

# Immediate Toning & Tightening

**In abs, butt, sides, arms, & legs.**

## **During session**

- 1** Squeeze treated muscles during e-pulses.
- 2** Bear-down like internal kegel exercises.
- 3** Feel your muscles squeeze inwards.
- 4** Also bear-down in half of your no-pulse periods.
- 5** Repeat 3 times for each treated muscle.
- 6** Alternate squeezing & resting during your Sessions.
- 7** Right after: Place your hands on squeezed-muscle as you squeeze.

## **Between sessions**

For five 10-minute Sessions

- 1** For 10 seconds, bear-down on treated muscles.
- 2** Relax treated muscle for 10 seconds.
- 3** Repeat above 5 times.
- 4** Repeat for 2-5 muscle-groups.
- 5** Repeat above but use 1-sec. squeezes.
- 6** Place your hands on each squeezed muscle.