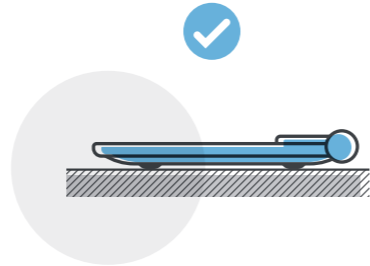
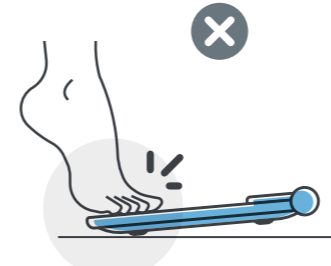


Place the device on a hard, flat surface.



Do not stand on the edges of the device.



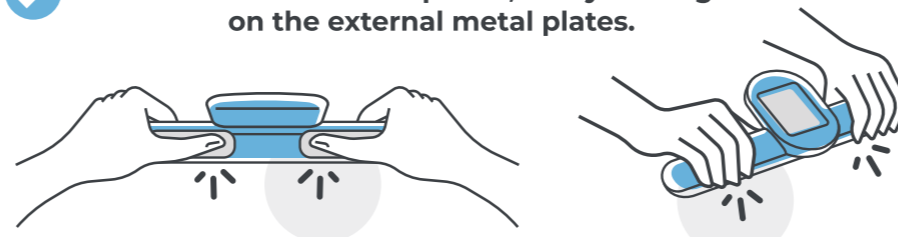
Do not stand on the device if your feet are wet.



Stand on top of the metal plates without socks.



Hold the device handles by placing your thumb on the internal metal plates, and your fingers on the external metal plates.



Maintain your arms extended and in front of you.

