



# TIPS & TRICKS FOR THE 45TURBO

## Running a "Classic" Session

Looking to run a "classic" 60-minute session? Although the 45Turbo is set at the new standard 45-minute time, classic sessions can still be run using the new upgrade.

The temperature and time on the controller is completely variable, meaning that it can be changed in both higher and lower increments. For those who want a longer but less intense session they can increase the time and lower the temperature .

### *Adjusting to "Classic" Configuration*

- **Time:** 60 minutes
- **Zones 1 & 4:** 110°F
- **Zones 2 & 3:** 120°F
- **Warm Up Time:** 3-5 minutes

## Zone Temperature Variances

Although the maximum temperature for the 45Turbo is set to 135°F, the standard configuration for Zones 1-4 are set at 120°F, 130°F, 130°F, and 120°F respectively.

This increase in temperature is what sets the 45Turbo apart from our classic iteration and allows for a quicker and more effective session. Even though the temperatures for those zones are set, there will always be some degree of variance between the set and actual temperature. Zones 1 & 4 tend to run between 120-125°F, while Zones 2 & 3 tend to run between 130-135°F.

## Warm Up Time

Unlike with the "classic" system, with the 45Turbo there is no need to wait while the body wrap warms up. By updating both the software and the hardware of the controller unit, the warm up time has been shortened significantly.

Due to the increase in heat, we now recommend letting the client acclimate to the wrap while it's heating up, as the warm up time has been integrated into the 45-minute session time. This not only allows for smoother sessions with no wait time but also allows for the client to more gently reach the target temperature.