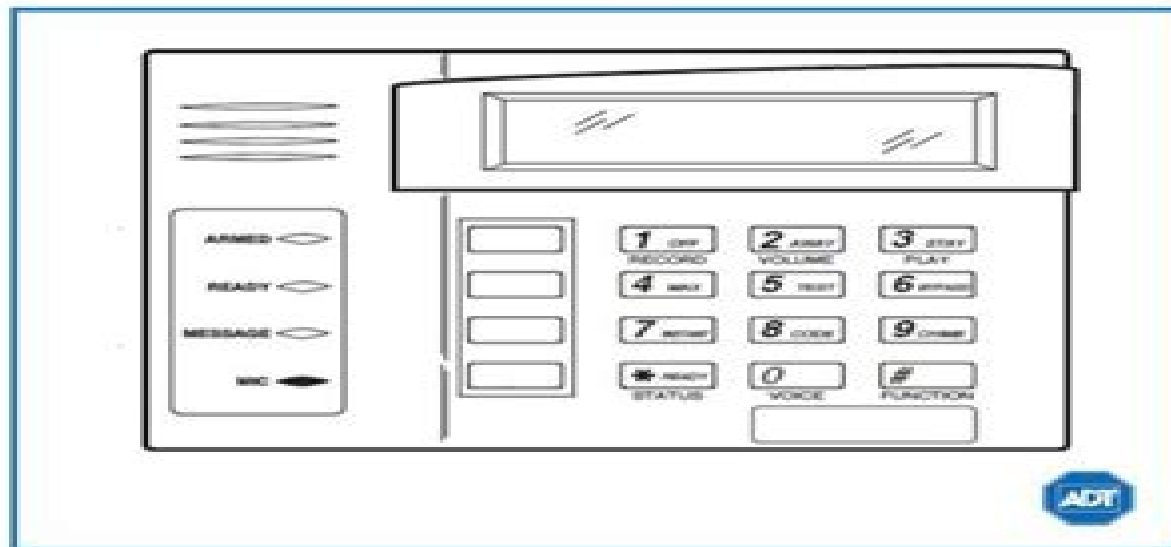




For a detailed review of the entire system, please view the [Ademco Vista – 10P system manual](#).

Arm and Disarm

Arm:

- To arm in **STAY** mode when you are not leaving the premises, enter your [security code] + [STAY].
- To arm in **AWAY** mode when you are leaving the premises, enter your [security code] + [AWAY].
- To arm in **MAX** when there is no entry delay, enter your [security code] + [MAX].

Disarm:

- To disarm, enter your [security code] + [OFF].

Vista 10p Manual

Siddappa N.Byrareddy



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MANUAL PROFESIONAL DEL MASAJE Jesús Vázquez Gallego, 2009-09-17 El arte del masaje se ha practicado desde la Antigüedad en muchos países hoy en día es una de las formas de cuidado de la salud más popular Se usa con buenos resultados en los campos terapéutico estético y deportivo ya sea para buscar la relajación o como parte del tratamiento en diversas enfermedades Este libro es un compendio sobre el masaje que abarca desde las nociones básicas como los conceptos anatómicos los efectos fisiológicos y las normas e indicaciones generales para su práctica hasta el desarrollo de los distintos tipos de masaje Se tratan en detalle el masaje clásico masaje sueco y quiromasaje los masajes específicos masaje reflejo drenaje linfático entre otros las técnicas orientales shiatsu y masaje chino los masajes mecánicos y combinados y el masaje para poblaciones especiales masaje deportivo infantil y en la tercera edad Se incluyen también capítulos dedicados a la osteopatía la acupuntura el masaje en la fibromialgia y el masaje en el entorno Pilates Asimismo se acompañan las detalladas explicaciones de las técnicas con ilustraciones y fotografías Jesús Vázquez Gallego coautor y coordinador de la obra es Doctor en Medicina y Cirujía especialista en Rehabilitación y Medicina Física Jefe del servicio de Rehabilitación del Hospital Xeral Calde de Lugo Subject Catalog of the Institute of Governmental Studies Library, University of California, Berkeley University of California, Berkeley. Institute of Governmental Studies. Library, 1970

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