

ONCE PER WEEK OPTIMIZATION SCHEDULE

WEIGHT LOSS & BODY RECOMP

DAY 1	DAY 2	DAY 3	DAY 4
REDLIGHT BED	REDLIGHT BED	REDLIGHT BED	
10:00 - 10:15	10:00 - 10:15	10:00 - 10:15	
ARX			
11:30 - 11:45			
WHOLE-BODY VIBRATION			
12:50 - 1:20			
PEMF	PEMF	PEMF	PEMF
1:30 - 2:00	1:30 - 2:00	1:30 - 2:00	1:30 - 2:00
NANOVI	NANOVI	NANOVI	NANOVI
2:00 - 2:15	2:00 - 2:15	2:00 - 2:15	2:00 - 2:15
VIELIGHT ALPHA	VIELIGHT ALPHA		VIELIGHT ALPHA
2:20 - 2:40	2:20 - 2:40		2:20 - 2:40
	BRAIN STIM. WITH TCDS	BRAIN STIM. WITH TCDS	BRAIN STIM. WITH TCDS
	3:10 - 3:30	3:10 - 3:30	3:10 - 3:30
CAR.OL BIKE		CAR.OL BIKE	VASPER
4:00 - 4:10		4:00 - 4:10	4:00 - 4:15
CRYOSKIN SLIMMING	CRYOTHERAPY		CRYOTHERAPY
5:00 - 5:15	5:00 - 5:15		5:00 - 5:15

REDLIGHT BED - Low-level cold-laser therapy shrinks fat cells, tones and tightens skin. Get your 15 minutes three times per week!

Whole-Body Vibration - Our whole-body vibration plate detoxes the lymphatics and engages those underworked small and large muscles to burn fat! You won't realize how intense you're working out until you're already done.

CAR.OL BIKE - The benefits of a 45-minute jog in under 9 minutes, with only 40 seconds of hard work!

ARX-Muscle replaces fat--and fast! Exactly the resistance you need right when you're ready! 10 minutes per week = transformation!

PULSE PEMF: Take a nap while exercising at the cellular level! As safe as the earth's magnetic field. Stimulate organ function and fast track recovery between those work outs! Three times per week for minimum 30 or maximum 60 minutes per session.

VIELIGHT-ALPHA: Photobiomodulation literally shines a light on your brain via a headset that safely administers light at the Alpha or Gamma wavelength, increasing ATP available to the power your brain without sugar, caffeine, or carbs.

BRAIN STIMULATION WITH TCDS: Flip the switch to think and behave like a slender and fit person! Utilizing safe and effective dosages of electrical stimulation over the brain, we will train your brain and body to think and feel positively, satisfied, focused, empowered, and even craving movement and engagement rather than food and drink.

CRYOTHERAPY: Burn 400 to 600 calories per 2 to 3 minute cryotherapy session. Lift mood and metabolism and banish aches and pains! Thrilling!

CRYOSKIN SLIMMING: Lose up to a half inch per session! As often as once per week as part of the Golden Month plus Cryoskin. Hot and cold shock applied with Cryoskin wand kills fat cells to target stubborn areas such as abdomen, thighs, and upper arms. Schedule a week in advance.