

Instructions for Operation

The FIR-ST system consists of an FIR-ST Control Unit and an Ultra FIR Mat.

1. Plug the cord from the Ultra FIR Mat into the rear of the Control Unit. Plug the Control unit into an AC wall outlet with the supplied power cord.
2. Press "On/Off" momentarily to Power On
3. Press "Up" or "Down" and "Next" to change the Program
4. Press "Up" or "Down" and "Next" to select the Run Hours
5. Press "Up" or "Down" and "Next" to select the Power Level
6. Program starts, displaying the Frequency
7. Press "Up" or "Down" and "Next" to change Power Level while running
8. Frequencies sequence automatically
9. Press "Next" to Manually advance frequencies
10. Auto Shutoff at the end of the program
11. Press "On/Off" momentarily to manually shutoff

[Click Here for FIR ST Mat Programs and Frequencies](#)

Instructions for Operation

The FIR-Ultra system consists of an FIR-Ultra Control Unit, an Ultra FIR Mat, and a BCX Ultra Deluxe

1. Plug the cord from the Ultra FIR Mat into the rear of the Control Unit. Plug the Control unit into an AC wall outlet with the supplied power cord
2. Plug the supplied cord from rear of the BCX Ultra into the rear of the FIR-Ultra Control unit
3. Power on the BCX Ultra and select a program
4. Select FIR, or FIR with another BCX Ultra Accessory
5. Run a BCX Ultra Program
6. Press "Pause" to Pause or Continue
6. Automatic shutdown at the end of the program, if selected.