

# Instructions and Guidelines for Use of your Surge of Chi Exerciser



Please read these instructions and guidelines carefully before use. The Surge of Chi Exerciser works dynamically in combination with your own body's response to the oscillations of your feet. We recommend you return to these Guidelines regularly to help get the best out of the Exerciser.

- **ALWAYS START WITH A SHORT TIME SPAN.** If you are reasonably healthy, start at 3-4 minutes, and build up gradually to a comfortable time over a period of 2-3 weeks or more. If your health is delicate, start with just 1 or 2 minutes, and build up very gradually. The Auto Modes are 15-minute sessions, but you can watch the timer and stop at any time.
- **BUILD THE TIME SLOWLY.** The tables below show how you can build up your time on the exerciser. If you have suffered from any kind of long term health issue it is best to use the Delicate Health programme rather than risk too much too soon. You do not have to go to 15 minutes if you do not want to. Many regular users settle on 5 or 10 mins per session with very good results. Regularity is the key so find a length of time that suits you personally.

Reasonably Healthy	
Days 1-3	3-4 minutes
Days 4-6	4-5 minutes
Days 6-8	6-7 minutes
Days 9-11	8-9 minutes
Days 12-14	9-10 minutes
Days 15-16	11-12 minutes
Days 17-20	13-14 minutes
Days 21 +	15 minutes max

Delicate Health	
Days 1-3	1-2 minutes
Days 4-6	2-3 minutes
Days 6-9	3-4 minutes
Days 10-12	4-5 minutes
Days 13-14	5-6 minutes
Days 15-16	6-7 minutes
Days 17-19	7-8 minutes
Days 20-21	9-10 minutes
Days 22-23	10-11 minutes
Days 24-25	12-13 minutes
Days 26-27	13-14 minutes
Days 28 +	15 minutes max

N.B. These tables are meant as guidelines only. It is important that you develop your own programme at a comfortable speed. If you feel any adverse reactions at any time or are unsure about increasing your time and/or speed at any point please contact our Help Line on 08456 120129.

- **START AT A SLOW SPEED.** As you turn the dial, the speed increases. It's important to monitor yourself. How is it feeling? If you are experiencing any discomfort, stop the unit. Either call for advice, or think carefully about what is happening. Slowing down the speed will often be the best solution. If your ankles feel any discomfort, try placing a towel under your ankles. DO NOT WEAR SHOES.

**CONTRAINDICATIONS:** Please note that the Chi Exerciser should NOT be used in certain situations, which are detailed on the accompanying sheet. Please read carefully. If you have any doubts or questions, please consult your Doctor or Health Practitioner, or please feel free to call our Help Line for advice: **08456 120 129**

## Hand Controller with LCD Panel

**To switch on:** The Controller beeps and the display lights up when the power switch on the casing of the Exerciser is turned on. Press the ON/OFF button on the hand control to start - the speed indicator will change from 0 RPM to 80 RPM.

**To change the speed manually,** press the centre of the dial, then turn the dial clockwise to increase speed, counter-clockwise to decrease. The current speed shows on the screen. A high frequency beep sounds on increasing speed by one increment (RPM), while a low frequency beep sounds on decreasing.

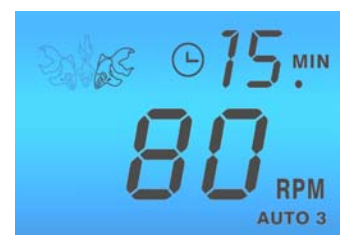
**To set the time of your session,** press the Timer button. Note: the 15-minute default setting will only change (to 5 or 10 minutes) after you have pressed the centre of the dial, to get into manual mode.

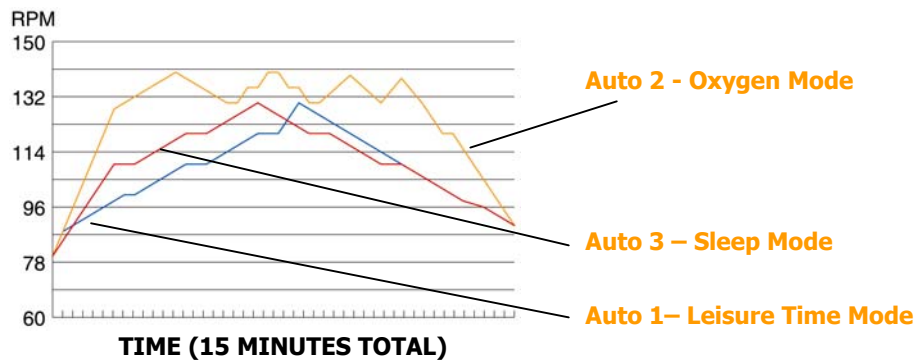
The screen changes to show the time left for your session minute by minute (it decreases by 1 as each minute passes). For a 10 minute session it will start at 10, decrease to 9, then 8, and so on.

## Auto Modes

The 3 Auto Modes are each timed to last 15 minutes. The speed will vary gradually and automatically over 15 minutes (as shown in the graph below). You can read the current speed at any time on the Display.

**To set the chosen Auto Mode,** press the Auto button once, twice or three times. The Display will show Auto 1, Auto 2 or Auto 3 at the bottom of the screen.





## General Guidelines for Use

- **15 minutes is the maximum.** The timer automatically cuts out the motor after 15 minutes. Never do more than 15 minutes in one session. On the other hand, it is fine to have several short sessions during the course of one day. Two sessions of 5 minutes each day is better than one of 15 minutes! One session after getting up in the morning and one in the evening is ideal. If you have sleep problems, use the exerciser before you go to bed – or even if you wake up in the middle of the night. The Auto 3 Sleep Mode is especially good for helping you to relax before sleep.
- **Lie still afterwards.** The most important thing is to lie still after the exerciser has been turned off. Enjoy the afterglow of 'chi' energy (often felt as a tingling sensation) while it continues to flow through the body. This is where the most benefits occur. Lie there for at least 2 or 3 more minutes, or optimally 5 minutes after a 15-minute session.
- **Weight Considerations:** The more you weigh, the slower the unit will oscillate. The Exerciser has a heavy-duty motor designed to bear any body weight, but you may need to move the dial closer to full speed if you are relatively heavy.
- **Do not run it too fast.** Most people will find that the optimum speed for achieving a steady and rhythmic movement up and down the spine with deep but undisturbed breathing is less than full speed (typically between 110 and 135 RPM). This speed does not need to be exceeded. **We recommend that only those who are fit and have a strong constitution should run it close to full speed.** Many people find that using a lower speed – anywhere between 80 and 120 RPM – is plenty fast enough. Please take the time to experiment and feel out what speed is best for you. **Faster is not better!!!**
- **Make sure to align yourself with the centre of the exerciser.** Our bodies are in many cases not perfectly symmetrical. When you put your ankles onto the unit, it may feel like one side is different than the other. This is not abnormal. However, make sure to align yourself with the centre of the exerciser (not the position of the ankle cradle when at rest, as it may not be centred when you start).
- **BODY POSITION:** Always lie on your back. If you have back or hip problems, make yourself as comfortable as possible. Use a wrapped towel or pillow or bolster under your knees if this helps. Place a pillow under your neck if you wish. Keep light out of your eyes, either by turning the lights off or placing an eye mask over your eyes. Place your arms at your sides, with hands up to 1 foot away from your body.
- **RELAX: Enjoy the ride!** Your body will move rhythmically, starting at your feet. If you are fairly relaxed, you will experience a wave from your feet all the way to the top of your head, especially from the hips upwards. If you contract your muscles, your body may stay rigid and not wave. This is not what should be happening! A good way to relax is to focus quietly on your breath as it comes in and out. No need to breathe forcefully, just watch the breath coming in and out of the nostrils in its natural rhythm. Focus 'inside' but not on your thoughts! Playing some relaxing music sets a nice tone and may help to make it a nice, pleasurable experience – which is how you will get the most benefits! You can also focus your attention on parts of the anatomy where you feel aches or discomfort. This will help to bring relaxation there.
- **Be sure to relax your neck.** If your neck is held tight, it may tend not to join the wave. This is one of the reasons you need to go slow to start with. You may end up with an even tighter neck if you overdo it at first, or unconsciously hold your neck rigid. After slowly building up with duration and speed over several days, you will find this and other areas of tension being released, and your body will become much more relaxed (the exerciser is doing its work!).
- **Drink lots of water.** One of the effects of using the exerciser is to release toxins from your blood system, as well as the lymphatic system. These toxins need to be moved out of your body fast, otherwise you may feel discomfort. If you do feel any discomfort, or experience rashes or migraines, wait 24 hours. Continue to drink plenty of water. Do not use the exerciser again until the discomfort has subsided. Once this initial detoxification process has happened (possibly over several days after starting regular use) you will feel much better. But keep drinking plenty of water, as the exerciser will continue to help the body flush out the toxins before they build up again. Another reason for drinking water is to help clear the body's memory of 'bad use' (postural and other 'habits'), held by the body at cellular level. The best practice is to drink a glass of water before and after using the exerciser.
- **Afterwards, try this gentle exercise to help the body integrate the experience.** After lying still for 2-5 minutes, bring your feet towards you, with soles of the feet on the floor and knees in the air. Making sure the feet are away from the handle of the Chi Exerciser, take your knees slowly to the floor (while holding them together) on one side, then the other side. Repeat this slowly about 5 – 10 times. Then roll over on one side and get up slowly.
- **Other body positions:** Once you are familiar with the exerciser, you can experiment with where you place your arms. The standard position is hands by your side, palms down. There are other beneficial effects if you place your hands behind your head, or with arms extended beyond the head (you can stretch with intention beyond the head, but not too tense, a soft feeling is better). These positions can be done for 2 – 3 minutes each during your regular session, and are illustrated here. Make sure you stay relaxed in these positions even though it's a little more challenging for the back.

