Connect power from the Power Bank to the RyfeMax machine using either the black or blue power cord.

Connect the RyfeMax machine to your feet.

Foot Strap Adapter may or may not be included depending on the model supplied.

How To Adjust the duration

1. Click the 3-dot menu
2. Click Settings
3. Click the Frequency box until it becomes yellow
4. Adjust the value and click done

How To Connect The Foot Straps

Foot straps must be firmly connected to the ball of your foot or other place on your foot where there is tough skin.

If the foot straps are connected loosely or to soft skin, then there is a potential for a burn mark on your skin.
How to search for an ailment and run program

Go to www.ryfemax.com and find the ailment you are interested in by clicking the link in the first paragraph.

Use the spelling in the list to search for the ailment on the RyfeMax machine.

1. Click the search button
2. Type in the first few letters of the Ailment you are interested in
3. Click the Go button
4. Click the Ailment you are interested in
5. Click the Run Button
6. Click the Pause button to pause the program