

Manual Training Modes STIMULATION AREA PER FREQUENCY

3Hz	whole body exercise	15Hz	thigh (front), calves, knees
4Hz	arms, shoulders	16Hz	thigh (front), calves, knees
5Hz	chest, shoulders	17Hz	abdomen, thigh (inner), pelvis (front)
6Hz	shoulders, back	18Hz	whole body stimulation (stretching)
7Hz	hip, back, abdomen (trunk)	19Hz	whole body stimulation (stretching)
8Hz	abdomen, hip, thigh	20Hz	whole body stimulation (stretching)
9Hz	hip, thigh, abdomen	21Hz	pelvis (side), sartorius, lower abdomen (female)
10Hz	waist, thigh (inner)	22Hz	pelvis (side), sartorius, lower abdomen (female)
11Hz	thigh (inner), prostate (male)	23Hz	calves, thigh (back)
12Hz	thigh, face	24Hz	calves, thigh (back)
13Hz	whole body (vertebra), face, knees	25Hz	calves, thigh (back)
14Hz	whole body (vertebra), shoulders, knees	26Hz~50Hz	Entire upper muscle stimulation, neuromuscular training, BMD enhancement, rehabilitation training, muscle massage, circulation massage.