

SLENDERTONE®

FLEX™

Shorts for Bottom and Thigh Toning System

The Proven Solution to Firm, Tighten and Tone your Bottom and Thighs

Quick Start Guide

You must read the instruction manual before using the Slendertone Flex Shorts for Bottom and Thigh Toning System

www.slendertone.com

For customer service call:

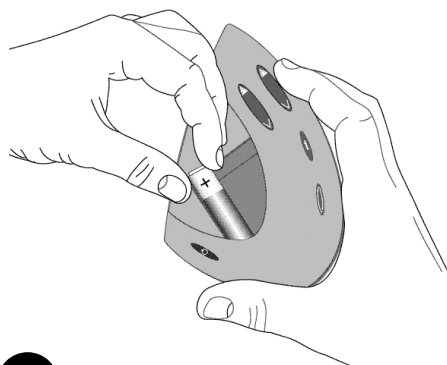
1-800-551-2443

Contents



A Setup

2 Pad Layout



1 Insert Batteries

The unit uses three 1.5V (LR03/AAA) batteries. Insert the batteries as per the diagram inside the battery compartment and replace the cover.

In order to position the pads, you must first turn your Slendertone Flex Bottom and Thigh (BT) shorts inside out and place on a flat surface. Begin with the back of the shorts facing upwards.

Front



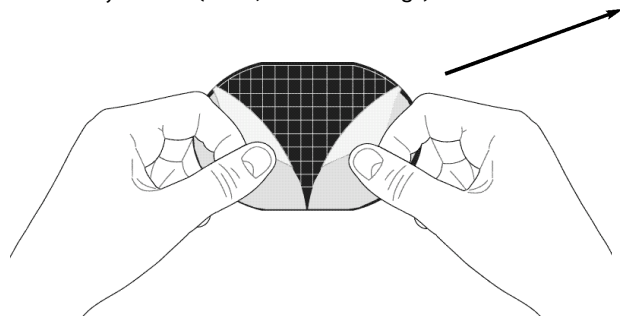
Back



B Pad Application

3 Attach Pads

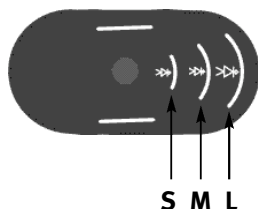
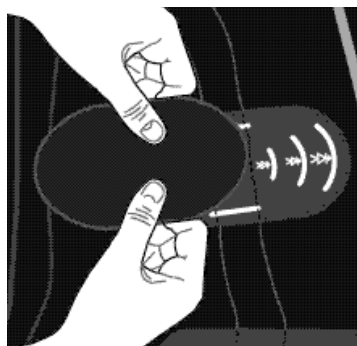
Remove the covers from the patterned side of the GelPads and place them, grid side down, onto the shorts. Start with the back of the shorts, placing grid side of the GelPads on the small and large positions indicated, **completely covering the metal studs**. When completed, turn the shorts over and place GelPads on the front pad positions. The GelPads can be adjusted to match different markings according to your size (small, medium or large).



C BT Shorts Application

4 Putting on the BT shorts

Without taking the liners off of the GelPads, open the shorts at the waist and legs and pull the BT shorts on completely.



BT Shorts Application



5

Place GelPads directly on the skin.

Before closing the shorts at the waistband or legs reach into the back of the shorts and remove the small covers from the GelPads. Make sure the pads lay across widest part of your bottom. Fasten the waistband then reach under the leg openings and remove the covers from the large GelPads on the back of your legs. Adhere the pads to the back of your thighs just below your bottom. Then reach under the waistband in the front and remove the liners from the smaller GelPads on the front of your thighs. Place GelPads at the top of each thigh. Press each GelPad firmly to ensure that they adhere securely to your bottom and thighs.

Note: Save the liners as you will cover the black sides of the GelPads following use.

D

Operation

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Slide the unit into the holster until it clicks into place.

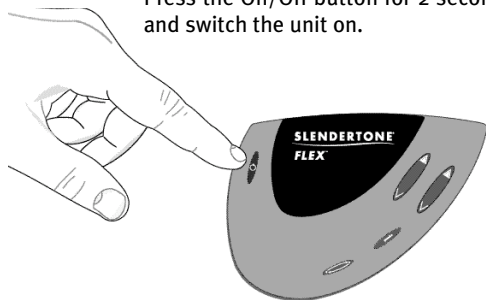


Operation

7

Power On

Press the On/Off button for 2 seconds and switch the unit on.



8

Select a program

The unit is pre-set to begin on Program 1.



9

Increase Intensity

Increase the intensity by pressing the upper half of both buttons, to a level that's comfortable for you.



Operating Notes

1. Select a program and increase the intensity to a level that's comfortable for you. Continue to increase the intensity throughout the program for best results.

2. If you wish to pause a session before the program is finished press the On/Off button briefly; to restart the program press the On/Off button briefly again.

3. When the session is complete the unit will automatically stop or you can power the unit off by pressing and holding the On/Off button for 2 seconds at any stage.

Note: Remember to replace the covers on the black sides of the GelPads after each session.

