

# Step-by-Step Basic Whole Body Session

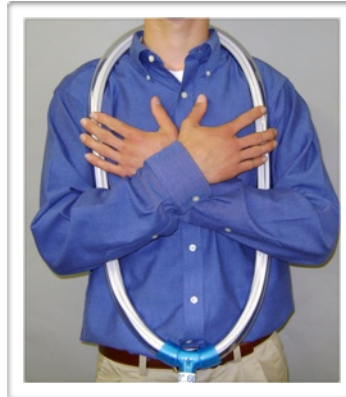
30 mins.

## Step 1 Head -- 6 minutes



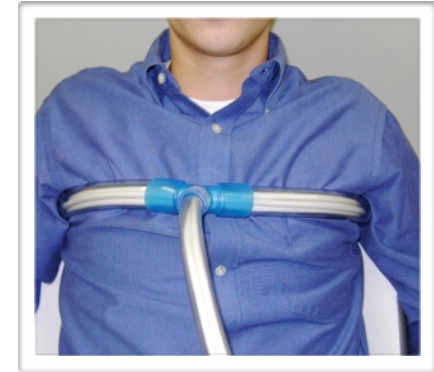
Position blue joint close to hair line.

## Step 2 Necklace position -- 8 minutes



Select Cable to cover entire torso and **press close against body.**

## Step 3 Upper torso / back -- 8 minutes



Select cable that allows for maximum contact with the body.

## Step 4 Abdomen / low back 8-- minutes



OR  
▶

## Hips / low back -- 8 minutes



Select the Sun Loop size that best allows for maximum contact with the loop.



\* If the Sun Loop is too big for you, it may be angled, or gathered to maximum contact.