




# BIOLUXPRO


## MAX WITH TENS



## Muscular Conditioning

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 L10.
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 two or three times a day.



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