

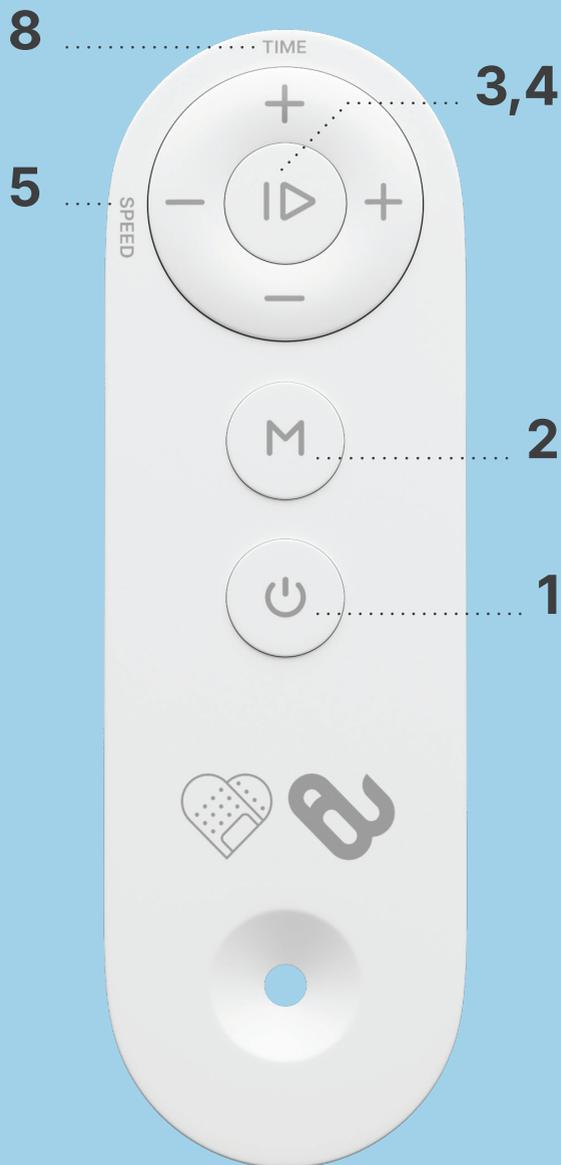


caring mill by aura



# Full Body Circulation **Plate** Quick Start Guide

# Using the Remote to Operate the Plate



**1. Power Button**

Press the button to power the Plate on and off.

**2. Program Mode Button**

Press the button to select a preset program: P1-P5 or HA(Manual) Mode.

**3. Start/Pause Button**

Ensure power is turned ON. Press the button to activate the selected program or begin a custom session in manual mode.

**4. Start/Pause Button**

Press the button to stop the selected program or manual mode.

**5. Speed Increase/Decrease Buttons**

Press the buttons to adjust vibration speed in manual mode.

Press Start to begin manual mode before adjusting the speed.

NOTE: You cannot adjust the speed when in program mode.

**6. Speed Display**

The display shows vibration speed for the current program or custom session.

**7. Time Display**

The display shows the duration of the current program or custom session.

**8. Time Increase/Decrease Buttons**

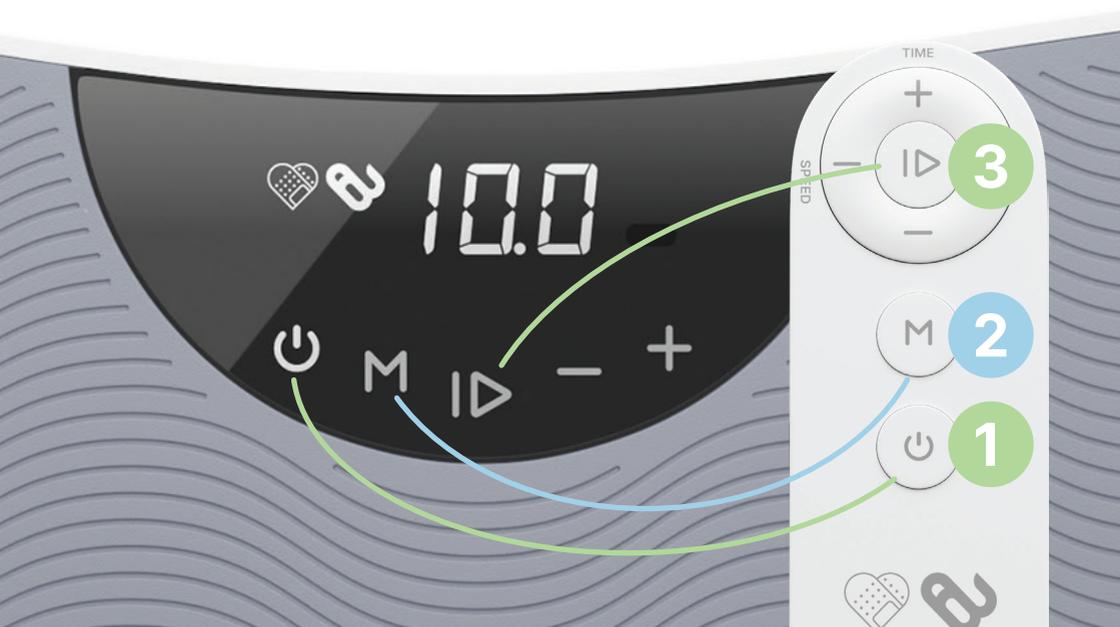
Press the buttons to set the time duration in manual mode.

NOTE: You cannot adjust the time when in program mode

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# Choosing a Program



1. Press the Power button to turn the system on.
2. Press the Program button to toggle between preset program modes P1 through P5 or HA (Manual) mode.
3. Press the Start button to activate the selected program.

In Each mode the speed interval will change approximately every 10 seconds.

### **Low Setting (P1-P2)**

Great for starting out.

- Detoxification
- Increased bone density
- Improved balance
- Lymphatic drainage
- Improved postural control

### **High Setting (P5)**

Great for increased intensity.

- Fat loss
- Muscle growth
- Highly increased bone density
- Power accumulation
- HGH release

### **Medium Setting (P3-P4)**

Perfect for people with arthritis and fibromyalgia.

- Joint maintenance
- Improved postural control
- Fat loss
- Increased bone density
- Improved balance
- Cellulite removal

	Speed 1	Speed 2	Speed 3	Speed 4
P1	10	30	40	50
P2	15	25	20	30
P3	20	40	60	80
P4	25	45	50	85
P5	30	50	70	90

# HA (Manual) Mode

Manual mode allows you to adjust the time and speed, vibration speeds correspond to the following levels

**Low Settings**  
(1-33)

**Medium Settings**  
(34-66)

**High Settings**  
(67-99)

After you select the "HA" mode, you will not be able to change the time and speed

## Creating a Custom Session in HA (Manual) Mode

1. Press the Power button to turn the system on.
2. While already standing on the Plate, use the Time Increase/Decrease buttons to set a time duration for your therapy session.
3. Press the Start button to begin.
4. Press the Speed Increase/Decrease buttons to adjust the vibration speed.

## To Get the Best Results, Alternate Between Programs

Keep your body guessing. We tend to adapt, so we want to continue eliciting change in our bodies.

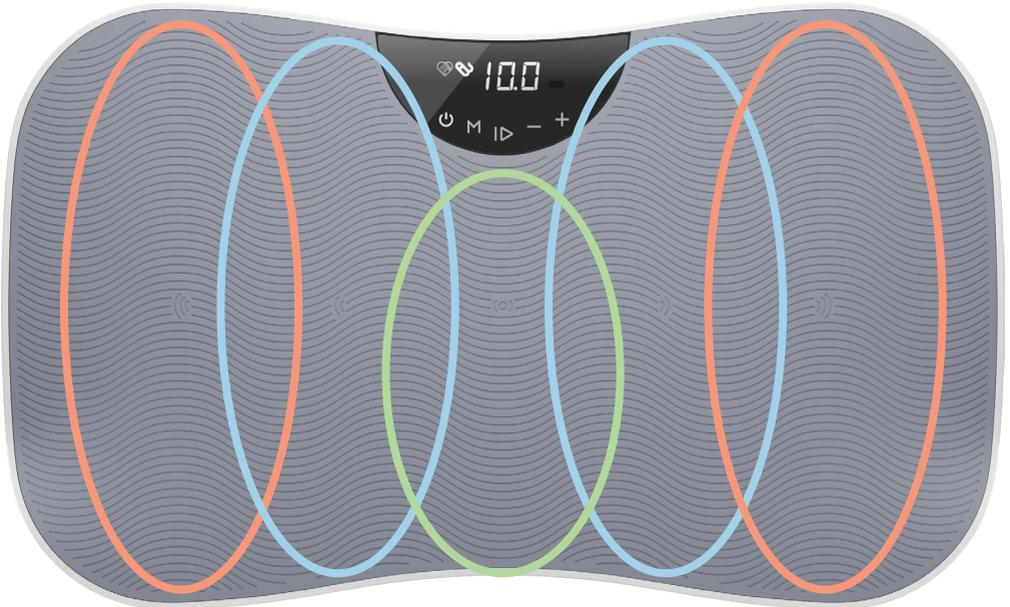


Each level has its own set of benefits; however, we recommend you start out at the first level, P1, and work your way up.

## Standing Positions

Where you stand on the Plate will impact how challenging the vibrations are for your body. Stand with your feet close together for an "easy" session and stand with your feet further apart for "medium" and "intense" therapy sessions.

 **Intense**     **Medium**     **Easy**



# Quick Start Guide

## How to Begin

It's a good idea to start off slow and easy with your Plate as it can take time to get use to how the plates move and feel. We recommend you follow the guide below--building from beginner to advance over a period of several weeks.

## Therapy Guide

Hold the postures on page 10 and 11 of the user manual for the number of seconds shown in the chart below. You will build strength and stamina as you progress through the levels. You may add the hand straps for additional therapeutic resistance.

<b>Level</b>	<b>Speed</b>	<b>Seconds</b>
<b>Beginner</b>	Speed 1	15
		30
		45
	Speed 16	15
		30
		45
	Speed 33	15
		30
		45

<b>Level</b>	<b>Speed</b>	<b>Seconds</b>
<b>Intermediate</b>	Speed 34	60
		75
		90
	Speed 50	60
		75
		90
	Speed 66	60
		75
		90
<b>Advanced</b>	Speed 67	105
		120
		135
	Speed 83	105
		120
		135
	Speed 99	105
		120
		135

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