

Chi Machine User Guide

1. Wait a half hour after a meal (or one hour after a large meal) before using the Chi Machine.
2. Drink 4–6 oz of water prior to using the Chi Machine (Keeps the body hydrated).
3. Wear comfortable clothes. (Remove your shoes – be as relaxed as possible) and gently stretch before using Chi Machine.
4. Place the Chi Machine on the floor or on an appropriate firm massage bed with the handle facing away from you. (Arrow should face you)
5. Lie down and place one foot on each side of the machine. Make sure the bottom of your foot is in line with the far side of the square base of the chi machine.
6. Center your body with the arrow (alignment is very important so make sure your body is centered with the arrow) then place your legs (your legs should be resting just above your ankle bone) on the cradle. The bony part of ankle should extend beyond and not hit the ankle cup holders. For added comfort thick socks may provide extra cushion. Make sure you feel knees, hips and shoulders moving, if you don't make sure you are aligned.
7. If you have weak knees or lower back, use a pillow under your knees and legs for added support to your knees and reduced motion through lower back. (However knees should not bend).
8. Relax for one to two minutes before starting the machine. (Blood pressure may fluctuate from standing to lying down and resting a few minutes helps to stabilize blood pressure)
9. Set the timer for three to five minutes for the first time and relax. Keep eyes closed and “tune out” your surroundings.
10. Breathe deep using abdominal muscles. Relax and Let the Chi Machine do the work. When the machine stops, enjoy the tranquil “Chi rush”! Remain completely motionless for an additional two to three minutes, with relaxed deep breathing. (A lot of the benefit of the Chi Machine comes during this relaxation period as your oxygen depleted internal organs are replenished with oxygen)
11. Before rising slowly stretch your back. You can put your feet flat on the floor, bend your knees and rotate both knees side to side making sure your torso and hips remain on the floor.
12. Slowly turn onto your side, and sit up. Drink 8-16 oz. of water when done. This will help flush out the released toxins with use of the Chi Machine.

Caution: Some dizziness may occur for first time users. This is healthy! Oxygen is being restored to your body's cells that may not have received proper amounts before. The initial dizziness will disappear with regular use and increased circulation. Use for shorter period next time and gradually increase time as tolerated. People with motion sickness or other serious medical problems should start with 30 seconds to 1 minute initially. May use it several times daily. *Always check with a physician before use with the Chi Machine if health issues are a concern.



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