



## The LifeWave Workout Test

Want to see for yourself that LifeWave is working for you? Try the following tests.

After a proper warm-up first perform an exercise such as push-ups or Bench Press for as many repetitions as possible (one set only; perform to failure).

**Then apply the LifeWave patches.** Rest long enough so that you have fully recovered from your first set. Depending on the physical condition you are in, with some people this will be only a few minutes while other people may have to wait up to 30 minutes. You are the best judge as to your own health.

Now perform the same exercise again (if using weights use the same amount of weight as the first set) and perform as many repetitions as possible (perform to failure).

**What you will find is that you can perform MORE reps with the patches.**

**In fact, most people will exceed 20% improvements the very first time.**

Individual results will vary.

**NOTE:** LifeWave Energy Enhancer IS NOT a stimulant therefore you will not feel a buzz or rush as you would with caffeine or ephedrine. What most people experience with our product is very constant and stable levels of energy.

## The Muscle Test:

1. Have the person extend either their right or left arm making sure they don't have any problems with that shoulder. If they have problems with one arm use the other arm as the test arm.
2. Now, with your hand on their wrist, push down gently on the test arm to demonstrate resistance and establish a baseline of strength.
3. Next have them place the PALM of the other hand that you are not testing on the crown of their head. They should remain strong.
4. Next have them place the Back of the hand that you are not testing on the crown of their head and test their other arm.
5. They should be noticeably weaker because this has disrupted their energy field. This now means that you can do an accurate test.

## The LifeWave Test

1. To do the LifeWave test have them hold the white patch in their right hand and the tan patch in their left hand. Then extend the testing arm and gently press down. They should be noticeably stronger when they are holding the patches.
2. To do the weakening test. Make sure they are no longer holding any patches. Now take a tan patch in your left hand and hold it in the center of their chest for 20 seconds. Then retest their testing arm. They should have weakened.