

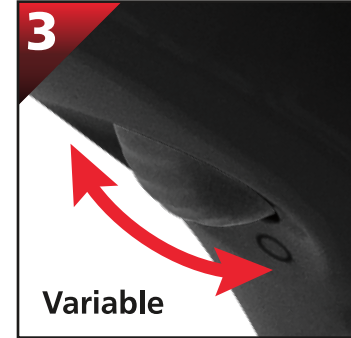
Wahl® Programmable Deep-Tissue™ Massage Quickstart Guide



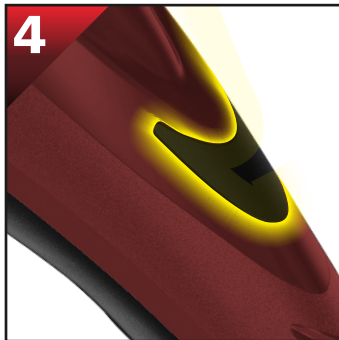
With the switch in the OFF position, plug the power cord into an AC 120-V outlet.



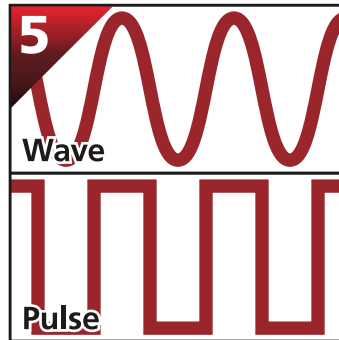
Place desired attachment head on massager. Attachments easily twist on and off. Turn head counter-clockwise to remove. To attach, place head on stem and turn clockwise until secure.



Begin at lowest speed setting. Gradually increase to desired massage speed by rolling dial toward top of massager. Roll dial toward bottom of massager to decrease speed.



Push the program button to begin the wave program. Push it again for pulse program. Push a third time to turn programs off.



Wave — Soft to deep rolling massage.
Pulse — Starts soft and jumps to aggressive. Repeats for a pounding massage effect.



Apply the massager to the targeted area, using continual movement. A circular motion is often most effective. *See MASSAGE TECHNIQUES.*

Wahl® Programmable Percussion Deep-Tissue™ Massage Key Features

Massage Techniques

NOTE: This is an aggressive percussion massager and should not be used on face, head, or upper neck areas.

SHOULDERS AND NECK: Massage out from spine to shoulder.

ARMS: Start at the biceps and shoulders, and move down the arm, using a circular motion. Finish with a gentle massage of the palms and fingers.

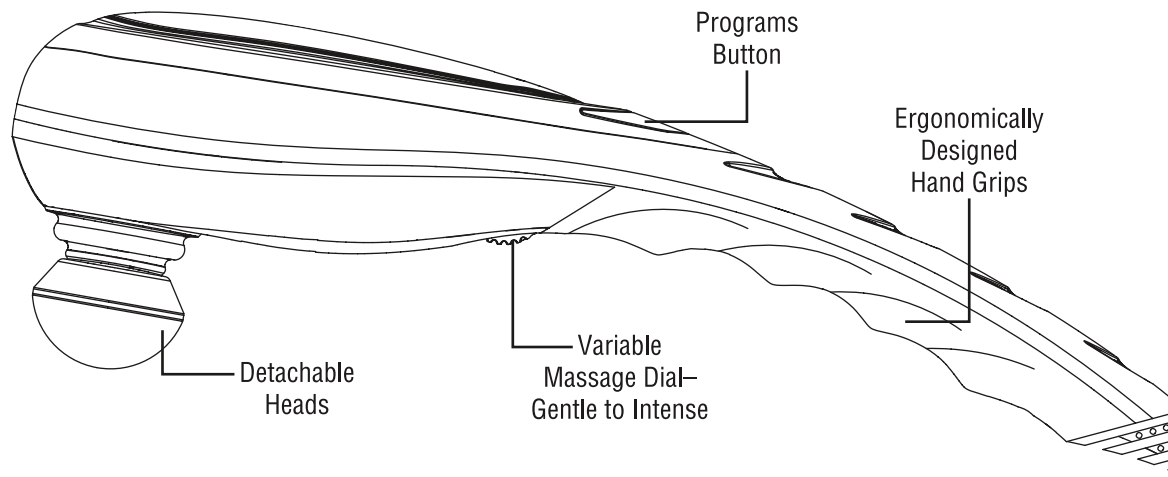
LEGS: If desired, massage bottoms of feet. Then, using a circular motion, massage each leg from calf on up and over thigh.

CHEST: Massage from center of chest outward, and up toward each shoulder.

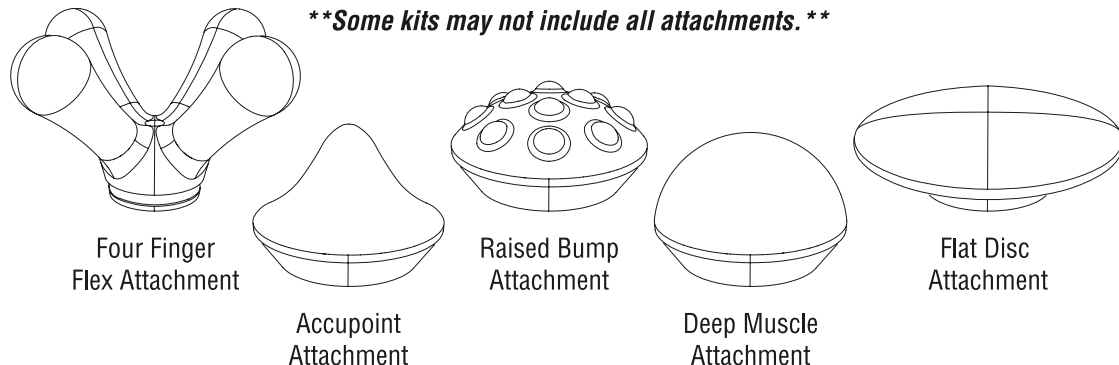
BACK: Massage from top of spine to bottom, and from center outward.

ABDOMEN: Relax abdominal muscles by massaging from center outward, using a gentle, circular motion.

JOINTS: Relieve tired, aching knees and elbows with smooth, circular strokes, being careful not to massage on or over bones.



****Some kits may not include all attachments.****



If you are not satisfied with your Wahl Programmable Deep-Tissue Massager, please feel free to contact us at WahlUSA.com or 1-800-767-9245.