

PULSE COUNTER GUIDE*

UPPER LIP
Pulses: 25
Minutes: 2-3

UNDERARMS
Pulses: 100 per side
Minutes: 4-5 per side

BIKINI
Pulses: 200 per side
Minutes: 8-10 per side

UPPER LEG
Pulses: 600 per side
Minutes: 25-30 per side

LOWER LEG
Pulses: 600 per side
Minutes: 25-30 per side

*Pulse counts and times are approximations. When treating larger areas like legs and back, you may need more than 600 pulses to cover the area.