym is a voltage driven signal – its signal is not driven by current. It sends the signal through the skin the way the needle-less vaccination device sends the vaccine through the skin without the needle. The expensive part of the Virtual Gym is the signal composition and delivery of a unique composite of up to 4000 waveforms in a proprietary sequence like a key to a lock, unleashing waves of motor nerves that reach the brain triggering hormones that utilize fat as an energy source to build muscle—exactly what happens during strenuous exercise.

The device emits the blueprint signal of the motor nerve, exciting the motor nerves under the pads. Motor nerve excitation spreads as the motor nerves under the pads excite the motor nerves around them forming a wave of motor nerve impulses travelling through the Central Nervous System to reach the brain delivering the neuronal information of unstoppable strenuous exercise. This results in the secretion of thyroid, growth, testosterone and other hormones. The Hormones trigger the release of fat contents into the blood stream. The blood distributes the fat contents to the mitochondria, the power houses of the cells, where glucose is unstoppably burned with oxygen producing the energy (ATP) necessary for the IGF1 and other proteins to build the muscle. Again, this exact same process happens during regular exercise as shown by Donald Gilbert's research, Gerald Pollock's colleague in London University.

The Virtual Gym results include reduced visceral fat, no fatty liver as shown in sonographic and MRI reports, cellulite reduction, skin toning, slimming, balancing out of the hormones, face lifts, an athletic body with a beautiful swan neck -- a new younger, better looking version of you as it would never be possible by only working out in the gym. Why? Because to sustain about one thousand eight seconds contractions whether you lift weights or do bottom raises or sit ups you need to work out with the vigorous power and extensive stamina of a professional athlete who has invested his/ her entire life in the gym. Yet, with the Virtual Gym you or even a grandmother who has never visited a gym can work out at the rate of a professional athlete who has spent a life in exercising!

The Virtual Gym is one of the most efficient devices in increasing blood circulation. Microscopic studies have confirmed that the Virtual Gym separates the red blood cells (RBCs) and reduces bacteria and cholesterol in the blood as well as reducing free radicals, a process that strengthens the immune system and adds in the robust detoxification triggered by the device's specific waveforms in conjunction with the vigorous contractions.

Toxicity interferes with metabolism, gut and sex hormones as well as the hormones that control appetite. So the more toxic you are the more hungry you are. And the more toxic you are the more sluggish your metabolism is so losing weight becomes a next to impossible project. You will find that after a few virtual gym treatments you will not be as hungry and that you will have more energy to invest in projects you want to complete in your life.

When you work out in the gym expanding energy, you eventually run out of oxygen at which point anaerobic mechanisms like lactic acid kick in to sustain the exercise, leaving you with muscle pains the next morning. But no lactic acid is utilized during a Virtual Gym treatment. You don't need lactic acid or any other anaerobic mechanisms because you simply lie back and the Virtual Gym exercises your whole body, so you have plenty of oxygen – you never run out of breath! Here's an interesting fact: When glucose (fat contents) burns with oxygen in the mitochondria, (the energy production

mechanism in our cells), it produces 24 molecules of energy. However when glucose is burnt with lactic acid it only produces 4 molecules of energy. So in the gym the energy production looks like $24+24+ 24$ (you run out of oxygen -- lactic acid kicks in) $+ 4 +4+4...$ then you catch your breath and you start utilizing oxygen. Basically the energy production in the gym looks like: $24+ 24 +24 +24 +4 +4 +4 +4 + 24 + 24.....$ etc. Whereas with the Virtual Gym oxygen is never depleted so energy keeps getting formed as long as you are on the device so the energy production looks like $24+24+24+24+24+24....$ etc. Just adding the numbers, the pure math proves that you will get a lot more energy and of course no acidic muscle pains the next day when you do the Virtual Gym. You cannot have these gym acidic muscle pains you get from the gym because you never utilized lactic acid during a virtual gym treatment when oxygen consumption is abundant!

Having said that, combining the Virtual Gym with exercise will of course give you better results which is why a lot of NFL athletes have purchased the Virtual Gym to increase their speed and stamina as well as for sports injury and pain, for which the Virtual Gym is highly indicated.

We are also enclosing a few links where you can go to learn more about this unique exclusive technology.

<http://www.virtualgymlondon.com/videos---publicity-.html>

<https://youtu.be/mZe9dV2SJ-M>

<https://youtu.be/BXNXw1tkZ6k>

<https://youtu.be/YUL6u1Rhc98>

https://youtu.be/koW6n_YW9HI

<https://youtu.be/69TNIM4eenE>