

Pro Series Controls



1 Press Start



2 Select Frequency

(The speed of the vibrations per second.)



3 Select Time



4 Select Amplitude

(Think depth of vibrations.)



5 Set Air Level*

- 1: up to 130lb
- 2: up to 130–200lb
- 3: above 200lb



* for the pro6™ and pro5 AIRdaptive™ models only

6 Get In Position and Press Start Again



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.