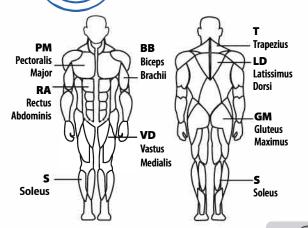
# MUSCLE REGION HERTZ GUIDE-



#### 80-100% 50-80% 20-50%

#### Percentage of Body Area Affected by **Specific Hertz**

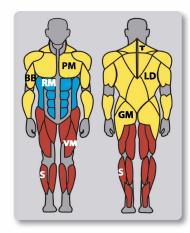
The Data Provided is based on an upright position. Results will vary depending on user's position, height and weight.

### 17-20 Hz

Rehabilitation and stretching effect on

- Lower Body
- Removal of Lactic Acid
- Pain Relief on Lower Body Muscles and Joints\*



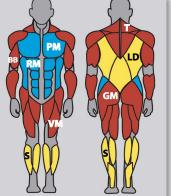


#### 6-7 Hz

Rehabilitation and stretching effect on

- Shoulders, Arms and Upper Legs
- Removal of Lactic Acid
- Rapid Recovery from Upper Body Sports, such as Golf, Baseball, Tennis, Basketball or Volleyball
- Pain Relief on Upper Body and Arms with Muscle Pain and Spasm\*



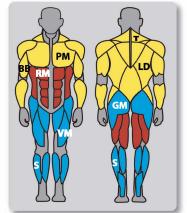


#### 21-25 Hz

Rehabilitation and stretching effect on

- Lower Body
- Removal of Lactic Acid
- Pain Relief on Lower Body Muscles and Joints\*



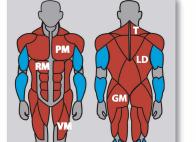


#### 8-11 Hz

Rehabilitation and stretching effect on

- Shoulders, Abdominals and Upper Legs
- Removal of Lactic Acid
- Rapid Recovery from Sports, such as Soccer, Football, Marathons, etc.
- Improvement with Digestion, **Bowel Movements,** Constipation\*



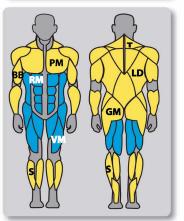


#### 30-35 Hz

Rehabilitation and stretching effect on

- Lower Body
- Removal of Lactic Acid
- **Pain Relief on Lower Body** Muscles and Joints\*



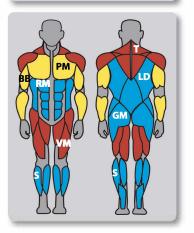


#### 12-16 Hz

Rehabilitation and stretching effect on

- Shoulders and Upper Legs
- Removal of Lactic Acid
- Rapid Recovery from Endurance Sports, Swimming, Hiking, Distance Running, etc.
- Pain Relief on Lower Body Muscles and Joints\*





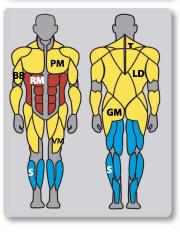
#### 40-50 Hz

Rehabilitation and stretching effect on

- Abdominals
- Removal of Lactic Acid\*

\*These statements have not been evaluated by the Food & Drug Administration (FDA). These products are not intended to diagnose, treat, cure or prevent any disease.





## **BODY REGION HERTZ GUIDE**

3 Hz.... Whole Body (walk)

4 Hz ... Arms, Shoulders

5 Hz ... Chest, Shoulders

6 Hz... Shoulders, Back

7 Hz ... Back, Abdomen (trunk)

8 Hz ... Abdomen, Hips, Thighs

9 Hz ... Hips, Thighs, Abdomen

10 Hz ... Thighs (Inner)

11 Hz ... Thighs (inner), Prostate (male)

12 Hz ... Knees, Face

13 Hz... Whole Body (backbone), Face

14 Hz ... Whole Body (backbone), Trapezius

15 Hz ... Thighs (front), Calves

16 Hz ... Thighs (front), Calves

17 Hz.... Abdomen, Thighs (inner), Front Pelvis

18 Hz.... Whole Body Stimulation

19 Hz.... Whole Body Stimulation

20 Hz.... Whole Body Stimulation

21 Hz.... Pelvis (side), Sartorius, Underbelly (female)

22 Hz.... Pelvis (side), Sartorius, Underbelly (female)

23 Hz.... Calves, Thighs (backs)

24 Hz.... Calves, Thighs (backs)

25 Hz.... Calves, Thighs (backs)

26 Hz.... Muscular Stimulation,

60 Hz.... Nervous System, Stimulation.

.... Rehabilitation , Training and

.... Circulation Massage.\*