

# AMPCOIL

## DUO MAT SYSTEM QUICK REFERENCE GUIDE

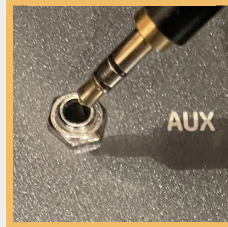
Where will the AmpCoil take you with 2X Power?

### SYSTEM SETUP

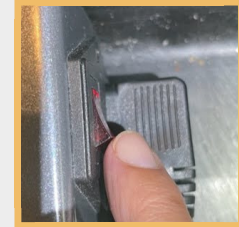
#### 1 Connect the Tablet to the Amplifier - T.A.P.



Insert aux cord to Tablet



Insert aux cord to Amp



Power on the amp

#### 2 Connect Mat to Amplifier using the Duo Adapter

For coil use only, connect coil directly to the amplifier.



Insert Duo-Adapter to amp

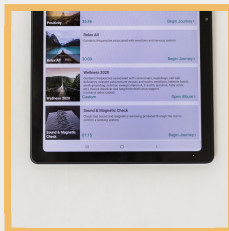


Insert Coil to Duo-Adapter



Insert Mat to Duo-Adapter

#### 3 Sound & Magnetic Check



Sound & Magnetic Check in Discover



Confirm Blue Indicator Light Turns on



Blue light indicates that magnetics are working.  
Mat is ready for use.

#### 4 Mat Placement

Mat is reversible and can be used in any direction on either side.



Sitting A



Sitting B



Lying Down

Notice head placement on mat.

TURN ME OVER!

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## DUO MAT SYSTEM USAGE GUIDE

Each delivery option offers a different experience. Your coiling experience can include the mat, the coil, or the mat and coil together. When using the mat only, use the Duo-Adapter and enjoy the BetterGuide journeys in the same way you would using the coil only.

Start with a single delivery by playing a few Rejuvenating Journeys using the mat or coil ONLY. This will help you feel the unique grounding experience of the copper coils in the mat and the all-encompassing toroidal field of the coil.

Then move to Duo delivery by playing a couple of Rejuvenating Journeys using the Coil & Mat. Due to the increase of PEMF output in Duo delivery, the app will default to Standard output which allows you to play longer durations i.e. Cleanse Journeys.

Once you've noticed how your body responds with Duo delivery, experience 2x Power using Coil & Mat by selecting SuperPower (available in upcoming app version v8000 and above). This doubles the PEMF, therefore, most users prefer shorter sessions (approx. 45 min. max) and less frequent coiling.

As always, listen to your body.



## TIPS

- ♥ Make sure you are on the most current BetterGuide version.
- ♥ When coiling WITH the mat, allow the Duo-Adapter 10 minutes between sessions for cool down.
- ♥ When coiling WITHOUT the mat, remove the Duo-Adapter and insert the Coil connector directly into the amplifier.

## PRECAUTIONS

- ♥ DO NOT lay on the mat when not in use (post session) to avoid excess grounding from copper coils.
- ♥ DO NOT place the Duo-Adapter connection box directly on the amplifier. Keep the Duo-Adapter box as far away from the amplifier as possible.
- ♥ DO NOT submerge the mat in water.
- ♥ DO NOT place electronics, credit cards, phones or watches on the mat.

## MAT CARE

- ♥ Clean with a light spray of a soap and water solution or a gentle non-toxic cleanser.
- ♥ Mat can be folded for storage and conveniently placed in a carrying bag.

Delivery Options*	Coiling Time	Preset Outcome	Max Output
Coil Only	30-75 min max, 3-5x per week max	SuperPower	1200 ut
Mat Only	30-75 min max, 3-5x per week max	SuperPower	1200 ut
Coil/Mat Duo	30-75 min max, 3-5x per week max	Standard	1800 ut
Coil/Mat Duo	45 min max, 3-5x per week	SuperPower	2400 ut

BetterGuide v8000 and above

YOU'RE READY TO  
BEGIN A JOURNEY!



**Questions?** Visit the Knowledge Base for the latest mat usage instructions.

