

Pro Personal Therapy System Instructions for use

- Duration of massage** Duration of massage can be selected for 15, 30, 45 or 60 minutes by pressing the on/off timer button. The new time will be shown briefly on the digital display.
- Intensity** There are in total 9 Cycloidal Massage units arranged in 5 zoned areas. The intensity of each zone can be altered independently by using the 'zone -' or 'zone +' buttons. These can be altered at any time to personalise a programme.
- Programmes** There are 5 pre-selected programmes with blue indicator lights 1-5 that are controlled by the "Prog" button and described below.
- Therapy programmes** There are 9 therapy programmes that are controlled by the "THER. PROG" button and are shown on the digital display. Each therapy programme is a pre-selected combination of between two and four of the five programmes listed below and can be found on the Therapy Programme chart.
- Infrared H1 & H2** H1 controls the lumbar and neck panels heated areas, and H2 controls the foot/calf heated area.
 Press once and low heat is selected (slow flashing orange light)
 Press again and mid heat is selected (quick flashing orange light)
 Press again and full heat is selected (steady orange light)
- Program P1** Warm up program for general relaxation and to ease aching muscles.
 Press the prog button once blue lamp 1 will light.
- Program P2** Deep muscle massage for reduction of muscle pain and tension.
 Press the prog button twice blue lamp 2 will light.
- Program P3** Stimulates lymph flow and detoxification while promoting the breakdown of metabolic waste products.
 Press the prog button 3 times blue lamp 3 will light.
- Program P4** Pulse massage, short successive waves stimulating the circulation and releasing muscle tension.
 Press the prog button 4 times blue lamp 4 will light.
- Program P5** For deep relaxation and reduction of stress and anxiety.
 Press the prog button 5 times blue lamp 5 will light.



The infrared will run for the same length of time as the massage programme which is selected.
 The massage or the heat can be switched off independently at any time.

Select Time : Then select Massage Programme : Then select Infrared heat.



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