


BIOLUX PRO MINI



Muscle Conditioning before Training

1. Place the band with the light in direct contact with the muscle(s) you want to work on. If necessary, use the elastic band.
2. It doesn't need to be tight; the light should cover the desired area as fully as possible.
3. Press  twice to activate the red and infrared light.
4. Allow the device to turn off (15 minutes) and repeat this process after finishing your workout.
5. You can do this while lying down to facilitate the process.



Proper hydration enhances results
This does not suggest or replace any medical treatment

