Accessory Receptacle

On/Off Switch

Start/Pause Button
(To start or pause a session)

Reset/Stop Button
(Reset session time & MFS settings)

Time setting
(Can be set to run nonstop)

Pulses-Per-Second (PPS)
Pulse XL PRO: Range 1-9.9

Magnetic Field Strength (MFS)
Pulse XL PRO: Range 0-100

BOTH Accessory Receptacles must have an accessory or Dummy Plug inserted to run a charging session
Please Read All Cautions & Reminders Before Proceeding

- If Reset/Stop Button is flashing the machine is in fault mode. **TO FIX:** correct the cause of the fault mode, hit reset, then start session by pushing the start button.

- If session is paused the Magnetic Field Strength (MFS) will be reset to zero (0).

**Precautions**

- Do not use the Pulse XL PRO with any implanted electronic device, which may include pacemakers, defibrillators, cochlear hearing devices, or insulin pumps.

- Remove all the following from your person: Electronic or battery operated devices, keys, credit cards, jewelry, or hearing aids.

- Do not use the Pulse XL PRO while pregnant.

- Do not use while actively bleeding, hemorrhaging, or during heavy menstruation.

- If you are unsure of other issues, consult your doctor.

- If you find yourself holding your breath or tensing up with every pulse, the intensity is too high and the session could result in discomfort later. Each User should adjust the intensity to a comfortably strong level.

**DO NOT** run multiple Pulse XL PRO or X1 machines at the same time on the same person or you could destroy electronic components in your Pulse system.

The magnetic field output from one accessory could be transferred through the accessory powered by a second machine and corrupt the electronics inside the machine.
How to START a Charging Session

First refer to “What to Remove Before a Charging Session”

- Turn on power.
- Plug desired accessory into the Accessory Receptacle(s). Make sure both Accessory Receptacles are filled; use Dummy Plug if only plugging in one accessory. (see page 2)
- Place accessories on desired area or areas. Lie or sit on Chair Pad or Total Body Bed and place 10” paddles or 6” rings on desired area.
- Set time to desired session length. (Can be set to run nonstop by turning dial to 99)
- Push START button.
- Set Pulses-Per-Second (PPS) to desired level of exercise.
- Set Magnetic Field Strength (MFS) to desired level of intensity.

Pulses Per Second (PPS) and Magnetic Field Strength (MFS) Settings

Sensitivity to Pulse:
For those who feel discomfort at higher levels

- Set PPS at 1 to 2
- Up to 30 minutes
- Set MFS to feel like a gentle pulsing on the skin’s surface

Standard Exercise Program
Once accustomed to lower settings, advance to medium intensity

- Set PPS at 2 to 3
- Up to 1 hour
- Set MFS to a level where the pulsing is felt at a deeper level but is still comfortable.

Sustained Exercise & Rejuvenation
Higher intensity

- Set PPS at 4 or above
- Up to 1 hour
- Set MFS at a comfortably strong pulse setting; you may feel the pulse deep inside the muscles, moving them involuntarily

As with any exercise program, progression is key. Initial sessions set a baseline. At subsequent sessions, PPS, MFS, or duration — one or more of these factors — should be increased to a level that is more challenging while still comfortable.

DO NOT PULL OUT ACCESSORIES WHILE CHARGING SESSION IS IN PROGRESS!