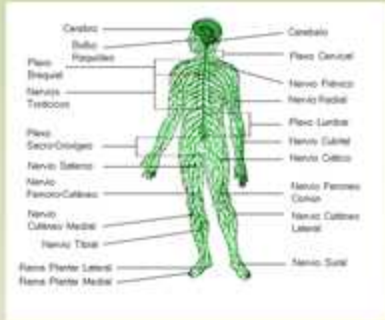


# Pounding

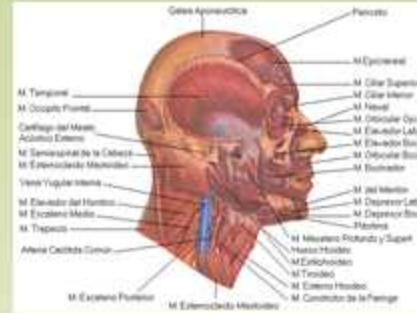
Works the bottom center of the feet and inner calves.



- LIVER
- GALLBLADDER
- KIDNEYS
- STOMACH
- PANCREAS
- INTESTINE
- CHEST
- WAIST
- HIP
- SCIATIC NERVE
- COCCYX
- KNEE

# Massage

Works your toes



- BRAIN
- EARS
- EYES
- MOUTH
- NECK
- SHOULDER
- STRESS
- INSOMNIA
- MIGRAINE

# Relaxation

Works the top part of your feet, outer calves and ankles.



- CIRCULATORY
- RESPIRATORY
- LYMPHATIC

# Auto Repeat Mode

