




BIOLUX_{PRO}

MAX WITH TENS



After Workout

1. Place BioluxPro on the desired area. You can do this while lying down.
2. You can place the electrodes on the muscle(s) you want to relax or stimulate. This is complementary and not mandatory to achieve the expected results from the red light.
3. Press  select ALL.
4. Press  select 10 mins.
5. Press  select L05.
6. If you placed the electrodes, press **M** for 3 seconds to turn them on, choose the program that suits you best and use +/- to increase or decrease the intensity.
7. If you feel too much heat during the process, press **F** at 40Hz. to pulse the light.
8. Repeat this process after each workout.



Proper hydration enhances results

This does not suggest or replace any medical treatment

