

Training Manual





Important Information

cell-IQ™ is a non-invasive, pain-free device used for reducing fat by shining a low-level laser over the skin.

It is important to read and understand the safety precautions in this manual before operating the system.

Observe all precautionary measures for treatment and keep informed on appropriate indications and contraindication for the use of cell-IQ™.



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1. What is cell-IQ™?

What is cell-IQ™?

cell-IQ™ is a revolutionary new fat-reduction technology. It's pain-free, non-invasive, and uses Low-level Laser Therapy to target the stubborn spots that don't respond to regular diet and exercise. It's a smart alternative to surgery.

Low-level Laser Therapy (LLLT)

Low-level Laser Therapy, or LLLT, is commonly referred to as cold-level laser therapy because the laser uses light emissions, rather than heat, to cause a photochemical reaction to alter the cell membrane.

Cold-level laser technology has been extensively researched over the last 30 years and is regarded as one of the safest and most effective ways to target fat cells. The cell membrane has a natural ability to resist over stimulation so the treatment cannot alter or affect the skin, blood vessels or nerves.

The cold laser technology behind the cell-IQ™ procedure was shown to exclusively release the cellular contents of fat cells while leaving the capillaries and other cells within the interstitial space intact. The release of the fat cell contents is the result of the disruption of the cell's membrane. This membrane disruption, called a transitory pore, is the result of low-level laser stimulation.



2. How cell-IQ™ works

The effect of Low-Level Lasers

cell-IQ™ works by targeting two areas of the body – the fat cell and the lymphatic system.

During a cell-IQ™ treatment, laser diodes are applied to the area requiring treatment as well as the lymph nodes. Once switched on, the diodes emit low-level laser energy at a wavelength of approximately 640-650nM, penetrating the skin up to a depth of 9mm. This stimulates the fat cell membranes and changes their permeability.

The two laser diodes that are applied to the lymph nodes help to stimulate the lymphatic system and mobilise the fat.

The membrane of the fat cells are disrupted and develop tiny pores which release the fat content into the surrounding interstitial space (the space surrounding the cells). This process is called **Lipolysis**.

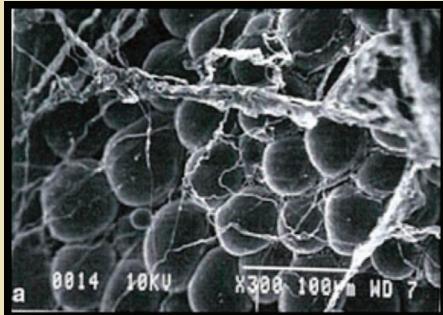
- At 4 minutes of laser therapy, 80% of fat is released from the adipose (fat) cell.
- At 6 minutes of laser therapy, 99% of fat is released from the fat cells.

See images of the above on the next page.

Once emptied, the cell shrinks, losing its plumpness. It then drains into the lymphatic system where it is used as fuel and can be burned off via exercise

2. How cell-IQ™ works

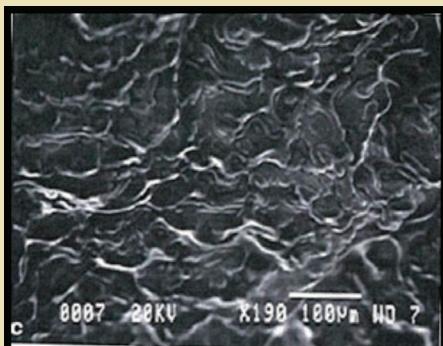
Disintegrated fat release by Low-Level Lasers



- a) Round adipose cells with the surrounding connective tissue.



- b) After 4 minutes of laser exposure, 80% of the fat is seen coming out of the adipose cell through a disrupted membrane.



- c) At 6 minutes of laser exposure, the fat is almost completely liquefied outside the cell.

Destroyed fat from cell is disintegrated into one glycerol and three fatty acids.

Glycerol is conveyed to liver through body fluid or hemalnode.

Fatty acid is conveyed to liver by combining with albumi.

Fat conveyed to the liver is released out of the body by safe and normal body physiological processes.

2. How cell-IQ™ works

How fat is released from the cell

Prior to laser exposure, fat cells have a regular, cluster shape. Within minutes of low-level laser exposure, fat cells begin to develop transitory pores. This pore allows the evacuation of the cell's contents into extracellular space. Once the contents of the fat cell have been emptied, they are released into interstitial space where it can be passed through the body during its normal course of detoxification.

cell-IQ™ does not remove fat cells or the ability to store fat in the treatment area. This is GOOD; removing the ability to store fat in one place will make the body seek out other areas to store vital energy, such as the major organs or arteries

The below example depicts the difference in size of the fat cells once the glycerol and fatty acids have been removed from the fat cells. The empty fat cells are still there, but now they take up less space. In the future, they can be filled up again if the body has excess calories from food.

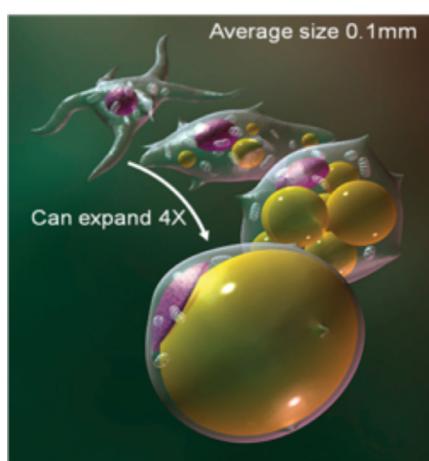


Before



After

Imagine the fat cell as a plump grape, after 6 minutes of laser energy penetrating the fat cell, the cell loses its shape (shrinking to a raisin) releasing the fatty fluid into your system. The empty cells are still there, just taking up less space. In future, they can be filled up again if the body has excess calories from food.



Each individual has 20 – 40 billion fat cells.

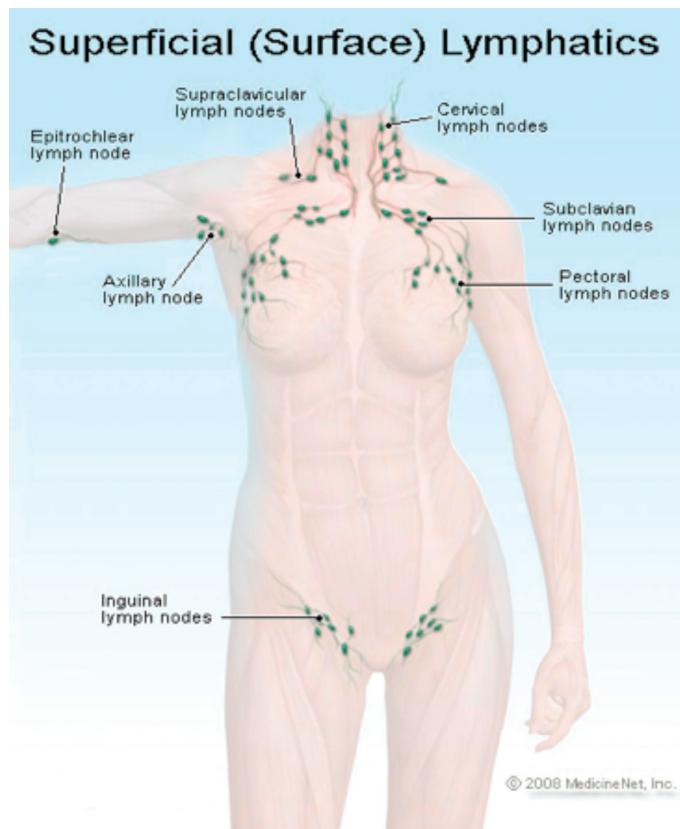
Fats (Triglycerides) are stored in a semi-liquid state in the cytosol of each cell. The average size of a fat cell is 0.1mm; however, fat cells can expand to 4 times their original size when storing triglycerides.

2. How cell-IQ™ works

The role of the lymphatic system

Lymph nodes are bean-shaped nodes varying in size from a few millimetres to 1-2cm. We have approximately 500-600 lymph nodes clustered in our underarms, groin, neck, chest and abdomen.

Lymph nodes act as filters for foreign particles and are part of the body's immune system.



Stimulation of the lymph nodes enhances the flow of the lymphatic system, helping to remove fat freed from the cells during the treatment.

The lymph node is a component of the lymphatic system. The lymphatic system moves lymph node fluid, waste substance and nutrients throughout your body's bloodstream and tissues.

Their primary role is to filter excess fluid, waste, debris, dead blood cells, pathogens, cancer cells and toxins from the body. They also work with the circulatory system to deliver nutrients, oxygen and hormones from the blood to the cells that make up the tissues of the body. They form an integral role in our human waste management system.

A lymph node may be found alone or in a group throughout the body. The main groups can be felt in the following areas:

- Neck
- Underarm
- Groin



2. How cell-IQ™ works

cell-IQ™ targets the **Axillary Lymph Nodes** found in the armpits and the **Inguinal Lymph Nodes** found in the groin.

A healthy lymph node should not be sensitive or sore to touch. Signs that the lymphatic system is not functioning properly include swelling or oedema, swollen glands, a tendency for infections or viruses, recurring tonsillitis or sore throats, and a tendency for constipation.

cell-IQ™ uses light beam generators in order to break up any blockages in the lymph. During treatment, clusters of lymph protein molecules are stimulated, unclogging any lymph fluid that may have stagnated. It is vital that the client drinks plenty of water during the weeks they are undergoing the treatment because good hydration provides a healthy lymphatic system, giving the client optimum results from their treatment.

In Summary, cell-IQ™

- **Removes the fat** – low-level laser energy disrupts the fat cell, removing its contents.
- **Moves the fat** – stimulates the lymphatic system to mobilise this fat.
- **Gets rid of the fat** – exercise post treatment ‘burns off’ this fat.



3. Benefits of cell-IQ™

Why choose cell-IQ™?

There are many advantages of cell-IQ™ over traditional surgery:

- Totally pain free – many clients like to take a nap during their treatment.
- Completely non-invasive – no drugs, needles, incisions or surgery.
- No downtime – clients can return to their daily activities immediately.
- Works in harmony with the body – encourages and stimulates its natural metabolic functions.

Areas of treatment

cell-IQ™ can target both localised fat deposits and contour and reshape the body over a larger area. Problem areas such as the thighs, abdomen, upper arms, or back can be specifically targeted for fat removal. By positioning the laser pads on these areas, fat can selectively be broken down and eliminated by normal metabolic processes. Healthy eating and exercise will ensure maximum results.

cell-IQ™ is advantageous over diet and vigorous exercise, which over time help reduce overall body fat, but not single out individual areas to be shaped. cell-IQ™ can be performed on the following areas:

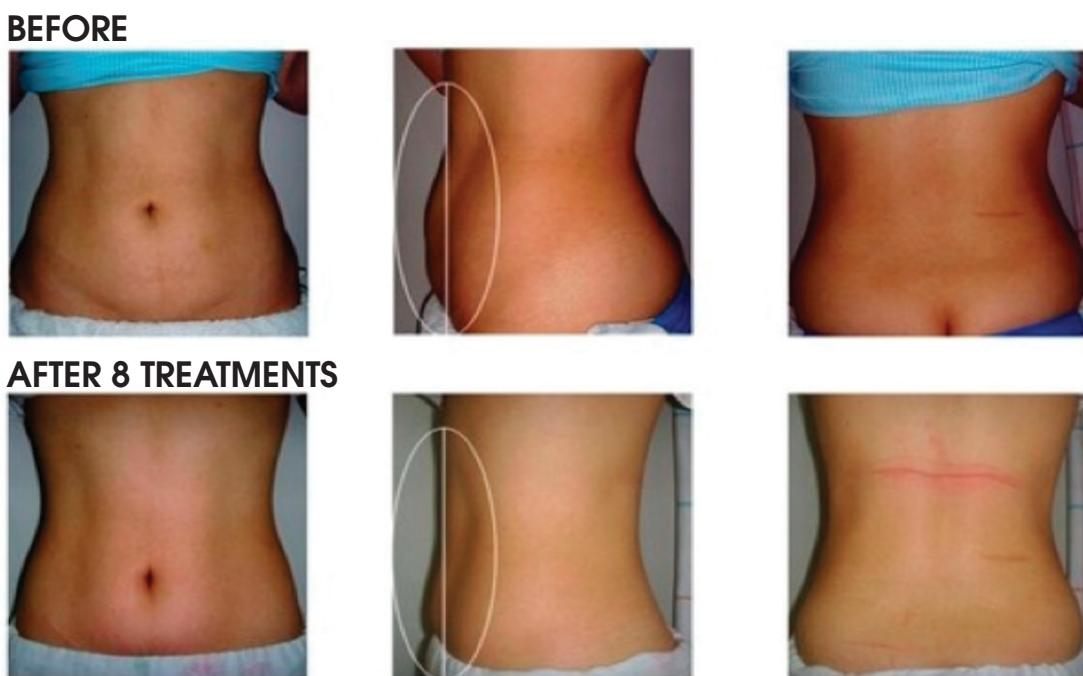
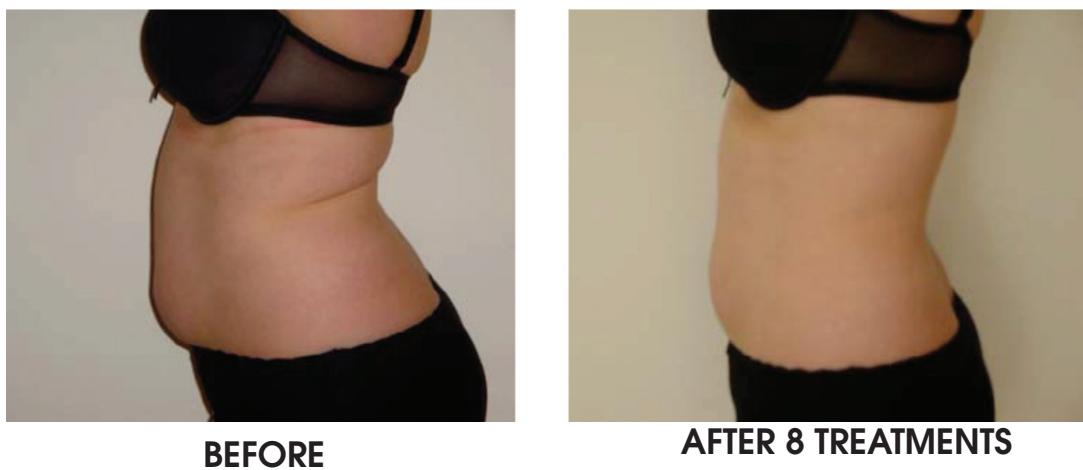
- Stomach
- Midriff
- Calves
- Knees
- Thighs
- Buttocks
- Arms
- Hips

3. Benefits of cell-IQ™

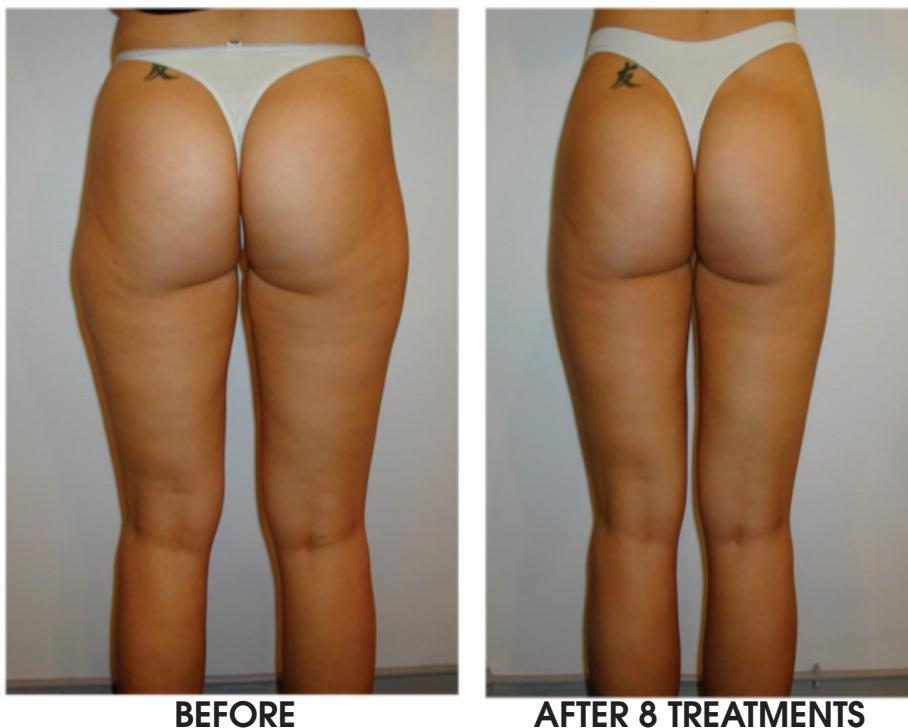
Results

cell-IQ™ was originally utilised to assist tumescent liposuction procedures, but it was found that the laser treatment alone helped patients to reduce inches from their waist, hips and thighs.

Through a double blind, randomised, multi-site and placebo-controlled study, the procedure was proven to be an effective non-invasive cold laser weight loss and body contouring procedure. On average, patients lost on average 3.64 inches from the circumference of their waist, hip and thighs, whereas the placebo group only lost an average of a half of an inch.



3. Benefits of cell-IQ™





4. Contraindications

Contraindications for cell-IQ™

Some clients may have conditions that will hinder their results or make them unsuitable for cell-IQ™ treatments. Ensure your client has none of the following conditions before commencing treatment. All clients must fill out a Medical Record Form during your initial consultation. If your client has a medical condition that is not listed below and you are unsure whether they are suitable for treatment, please present them with a Doctor's Referral Letter to obtain their doctor's permission.

Breastfeeding and Pregnancy

We do not recommend the use of cell-IQ™ when pregnant or breastfeeding. If a client is adamant that they want a series of treatments while breastfeeding, please have them consult their doctor first.

Epilepsy

There is no reason that a client that suffers from epilepsy cannot have cell-IQ™. However, the client must consult their doctor and present a written letter of permission from their doctor prior to undergoing treatment, as laws vary from state to state.

Urine infection

Any infection can cause a compromised lymphatic system due to an immune response, thus cell-IQ™ treatment may not be as successful if the client is suffering from a urine infection. The client should wait until they are infection free.

Diabetes

Type I insulin dependent diabetes is contraindicated as we will not be able to accurately advise the patient how to adjust their diet and medication regimen to allow for the fatty acids and glycerol (glucose) to be mobilised after a treatment. These patients typically do not store fat well anyway, so would be unlikely to seek treatment.

Type 2 non-insulin dependent diabetes can be treated, although we have to advise the client that it is 50/50 whether they will respond as there appears to be no fixed trend with cases that we have experience with. In this situation, we suggest not selling a course up-front, but rather offering the treatment in a 'pay-as-you-go' payment plan for a couple of sessions. See what the response is and progress from there if the client wants to continue.

Cancer

Most states have a remission time of at least one year after finishing all medications/therapies before having treatment. The client must consult their Doctor for laser/light treatments and present you with a written letter from their Doctor confirming that they have been given the OK prior to commencing treatment.

4. Contraindications

Medical Oedema

This involves a lack of normal function of the lymphatic system. Treatment is not advised as results could be limited.

HRT

Please read the bulletin on Menopause.

Contraceptive

We ask this to ensure that the patient could not be pregnant.

Kidney problems

Any kidney infection or issues may cause the lymphatic system to not work properly. If the kidneys have been compromised by short or long-term issues, do not increase its work load with cell-IQ™ treatment.

Auto Immune Disease

Again, any active disease/infection will compromise the lymphatic system and could affect treatment results.

Cardiovascular conditions

While the cell-IQ™ does not increase circulatory triglycerides, someone with a history of problems could have a acute worsening of their condition at any point, regardless of any treatments they may be undertaking. We do not want an association with cell-IQ™ and its 'fat releasing' mechanism with any strokes or heart issues a client might subsequently have. The short term release of free fatty acids into the circulatory system after cell-IQ™ treatment could also put a temporary additional strain on a client with chronic elevated free fatty acid levels.

Regular antibiotics/medication

Find out the reason for the medication and consider whether the client should have treatment at that time.

Thyroid problems

Please read the bulletin on Thyroid.

Any metal pins/plates/cosmetic implants

While the light emitted from the cell-IQ™ diodes is a low-level laser, we do not want incorrect assumptions with treatment and any failure/complication of their implant in the future. We simply advise not to place lasers/pads over the localised site of an implant.

4. Contraindications

Dermatitis or other skin conditions

We advise not treating over the site of active flare-up. Although light treatments have been demonstrated to sometimes improve skin problems, typically there is a period of acute aggravation after the light exposure that the client may find uncomfortable.

Musculoskeletal problems

Check that the musculoskeletal problem does not prevent them from exercising properly after treatment, as lack of exercise after the treatment will not yield good results.

HIV

The lymphatic is compromised so the treatment is not recommended.

Other conditions that will effect treatment:

Digestive problems, circulation problems, gynaecological problems, nervous system problems, immune system problem, gastric ulcers, or any form of infection, fever or disease. The client should wait until the condition has cleared up before commencing treatment.

Example of Medical Form - who can/cannot have the treatment

The following pages include an example of a medical form.

We ask that you fill in a questionnaire to give information on the client's general health. It is necessary to establish that the client can engage in normal exercise and is not undergoing any medical treatment. Tactful questions may reveal a history of fluctuating weight levels, fluid retention, etc. Minor problems of varicose veins, thread veins, or temporary conditions such as menstruation and sunburn may alter treatment and must be noted, but are not contraindications. We recommend you suggest your club keep a copy of this form in reception.

Client Medical Record



Name: Member / Past member / Non Member

Address:

Tel Home:

Tel Work:

E-mail:

Tel Mobile:

DOB:

How did you hear about us?:

What attracted you to cell-IQ™?:

Are you currently suffering or have ever suffered from any of the following:

	Yes	No	Comment
Epilepsy	Y		Needs DR Consent
Urine infection		N	Have after infection cleared/ lymphatic system not working
Diabetes	Y		DR needs to help with food/ medication (Type 1 NO)
Cancer	Y		After 1 yr remission and DR consent
Medical oedema		N	Not a good idea/lymphatic system not functioning normally
HRT (Hormone replacement therapy)	Y		Advise may not achieve as high results
Any kidney problems or issues		N	No – do not want to increase the kidney's work load
Auto immune disease		N	
Currently pregnant		N	
Gastric ulcers		N	
Any form of infection, fever or disease		N	

Client Medical Record



Cardiovascular conditions	Y		(Thrombosis, phlebitis, hypotension, hypertension, heart conditions/disease) Needs DR Consent
Regular antibiotics/medications taken			If yes, please list....
Any condition already being treated by a practitioner:			

Do you have any of the following:

	Yes	No	Comment
Thyroid problems	Y		Underactive needs to under control/eating plan
Any metal pins/plates/cosmetic implants	Y		As long as not over implant
Dermatitis or other skin issues	Y		Ask if they want it over the site or not (some say it helps)
Musculoskeletal problems	Y		Back aches / Pain / Stiff joints / Headaches (results vary if can't do intense exercise)
Digestive problems			Constipation / Bloating / Liver / Gall bladder / Stomach (no if disease)
Circulation problems	Y		Heart / Blood pressure / Fluid retention / Varicose veins (DR consent)
Gynaecological problems	Y		Irregular periods / PMT / Menopause (Advise might not achieve as high results)
Nervous system	Y		Migraine / Tension / Stress / Depression (results vary if can't do intense exercise)
Immune system		N	Prone to infection / Sore throats / Colds / Chest / Sinuses (wait until infection cleared)
HIV		N	

Client Medical Record



Lifestyle questions:

	Yes	No	Comment
Last period dates:			
Job description:			
Do you eat regular meals?			How many per day?
Do you eat in a hurry?			
Do you exercise?			PLEASE CIRCLE: Occasionally Irregularly Regularly
Please list types of exercise:			
Do you take vitamin supplements?			If yes, please list...
Do you suffer allergies?			If yes, please list...
How would you mark your current stress level? (1-10, where 1 is low, 10 is high):			
Do you smoke?			If yes, how many per day?...
Do you drink alcohol?			If yes, approximate units per week?..
Date of last visit to the Doctor:			

Please list any recent Operations / Fractures / Scars / Localised swelling:

(Within 3 months for fractures and 1 year for operations)

5. How to use the cell-IQ™ machine



Familiarise yourself with the cell-IQ™ unit, accessories and touch screen before operating the machine.

cell-IQ™ unit

Side view



Rear view



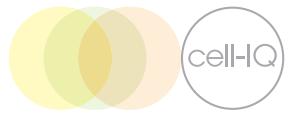
Side View

1. LCD display for control
2. On/Off Switch

Rear View

1. Power Inlet
2. On/Off Switch (Main)
3. Fuse (2 x T3A)
4. Pad Connector (Multi)
5. Pad Connector (Single)
6. Accessories Draws

5. How to use the cell-IQ™ machine



cell-IQ™ accessories



Multi pad

Composed of four outlet ports from which the light is released.



Single pad

Composed of one outlet port from which the light is released.



Protective glasses

Glasses to protect the eyes of the consultant and patients.



Fixing belt

Belt for fixing the Pads to the body.



Power cord

Electric wire connecting the power supply to the device.

5. How to use the cell-IQ™ machine



cell-IQ™ touch screen



Diagram is an example only
1000Hz recommended for cell-IQ™ treatment

No.	Name	Function
1	Frequency	Select Output Frequency (5Hz, 50Hz, 100Hz, 500Hz, 1000Hz) Treatment set at 1000Hz
2	Time	Select Run Time (5-30min) cell-IQ™ treatment 3 x sets of 6 min
3	Power	Select Power (160mW, 200mW, 240mW, 280mW, 320mW) Power level set at 1 for treatment
4	Operation Display	Display of the picture of motion by channel
5	START	Program Start

5. How to use the cell-IQ™ machine



cell-IQ™ machine operation

What to do before setting up the machine

	1) Be sure to set the product on a flat surface. If not damage may occur.		4) Do not place liquids on or near the product. This may result in electrical shock, damage or/and fire.	
	2) Do not set the product in a damp and dirty area. This may result in electrical shock or fire.		5) Product must be turned off when not in use and unplugged from power socket.	
	3) Do not place flame, candle or cigarettes on the product.	6) Please handle machine and pads with care.		

How to start the machine

1. Take the unit out with care and unpack the accessory box.
2. Connect accessory case on the back of machine for pads.
3. Connect all pads to the correct outlet at the back of the machine.
4. Connect the power supply cable to the power connection terminal of the body and then turn the power switch to 'ON'. Connect the power supply within AC110-240V / 50-60HZ.
5. Turn the sub power switch on the front side of the device 'ON'.
6. Check if the screen display is showing as per the cell-IQ™ user interface.



5. How to use the cell-IQ™ machine



How to operate the machine

1. When the sub power switch is 'ON', normal figures are displayed as per the main screen seen below.
2. If you touch the mode to use according to the purpose of the procedure, a curser is created. If you want to change the settings, you can do so by touching the arrows.
3. The arrows set and change the frequency, run time, power and the laser output. (A time setting of 3 x 6 minutes is recommended on a 20 minute setting.)
4. The light is released once you touch the 'START' button (after fixing the pads to the treatment area using the belt).

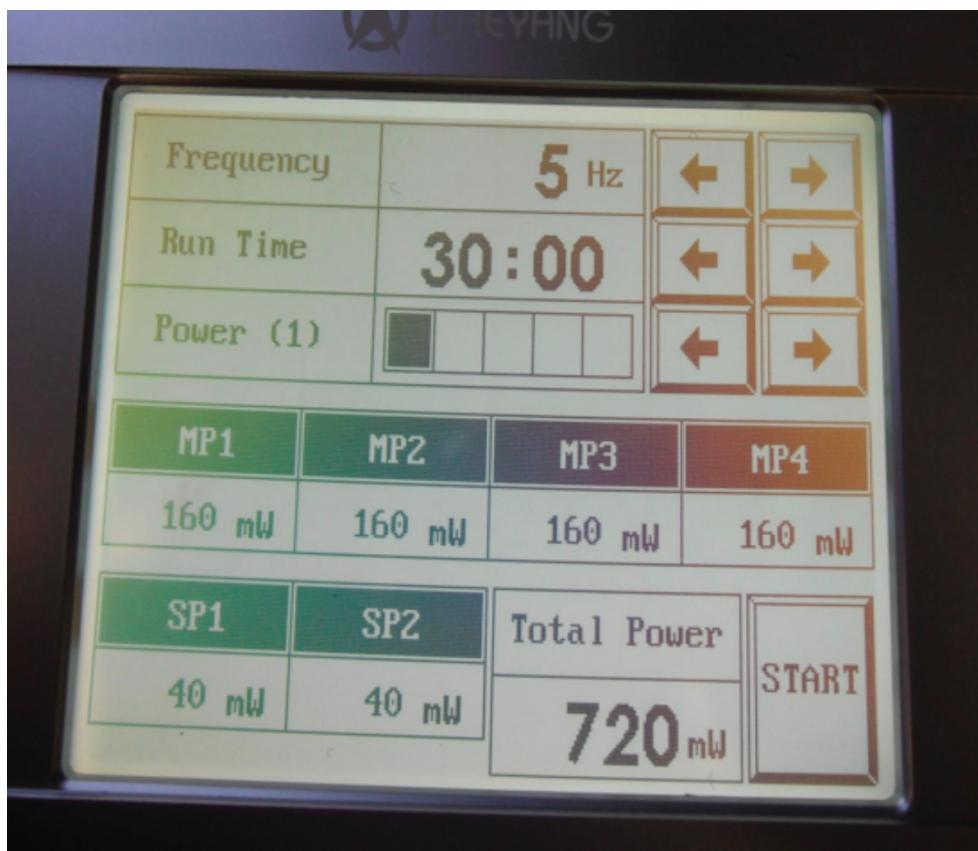


Diagram is an example only
Frequency 1000Hz

5. How to use the cell-IQ™ machine

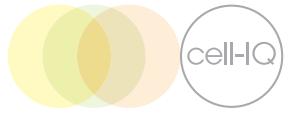


Cautions and warnings

- Please ensure that you have read the manual before proceeding with the treatment.
- Do not put the electrode directly to your eyes as it may cause eye damage (light emitted from the machine contains visible rays that are harmful to the eyes).
- Be careful not to directly look at the lights or face the lights toward the eyes. Ensure that protective glasses are worn.
- All accessories need to be plugged into the correct position.
- The patient must hold the safety switch during the treatment and should be pressed if the heat is too hot.
- Do not disassemble, repair or re-model the machine. Please contact your supplier for repairs and maintenance.
- If you have problems with the machine, immediately stop using it and contact your supplier.
- Handle the product with care. Do not drop the machine or the pads.
- Please observe the recommended operation time and method and follow accordingly, otherwise you may cause damage to the machine.
- Install the machine on a level area.
- Do not bend the electrical cord or accessories or place sharp or heavy objects on them.
- The person in charge of handling the cell-IQ™ machine must be familiar with all safety regulations and operation procedures specified in this user manual.
- As heat may be generated during the use, it is prohibited to use the device on one area for a longer than the time specified for treatment or have the power level higher than recommended.
- Stop using the product and unplug the power cord immediately in case of thunder, lightning or an earthquake. (There may be a risk of electrical shock or fire.)

Problems that occur due to carelessness in using or managing the machine are excluded from warranty coverage or service.

5. How to use the cell-IQ™ machine



Storing your cell-IQ™ machine

Your cell-IQ™ machine needs to be stored in the following conditions:

- Keep the device at room temperature (5-40°C).
- Keep the device in a well-ventilated indoor place away from direct light and damp.
- Keep all cords as untangled as possible.
- Keep the machine unplugged from the power socket when not in use.
- Do not keep product plugged into electrical outlets shared with other electrical appliances. This may result in fire.

5. How to use the cell-IQ™ machine



Troubleshooting

Read the troubleshooting guide carefully before contacting your cell-IQ™ head office.

Problem: "I don't see any sign of light on the front panel."

Check	Solution
Did you check the power cord?	Plug into wall outlet.
Did you check the power switch?	Power on the switch.
Did you check the fuse?	Replace the fuse. If the problem persists, unplug and call for service.

Problem: "I can't see the output of the laser."

Check	Solution
Did you check the connections between the pads?	Reconnect the connection line.
Do you see any foreign substance on the pad?	Remove the foreign substance with alcohol gauze.

Problem: "The LCD doesn't display."

Check	Solution
Did you check the connections of power?	Plug in the input socket.
Did you turn on the Power switch?	Check the Power switch.
Did you check the FUSE?	Check the FUSE. If the problem persists, unplug and call for service.

6. The cell-IQ™ treatment

Treatment schedule

- **Each client should undertake 8 x 20 minute laser treatments to obtain the best results.** The first treatment will generally take an hour due to the consultation and measuring required.
- **Subsequent treatments should be given twice weekly with a minimum of 48 hours between each session.** The body requires 24 hours to eliminate fat deposits which have been dispersed from the fat cells into interstitial space, so although clients may want to have their treatments more frequently, they should stick to the recommended time for the best results.
- **Each region of the target zone will require 6 minutes per session.** Treating 3 regions of the target zone within the session time will take 20 minutes. Allow longer during the 8th treatment for the measurements to be taken again.
- **30 minutes of intense cardiovascular exercise that increases the heart rate must be performed as soon as possible after treatment** (ideally within 2 hours) or within 12 hours if the client is unable to exercise straight after. Otherwise, fat will be restored.
- **Each 8 session treatment should just focus on one zone.** (ie. Stomach, buttocks, thighs.) Focussing on multiple zones will prove ineffective, because large amounts of fat cannot be metabolised during the exercise aspect of treatment.
- Once the treatment to one zone is complete, treatment on a second zone can commence after a 2 week rest period.

The initial consultation

The initial consultation normally takes 15 minutes and ensures your client fully understands the treatment and their obligations:

- Ascertain their level of knowledge or their understanding of the treatment. Remember to explain the treatment and answer their questions. Keep expectations realistic.
- Have your client fill out their **medical questionnaire**. Review and assess for any contraindications and if any are found, discuss with the client. Give her the **Doctor's referral letter** if it is required or if you are unsure if she can proceed with treatment
- Discuss your client's lifestyle, including their diet, amount of exercise, smoking, alcohol intake, hobbies and pastimes.
- Make sure to record any significant details on their **client record**.
- Provide any recommendations that will assist in the results of the treatment.
- Ensure your client has signed their **client consent form** and that she is fully aware of the no refund policy and that results cannot be guaranteed.

6. The cell-IQ™ treatment

- Ascertain your client's goal/target areas and make sure you are both on the same page regarding their objectives.
- Take a before photograph of the area and get her to sign the **photograph testimonial form** if she gives her consent.
- Recommend the treatment regime, schedule and costs.

The 3-Step Process

There are three stages to the treatment process that your client must adhere to for best results: pre-treatment, treatment, and post-treatment.

1. Pre-treatment

Before your client undergoes treatment, instruct her to:

- avoid a heavy meal in the two hours before each treatment – a heavy meal will confuse the body as to which fat to metabolise.
- avoid coffee, tea or carbonated drinks – these beverages have bloating properties.
- drink plenty of water – good hydration encourages a healthy lymphatic system.
- avoid the first and last treatment during the menstrual cycle – this can impair measurement readings.

2. The treatment

Keep your client relaxed throughout the treatment and breathing correctly to ensure her measurements are correct. During the treatment, it is a good idea to discuss the following topics:

- Whether she has made her appointment with the Food Coach?
- Whether she has made her appointment with a Personal Trainer?
- Her eating habits.
- Her exercise habits.
- Her expectations – especially if she is quite overweight.
- How low-level laser fat reduction works.

3. Post-treatment.

Once your client is dressed, relay her successful centimetre loss and make sure she understands that to augment her loss she must undertake 30 minutes of cardio exercise.

Ensure that she has copies of her paperwork and any relevant cell-IQ™ information to take home with her.

Finally, make sure that she is booked in for her next appointment.

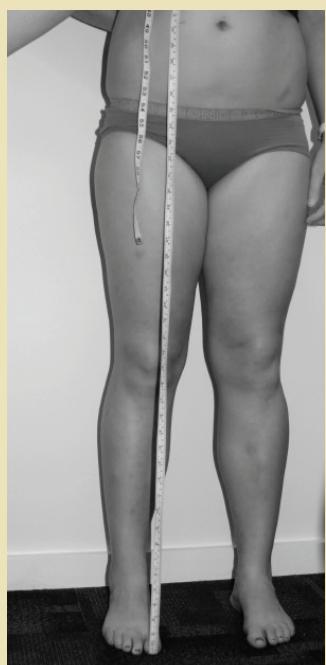
7. How to conduct the cell-IQ™ treatment



Measuring your client

The measurements should only be taken three times over the eight treatments.

- Measurement 1 – before the initial treatment
 - Measurement 2 – following the initial treatment
 - Measurement 3 – following the 8th and final treatment
1. When measuring your client, ensure she is relaxed and her muscles are not tense. Have the client take a deep breath and relax. Her feet should be about 10cm apart.
 2. Identify the target zone. This is the area you will contour and reshape during the treatments. You may move the pads around but must stay within the measured zone. (eg. Starting on the outer thigh and then moving to inner thigh for last two treatments.)
 3. Taking a tape measure, measure from the floor to the top of the treatment area. When taking measurements for treatment areas on the front of the body, measure from the tip of the big toe; from the back of the body, measure from the back of the heel. Use a marker pen to mark this spot and then take the measurement again from this point to the floor. This will be known as the 'starting point' and will also be 1st pad position. Record on the measurement form provided. (For treatments on the arms: measure from the top of treated area to tip of little finger.)

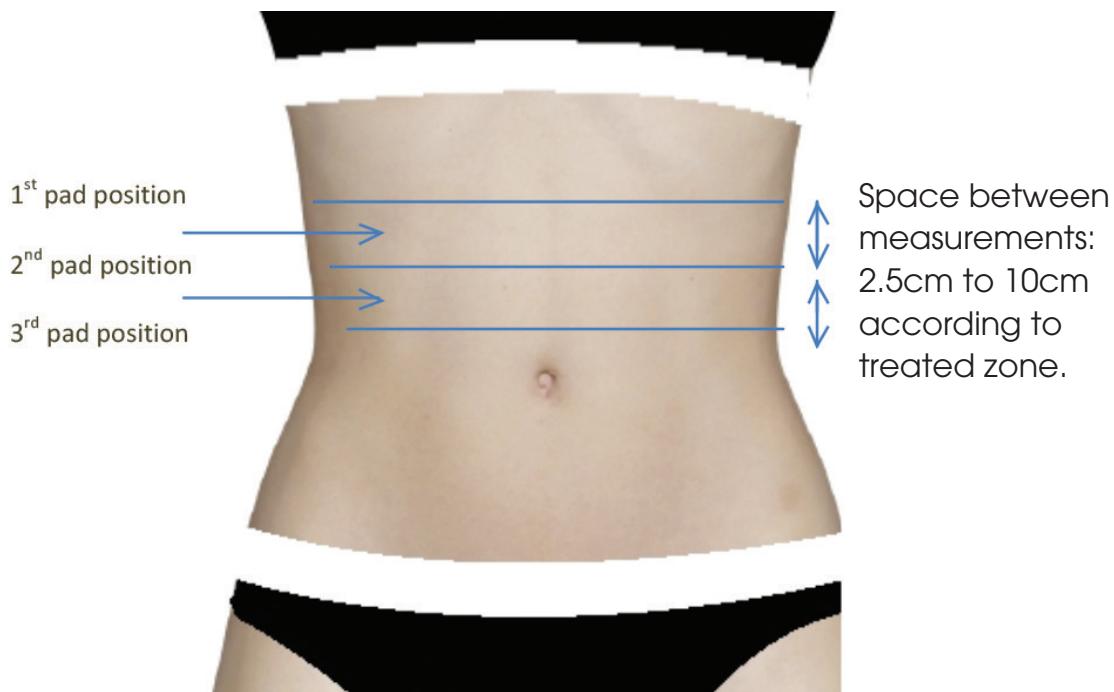


Measuring the treatment area for the front of the body, the back of the body and the arms.

7. How to conduct the cell-IQ™ treatment



4. Depending on the size of the zone you are treating, decide how much of the area you are going to cover and what centimetre amount you are going to have between the three measurements. This must be between 2.5cm and 10cm. Record in the measurement form.
5. Mark the two areas that will be known as 2nd and 3rd pad position. This will now give you your three lines in which to measure the width. It is vital that you remain consistent during the course of the eight treatments.
6. Measure the width of the three marked positions and record each measurements on the measurement form in the appropriate place.



Positioning the pads

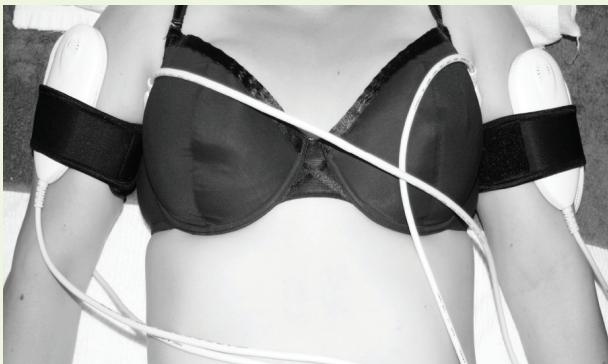
During a routine cell-IQ™ treatment, up to four treatment pads containing the laser diodes are placed over the treatment area and secured in direct contact with the skin using elastic straps.

Two more laser probes are positioned onto the region of the lymphatic nodes closest to the treatment zone (the groin or under the arms). These can be secured using the elastic straps or medical tape. Once all of the pads are in place, the client can get comfortable and just enjoy the treatment.

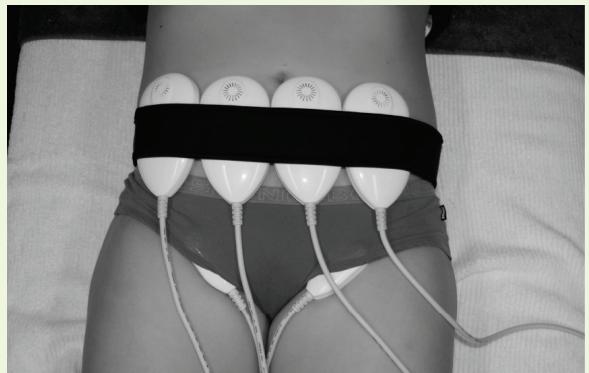
7. How to conduct the cell-IQ™ treatment



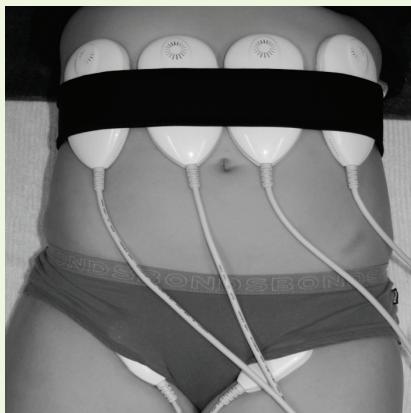
Positioning the pads - Arms



Positioning the pads - Lower Tummy



Positioning the pads - Upper Tummy



Positioning the pads - Love Handles



Positioning the pads - Knees



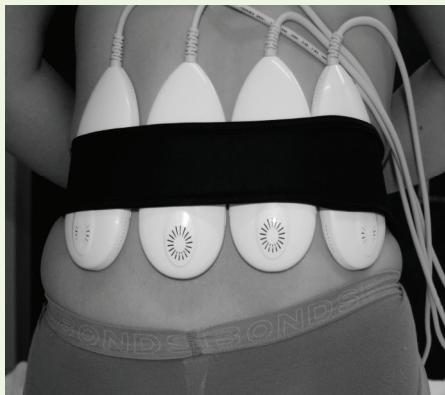
Positioning the pads - Upper Back



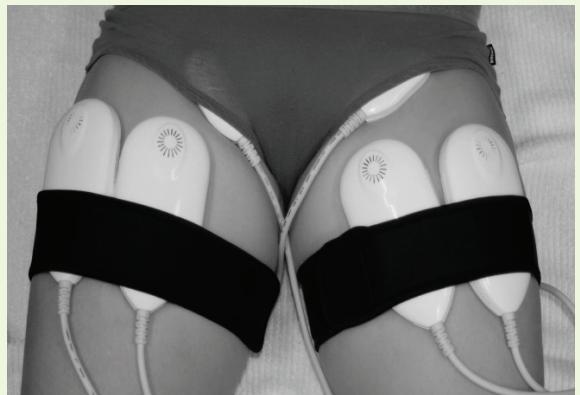
7. How to conduct the cell-IQ™ treatment



Positioning the pads - Lower Back



Positioning the pads - Front Thighs



Positioning the pads - Back of Thighs



Positioning the pads - Outer Thighs



Positioning the pads - Inner Thighs



7. How to conduct the cell-IQ™ treatment



Conducting the treatment

- Have your client lie down on the bed and make sure she is relaxed and comfortable.
- Apply the two lymphatic diodes to the lymphatic region closest to the treatable area and secure with tape. The client may feel a little uncomfortable while you search for the lymph node area around her groin. Explain why this is necessary to put her at ease.
- Apply the four pads to the first treatment area (along the line of the first measurement) Make sure when you apply the pads you secure them with the velcro straps provided.
- Place the safety glasses on your client and cover her with a blanket or towel.
- Turn the cell-IQ™ machine to 'ON' and make sure the correct settings are in place before pressing the start button.
- After six minutes, stop the machine and move the pads to the next measurement line. Secure with the velcro straps and repeat the above schedule.
- Repeat again on the final measurement area. After a further six minutes the treatment is complete.
- Have your client stand up and re-measure the three measurement lines. Record the centimetre loss on her form. The measuring will only be conducted again on the final (8th) treatment.
- Even if the centimetre reduction is minimal, do not sound disappointed. Explain that the reduction varies greatly from client to client and explain this is only the first treatment. The treatment is also about contouring and sculpting the area. The final results will only be known after the client has undergone the full eight treatments and provided that she eats a healthy well balanced diet and exercises regularly, there is no reason why she should not be happy with her results.

Protocols and guidelines

Treated Body Area	Recommended Configuration		Recommended Treatment Schedule	Recommended Lymph Diode Placement
Stomach	Time	3 x 6 mins	2 sessions per week for 4 weeks. Each session should be followed by 30 mins of cardiovascular exercise preferably within 4 hours.	Inguinal
	Power	160 mw		
	Frequency	1000Hz		
	Paddles	All On		
Arms	Time	3 x 6 mins	2 sessions per week for 4 weeks. Each session should be followed by 30 mins of cardiovascular exercise preferably within 4 hours.	Axillary
	Power	160 mw		
	Frequency	500Hz		
	Paddles	All On		

7. How to conduct the cell-IQ™ treatment



Back	Time	3 x 6 mins	2 sessions per week for 4 weeks. Each session should be followed by 30 mins of cardiovascular exercise preferably within 4 hours.	Axillary
	Power	160 mw		
	Frequency	1000Hz		
	Paddles	All On		
Thighs	Time	3 x 6 mins	2 sessions per week for 4 weeks. Each session should be followed by 30 mins of cardiovascular exercise preferably within 4 hours.	Inguinal
	Power	160 mw		
	Frequency	1000Hz		
	Paddles	All On		
Buttocks	Time	3 x 6 mins	2 sessions per week for 4 weeks. Each session should be followed by 30 mins of cardiovascular exercise preferably within 4 hours.	Inguinal
	Power	160 mw		
	Frequency	1000Hz		
	Paddles	All On		
Calves	Time	3 x 6 mins	2 sessions per week for 4 weeks. Each session should be followed by 30 mins of cardiovascular exercise preferably within 4 hours.	Inguinal
	Power	160 mw		
	Frequency	500Hz		
	Paddles	All On		

Using the accelerant cream

An accelerant cream (accent PPC) is available to use as an optional extra to maximise results. The cream is applied to the treated area prior to positioning the diode pads. This product is provided with the machine from the manufacturer. However, we have found that acceptable results are still obtained without it. If you wish to use it, please contact us.

No.	Procedure	Description
1	Apply enough Accent PPC cream on the desired part.	
2	Attach pad to the desired part such by using the velcro bands.	
3	Position two more pads onto the region of the lymphatic nodes closest to the treatment zone.	

7. How to conduct the cell-IQ™ treatment



No.	Procedure	Description
4	Select desired frequency range.	Frequency Range(Hz): To be set at 1000-Hz
5	Set operating time.	Time: 6 minutes x 3 areas
6	Select desired output power by using POWER on the screen.	To be set on 1
7	Press start button and commence treatment	

It is important that the client understands that the accelerant cream can feel warm to very warm depending on the client's sensitivity. Heat is a normal reaction to the cream. The client can expect to feel quite warm in the treated area for up to an hour.



8. Frequently asked questions

What is cell-IQ™?

A pain-free, non-invasive, cold low-level laser therapy that targets fat reduction in specific problem areas.

How does it work?

The laser disrupts and reduces the fat cells, removing and mobilising the contents - a bit like a grape shrinking to the size of a raisin. The dislodged fat is then burnt off during exercise after the treatment. The treatment does not affect the skin, blood vessels or nerves around it.

What are the benefits?

Fast treatment time and immediate results. A course of sessions will provide continual inch loss by depleting cells completely. Clients can elect to target 'problem areas'.

Will I need future treatments?

Once the fat is removed, it will only return if the calories-in exceeds calories-out. Clients can schedule occasional or regular one off treatments to counteract diet blips once they have completed their initial course of treatments.

How many treatments will I need?

To see maximum results a course of eight treatments is recommended per body area. These treatments should be taken twice per week at regular intervals.

Which areas of the body can be treated?

The cell-IQ™ program can be performed on calves, knees, thighs, buttocks, stomach, and arms. The cell-IQ™ is a multi-pad system that makes treatment fast and efficient. Typical treatment times are approximately 30 minutes.

What inch loss could I achieve from this treatment?

This will vary from person to person depending on your size, but the results from the treatment will be greatly improved by your commitment to the treatment. A healthy diet needs to be adhered to and an exercise program is important to follow to enable the released fat to be used up as energy. This should be done the same day as your cell-IQ™ treatment (preferably straight after).

Does it hurt?

The cell-IQ™ is a low-level laser also sometimes known as a cold laser because most people feel very little when it is used on them. cell-IQ™ is a comfortable relaxing treatment where the typical sensation felt is just slight warmth where the pads are in contact with your skin.



8. Frequently asked questions

Can everyone have the treatment?

As with most spa treatments, there are a few medical conditions that will stop us from performing the treatment. Your cell-IQ™ consultant will go through a full health and medical questionnaire with you before your first treatment to ensure you are suitable. This will also include a detailed description of the treatment and time for any questions you may have.

How long will the results last?

Booster treatments are not necessarily needed with cell-IQ™, so long as your weight, diet and exercise are maintained. One treatment performed now and again is a good incentive to keep you in control.



9. How to sign up a client

Prior to signing up a client, you need to use the 'Consultation Questionnaire' form to gain more information about your prospective client.

Step 1

The client will need to complete a contraindications form (client medical record) to confirm that they will be able to proceed with the cell-IQ™ treatments. This form will be handed to the client before the initial sale to reduce the time of the initial treatment.

Step 2

The client will need to sign a Client Treatment Consent Form.

Step 3

Complete payment. If paying in instalments, follow your club procedure. It is recommended that until the payment has been completed that the client does not commence treatment.

Step 4

An appointment card with date and time must be presented to the client.

Step 5

If the client is not a member, sign her up for a complimentary 6 week trial gym membership.

Step 6

An appointment card with date and new member trial gym pass must be given to the client.

Step 7

Write the members name and the payments in the DAB.

Step 8

Enter the sale in POS under cell-IQ™ (see cell-IQ™ POS manual for full details).

Step 9

Schedule an appointment for the client's Initial treatment, Food Coaching session and Personal Training session.

Step 10

Ensure that all paperwork is in a manila folder with clients name and filed in the filing cabinet and that client has a copy of her forms.

Step 11

Give the client the 'Pre Treatment Information', 'What is cell-IQ™' handout, copy of consent form, copy of commitment form, 'What is cardio' form and appointment card (with appointments filled in.)



9. How to sign up a client

DURING 1st TREATMENT

- Use the 'Client card' to record measurements and results.
- 'Photograph & testimonial permission'.
- Go through 'Your Commitment' form to manage the clients expectations.
- Go over the 'What is Cardio' handout to re-iterate the intensity required after a cell-IQ™ treatment.
- 'Client Treatment Record' to be used to keep track of your clients progress and after treatment activities. Ensure to have client initial and also comment where necessary.



10. How to enter a sale into POS

PLEASE SEE THE cell-IQ™ USER MANUAL FOR STEP BY STEP DIRECTIONS

Taking payments

- All payments must be recorded in the DAB.
- Read over and follow the cell-IQ™ manual for POS.
- If the client is not a member, sign her up using the 'cell-IQ™ 6 Week Complimentary trial'.
- To sign up a new client please refer to the cell-IQ™ user manual.
- All new cell-IQ™ purchases are to be made via a cell-IQ™ specific screen found in:

POS > Actions > cell-IQ™ Purchase

(cell-IQ™ should not be put through the regular Cash Register)

- All cell-IQ™ installments should be made via a cell-IQ™ specific screen found in:

POS > Actions > cell-IQ™ Installment

The entire amount that you sell a package for is to be recorded on the day you enter the sale.



11. Pricing guideline

Members price	\$1600
Discount price	\$1440
Members who are currently paying for Endo	\$1440
Discount price	\$1040

The first 20 clients who sign up will receive a Gift Pack valued at over \$250

- Napoleon Gift Pack
- Fernwood Cosmetic Pack
- 2 Slim Shake sachets
- 4 Personal Training Session
- 2 Food Coaching Sessions

Non members price	\$2000
Discount price	\$1840

First 20 clients who sign up will receive a Gift Pack valued at over \$450

- Napoleon Gift Pack
- Fernwood Cosmetic Pack
- 2 Slim Shake sachets
- 4 Personal Training Sessions
- 2 Food Coaching Sessions
- 6 week Fernwood Gym Membership

Non member Endo clients	\$1840
-------------------------	--------

All new members will receive a free consultation



12. Sales & Marketing

cell-IQ™ consultants can maximise sales opportunities with a variety of activities:

- Walk the gym floor and members lounge, introduce yourself and talk about the amazing results the clients have been getting with their treatments.
- Talk to a class in the group fitness room who are waiting for a class to start. You can find up to 20 members waiting just before the class starts. This is an ideal time to talk about cell-IQ™ – tell them to come and see you after the class if they want more information.
- Take the machine out into the gym area or in the coffee lounge and talk about the amazing results the clients have been getting with their treatments.
- Make sure there are plenty of cell-IQ™ brochures displayed in the club.
- Make sure there are posters displayed in the club.
- Set up a cell-IQ™ results poster in the change room and post weekly results.
- Talk about the amazing results the clients have been getting to all the Personal Trainers, Group Fitness instructors and Food Coaches in the club ask them to refer members and put them on a monthly commitment board. This way you are all recommending hot leads to each other and committed to the target that you post on your commitment board.
- Make sure the information folders are on display in the members lounge/change rooms along with the 'Expression of Interest' form or lead box.
- Follow up past clients to see if they have given their referral card to friends, ask the names and contact details so that you can contact them and arrange an appointment to discuss cell-IQ™.
- Phone past members and TNJ's to sell cell-IQ™.
- Make sure sales staff are mentioning cell-IQ™ during the tour and the membership sales team are working it into the members timeline.
- Go out into the community, visit businesses, talk to mothers groups at kindergardens and schools.
- Hold a re-launch party once a month in the club – invite clients to talk about their results.
- Every phone enquiry and web enquiry must be called within the day of receiving them. When potential clients make an enquiry they are ready to purchase. The more time that elapses between them making the enquiry and you contacting will potentially minimise the chance that they will commit to purchasing a pack of treatments.
- The website is an important tool in attracting new clients. Make sure it is up to date with cell-IQ™ news, client results and testimonials.

Make sure a cell-IQ™ Brochure is in every new member pack.

All cell-IQ™ marketing material and promotions can be found on VCM and SFM.

Consultation Questionnaire



Name: _____ Ph: _____

1. Do you live or work in the area? Yes No

2. Are you over 18 years of age? Yes No

3. If you were to use cell-IQ™ what 3 areas of your body would you like to work on:
 - Tummy
 - Back
 - Arms
 - Legs

4. Why is this important to you?

5. Will you be able to commit to at least two sessions per week?

6. Have you engaged in a fitness program before?

7. And finally, after you see your results from cell-IQ™ are you looking to maintain them?

Doctor's Referral Letter



To The Doctor of Concern,

Your patient has expressed interest in undergoing a series of cell-IQ™ treatments. Please read over the following information to ensure the procedure is right for your patient and that it will not conflict with any medical conditions or medication the patient may be taking.

What is cell-IQ™

cell-IQ™ is a pain-free, non-invasive, fat reduction technology that uses a low-level laser to target stubborn fatty deposits that don't respond to regular diet and exercise. Problem areas such as the thighs, abdomen, upper arms, or the chin can be specifically targeted for fat removal.

The treatment is not a solution for obesity. While it may provide motivation for clients to embark on a healthy lifestyle of sensible eating and regular exercise, results will not be noticeable if the client is grossly overweight.

How cell-IQ™ works

The treatment works by emitting low-levels of laser energy to stimulate the fat cell membranes, changing their permeability. Laser-emitting pads are placed on the client's trouble areas. Once treated, adipose cells lose their round shape and intracellular fat is released. The fatty triglycerides then flow out of the disrupted cell membranes and into the interstitial space, where they gradually pass through the body's natural metabolic functions and are used as an energy source for the body. Healthy eating and exercise ensure maximum results.

The process does not alter neighboring structures such as the skin, blood vessels, and peripheral nerves. The process leads to lipolysis; the liquefying and instant breakdown of the fat cells.

The treatment process

We recommend clients undertake a course of 8 sessions to obtain the best results, at 20 minutes per treatment. Treatments should be given twice weekly at a minimum of 48 hours between treatments.

Doctor's Referral Letter



Procedures the clients must follow to maximise their results

Results for the client will be improved if they have a healthy lymphatic system and cells and can adhere to the following conditions. Please alert us if any of these criteria cannot be met:

- Good preparation of tissues/cells by drinking plenty of water, maintaining a healthy diet and a regular exercise regime.
- Avoiding a large meal just prior to or after the treatment.
- Exercising as soon as possible after treatment.
- Manual lymphatic massage (endomologie) to enhance drainage post-treatment. (Optional.)

Risks

There are no known risks associated with low-level laser treatment. This treatment is non invasive and uses a cold output laser. During treatment no discomfort will be present and the patient will not feel the laser. Unlike high-power, high-heat lasers that are used in various medical procedures, the low-level laser used in this treatment has no thermal effect on tissue.

Technical Specification of the cell-IQ™ device

Power Input:	AC85-264V / 50-60Hz
Maximum outlet:	160mW x 4,40mW x 2
Classification (EN60601-1):	Class 1, Type B
Main Fuses:	T3A (5 x 20 mm)
Pulse:	5HZ-1KHz
Output Strength:	Maximum 40mW x 18

I do/do not (please circle) give permission for my patient to receive cell-IQ™ treatments.

Signed: _____

Print name: _____

Date: _____

Client Treatment Consent Form



I duly authorise the consultant(s) of Fernwood Women's Health Club to perform the cell-IQ™ procedure for the purpose of spot fat reduction. I am aware that clinical results may vary depending on individual factors, including medical history, client compliance with pre/post treatment instructions, and individual response to the treatment. I have been made aware that my diet and the amount of exercise I do will have a major effect on the results of my treatments. If I do not make an effort to address my dietary requirements and exercise, I am aware that the results achieved may not be attained.

I understand the treatment involves a course of treatments. The fee structure has been fully explained and I understand that I am required to pay for a course of treatments prior to any procedures taking place. I am fully aware that should I wish to cancel the course the outstanding treatment value is non refundable. I understand my course is non transferable between Fernwood Clubs and must be undertaken at the club where sign up was completed.

The cost of the course of cell-IQ™ treatments is \$ _____

(Client initials) _____

I certify that I have been fully informed of the nature and purpose of the procedure, expected outcomes and possible complications, and I understand that no guarantee can be given as to the final result obtained. I am fully aware that my condition is of a cosmetic concern and that the decision to proceed is based solely on my expressed desire to do so.

The client has presented herself for a course of cell-IQ™ treatments and has had the procedure, laser light, possible side effects and contra-indications explained to her.

By: _____ (please print name of consultant)

Club: _____

I understand that it is my personal responsibility to inform the consultant of the Club named above of any changes to my medical history during the course of cell-IQ™ treatment sessions and I confirm that should this occur I shall advise the consultant of any changes.

Payment is to be as per agreement, by way of cash, Credit, EFTPOS or direct debit. All appointments will be charged in full, unless 24 hours cancellation notice is given. The Club will not be held responsible for any injury to persons, damage to or loss of property on the premises while the client is on the premises. Fourteen days written notice is required if cancellation of all future treatment occurs, where they are being paid for via fortnightly direct debits. Refunds will only be considered if a medical condition supported by substantiating medical documentation is presented, showing that no treatments may be given for periods longer than 12 months. Only unused portion to be reimbursed less any treatments subject to 24 hours cancellation notice.

I certify that I have been given the opportunity to ask questions and all questions have been answered to my satisfaction. I have fully read and understood the contents of this consent form.

Client Name (Printed): _____

Client Signature: _____

Date: _____

Consultant Signature: _____

Photograph & Testimonial Permission



Name: _____

Club: _____

As a member of Fernwood _____, I am delighted to give permission for all my progress records, including photograph and testimonials to be used by Fernwood for any newsletter, webpage, newspaper, marketing and promotional purposes as follows:

- I understand that Fernwood is a National organisation and my photograph and/or testimonial/s may be used in other states.
- I understand that Fernwood is a National organisation, but I would like my photograph and/or testimonial/s to be only used by _____.

Fernwood (club): _____

Signature: _____

Date: _____

Fernwood Club Representative:

Name: _____

Signature: _____

Date: _____

cell-IQ™ pre-treatment information



About your treatment

You will require a course of 8 sessions to obtain the best results.

You should allow a minimum of 48 hours between treatments.

The body requires 48 hours to eliminate fat deposits which have been dispersed from the fat cells into intestinal space, so although you may want to have your treatments more frequently, you should stick to two sessions a week for best results.

Treatment time will take between 30 minutes to one hour, depending on the area treated. You may need to allow a little longer for the initial treatment.

Exercise should be performed as soon as possible after treatment (ideally within 12 hours of treatment if you cannot exercise straight after). Your consultant will advise the best exercise option for you.

Only one treatment zone should be focussed on at any one time. This is because treating multiple zones at once will mobilise large amounts of fat that may not be able to be metabolised during the exercise aspect of treatment, and will increase the likelihood of it being re-stored as fat, reducing your results.

Once one treatment course completed, a second zone can be started after a two week rest period.

cell-IQ™ does not remove fat cells or the ability to store fat in the treatment area (This is GOOD, since removing the ability to store fat in one place will make the body seek out other areas to store vital energy, such as the major organs or arteries).

Maintaining a healthy lifestyle is crucial to retain the results in the future.

Pre-treatment protocol

- Avoid a heavy meal in the two hours before and after each treatment as this will confuse the body as to which 'fat' to metabolise.
- Avoid coffee, tea or carbonated drinks prior to a treatment as these may cause bloating.
- Drink plenty of water – good hydration provides a healthy lymphatic system and will allow you to achieve your optimal results.
- Avoid treatment when menstruating.

Your commitment

To achieve optimum results we need a commitment from you that you understand what is necessary on your part to have a successful outcome:

- Please keep a food and exercise diary and bring it to each session so your consultant can review it and assist you in any direction you may need.
- You must work out in the club immediately afterwards FOR A MINIMUM OF 30 MINUTES, maintaining a relatively moderate to high heart rate. Information will be supplied to assist you with this.
- You must be punctual. We pride ourselves on being on time for each and every client, and so we appreciate you arriving in time for your appointment. If you are running late your session may be cut short to ensure we don't run late for the rest of the appointments throughout that shift.

cell-IQ™ pre-treatment information



- We require 12 hours notice for cancellations. If you cancel less than 12 hours before the treatment, that session will be forfeited.
- Given the personal nature of the treatments, if you choose to have a workout before your session, please allow enough time to shower before your treatment. Remember, you must also exercise AFTER your treatment to ensure your treatment is effective.
- The success rate is a lot higher if you have all 8 sessions on the one area, rather than moving them around to different areas. We recommend each course targets a specific area. Secondary treatment courses can be undertaken to target other areas.
- We cannot guarantee that this treatment will reach your expectations if your expectations are unrealistic. Discuss the expected outcome with your consultant before you begin treatment to ensure your expectations are in line with the results.
- Although every person is different, we have had a 100% success rate when exercise, diet and treatment schedules have been correctly adhered to. It is important to keep up your end of the bargain to reach optimum results!

I have been explained what is expected of me throughout these treatments to ensure the best possible results:

Name: _____

Date: _____

Signature: _____

What is considered cardio and what isn't?



To get the **MOST** out of your cardio workout it's best to train **SMARTER** not harder. Here are a few simple tips to get in the “right zone” so you can reach the **RESULTS** you want!



1. Focus on keeping your heart rate in the right **INTENSITY** zone. You may be asking how I do you do this? Don't stress, here is a simple break down on different ways to “know” and “feel” when you're in the right zone. See the equation below, if you need any help please book into to see one of the team to work it out for you.
2. Increase your heart rate by **upping the level, speed, incline, or resistance** on the machine you are using. Remember you want to be in the right “zone” so you benefit from what you are doing. If you are on the treadmill, try walking at a speed that is at least 6 km/hr with an incline of 3%. **Use your arms; DO NOT HOLD the handrail.** The more body parts you use, the higher your heart rate will be.
3. Use the **Talk Test Method** to see if you are working out hard enough. In times when you do not have a heart rate monitor, try to focus on this simple rule: “work at a level where you can answer a question, but not comfortably carry on a conversation”. If you're working out too hard you will have to take a breath between every word you say. Conversely, you would be working out too easily if you could sing without breathing hard. Use the talk test to keep you in your zone.
4. Focus on working out for at least **30– 60 minutes**. Set yourself mini goals. You may want to start off at 20 minutes and then gradually increase to 30 minutes. Little goals go a long way! Stay focused and use what inspires you to get you through your workout!

Use this **Maximum Heart Rate equation** to plug in your information (if you have trouble, book in to see a Member Motivator and they will be happy to help you with it.)

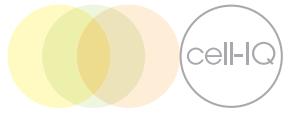
$$\text{Max HR} = 208 - (0.7 \times \text{Your Age})$$

Example of a 40 year old woman = $208 - (0.7 \times 40)$

$$208 - (28)$$

$$180 = \text{MaxHR}$$

What is considered cardio and what isn't?



Use the following percentages to keep your heart rate in your target zone

- Beginner/Low Fitness = 55 – 64% of MaxHR
- Intermediate-Average Fitness/Moderate = 65 – 70% of MaxHR
- Advanced/High Fitness = 70 – 80% of MaxHR

Focus on staying in these zones. To work out a quick percentage of your max heart rate, use the equations below:

Example for Beg/Low = Max HR = 180 (40 year old)

$$\begin{aligned} &= 180 \times 55\% \\ &= 180 \times 0.55 = \mathbf{99 \text{ beats per minute}} \\ &= 180 \times 64\% \\ &= 180 \times 0.64 = \mathbf{115.2 \text{ beats per minute}} \end{aligned}$$

So for the Beginner/Low fitness this 40 year old woman would want to aim to keep her heart rate between 99 – 115.2 beats per minute.

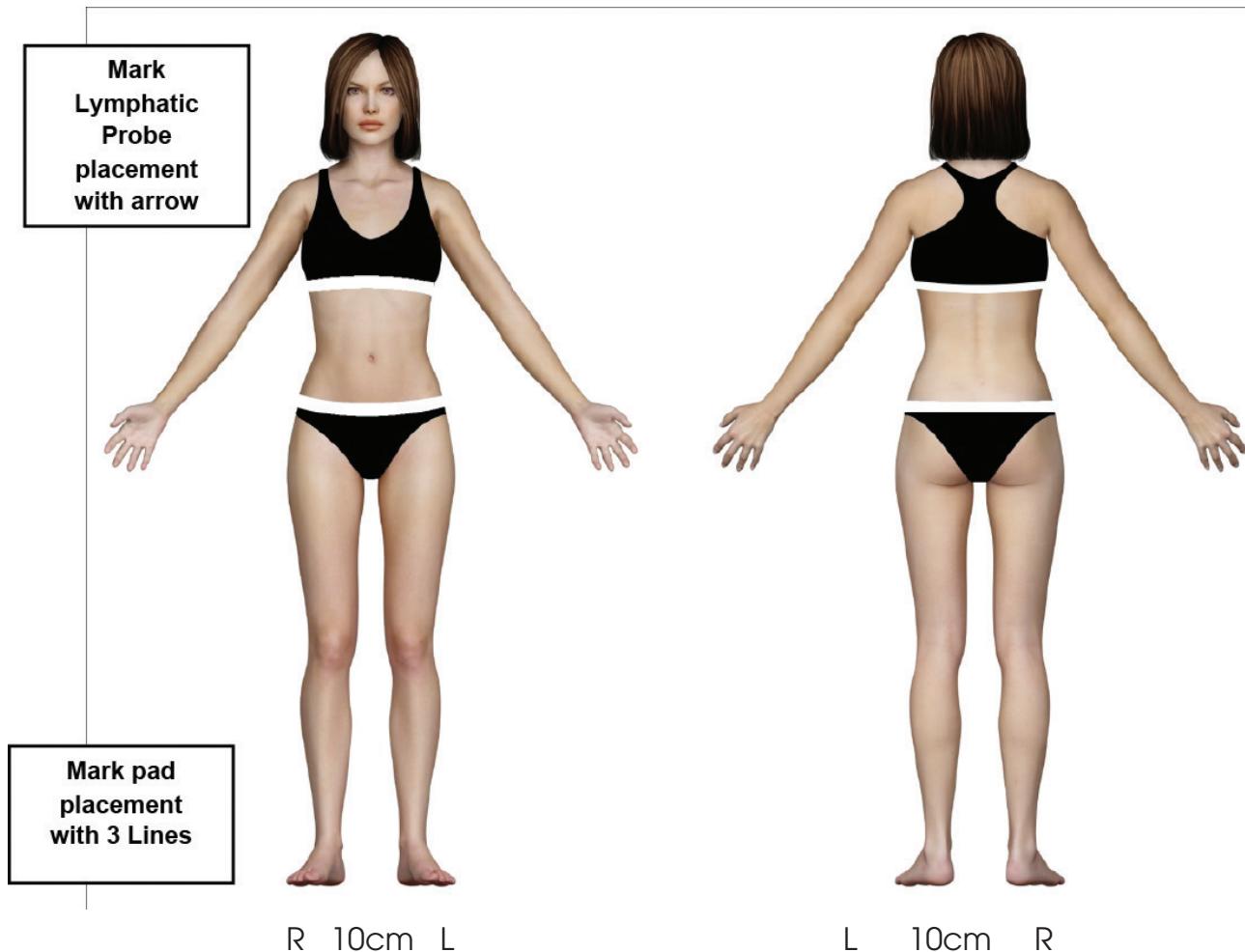
Client Treatment Record



Client Name: _____

Date: _____

Area Treated: _____



Starting Point: _____ Centimetres between measurements: _____

Measurement Details

	Measurement 1 st treatment		Treatment	Measurement 8 th treatment		Treatment	Overall
	BEFORE	AFTER		AFTER			
Top.							
Middle.							
Bottom.							
Total Loss							

Note: Remember to include both right and left measurements for arms and legs.

Comments



Please Tick:

 Stomach Love Handles Thighs Knees Arms Buttocks Calves Muffin Top

1. Consultant: _____ Date: _____
Diet: _____
Exercise: _____
Measure: _____
2. Consultant: _____ Date: _____
Diet: _____
Exercise: _____
3. Consultant: _____ Date: _____
Diet: _____
Exercise: _____
4. Consultant: _____ Date: _____
Diet: _____
Exercise: _____
5. Consultant: _____ Date: _____
Diet: _____
Exercise: _____
6. Consultant: _____ Date: _____
Diet: _____
Exercise: _____
7. Consultant: _____ Date: _____
Diet: _____
Exercise: _____
8. Consultant: _____ Date: _____
Diet: _____
Exercise: _____
Measure: _____

Client treatment record





14. Guarantee & Warranty

Warranty

This product is warranted against defects in materials and workmanship for a period of one year from the date of purchase.

The Company will at its option, repair or replace components which prove to be defective during the warranty period, provided that the repairs or replacements are carried out by the Company or its approved agents and the repairs are not due to misuse of the machine.

The Company will consider itself responsible for the effects on safety, reliability and performance of the product only if the product is used in accordance with the instructions for use, if the electrical installation of the relevant room complies with the appropriate national requirements, and if assembly operations, re-adjustments, modifications or repairs are carried out by persons authorised to do so.

Should the product be returned to The Company for repair, it must be sent to the company and postage paid for paid for.

Guarantee

All cell-IQ™ units are guaranteed against defects in material and workmanship for a period of one year after the date of purchase – with the exception of accessories and subject to normal wear.

Should your unit develop a fault, please return it to the distributor in the country where the unit was purchased.

DISTRIBUTOR

cell-IQ™ Pty Ltd

1/475 Flinders Lane,

Melbourne, VIC 3000

Phone: (03) 9630 8800

Fax (03) 9630 8830



15. cell-IQ™ technical information

Technical specifications

General

Power Input	AC110-240V / 50-60Hz
Maximum Power Consumption	32W
Classification (EN60601-1)	Class 1, Type B
Mains Fuses	T3A (5 x 20 mm)
Size (height x width x depth)	970 x 300 x 370 mm
Weight	25 kg
Pulse	5Hz-1KHzOutput
Strength	Maximum Multi 320mW / Single 80mW
Treatment Timer	0 to 30 minutes
Safety Device	Safety Switch

cell-IQ™ is designed to operate from any 50/60Hz single phase supply between AC 110-240Vac.

All information on the model, serial number, and month/year of manufacture is located on the rear panel.

Environmental conditions for transport and storage

- Temperature 5-40°C
- Relative humidity 5-95%
- Atmospheric pressure 500-1060 hPa