

This removable insert is a handy reference chart when using the automatic program

AF 3000
AUTOMATIC PRE-SET PROGRAM

This sequence is repeated twice within the ten-minute session.

Program	10 Min.	9:40 Min.	9:20 Min	9:00 Min.	8:40 Min.	8:20 Min.	8:00 Min.	7:40 Min.	7:20 Min.	7:00 Min.	6:40 Min	6:20 Min.	6:00 Min.	5:40 Min.	5:20 Min.	5:40 Min.
AUTO	5	10	15	20	25	20	15	10	5	10	15	20	25	20	15	10