



### IMPORTANT INSTRUCTIONS

1. Start at Pulse Point Location 1. If using Fast Mode, move the Hand Paddle to the next location every 10 or so pulses; for Regular Mode every 5 or so pulses. One cycle in either mode will allow you to go through Chart One, twice.
2. All our bodies are unique. Adjust the pulse point positions for your individual body type - you may need more or less pulses depending on your build.
3. For more information on using the SOTA Magnetic Pulser, please refer to the SOTA Wellness Program Guide: [www.sota.com/wellness](http://www.sota.com/wellness).
4. Before using this program, please review the Cautions and Do Not Use sections of the Product Manual for any specific instructions that may apply to you.