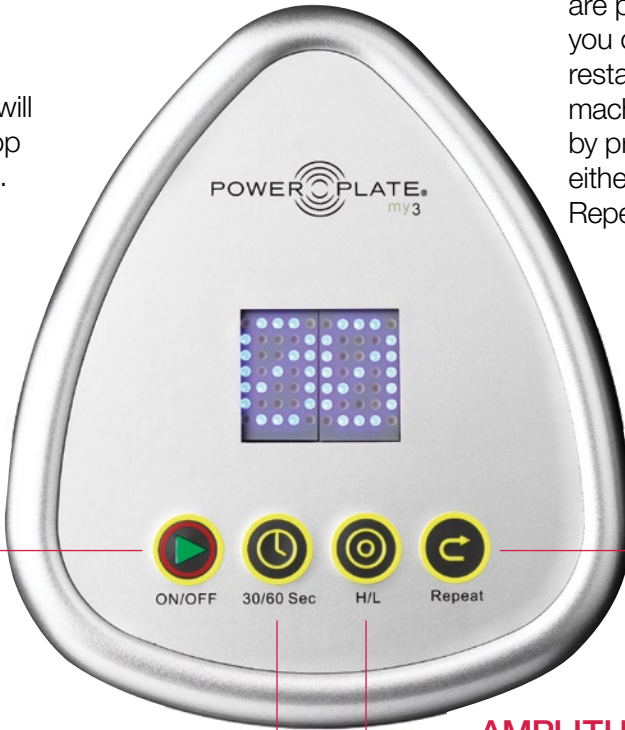# my3 Controls

REPEAT

Once the settings are programmed, you can keep restarting the machine simply by pressing either of the Repeat buttons.

ON / OFF

This button will start and stop the machine.

TIME

Choose 30 or 60 seconds with the Time button. You can also perform an exercise for 45 seconds by setting the machine to 60 seconds and stopping the exercise when there are 15 seconds left.

AMPLITUDE

The amplitude is the height of the vibration. Start with Low unless you're doing a massage.