

# CHI MACHINE

## Quick Reference Instruction Guide

1



NO FOOD ½ HR. BEFORE & AFTER USE.  
DRINK 4 OZ. WATER 5 MIN BEFORE USE.

2



PLACE DEVICE ON FLAT EVEN SURFACE.  
CENTER MAT WITH DEVICE AS ABOVE.

3



PLUG IN POWER CORD INTO OUTLET.

4



LAY DOWN FLAT ON MAT AND  
PLACE ANKLES IN FOOTREST AS ABOVE.

5



CENTER & ALIGN BODY WITH DEVICE.  
FACE PALMS DOWN AS ABOVE.

6



TURN TIMER CLOCKWISE PASS 20 TO  
TRIGGER, THEN TURN BACK TO 5.

7



RELAX & TAKE DEEP BREATHES  
WHILE THE DEVICE SWINGS YOUR LEGS.

8



WHEN DEVICE STOPS, DON'T GET UP  
FOR 3 MINS TO FEEL THE CHI RUSH.

9



GENTLY ROLL TO ONE SIDE AND  
SLOWLY GET UP. THEN DRINK WATER.

# MAXIMIZE RESULTS

## How to Optimize the Benefits of the Chi Machine

### ❖ Things To Remember When Using The Chi Machine

- Drink water 5 min before and after use
- Wear comfortable or loose clothing
- Fully relax your body while laying flat
- Take slow deep breathes
- Close eyes and remain calm
- Don't move for 3 mins. once it stops

**NOTE:** 40% of the beneficial therapeutic effects occur while the Chi Machine is moving and 60% happens after it stops while you are relaxing and not moving.

### ❖ 3 Different Arm Positions For Various Therapeutic Benefits

#### The Goldfish Position

Place arms flat next to hips with palms facing down.



#### Benefits

- Releases tension
- Eases constipation
- Balances mood
- Helps alleviate insomnia

#### The Mid Position

Place hands behind the head with elbows facing outward.



#### Benefits

- Back pain relief
- Helps reduce headache
- Promotes spinal alignment
- Provides temporary arthritis relief

#### The Stretched Back Position

Place arms stretched out directly above the head.



#### Benefits

- Releases muscle tension
- Lessens anxiety
- Gently stretches lower back muscles
- Supports weight loss

# FREQUENTLY ASKED QUESTIONS

## Getting Started And Precautions

### ❖ How Often Can You Use The Chi Machine?

The manufacturer (Sun Ancon) recommends to use the Chi Machine at least once a day. There is no limit to how many times a day you can use the Chi Machine but if you experience any issues or concerns, then it would be best to limit the amount of sessions you do in a single day.

### ❖ How Long Should You Use The Chi Machine For?

When first using the Chi Machine, it is recommended to start off with a single 5-minute session each day for the first 3 weeks. If no health concerns or issues have come up after the first 3 weeks, then you can gradually increase the time per session as deemed fit. You can also step up to doing 2 sessions per day, preferably once in the morning and night.

### ❖ Cautions And Warnings Before Initial Use Of The Chi Machine

Some first time users may experience dizziness. In most cases, this is normal for those who have poor blood circulation in the head. In these circumstances, the dizziness will eventually disappear with regular use. Therefore, it's advised to start off slowly at 5 minute sessions and gradually increase the time as deemed fit. In rare cases, the dizziness is related to a serious condition.

If you have a health concern or think you have a medical condition, first consult your primary care physician before using the Chi Machine. The Chi Machine should not be used to replace any existing therapy or medical treatment. Do not use the Chi Machine if you are pregnant, have epilepsy or suffer from any heart conditions. If you've had a recent operation or bone fracture, please refrain from using the Chi Machine for a minimum of 3 months or until fully healed.

For more information on how to use the Chi Machine, please refer to the Sun Ancon official owners manual.