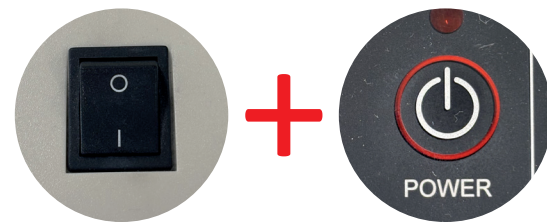


Turn on the **INSTA** heat press and notice that it takes time to warm up.

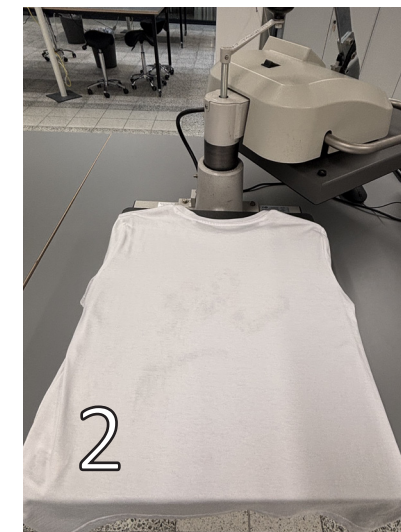


Setting temperature and time

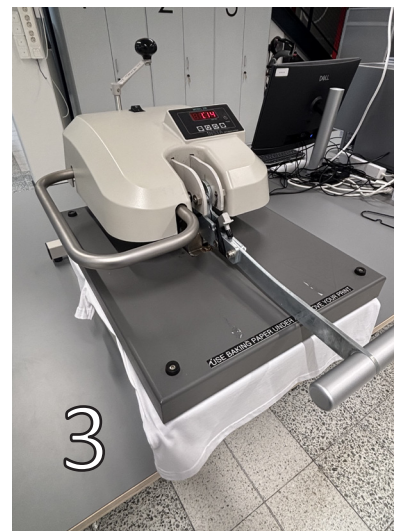
First choose time or temperature from mode button, then by pressing set and arrow keys at the same time, the value changes.



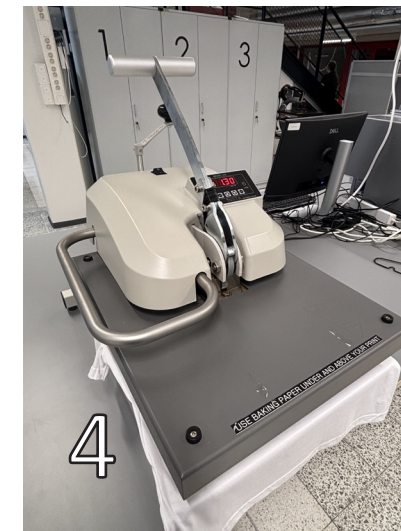
Turn the upper part of the press to the right.



Place the T-shirt to the lower part.



Turn the upper part back and press the lever **all the way down**. The timer will automatically start to count time and it will beep when time is up.



Open the press by pulling the lever **all the way up** (otherwise it won't stop beeping...) and move the upper part aside.