

# Instructions and Guidelines for Use of your FlexxiCore Passive Exerciser



**Please read these instructions and guidelines carefully before use. The FlexxiCore works dynamically in combination with your own body's response to the oscillations of your feet. We recommend you return to these Guidelines regularly to help get the best out of this product.**

- **ALWAYS START WITH A SHORT TIME SPAN.** If you are reasonably healthy, start at 3-4 minutes, and build up gradually to a comfortable time over a period of 2-3 weeks or more. If your health is delicate, start with just 1 or 2 minutes, and build up very gradually. The Auto Modes are 15-minute sessions, but you can watch the timer and stop at any time.
- **BUILD THE TIME SLOWLY.** The tables below show how you can build up your time on the FlexxiCore. If you have suffered from any kind of long-term health issue it is best to use the Delicate Health programme rather than risk doing too much too soon. You do not have to do a full 15-minute session every time. Many regular users settle on 5 or 10 minutes per session with very good results. Regularity is the key, so we recommend that you find a length of time that suits you personally.

Reasonably Healthy	
Days 1-3	3-4 minutes
Days 4-6	4-5 minutes
Days 6-8	6-7 minutes
Days 9-11	8-9 minutes
Days 12-14	9-10 minutes
Days 15-16	11-12 minutes
Days 17-20	13-14 minutes
Days 21 +	15 minutes max

Delicate Health	
Days 1-3	1-2 minutes
Days 4-6	2-3 minutes
Days 6-9	3-4 minutes
Days 10-12	4-5 minutes
Days 13-14	5-6 minutes
Days 15-16	6-7 minutes
Days 17-19	7-8 minutes
Days 20-21	9-10 minutes
Days 22-23	10-11 minutes
Days 24-25	12-13 minutes
Days 26-27	13-14 minutes
Days 28 +	15 minutes max

**Note:** These tables are meant as guidelines only. It is important that you develop your own programme at a comfortable speed. If you feel any adverse reactions at any time or are unsure about increasing your time and/or speed at any point, please contact our Help Line on 702 545 6720 [if calling from outside USA/Canada: +1 702 545 6720].

- **START AT A SLOW SPEED.** As you turn the dial, the speed increases. It's important to monitor yourself. How is it feeling? If you are experiencing any discomfort, stop the unit. Either call for advice, or think carefully about what is happening. Slowing down the speed will often be the best solution. If your ankles feel any discomfort, try placing a towel under your ankles, or wearing thick socks. **DO NOT WEAR SHOES.**

**CONTRAINDICATIONS:** Please note that the FlexxiCore should NOT be used in certain situations, which are detailed on the accompanying sheet. Please read carefully. If you have any doubts or questions, please consult your Doctor or Health Practitioner, or please feel free to call our Help Line for advice: 702 545 6720 [outside USA/Canada: +1 702 545 6720].

## Hand Controller with LCD Panel

**To switch on:** The Controller beeps and the display lights up when the power switch on the casing of the FlexxiCore is turned on. Then press the ON/OFF button on the hand control to start - the speed indicator will change from 0 RPM to 80 RPM.

**To change the speed manually,** turn the dial clockwise to increase speed, counter-clockwise to decrease. The current speed shows on the screen. A high frequency beep sounds on increasing speed by one increment (RPM), while a low frequency beep sounds on decreasing. If you are in Auto-Mode, press the centre of the dial if you wish to change back to manual mode.

**To set the time of your session,** press the Timer button. Note: the 15-minute default setting will only change (to 5 or 10 minutes) when you are in manual mode. If you are in Auto-Mode, press the centre of the dial to change back to manual mode.

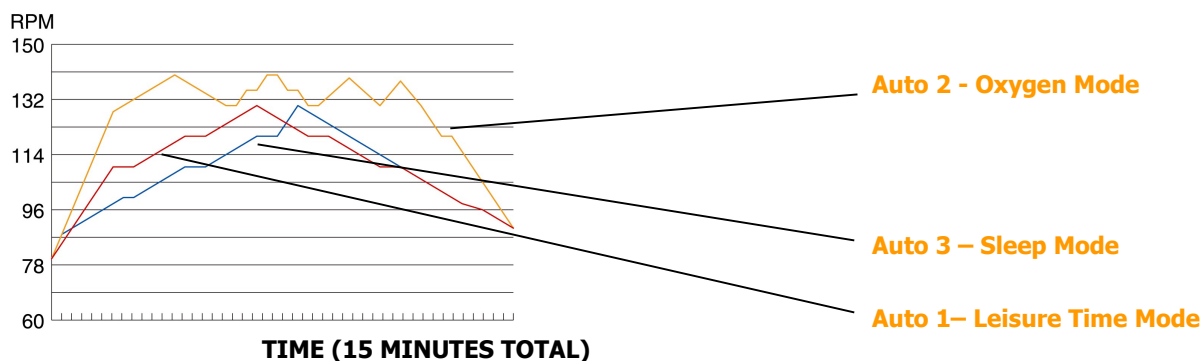
The screen changes to show the time left for your session minute by minute (it decreases by 1 as each minute passes). For a 10 minute session it will start at 10, decrease to 9, then 8, and so on.

## Auto Modes

The 3 Auto Modes are each timed to last 15 minutes. The speed will vary gradually and automatically over 15 minutes (as shown in the graph over the page). You can read the current speed at any time on the Display.

**To set the chosen Auto Mode,** press the Auto button once, twice or three times. The Display will show Auto 1, Auto 2 or Auto 3 at the bottom of the screen.

A graph showing the way in which the speed changes for each of the Auto Modes is shown over the page.....



### General Guidelines for Use

- **15 minutes is the maximum.** The timer automatically cuts out the motor after 15 minutes. Never do more than 15 minutes in one session. On the other hand, it is fine to have several sessions during the course of one day. Two sessions of 5 minutes each day is better than one of 15 minutes! One session after getting up in the morning and one in the evening is ideal. If you have sleep problems, using the FlexxiCore before you go to bed – or even if you wake up in the middle of the night – can help. The Auto 3 Sleep Mode is especially good for helping you to relax before sleep.
- **Lie still for a few minutes afterwards.** It is important to lie still immediately after a session on the FlexxiCore. Enjoy the afterglow of stimulated energy (often felt as a tingling sensation) while it continues to flow through the body. This is where a lot of benefits occur – including the possibility of spontaneous realignment. Lie there for at least 2 or 3 more minutes, or optimally 5 minutes after a 15-minute session. You can then do some exercises while still lying down – see below for suggestions.
- **Weight Considerations:** The FlexxiCore has a heavy-duty motor designed to bear any body weight. It is programmed to move at the exact speed showing on the LCD display no matter what weight it is bearing, so if you change your position or balance during movement the motor may momentarily seem to change speed or miss a beat as it tries to maintain the programmed speed. This is normal, and can even occur with an involuntary change in breathing or body awareness.
- **Do not run it too fast.** Most people will find that the optimum speed for achieving a steady and rhythmic movement through the spine, with deep but undisturbed breathing, is less than full speed (typically between 110 and 135 RPM). This speed does not need to be exceeded. ***We recommend that only those who are fit and have a strong constitution should run it close to full speed.*** Many people find that using a lower speed – anywhere between 80 and 120 RPM – is plenty fast enough. Please take the time to experiment and feel out what speed is best for you. **Faster is not better!!!**
- **Make sure to align yourself with the centre of the FlexxiCore.** Our bodies are in many cases not perfectly symmetrical. When you put your feet onto the cradle, it may feel like one side is different than the other. This is not unusual. However, make sure to align yourself with the centre of the FlexxiCore (not the position of the leg cradle when at rest, as it may not be centred after the last session). Line yourself up with the logo on the front of the machine.
- **BODY POSITION:** Always lie on your back. If you have back or hip problems, make yourself as comfortable as possible. Use a bolster or wrapped towel or pillow under your knees if this helps. Place a pillow under your head and neck if you wish. Place your arms at your sides, with hands to the side of your body and palms facing down.
- **RELAX: Enjoy the ride!** Your body will move rhythmically, starting at your feet. If you are fairly relaxed, you will experience a wave from your feet all the way to the top of your head, especially from the hips upwards. If you contract your muscles, your body may stay rigid and not join the wave. This is not what should be happening! A good way to relax is to focus quietly on your breath as it comes in and out. No need to breathe forcefully, just watch the breath coming in and out of the nostrils in its natural rhythm. Focus 'inside' but not on your thoughts! Playing some relaxing music sets a nice tone and may help to make it a nice, pleasurable experience – which is how you will get the most benefits! You can also focus your attention gently on parts of the body where you feel aches or discomfort. This will help to bring relaxation there.
- **Be sure to relax your neck.** If your neck is held tight, it may tend not to join the wave. This is one of the reasons you need to go slow to start with. You may end up with an even tighter neck if you overdo it at first, or unconsciously hold your neck rigid. After slowly building up with duration and speed over several days, you will find this and other areas of tension being released, and your body will become much more relaxed (the FlexxiCore is doing its work!).
- **Drink lots of water.** One of the effects of using the FlexxiCore is to release toxins from your blood system, as well as the lymphatic system. These toxins need to be moved out of your body fast, otherwise you may feel discomfort. If you do feel any discomfort, or experience rashes or migraines, wait 24 hours. Continue to drink plenty of water. Do not use the FlexxiCore again until the discomfort has subsided. Once this initial detoxification process has happened (possibly over several days after starting regular use) you will feel much better. But keep drinking plenty of water, as the FlexxiCore will continue to help the body flush out the toxins before they build up again. Another reason for drinking water is to help clear the body's memory of 'bad use' (postural and other 'habits'), held by the body at cellular level. The best practice is to drink a glass of water before and after using the FlexxiCore.
- **Afterwards, try this gentle exercise to help the body integrate the experience.** After lying still for 2-5 minutes, bring your feet towards you, with soles of the feet on the floor and knees in the air. Making sure the feet are away from the base of the FlexxiCore, take your knees slowly towards the floor (while holding them together) on one side, then the other side. Repeat this slowly about 5 – 10 times. Then roll over on one side and get up slowly.
- **Other body positions:** Once you are familiar with the FlexxiCore, you can experiment with other poses. The standard position is hands by your side, palms down. There are other beneficial effects if you place your hands behind your head, or with arms extended beyond the head (you can stretch with mental intention beyond the head, but not too tense, a soft feeling is better). These positions can be done for 2 – 3 minutes each during your regular session [illustrated here]. Make sure you stay relaxed in these positions even if they are a little more challenging for the back.

