

Using Body Pads

The **Advanced Foot Energizer** comes with 4 body pads that are reusable (generally 20-30 applications). Body pads are used in pairs to deliver electrical stimulation to other areas such as your shoulders, back, knees, etc.

Do NOT use the body pads on your head, face, neck, or chest.

Using body pads on your head, face, neck, or chest may cause serious health problems and in rare cases, even death.

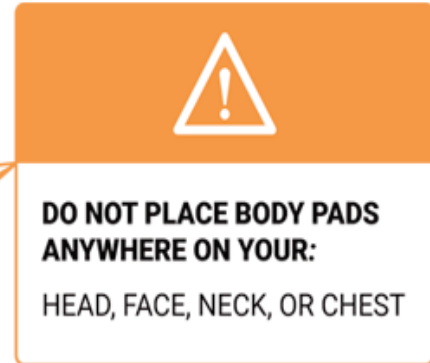
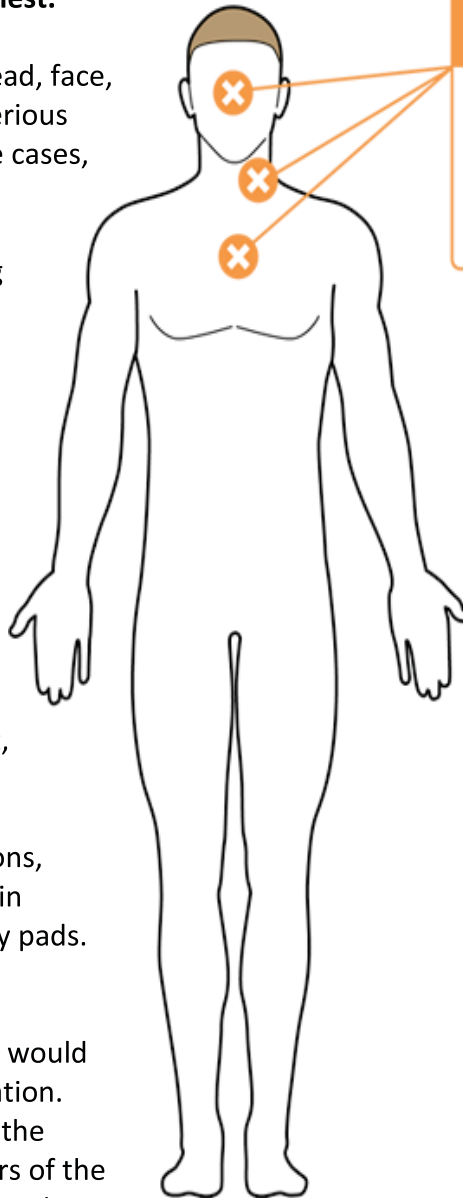
There is a chance that using body pads on your head, face, or your neck may close the airway, cause difficulty breathing, or may have adverse effects on your heart rhythm or blood pressure.

Introducing electrical current into the chest may cause disturbances to the rhythm of your heart, which could be lethal.

Refer to the Contraindications, Warnings, and Precautions in this guide before using body pads.

To Use Body Pads

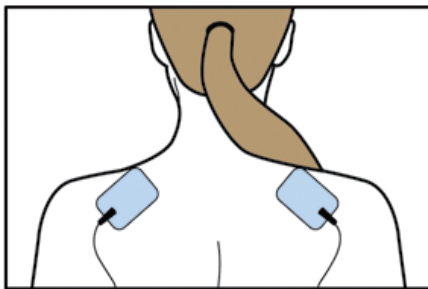
Choose the area where you would like to use electrical stimulation. You may treat two areas at the same time by using two pairs of the body pads. You may also stimulate your feet at the same time that you are using body pads.



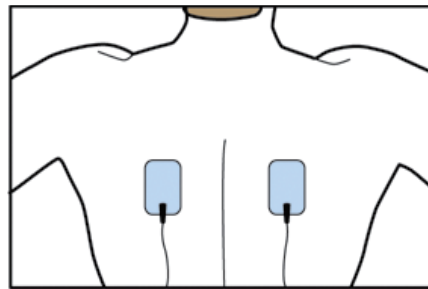
The body pads use different electrical channels than the foot pads and are controlled by the "BODY" buttons. They operate on the same mode as the foot pads.

Body Pad Placement Examples

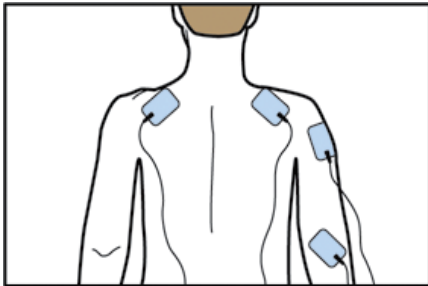
Stimulate Shoulders



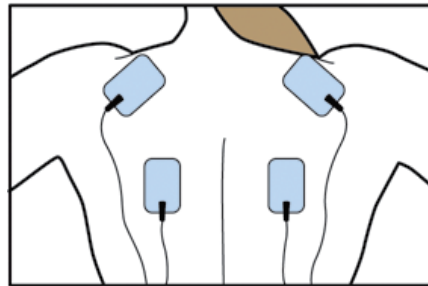
Stimulate Back



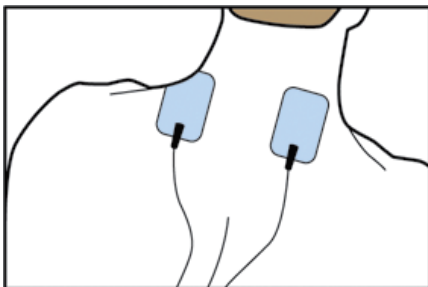
Stimulate Shoulders and Arm



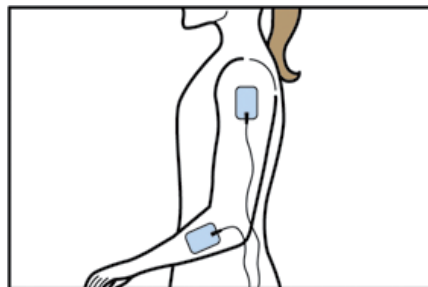
Stimulate Shoulders & Back



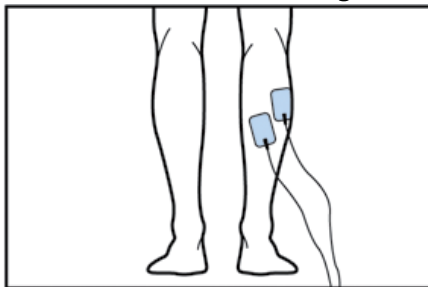
Stimulate Neck



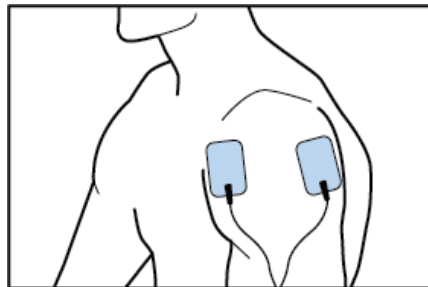
Stimulate Arm



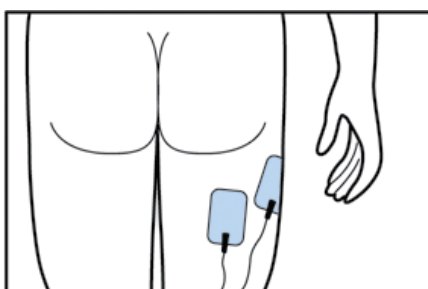
Stimulate Lower Leg



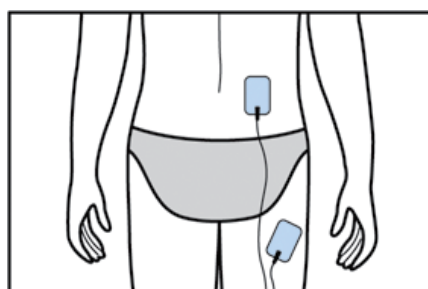
Stimulate Shoulder



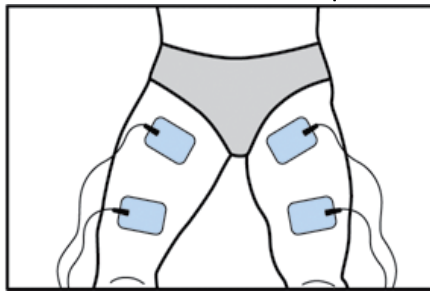
Stimulate Upper Leg



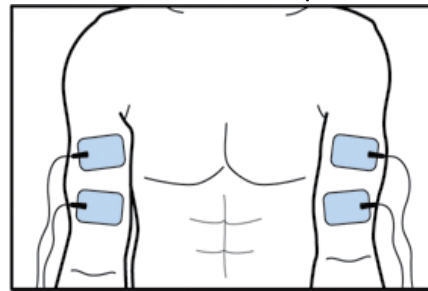
Stimulate Waist & Leg



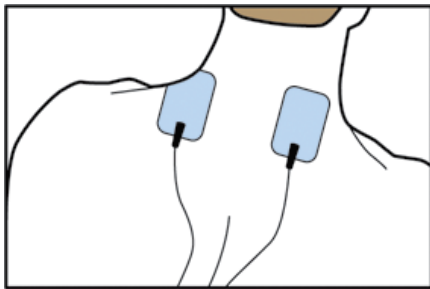
Stimulate Quadriceps



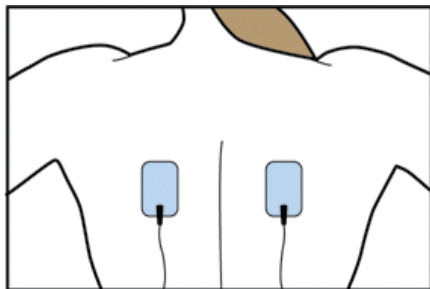
Stimulate Biceps



Stimulate Back of Neck And Feet At The Same Time



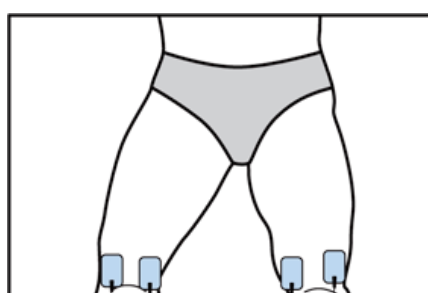
Stimulate Feet And Back At The Same Time



Stimulate Feet At Your Desk



Stimulate Knees



- Please note that you may stimulate combinations of body areas at the same time as you are stimulating your feet.
- The programmed modes that you choose for your massage will be the same for the feet and the body pads.
- The stimulation intensity levels for the body pads are controlled separately from the levels for your feet so that you may maintain a comfortable massage.