

SAUNA AND RED LIGHT

Follow the movements below before & after therapy to boost your benefits.

Duration: 30 sec | 5 Second Rest | Frequency: 30 Hz | Amplitude: Low



CLOTHED

Benefits: Amplifies Detox Benefits, Enhances Skin Rejuvenation

Static Squat w/ Support

Description: Hold handles and sit down into squat position by flexing your hips and knees. Keep chest up. Maintain neutral spine. Keep abdominals activated and knees in line with toes. Do not hang on handles.

Should Feel it in: Legs, Glutes



(Passive)

Double Leg Hamstring Stretch

Description: Without locking knees, grab handle and bend forward until a stretch is felt in the back of the legs. Avoid rounding back when bending forward. Do not lock or excessively bend knees.

Should Feel it in: Legs



Left Side Neck Stretch

Description: Grab strap with one arm. Lean away from machine and maintain tension in the strap. Flex head away from strap. Avoid rotating torso and excessively moving arms.

Should Feel it in: Shoulders, Back



Right Side Neck Stretch

Description: Grab strap with one arm. Lean away from machine and maintain tension in the strap. Flex head away from strap. Avoid rotating torso and excessively moving arms.

Should Feel it in: Shoulders, Back



Left Leg Hamstring Stretch

Description: Rest one foot on the platform, keeping leg straight. Bend back knee and flex toes on front foot. Push hips forward until a stretch is felt in the front leg.

Should Feel it in: Legs



Right Leg Hamstring Stretch

Description: Rest one foot on the platform, keeping leg straight. Bend back knee and flex toes on front foot. Push hips forward until a stretch is felt in the front leg.

Should Feel it in: Legs



Calf Massage

Description: Using a mat, rest calves in a passive position. Elevate feet to facilitate lymphatic flow.

Should Feel it in: Legs



Back Relaxer

Description: Using a mat, sit on the platform with feet on the floor and knees bent. Slowly exhale and bend forward between legs, allowing your back to round.

Should Feel it in: Core, Glutes



IN A ROBE

Benefits: Amplifies Detox Benefits, Enhances Skin Rejuvenation

Static Squat w/ Support

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Should Feel it in: Legs, Glutes



(Passive)

Double Leg Hamstring Stretch

Description: Without locking knees, grab handle and bend forward until a stretch is felt in the back of the legs. Avoid rounding back when bending forward. Do not lock or excessively bend knees.

Should Feel it in: Legs



Left Side Neck Stretch

Description: Grab strap with one arm. Lean away from machine and maintain tension in the strap. Flex head away from strap. Avoid rotating torso and excessively moving arms.

Should Feel it in: Shoulders, Back



Right Side Neck Stretch

Description: Grab strap with one arm. Lean away from machine and maintain tension in the strap. Flex head away from strap. Avoid rotating torso and excessively moving arms.

Should Feel it in: Shoulders, Back



Left Leg Hamstring Stretch

Description: Rest one foot on the platform, keeping leg straight. Bend back knee and flex toes on front foot. Push hips forward until a stretch is felt in the front leg.

Should Feel it in: Legs



Right Leg Hamstring Stretch

Description: Rest one foot on the platform, keeping leg straight. Bend back knee and flex toes on front foot. Push hips forward until a stretch is felt in the front leg.

Should Feel it in: Legs



Squat to Left Leg Balance

Description: With feet wide apart, sit back into squat position. Balance on one foot.

Should Feel it in: Legs



Squat to Right Leg Balance

Description: With feet wide apart, sit back into squat position. Balance on one foot.

Should Feel it in: Legs

