

1. During treatment operators should be standing devoting their full attention to the client and the operation of the technology
2. Operators are not allowed to have their cellphones in the treatment room
3. Prior to padding the operator must inspect the cables and the pads to make sure they are in perfect working condition
4. During padding, operators position themselves on the client's right and side when padding the client's right-hand side of the body. Then position themselves on the client's left-hand side to pad the client's left-hand side of the body.
5. Operators must ask the client every time they increase the voltage. **“Are you ok?”**
6. When the operator increases the voltage on channels 9-16, she must *ask the client*: **“Are legs ok? Are arms ok?”** Etc.
7. When the operator turns the voltage on channels 1-8, she must ask the client: **“Is stomach ok? Buttocks ok?”** Etc.
8. Operators must instruct the client to breathe in when the contraction starts and breathe out when the contraction ends. It's best if the client learns how to follow the rhythm of the virtual gym and contract thus increasing the involuntary contraction induced by the technology
9. Operators must inform the client every time they change the waveform:
“I will change your exercise now. You'll be in a different exercise mode. Some of these exercises will feel like dancing others like being the gym...”
10. Operators must praise the client's contractions: **“Great job! Keep it up!”**
11. If the client reports discomfort in a certain area, the operator must immediately remove the pad and inspect it to make sure the pad is not worn out in which case the operator must immediately change the pad. If the pad is not worn out, then the operator must place the pad in a different part on the same side of the body so that the client is completely comfortable
12. The operator must not allow the client to sleep during treatment.

Pads Warnings

Pads must be placed one finger apart

Pads must be placed four fingers away from the spine

Padding General Rules

- 1) Pinch the fat tissue and sandwich the fat between two or more pads depending on the fat area (women + men). Some clients may require up to 10 or more pads on each side of their bodies (20 or more pads total)
- 2) Pinch the muscle and sandwich the muscle between two or more pads (men). Some clients may require up to 10 or more pads on each side of their bodies (20 or more pads total)
- 3) Connect the deepest fat areas on the left side of the body with the deepest fat areas on the right side of the body (women + men)
- 4) Connect the bigger muscle areas on the left side of the body with the bigger muscle areas on the right side of the body (men)
- 5) Avoid the top leg muscles on women who want slender rather than muscular legs
- 6) All black should be grouped together
- 7) All red should be grouped together

All of the above instructions are MANDATORY