



WE LOVE TO BE AT YOUR FEET! **ALWAYS!**

Knee Magician -Frequently asked Questions

Congratulations on your purchase! A word of caution though- The information provided here is not a substitute for proper medical or surgical intervention in indicated cases.

Q1) What is Knee Magician exercise board?

Ans- This is an exercise board made by us mainly for hardworking and painful legs.

This can give relief from knee pains without the help of any cream, balm,oil, ointment etc. This requires no electricity, battery,magnet, acupressure or no daily expenses like tablets

Q2) What is this magic about?

This product works on knee pains, calf muscle strengthening etc. It stretches leg muscles around the knee like those in front of the thigh (quadriceps)the inner thigh (adductors), outer thigh (abductors) and hamstring at the back of thigh, muscles in the lower half (below knee)- calf muscles (gastrocnemius and soleus) - the effect is magical and almost instantly felt. A person suffering from pains gets quick relief and mostly feels the effect as magical. Hence the name 'Knee Magician'



Q3) is it useful in any other way?

Yes, of course! When you work whole day doing standing or sitting jobs, you find your leg muscles tight. If you stand on this machine even for 2 minutes, your leg muscles get relaxed, blood flow to legs improves and that helps in giving you sound sleep

Q4) any other advantage?

Absolutely! It strengthens your calf & hamstring muscles when you use it regularly. Strong calf muscles help send blood up towards heart (against gravity). This avoids accumulation of blood in legs and swelling in legs and avoids varicose veins that may occur in future.

Q5) how much time should I use it for?

That depends on your age, physical condition etc. No universal formula for all is prescribed. But from our experience, people doing for a few minutes in the morning and at bed time have reported remarkable improvement in just a few days

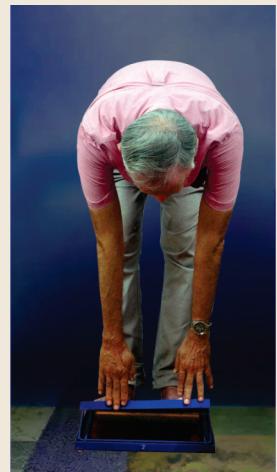
Q6) do I take support with hand or stand without support?

Depends on angle. We value your safety the most and advise all to take some support from a railing, window, table, handle etc to ensure safety. Since the exercise is mainly for legs, taking support with hands does no harm. On the other hand it enhances your safety. In any case, you are advised to exercise utmost caution and not do too much in over enthusiasm or hurry.

Your safety is our concern no doubt, but it is your sole responsibility!

Q7) If a person has varicose veins, can he use it?

People with varicose veins have reported relief in their condition and better blood circulation.



Q8) Does it have any effect on my nerves?

Yes. It helps in stretching nerves.

Q9) I get up in the middle of night with leg cramps. Can knee magician help?

In proprietor's own experience, he got instant relief when he woke up due to cramps and stood on the board for a few seconds.



Q10) Will you deliver the machine to my address?

Yes. We give free delivery to any major points in India upto which courier/postal service is available. In far off places, however, you may have to pick it up from the nearest point convenient to you, at your cost.

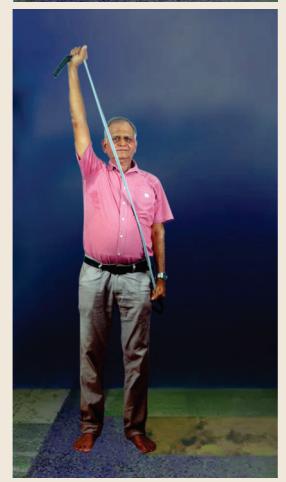


Q11) How much weight can it take?

We have designed it for a person having 120-130 kg weight.

Q12) What is the base on which I stand?

It has a steel frame and plywood to stand on. The brown paper that is pasted on top is carborundum paper to give resistance to sliding which may occur due to inclination in board



Q13) How many variable angles are there?

There are 5 angles in which to stand on. You are advised to use your discretion and comfort to ascertain the angle suitable for you. Initially you may use small angle and small duration. Once you are used to it, you may increase both angle and/or duration.

Q14) are 2 minutes sufficient in each position?

Yes. People have reported satisfactory results in just 2 minutes of regular use everyday.

Q15) Can I jump on It?

Sorry. The board is not designed to take any jumping impacts. It should be handled with care, caution, softness and seriousness.

Q16) What else?

No. Time to enjoy the magical effect now.

However, don't forget to give your review after a few days of use. Your opinion, review, suggestion are of utmost importance. They are our inspiration to do more and more and make us put on our thinking hat for future improvements! Enjoy!

Yours truly

SUNIL APTE

KNEE MAGICIAN

9529793302

www.kneemagician.com

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