

PlayMakar® Strength and Recovery System

Step by Step Quick Start Guide

When you are familiar with the operation of PlayMakar® Pro, use the following steps as a quick reference to operate the device. For more information, refer to the instruction manual.

1. Charge the remote and the pod(s) as per the instructions.



2. Attach the pod(s) to the electrode pads as per the instructions. (Page 17)



3. Place the electrode pad(s) to your body as per the illustration in the manual. (page 23).



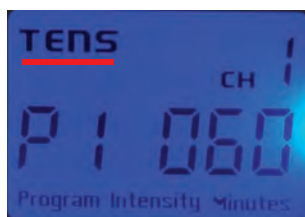
4. Turn **ON** the pod(s) by pressing the power button (3 seconds).



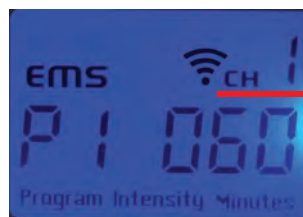
5. Turn **ON** the remote by pressing the **ON** Button (3 seconds).



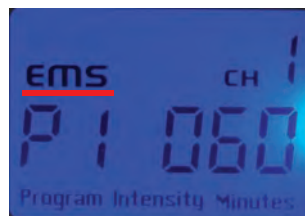
6. Push **SET** and the **EMS** icon will blink.



or



7. To select **TENS** or **EMS**, press ON/+ until desired mode is flashing, then press **SET**.



or



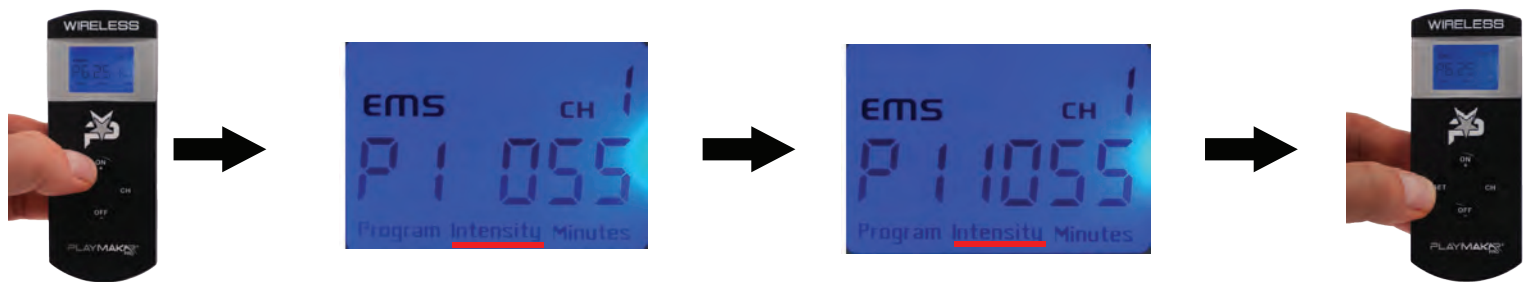
9. Now the Therapy Program icon (**P1-P8** for **TENS** and **P1-P6** for **EMS**) will blink. To select a Therapy Program, press **ON/+** or **OFF/-** until desired program is flashing, then press **SET**.



10. Now the Treatment Minutes icon will blink. To select Treatment Minutes, press **ON/+** or **OFF/-** until desired treatment minutes is flashing, then press **SET**.



11. Now the Intensity Level icon will blink starting at "0." To increase the Intensity Level, press **ON/+** gradually until you feel a comfortable tingling sensation, then press **SET**.



11. Stimulation will be applied until the preset time has elapsed. To turn off the receiver pod(s) *when Treatment Minutes are remaining*, reduce intensity to "0", and then press and hold the **OFF/-** button for 3 seconds. *When Treatment Minutes have not been set*, press and hold the **OFF/-** button for 3 seconds.

Note: Intensity must be >0 for each channel pod you wish to use or pod will automatically turn off after 3 minutes.

Note: Pods will only turn off automatically under the following conditions:

1. Treatment Minutes have expired.
2. No activity, or if Treatment Intensity has not been set for 3 minutes.

Note: The remote will display the previous chosen settings for each respective pod. To save battery power, press the **OFF/-** button after setting device.

Note: You may go through this programming sequence with the pods attached to the electrode pads on the provided clear plastic shields. Please do so on a flat surface.

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