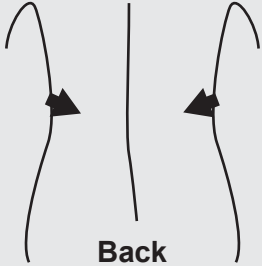
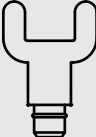

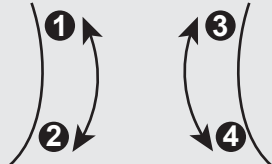
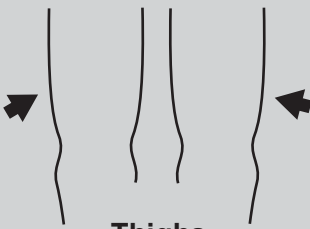
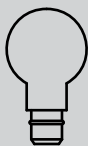

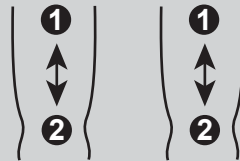
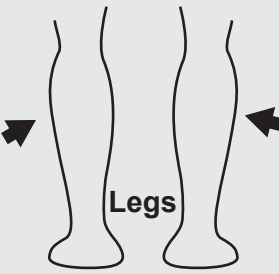


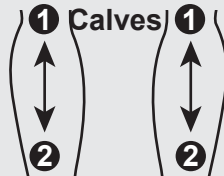
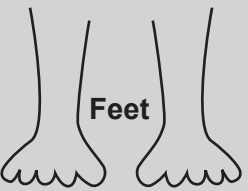


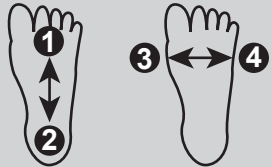
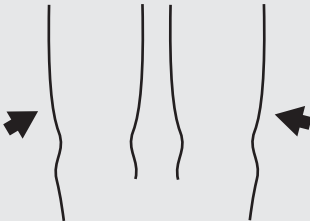


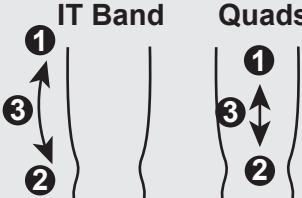
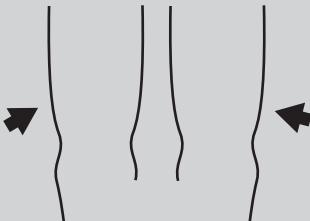



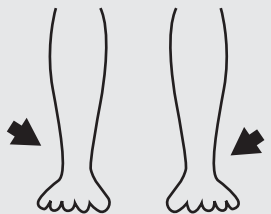


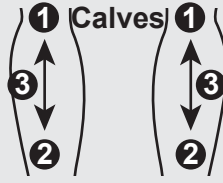
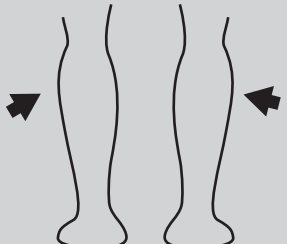
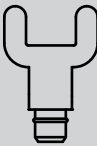

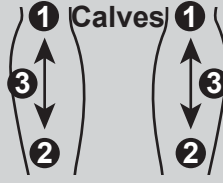


Home Relaxation Tutorial

Body Parts	Applicator	Modes	Directions
 <p>Back</p>	 or  Fork Flat	Comfort mode Level 1 to 2	 <ul style="list-style-type: none"> - Apply to 1, 2, 3 & 4 - Sweep between 1 - 2, 3 - 4
 <p>Thighs</p>	 or  Round Flat	Sport mode Level 1 to 2	IT Band Hamstrings  <ul style="list-style-type: none"> - Apply to 1 & 2 - Sweep between 1 - 2
 <p>Legs</p>	 or  Round Flat	Comfort mode Level 2 to 3	Calves  <ul style="list-style-type: none"> - Apply to 1 & 2 - Sweep between 1 - 2
 <p>Feet</p>	 or  Flat Bullet	Comfort mode Level 2 to 3	 <ul style="list-style-type: none"> - Apply to 1 & 2 - Sweep between 1 & 2 - Sweep between 3 & 4

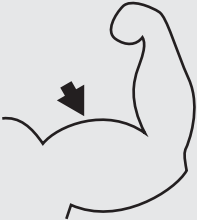
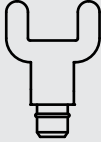

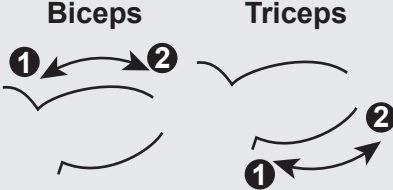

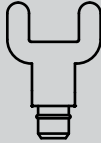

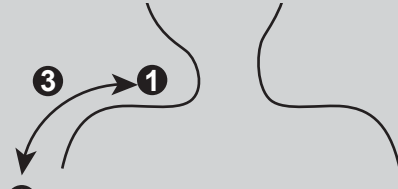
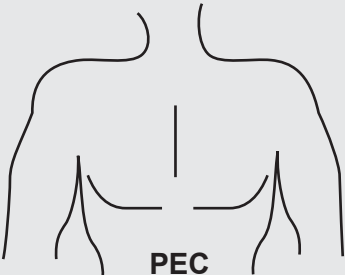


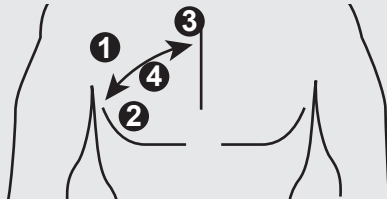



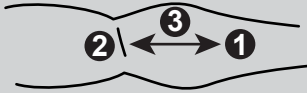
Adjust speed according to your own needs

Sports Performance Tutorial (Lower Body)

Body Parts	Applicator	Modes	Directions
 <p>Thighs Front</p>	 or  <p>Round Flat</p>	<p>Sports mode Level 2 to 3</p>	<p>IT Band Quads</p>  <p>- Apply to 1 & 2 - Sweep along 3</p>
 <p>Thighs Back</p>	 or  <p>Round Flat</p>	<p>Sports mode Level 2 to 3</p>	<p>Hamstrings Adductor</p>  <p>- Apply to 1 & 2 - Sweep along 3</p>
 <p>Legs Front</p>	 or  <p>Round Flat</p>	<p>Sports mode Level 1 to 2</p>	<p>Calves</p>  <p>- Apply to 1 & 2 - Sweep along 3</p>
 <p>Legs Back</p>	 or  <p>Fork Flat</p>	<p>Sports mode Level 1 to 2</p>	<p>Calves</p>  <p>- Apply to 1 & 2 - Sweep along 3</p>

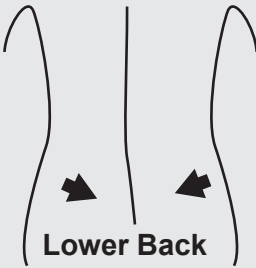
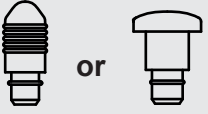
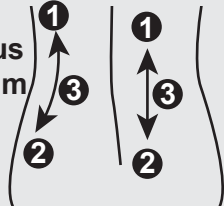
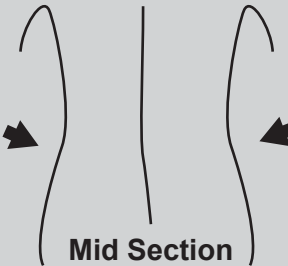
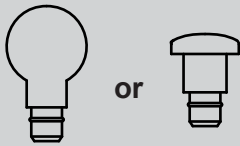
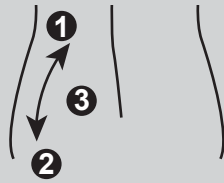

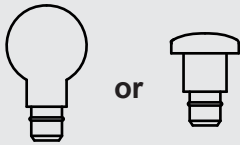
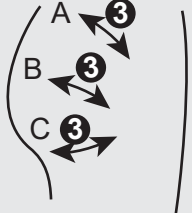
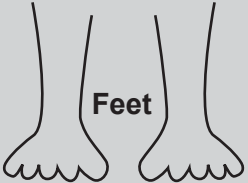
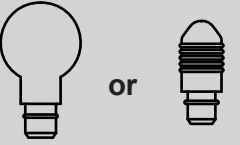
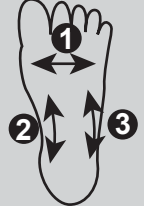
Adjust speed according to your own needs

Sports Performance Tutorial (Upper Body)

Body Parts	Applicator	Modes	Directions
 <p>Arms</p>	 or  <p>Fork Flat</p>	<p>Sports mode Level 1 to 2</p>	<p>Biceps Triceps</p>  <p>- Apply to 1 & 2 - Sweep between 1 & 2</p>
 <p>Shoulder</p>	 or  <p>Fork Flat</p>	<p>Sports mode Level 1 to 2</p>	 <p>- Apply to 1 & 2 - Sweep along 3</p>
 <p>PEC</p>	 or  <p>Round Flat</p>	<p>Sports mode Level 1 to 2</p>	 <p>- Apply to 1, 2 & 3 - Sweep along 4</p>
 <p>Elbow</p>	 or  <p>Round Bullet</p>	<p>Comfort mode Level 1 to 2</p>	<p>Elbow inside</p>  <p>- Apply to 1 & 2 - Sweep along 3</p>

Adjust speed according to your own needs

Sports Performance Tutorial (Lower Body)

Body Parts	Applicator	Modes	Directions
 <p>Lower Back</p>	 <p>Bullet or Flat</p>	<p>Sports mode Level 1 to 2</p>	<p>Quadratus Lumborum Lower Back</p>  <ul style="list-style-type: none"> - Apply to 1 & 2 - Sweep along 3
 <p>Mid Section</p>	 <p>Round or Flat</p>	<p>Sports mode Level 1 to 2</p>	<p>Hip Flexor</p>  <ul style="list-style-type: none"> - Apply to 1 & 2 - Sweep along 3
 <p>Glutes</p>	 <p>Round or Flat</p>	<p>Sports mode Level 2 to 3</p>	<p>A: Medius B: Maximus C: Minimus</p>  <ul style="list-style-type: none"> - Sweep along 3
 <p>Feet</p>	 <p>Round or Bullet</p>	<p>Comfort mode Level 2 to 3</p>	 <ul style="list-style-type: none"> - Sweep along 1, 2 & 3

Adjust speed according to your own needs