

SLENDERTONE®

SLENDERTONE FLEX BT

www.slendertone.com

Designed by & Manufactured for:

Bio-Medical Research Ltd.,
Derrybeg Industrial Estate,
Derrybeg, Co. Donegal, Ireland.

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SLENDERTONE is a division of Bio-Medical Research Ltd.

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Support Pack

SLENDERTONE®

Bio-Medical Research Ltd.,
Customer Contact Centre,
Derrybeg Industrial Estate,
Derrybeg, Co. Donegal,
Ireland.

Dear Customer,

Thank you for purchasing a SLENDERTONE Bottom & Thigh Toning System (FLEX BT®).

The FLEX BT has been conveniently designed as a pair of shorts, which takes only moments to put on. This product can be used virtually anywhere, even under loose clothing. This means that your exercise routine can be enhanced as the FLEX BT can be worn while walking. And when you are too busy to make it to the gym, you can maximise your time by discreetly toning up while getting on with daily activities. Great results are achievable with the minimum of effort and a difference will be visible in as little as 8 weeks.

Research has shown that by using your FLEX BT, optimal physical benefits can be achieved including better muscle tone, improved core stability and improved posture. This is because the c.s.i.® technology behind the FLEX BT has been clinically proved to work which is why nine in ten users reported firmer thighs, nine in ten reported an overall improvement in their body shape, while eight out of ten reported a more uplifted and defined bottom and their clothes felt looser.

If you are unsure of anything, please contact us through the local SLENDERTONE Careline number detailed below. Don't forget check out our website at www.slendertone.com where you can see and order our entire range of toning products including the new Active range of SLENDERTONE Abdominal Belts. You can also order SLENDERTONE Bottom and Thigh replacement pads from the website and Careline.

Once again thank your for choosing SLENDERTONE. We are confident you will soon be seeing results.

Yours Sincerely,

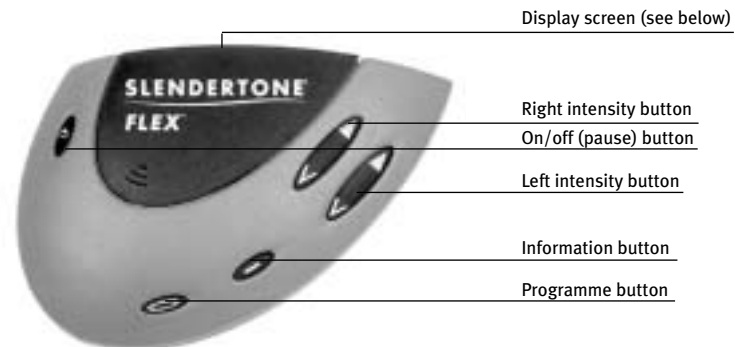
Fintan Maher

Customer Relations

SLENDERTONE Careline UK 0845 070 77 77

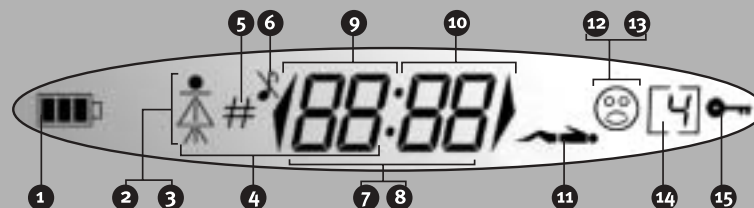
SLENDERTONE Careline Republic of Ireland 1890 92 33 88

Your SLENDERTONE FLEX BT Unit and Display



Your FLEX BT Display

- | | |
|---|---|
| 1 Battery power remaining | 9 Left hand side intensity |
| 2 Highest intensity reached to date | 10 Right hand side intensity |
| 3 Pad contact problem (see page 11) | 11 Muscles contracting/relaxing |
| 4 SLENDERTONE FLEX BT indicator | 12 User progressing |
| 5 Number of sessions completed | 13 Unit switched off before session complete |
| 6 Mute function activated | 14 Programme number |
| 7 Length of time remaining in current session/error messages | 15 Keylock activated |
| 8 Pause function activated | |




How to Get Up and Running

The material contained in the SLENDERTONE FLEX BT shorts allows them to fit a variety of sizes. The fasteners at the waist and legs allow the shorts to be adjusted to fit a variety of dress sizes. The shorts have been designed to fit the following sizes:

UK Dress Size 10 to 20.
 European Dress Size 38 to 48.
 Waist: 25.5" - 35.5" / 65 - 90 cm.
 Hips: 36" - 46" / 91.5 - 116.5 cm.


- 1 Turn the SLENDERTONE FLEX BT shorts inside out and place them on a flat surface. Begin with the back of the shorts facing upward.
- 2 Remove the covers from the patterned side of the two large pads (Fig. a) and place one pad on each of the large pad locators, using the positioning guide that best suits your figure (Fig. b). Do not dispose of the covers as you may need them later.
- 3 Repeat step 2 with the four smaller pads, placing two on the rear pad locators and two on the front. Ensure all pads cover their metal studs and press each pad surface firmly to its pad locator. Do not throw the covers away as you may need them later. Turn the shorts right side out.

Battery Insertion

- 4 To open the battery compartment, press the embossed arrow  and slide the cover off. With the unit facing towards you, place the first of three 1.5V(LR03)/AAA batteries into the right hand space with the flat (negative) end first and then push the positive end into place. Insert the second battery into the left hand space, again with the flat end first. Finally place the third battery into the central space with the flat end last and replace the battery cover.

Note: Battery Removal

When removing the batteries raise the negative end of the central battery and lift out. Then remove the left and right hand batteries.

 The battery compartment must be closed when the unit is on.

- 5 Open the hook and loop fastenings at the waist and legs and pull the SLENDERTONE FLEX BT shorts on fully. Loosely fasten the waistband. To ensure correct positioning, check that the pads on your bottom are level with the widest part of your bottom, the pads on the back of your thighs lie directly underneath the crease of your bottom and the pads on the front are placed beneath the line where the top of your thighs meet your upper body (Fig. c & d).
- 6 Reach into the back of the shorts and remove the small covers from the pads on your bottom. Fasten the hook and loop tightly but comfortably around your waist (Fig. e). Reach under the leg openings to remove the covers from the large pads. Then, remove the covers from the small pads on the front of your thighs. Secure all pads firmly to your bottom and thighs and fasten the hook and loop tightly but comfortably on your legs. Do not dispose of the covers as you will need them at the end of the session.

- 6 Slide the unit into the holder until it clicks into place.
- 7 Press and hold the On/off button for two seconds to switch the unit on (Fig. f). The unit is programmed to begin on Programme 1. After a set number of sessions in each programme the unit will automatically advance you to the next programme.
- 9 Increase the intensity to a level you find comfortable (Fig. g). You do not have to reach the same intensity on both sides however the unit will automatically increase the left or right intensity to ensure that one stays no more than 10 units above the other.
- 10 If you wish to pause the session before the programme is finished press the On/off button briefly. To restart the programme press the On/off briefly again.
- 11 When the session is finished, the unit stops automatically. Press and hold the On/off button for two seconds to switch the unit off, if you forget the unit will automatically switch itself off.
- 12 To remove shorts unfasten the hook and loop at the waist and legs. Peel the SLENDERTONE FLEX BT shorts down so that they begin to turn inside out (Fig. h). Grip the edges of the four small pad locators and use them to gently peel the four small pads from your skin. Replace the covers on the small pads at the front. Grip the edges of the two large pad locators and use them to gently peel away the large pads. Step out of the shorts.

- 15 Placing the shorts on a flat surface with the back facing upward, replace the covers. Turn the shorts right side out and pack away your unit ready for its next use.

Fig. a



Fig. b



Fig. c



Fig. d



Fig. e



Fig. f



Fig. g



Fig. h



Your SLENDERTONE FLEX BT Programmes

Programme	Duration (minutes)	No. of Sessions	Max Intensity Level
1 Introduction	20	3	99
2 Beginner	25	10	99
3 Intermediate	30	20	99
4 Advanced	30	Indefinite	99

NOTES:

- The SLENDERTONE FLEX BT unit is pre-programmed to complete a specific number of sessions in programmes 1 to 3 before progressing to the next level. As you progress from one programme to the next the ☺ symbol appears and the programme number will flash three times. If you do not wish to run the new programme, you can override this function by

- pressing the programme button until your desired programme is selected.
- Programmes 1 to 3 include a warm up and warm down phase.
- Once selected, programme 4 runs indefinitely unless manually changed.

Caring for Your SLENDERTONE FLEX BT Shorts and Unit

You should never let your SLENDERTONE FLEX BT unit get wet, but you may wipe it clean with a lightly dampened cloth from time to time. The SLENDERTONE FLEX BT shorts can be washed, but you must first remove the unit and pads. You must always follow the instructions on the label when washing the shorts.



Never machine wash your SLENDERTONE FLEX BT shorts. You should always hand wash them in lukewarm water. This protects the internal wiring from damage in the washing machine. It is recommended that you take care even when hand washing and never wring the shorts to remove water.



Do not use any bleach when washing your shorts.



Do not dry clean your shorts.



Do not tumble dry your shorts. You should always dry them on a flat surface. Do not dry them over anything hot (e.g. a radiator) as they contain plastic parts. You should ensure the shorts are completely dry before use.



The SLENDERTONE FLEX BT shorts must not be ironed.

Fabric Material:

- Outer material: 100% Nylon
- Binding: 82% Nylon, 18% Elastane,
- Hook and loop: 100% Nylon
- Non elastic hook and loop: 100% Polyethylene
- Foam: 100% Polyurethane, Stitch string : 100% Nylon
- Stretch hook and loop : 90% Nylon, 10% OP

Caring for your unit:

Your unit should not be allowed to get wet or be left in excessive sunlight. Do not allow the interior of your unit to become wet. Do not use detergents, alcohol, spray aerosols or strong solvents on your unit. Do not leave your unit in excessive sunlight.

Access to the interior of the unit is not required for maintenance purposes.

If your unit is damaged, you should not use it but should return it to SLENDERTONE or your local distributor for replacement or repair. Repairs, service and modifications may not be carried out by anyone other than qualified service personnel authorised by SLENDERTONE.

NOTE: Using leak-proof batteries is advised. You should never leave the batteries inside your unit if you do not intend to use it for a long period of time. If you do, the batteries may leak and damage your unit. You should be aware that some batteries sold as 'leak-proof' can still release some corrosive substances, which may damage your unit. Under no circumstance should anything other than the correct type of batteries (1.5V, LR03)/AAA be used with your unit. You should only insert the batteries in the manner specified in this manual.

Disposing of the pads and batteries:

Used pads and batteries must never be disposed of in a fire but in accordance with your country's national laws governing the disposal of such items.

Advanced Features of Your SLENDERTONE FLEX BT Unit

1 Information Button (i)

INTENSITY LEVELS (Fig. a):

Press the information button once to display the intensity of the programme in operation.

AVERAGE INTENSITY (Fig. b)

Press the information button twice to show you the average intensity on both the right and left hand side of the shorts over the past three sessions.

HIGHEST INTENSITY LEVELS (Fig. c)

Press the information button three times to display the highest intensity you have reached on both the left and right hand side of your shorts.

NUMBER OF SESSIONS TO DATE (Fig. d)

Press the information button four times to show you how many sessions you have completed to date, a good way of keeping track of your progress. The unit will reset itself to 0 after 250 sessions.

2 Intensity Keylock Function (Fig. e)

If you find a comfortable intensity level press the upper and lower halves of the left intensity button at the same time to lock that intensity. The keylock function also locks the programme button. This function only remains active during the session in which it is activated. Deactivate the keylock function by performing the same action again.

3 Mute Function (Fig. f)

If you want to switch off the sound effects of your unit press the information button and the programme button at the same time. The mute function remains active indefinitely unless manually changed. Deactivate the mute function by performing the same action again.

4 Error Messages

In the unlikely event of your unit developing a fault, one of three error messages may appear. If **E002** appears, switch your unit off and on again. This should rectify the problem. If this message persists, return your unit for repair. If the error message **E003** or **E004** appears, your unit has developed an internal fault and should be returned for repair.



Fig. a



Fig. b



Fig. c



Fig. d

Fig. e



Intensity Keylock Function

Fig. f



Mute Function

Questions and Answers

- Q** Can I use my SLENDERTONE FLEX BT unit for post natal exercise?
A Yes. If you are using your SLENDERTONE FLEX BT unit for post natal toning, you should only begin the exercises a minimum of six weeks after childbirth – and you must consult your doctor first. If you have had a Caesarean in the past three months, **you must consult your doctor** for approval before using the SLENDERTONE FLEX BT shorts.
- Q** How do I know when to replace the pads?
A You may notice the signal is weakening even if the batteries are OK. This usually indicates that the pads are wearing and will soon need replacing. You can check this by inserting new batteries and/or adjusting the shorts to ensure correct positioning. If the pads are wearing, the symbol will also appear on the display. Replacement pads can be purchased from your nearest SLENDERTONE stockist, on our website at www.slendertone.com or by calling your local SLENDERTONE Careline.
- Q** The pads are not sticking to the shorts even though they are fairly new. Is there any reason for this?
A Ensure the patterned side of each pad is always placed onto the shorts. The black side of the pads should always be facing you. Press the edges of each pad very firmly onto the shorts before and after each session.
- Q** The stimulation is uncomfortable. How can I improve this?
A Ensure the pads are positioned correctly and that they are pressed firmly against your skin. You can check their placement by switching off your unit and repositioning the shorts as described on page 4. You may also find it beneficial to rub a moisturiser into the skin between sessions.
- Q** My skin is red after the session. Is this a problem?
A Some redness of the skin after a SLENDERTONE FLEX BT session is normal. It is partly due to an increase in the blood-flow under the skin and should fade after the session. You may also experience some reddening of the skin due to the pressure of the stretched shorts. This is common and is the same as the pressure marks you can get from tight clothing. If the problem persists, you should stop using the product. On very rare occasions there may be a reaction to the gel on the pads. Contact SLENDERTONE or your stockist for advice.
- Q** The signal on one side of my body feels different to the other. What should I do?
A **1** If the signal is weaker on one side of your body, you can simply increase the intensity button for that side to make the exercise stronger.
2 Ensure all of the pads are correctly positioned (see page 4).
3 You can also try tightening the hook and loop fastenings on the leg with the weaker signal to see if the strength increases.
- Q** I can feel a signal going across my body rather than up and down the legs. Why is this?
A You have a SLENDERTONE FLEX Abdominal Training System unit in your SLENDERTONE FLEX BT shorts. The SLENDERTONE FLEX Abdominal Training System unit and the SLENDERTONE FLEX Bottom & Thigh Toning System unit are not interchangeable. Use of either in an incorrect garment will result in an unbalanced stimulation and in an inefficient toning session.
- Q** I can feel a contraction on the back of my leg but not the front. What should I do?
A If the back of your thigh and your bottom are being exercised but not the front of your thigh, the small pad on the front of your thigh is not covering the metal stud properly or is not flat against your skin. Pause your exercise, unfasten your shorts and reposition the pad. Then, refasten the hook and loop tightly but comfortably.
- Q** I can feel a contraction on the front of my leg but not the back. What should I do?
A If the front of your thigh is being exercised but not the back of your thigh or your bottom, the small pad on your bottom is not covering the metal stud properly or is not flat against your skin. Pause your exercise, unfasten your shorts and reposition the pad. Then, refasten the hook and loop tightly but comfortably.

Questions & Answers

- Q** I can feel a contraction on one leg but not the other. What should I do?
A If one leg is not receiving any signal, try the following:
1 Fasten the hook and loop on the legs and waist of your slendertone flex bt shorts more tightly to see if that helps.
2 Pause the exercise, unfasten your shorts and ensure all of the pads on the side with no signal are fully covering their respective metal studs and are flat against your skin. Reposition any that are not flat against your skin and the pad locator, fasten your shorts tightly and start the exercise again.
3 If neither of the above solutions help, please contact your slendertone stockist for advice.
- Q** I have inserted new batteries, but cannot feel any signal. Why?
A This can happen with some low-quality batteries. In order to enjoy the full benefits of your SLENDERTONE FLEX Bottom & Thigh Toning System, you should always use high-quality, alkaline batteries to operate your unit.
- Q** I have reached an intensity of 99 but want to get a stronger contraction. What should I do?
A For a stronger contraction on the bottom, use your SLENDERTONE FLEX BT shorts sitting down. To improve the contractions on the front of your thighs, try tightening the hook and loop on the legs.
- Q** My calf muscles are contracting. Is this normal?
A Yes. c.s.i. technology stimulates the nerves which control your muscles. Stimulating the sciatic nerve can cause your calf muscles to contract and is perfectly safe as long as the sensation is comfortable.
- Q** I feel a tingling above my knee. Is this normal?
A Yes. However, if you have a history of joint problems, especially in the knee area, refer to the ‘Dos and Don’ts’ section on page 12.
- Q** There are long delays in programme 4, particularly if I use the Pause button. Why is this?
A The SLENDERTONE FLEX BT unit’s relaxation phases are always of the same, or even of a longer duration, than the contraction phases. The longest relaxation phase in programme 4 lasts for 10 seconds. If, having paused a session, you ‘un-pause’ the unit in the middle of a contraction phase, your unit will not begin stimulating again until that contraction/relaxation cycle has finished. This could be as long as 20 seconds, but the programme will continue as normal after that.
- Q** Can I use my SLENDERTONE FLEX BT to treat muscles weakened from lack of use due to injury?
A Your SLENDERTONE FLEX BT may additionally be used for the alleviation of or compensation for injury. Consultation with your doctor is required to establish a rehabilitation programme with the SLENDERTONE FLEX BT unit, which would safely provide improvement to the strength and tone of the abdominal muscles.

Product Guarantee

Should your unit develop a fault within two years of purchase, SLENDERTONE will undertake to replace or repair the unit or any parts found to be defective with no charge for labour or materials, provided the unit *:

- has been used for its intended purpose and in the manner described in this instruction manual.
- has not been connected to an unsuitable power source.
- has not been subjected to misuse or neglect.

- has not been modified or repaired by anyone other than an approved SLENDERTONE agent.

This guarantee complements existing national guarantee obligations and does not affect your statutory rights as a consumer.

* This excludes consumables (e.g. pads, shorts etc.) when subject to normal wear and tear

Trouble-Shooting Guide

Problem	Possible cause	Solution
The display doesn't come on & there is no signal from the unit	The batteries are inserted incorrectly	Reposition the batteries as described on page 4
	The batteries are dead	Replace the batteries
	Low-quality batteries used	You should only use high-quality, alkaline batteries with your SLENDERTONE FLEX BT unit
The session is running but there is no stimulation	The unit has been paused	Press the On/off button briefly
The battery symbol is flashing and the unit emits three beeps	The batteries are low	Replace the batteries
The contractions are very weak even when the intensity is high	The batteries are low	Replace the batteries
	Low-quality batteries used	You should only use high-quality, alkaline batteries with your SLENDERTONE FLEX BT unit
	The pads are worn	Contact your local stockist for replacement SLENDERTONE pads
	Poor pad positioning	See page 4 for the correct positioning of the pads & shorts
	Pads not covering studs	Reposition the pads
	Inadequate pressure on the pads	Fasten the hook and loop more tightly on the legs and front of the shorts
The intensity stops increasing while the sensation is still quite low	The batteries are low	Replace the batteries
	Low-quality batteries used	You should only use high-quality, alkaline batteries with your SLENDERTONE FLEX BT unit
I am not getting many sessions from a new set of batteries	Low-quality batteries used	You should only use high-quality, alkaline batteries with your SLENDERTONE FLEX BT unit
E002/E003/E004 has appeared on the display	Error message indicating a problem with the unit	See page 7 for further details

Problem	Possible cause	Solution
Unpleasant feeling beneath the pads	The pads are worn	Contact your local stockist for replacement SLENDERTONE pads
	Pads not covering studs	Reposition the pads on the shorts
	Too many consecutive sessions	You should leave at least six hours between sessions
	Poor pad contact with skin	Fasten the hook and loop more tightly on the legs and front of the shorts
The pad contact indicator symbol (△) is flashing on the LCD *	Pads not covering metal stud	Reposition the pads on the shorts
	Pads are worn	Contact your local stockist for replacement SLENDERTONE pads
	Pads on wrong way around	Ensure black surface of each pad is facing you
	Covers still on the pads	Ensure covers are removed from both sides of the pads
	Poor pad contact with skin	Fasten the hook and loop more tightly on the legs and front of the shorts
	Unit not fully in holder	Push the unit into the holder until it clicks into place

* The △ symbol always appears in conjunction with the left/right arrows:

Pad contact indicator and left arrow appear on your display.

This indicates one of two possible problems with the pads on the left-hand side of the shorts.

- 1 The large pad is not covering the stud properly or is not flat against your skin. Pause your exercise, unfasten your shorts and reposition the pad.
- 2 Neither of the small pads are covering their studs properly or are not flat against your skin. Pause your exercise, unfasten your shorts and reposition both pads.

Pad contact indicator and right arrow appear on your display.

See previous steps 1 and 2.

If both arrows appear with the pad contact indicator.

- 1 See previous steps 1 and 2 on both legs.
- 2 The unit is not inserted fully into the holder. Click it into position.
- 3 There is a problem with your SLENDERTONE FLEX BT unit. Return it to SLENDERTONE or your local stockist.

Important:

If only one of the two small pads is curled-up or not covering the stud, the pad contact indicator will not flash. In this case, see pages 8-9 for advice.

SLENDERTONE FLEX BT 'Dos' and 'Don'ts'

YOUR SLENDERTONE FLEX BT IS suitable for use by all healthy women. However, as with other forms of exercise, some care is needed when using it, so always follow the guidelines below and read the support pack before use.

Please do not use if:

- You have an electronic implant (e.g. cardiac pacemaker) or suffer from any other heart problem.
- You are pregnant.
- You suffer from cancer, epilepsy or are under medical supervision for cognitive dysfunction.
- The unit is in close proximity (e.g. 1m) to shortwave or microwave therapy equipment.
- You are connected to high-frequency surgical equipment.

Please wait before using any SLENDERTONE products until:

- At least six weeks after the birth of your baby (and please consult your doctor first).
- One month after an IUD contraceptive device (e.g. coil) has been fitted.
- At least three months after having a Caesarean (you must consult your doctor first).
- The heavy days of your period have finished.

Please get your doctor's permission before using your SLENDERTONE FLEX BT shorts if:

- You wish to use SLENDERTONE FLEX BT shorts and have a bad back. You should also ensure the intensity is kept low.
- You have any serious illness or injury not mentioned in this guide.
- You have recently had an operation.
- You take insulin for diabetes.
- You want to use it on a young child.
- You suffer from muscle or joint problems.
- Using the device as part of a rehabilitation programme.

When applying the pads and shorts, always remember to:

- Put on the pads and shorts ONLY as indicated in this support pack.
- Avoid placing the pads on the front or sides of the neck, across or through the heart (i.e. one pad on the front of the chest and one on the back), on the genitals or on the head. (Other SLENDERTONE units are available for other areas of the body – details are available from your stockist)
- Avoid any recent scars, broken or inflamed skin, areas of infection or susceptibility to acne, thrombosis or other vascular problems (e.g. varicose veins), or any parts of the body where feeling is limited.

- Avoid areas of injury or restricted movement (e.g. fractures or sprains).
- Avoid placing the pads directly over metal implants. They may be placed on the nearest muscle.

Possible adverse reactions:

- A small number of isolated skin reactions have been reported by people using muscle stimulation devices, including allergies, a prolonged reddening of the skin and acne.

To reposition the pads during a session:

- Always pause the programme currently running, unfasten the hook and loop straps on the shorts and then re-fasten them once the pads' position has been adjusted.

After strenuous exercise or exertion:

- Always use a lower intensity to avoid muscle fatigue.

Contact SLENDERTONE or an authorised distributor if:

- Your unit is not working correctly. Do not use in the meantime.
- You experience any irritation, skin reaction, hypersensitivity or other adverse reaction. You should, however, note that some reddening of the skin is quite normal under the shorts during and for a short time after an exercise.

Note:

- An effective treatment should not cause undue discomfort.

Important:

- Keep your unit out of the reach of children.
- The studs and pads must not be connected to other objects.
- Do not use your unit at the same time as any other device which transfers an electrical current into the body (e.g. another muscle stimulator).
- Do not touch the pads or metal studs while the unit is switched on.
- Do not use while driving or operating machinery.
- YOUR SLENDERTONE FLEX BT unit should not be used with a garment from any other SLENDERTONE product. Doing so may result in an unbalanced stimulation and an inefficient toning session.
- SLENDERTONE will not accept responsibility if the guidelines and instructions supplied with this unit are not followed.

NB: If you are in any doubt about using your SLENDERTONE flex Bottom & Thigh Toning System for any reason, please consult your doctor before use.

Technical Specifications

When the \triangle symbol is flashing the stimulus is significantly reduced.

The signal gradually increases to a peak intensity level at the start of the contraction phase (i.e. ramp up) and gradually decreases to nothing at start of the relaxation phase (i.e. ramp down).

Accessories

When ordering new pads, you should only use those carrying the SLENDERTONE brand. Any others may not be compatible with your unit and could degrade the minimum safety levels.

• SLENDERTONE Bottom & Thigh adhesive pads:

Two large adhesive pads	Type 706
Four small adhesive pads	Type 708

• SLENDERTONE FLEX BT shorts

Product Type: 511

Intended use: Muscle stimulator

Waveform: Symmetrical bi-phasic square waveform when measured into a resistive load.

Environmental Specifications:

Operating: Temperature Range: 0 to 35°C / 95°F
Humidity: 20 to 65 % RH

Storage: Temperature Range: 0 to 55°C / 131°F
Humidity: 10 to 90 % RH

Description of your unit's symbols:

There are a number of technical markings on your unit. These can be explained as follows:

Inside the battery compartment '+' indicates positive polarity and '-' indicates negative polarity. The way in which the batteries should be positioned is also indicated by three embossed battery outlines in the base of the compartment.

The unit and shorts are made for Bio-Medical Research Ltd., Parkmore Business Park West, Galway, Ireland.

The unit requires three 1.5 volt (LR03/AAA) DC batteries. DC is indicated by the symbol: \equiv

The Output Frequency indicates the number of pulses per second transmitted by the unit. This is measured in hertz, which is indicated by 'Hz'.

Output (RMSA) means the max. output root mean square current for each channel, measured into a resistive load.

Output (RMSV) means the max. output root mean square voltage for each channel, measured into a resistive load.



This symbol means 'Attention, consult the accompanying documents'.

SN stands for 'serial number'.

Inside the box, on the back of the unit is the serial number specific to this unit. The letter preceding the number indicates the year of manufacture, where 'A' denotes 1995, 'G' denotes 2001, 'H' denotes 2002 etc.

The batch number of the shorts is represented on the shorts packaging by the number corresponding with the **LOT** symbol.

Rated Outputs Voltage / Current:

Parameter	500Ω	1KΩ	1.5KΩ
Output RMSV	6.5V	11.6V	12.6V
Output RMSA	13.0mA	11.6mA	8.4mA
Output Frequency	50-55Hz.	50-55Hz.	50-55Hz.
DC Component: Approx.	0 C	0 C	0 C
Positive Pulse Width:	300-350µs	300-350µs	300-350µs
Negative Pulse Width:	300-350µs	300-350µs	300-350µs
Interphase Interval:	100 µs	100 µs	100 µs



This symbol means type BF equipment.



This symbol on your SLENDERTONE unit is to indicate conformity to the requirements of the Medical Device Directive (93/42/EEC). 0366 is the notified body number (VDE).

Note: In accordance with the laws within the member states, safety testing on the device should be carried out every two years.

Note: In compliance with German law, product safety testing must be conducted every two years by an authorised test service.