



## Start/Stop

## Quickstart Buttons

The Stretch and Massage are perfectly set for all users. Simply press the button, get in the position, and press start. Strength is pre-set for the advanced user. For strength exercises as a beginner, use the Stretch quickstart button.

## Time

Choose 30 or 60 seconds with the Time button. You can also perform an exercise for 45 seconds by setting the machine to 60 seconds and stopping the exercise when there are 15 seconds left.



## Repeat

Once the settings are programmed, you can restart the machine for each exercise simply by pressing Repeat. Press Repeat until you need to change the settings again.

## Amplitude

The amplitude is the height of the vibration. Start with Low unless you're doing a massage.

## Frequency

The speed of the vibrations. Start with 30Hz until you're doing a massage. Manually increase or decrease the frequency in 1Hz increments by pressing the negative and plus symbols to the left and right of the pre-set frequency buttons.