















**▶ CONSOLE**



**▶ BUTTON**

	Function
	Turn on/off the console
	START/ENTER setting value
	Set PROGRAM
	 Increase setting value  Decrease setting value

**▶ Operation steps:**

1. Press “  ” to turn on the machine.
2. Use “  ” and “  ” to set workout time. There are 5 minutes, 10 minutes, 15 minutes and 20 minutes workout time.
3. After setting time, press “  ” to start your workout.
4. While your workout, you can press “  ” and “  ” to adjust your vibration speed.
5. When the workout time is finished, the machine will stop vibrating.
6. Set Program:
  - Step 1: Press “  ” to enter MANUAL mode.
  - Step 2: Press “  ” to choose program. There are four different programs. (P1~P4)
  - Step 3: After setting program, repeat operation steps 2 to 5.