Quick Start QRS 101

1. Connect power cord and applicators to the top end of the control unit.
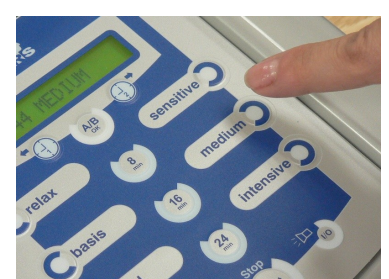

2. Turn on the power.

3. Select applicator A or B (large mat or small pad).

4. Select treatment program. i.e. Relax, Basis, Vital.

5. Select treatment time, i.e. 8, 16, or 24 minutes. Press the button for 2 seconds and use the arrow buttons to decrease or increase by 1 minute increments.

6. Select intensity, i.e. Sensitive, Medium, or Intensive. Press the button for 2 seconds and use the arrow buttons to decrease or increase the intensity.

7. Press Start. At the end of the treatment, the system will automatically turn off.

8. A light is attached to each applicator that will light up during treatment.

For more detailed information, please refer to the instruction manual.