

SLENDERTONE®

Abdominal Training Systems



www.slendertone.com

Support Pack

Designed by & Manufactured for:

Bio-Medical Research Ltd.,
Parkmore Business Park West,
Galway, Ireland.

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Irish Patent No. S81372. UK Patent No. 2359758.

US & European patents pending.

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SLENDERTONE FLEX and SLENDERTONE FLEX MAX abdominal belts

Dear Customer,

Thank you for purchasing one of our SLENDERTONE Abdominal Training Belts. SLENDERTONE has redesigned its body toning systems with a new philosophy, active exercise technology and a fresh new look. SLENDERTONE has always endorsed exercise and healthy eating but the new and improved technology makes it easier to combine active and passive exercise.

Whether simply relaxing at home or using them as part of your exercise routine, SLENDERTONE has a range of Abdominal Training Belts for you to choose from. The benefits of using a SLENDERTONE Abdominal Training System are:

- A firmer, flatter stomach
- A better body shape
- Your clothes fit better

For beginners, we have the SLENDERTONE FLEX® Abdominal Training System for men and women, which has seven toning programmes. These programmes include two new FLEXERISE® abdominal programmes, Ab Walker 1 and 2, which were developed for use while walking.

The next product in the SLENDERTONE Abs range is the SLENDERTONE FLEX MAX® Advanced Abdominal Training System, which is also available for both men and women. This belt has 10 training programmes, which include two Sports Pro programmes and two new ab-crunching programmes: Ab Crunch 1 and 2. The Ab Crunch 1 programme specifically targets the Transversus Abdominis muscle (six pack), while Ab Crunch 2 programme targets the oblique muscles.

Research has shown that by using your FLEX or FLEX MAX, optimal physical benefits can be achieved including improved muscle tone, core stability and posture. This is because the technology behind the FLEX and FLEX MAX products has been clinically proven to work, which is why nine in ten users said that "using a SLENDERTONE abdominal belt whilst walking improved abdominal muscle tone" and nine in ten users said that it gave them a better work out. Eight out of ten people felt that their stomach was flatter and nine out of ten felt firmer after only eight weeks of use.

If you have any queries, please contact us through the SLENDERTONE Careline number, which is detailed below. Also, please visit our website at www.slendertone.com, where you can view and order our entire range of toning products. You can also order SLENDERTONE replacement pads.

Once again, thank you 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

SLENDERTONE 'Dos' and 'Don'ts'

SLENDERTONE Abdominal Training Systems are suitable for use by all healthy adults. However, as with other forms of exercise, some care is needed when using them, so always follow the points below and read the support pack before use. Some of the points below are gender specific.

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.
- Wearing the device necessitates placement over areas at which drugs/medicines are administered by injection (short term or long term) e.g. hormone treatment.

Please wait before using your SLENDERTONE Abdominal Training System until:

- At least six weeks after the birth of your baby (you must 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 or physio's permission before using this product if:

- You wish to use a SLENDERTONE belt 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 belt, always remember to:

- Place the pads and belt ONLY on the abdomen as indicated in this manual.
- Avoid placing the pads or belt 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), in the genital region 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 pads during a session

- Always pause the programme currently running, unfasten the belt and then refasten it behind your back 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 can appear under the belt during and for a short time after a session.

Note

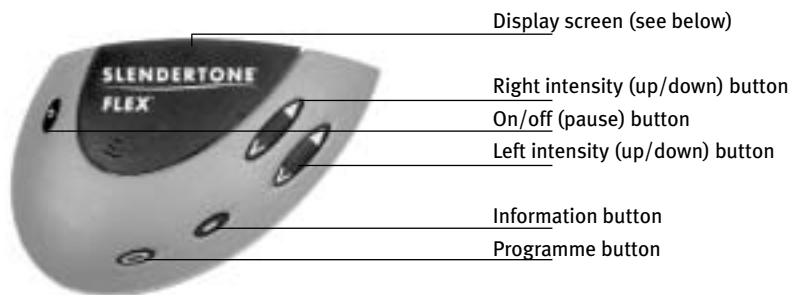
- An effective treatment should not cause undue discomfort.

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 abdominal 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 a SLENDERTONE belt for any reason, please consult your doctor before use.

Your SLENDERTONE UNIT



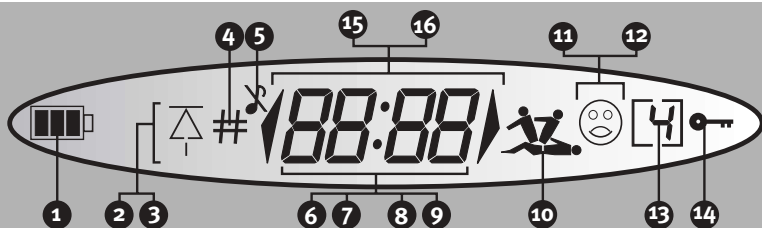
The unit shown is a SLENDERTONE FLEX unit. The aesthetics of your unit, i.e.colour and logo will vary depending on which SLENDERTONE model you have purchased.

Your SLENDERTONE DISPLAY

- | | |
|----------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| 1 Battery power remaining. | 11 User progressing. |
| 2 Highest intensity reached to date. | 12 Unit switched off before session complete. |
| 3 Pad contact problem (see page 12). | 13 Programme number. |
| 4 Number of sessions completed. | 14 Keylock activated. |
| 5 Mute/ music function activated. | |
| 6 Length of time left in the current session/ error messages. | |
| 7 Programme paused. | |
| 8 Left-hand intensity. | |
| 9 Right-hand intensity. | |
| 10 Muscles contracting/ relaxing. | |
| | 15 Number of Sets (left) and Crunches (right) completed in Programme 9. |
| | 16 Number of Sets (left) and Crunches (right) completed in Programme 10. Left/ right arrows show which side is being stimulated. |

For FLEX MAX users only

SLENDERTONE DISPLAY



How To Get Up And Running

- 1 Remove the cover from the patterned side of the large pad (FIG.A). Place the pad on the metal stud between the parallel lines on the inside of the belt (FIG.B).
- 2 Remove the covers from the patterned side of the smaller pads. Place one either side of the large pad, using the positioning guides that best suit your figure (FIG.C).
- 3 Ensure each pad covers its metal stud and press the edges of each pad firmly onto the belt. Do not throw the covers away as you will need them later.
- 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.
- 5 Slide the unit into the holder until it clicks into place.
- 6 Remove the covers from the black side of the pads (FIG.D). Do not dispose of these covers, as you will need them at the end of your session.
- 7 Wrap the belt tightly around your waist so that the large pad is centred over your navel and the two smaller pads lie directly between your hipbones and ribs on either side of your waist.
- 8 Press and hold the On/off button for two seconds to switch the unit on (FIG.E). 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 (see page 6).
- 9 Increase the intensity to a level you find comfortable (FIG.F). 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 button 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 two minutes after the session. Replace the covers on the black surface of the pads and pack away your unit ready for its next use.
- 12 For smaller sizes, the length of the belt can be shortened by folding the left end piece forwards onto the outside of the belt. A belt extension is available for larger sizes.

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 Slide the unit into the holder until it clicks into place.
- 6 Remove the covers from the black side of the pads (FIG.D). Do not dispose of these covers, as you will need them at the end of your session.



FIG. a

FIG. b

FIG. c

FIG. d

FIG. e

FIG. f

Your SLENDERTONE Programmes

PROGRAMME NOTES:

- Your SLENDERTONE unit is pre-set to complete a specific number of sessions in some programmes before progressing to the next level. As you progress from one programme to the next, the ☺ symbol will appear and the programme number will flash three times.
- Some programmes must be manually selected and will run indefinitely unless manually changed (FLEX prog. 6 & 7; FLEX MAX prog. 7-10).
- Select your required programme using the programme button.
- You may change to a different programme at any time, but the intensity will return to zero and must be increased again.
- All programmes **except** the FLEX Ab Walker and the FLEX MAX Ab Crunch programmes have warm-up and warm down phases.

SLENDERTONE FLEX programmes:

Programme	Duration (max.)	No. of Sessions	Intensity (max.)
1 Introduction	20	3	99
2 Intermediate	25	10	99
3 Advanced	30	20	99
4 Expert	30	20	99
5 Specialist 1	30	Indefinite	99
6 Ab Walker 1	30	Indefinite	99
7 Ab Walker 2	30	Indefinite	99

SLENDERTONE FLEX Ab Walker Programmes:

Ab Walker 1 and 2 have been designed for use while walking. They combine abdominal toning and walking for a more effective and efficient workout. For maximum effectiveness these programmes should be operated only while walking.

SLENDERTONE FLEX MAX programmes:

Programme	Duration (max.)	No. of Sessions	Intensity (max.)
1 Introduction	20	3	99
2 Intermediate	25	10	99
3 Advanced	30	20	99
4 Expert	30	20	99
5 Professional	30	20	120
6 Specialist 2	30	Indefinite	120
7 Sports Pro 1	35	Indefinite	130
8 Sports Pro 2	40	Indefinite	130
9 Ab Crunch 1	7	Indefinite	130
10 Ab Crunch 2	10	Indefinite	130

SLENDERTONE FLEX MAX Ab Crunch Programmes:

Ab Crunch 1 and 2 are designed for use with abdominal crunches, thus enhancing your workout.

- Ab Crunch 1 targets the transversus abdominis, the muscle in the centre of your abdomen.
- Ab Crunch 2 targets your obliques, the muscles either side of your abdomen.

See the chart below for programme details:

Ab Crunch Programme Details

Programme	Exercise	No. of Sets	Repetitions per Set	Rest Between Sets*	Rest Between Repetitions
Ab Crunch 1	Beginner Crunch	3	10	20 seconds	3 seconds
	Standard Crunch	3	10	20 seconds	3 seconds
Ab Crunch 2	Side Crunch	3	20	20 seconds	2 seconds

* You can bypass the rest period between sets in Ab Crunch 1 and 2 by briefly pressing the on/off button twice when the rest period commences.

Your SLENDERTONE Ab Crunch Programmes (FLEX MAX only)

SLENDERTONE Ab Crunch – Guidelines.

When performing abdominal crunches:

- (a) avoid neck strain by always keeping your hands at the sides of your head and not behind it.
- (b) always use a soft flat surface, e.g. a gym mat.
- (c) stop exercising immediately if you feel any pain.

Specific Do's and Don'ts for SLENDERTONE Ab Crunch Programmes.

- Never do abdominal crunches if you suffer from neck or lumbar pain.
- Never exert yourself beyond your own comfort level – if in doubt or if you have back pain **consult your doctor** before attempting these activities.
- We advise that these programmes are designed for use ONLY with the abdominal crunches specified. No other form of exercise should be attempted with these programmes.

Ab Crunches - Getting Started.

Begin both Ab Crunch Programmes in the Starting Position (FIG. A):

Wearing your belt, lie on your back. Bend your knees to approx. 90°. Position your hands either side of your head. Your feet should be flat on the floor, shoulder width apart and your abdominal muscles fully relaxed. Switch your unit on and increase the intensity.

Ab Crunch 1 - Instructions.

Ab Crunch 1 can be used in conjunction with a Beginner Crunch or a Standard Crunch. Those unfamiliar with Ab Crunch exercises should start with a Beginner Crunch. Progress to a Standard Crunch when your abdominal strength has improved.

1(a) Beginner Crunch (FIG. a):

When the stimulation starts, gently press your lower back into the floor and contract your abdominal muscles as hard as is comfortable. Do not raise your head off the floor and keep your neck muscles as relaxed as possible.

1(b) Standard Crunch (FIG. b):

When the stimulation starts, slowly curl your shoulders forward, making sure that your lower back stays on the floor. Ensure you do not jerk your head forward. When raising your head, avoid neck strain by keeping a space approximately the size of your fist between your neck and chest.

- Hold each contraction for three seconds, then return to the starting position and relax fully. The stimulation will stop.
- After a three second relaxation period, the stimulation starts again. Repeat step 1(A) or 1(B) and step 2 depending on the type of crunch you are doing.

Ab Crunch 2 - Instructions.

Do not attempt this programme until you have progressed to a Standard Crunch using the Ab Crunch 1 programme.

1 Side Crunch (FIG. c):

When the stimulation starts, slowly curl one shoulder upwards and towards the midline/centre of your body. Your shoulder should finish 8-10cm (3-4 inches) from the ground. Keep your lower back on the floor.

Important:

curl your right shoulder upwards and inwards when the stimulation is on the left side of your abdomen. Curl your left shoulder upwards and inwards when the stimulation is on the right side of your abdomen. Always keep your lower back on the floor and never twist your upper body excessively.

- Hold each contraction for two seconds, then return to the starting position and relax fully – the stimulation will stop.
- After a two second relaxation period, the stimulation will start again. Repeat steps 1&2.

FIG. a



FIG. b



FIG. c



The Information Button (i)

Your SLENDERTONE unit stores information about current and previous sessions which can be accessed by using the Information button. You can access this information while a programme is running. The information is displayed for three seconds and then reverts back to the programme timer.

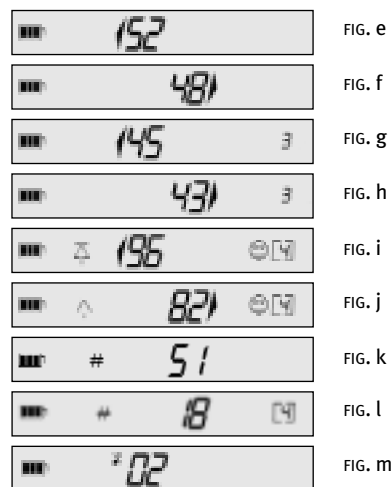
For FLEX users only

- 1 CURRENT INTENSITY LEVELS (FIG. A)**
Press the information button once to display the intensity of the current programme.
- 2 AVERAGE INTENSITY LEVELS (FIG. B)**
Press twice to see the average intensity used on both the right and left sides of the belt over the past three sessions.
- 3 HIGHEST INTENSITY LEVELS (FIG. C)**
Press three times to display the highest intensity to date from either side of the belt.
- 4 NUMBER OF SESSIONS TO DATE (FIG. D)**
Press four times to see how many sessions you have completed to date. Please note that the unit will reset itself to 0 after 250 sessions.



For FLEX MAX users only

- 1 CURRENT INTENSITY (FIG. E and F)**
Press the information button once to display the intensity from the left of the belt and twice to display the intensity from the right.
- 2 AVERAGE INTENSITY (FIG. G and H)**
Press three times to display the average intensity used on the left side of your belt over the past three sessions and four times to access the same information for the right side.
- 3 HIGHEST INTENSITY (FIG. I and J)**
Press five times to display the highest intensity reached on the left side of the belt and six times to display the highest intensity on the right hand side.
- 5 NUMBER OF SESSIONS IN CURRENT PROGRAMME (FIG. K)**
Press seven times to see how many sessions you have completed in the current programme.
- 4 NUMBER OF SESSIONS TO DATE (FIG. L)**
Press eight times to display the number of sessions you have completed to date across all programmes.
- 6 MUSIC SELECTION (FIG. M)**
Press nine times to display the pair of tunes currently set to play at the beginning and the end of each session.



Advanced Unit Features

1 Intensity Keylock Function

If you find a comfortable intensity level, press the upper and lower halves of the left intensity button to lock that intensity (FIG. a). 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. *It is recommended that you use this function during the Ab Crunch programmes in order to prevent any inadvertent activation of the keys.*

2 Mute Function

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

3 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.

For FLEX MAX users only

4 Music Function

If you want to personalise your SLENDERTONE FLEX MAX unit, choose from the following range of paired tunes by pressing the upper and lower halves of the right intensity button until you find the paired tunes you like. The pairs of tunes are:

PAIR 01:
Beginning of session: SLENDERTONE Startup
End of session: SLENDERTONE Shutdown

PAIR 02:
Beginning of session: Reidy's Opus
End of session: That's It!

PAIR 03:
Beginning of session: William Tell Overture
End of session: Mexican Hat

PAIR 04:
Beginning of session: Jingle Bells
End of session: We Wish You A Merry Christmas

5 Rapid Intensity Increase:

If you want to advance your intensity level quickly, press the information button and the upper halves of both intensity buttons. This function is only available on programmes 5-10.



Intensity Keylock Function



Mute Function

Caring for Your SLENDERTONE FLEX MAX Belt and Unit

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



Never machine wash your SLENDERTONE belt. You should always hand wash it 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 belt to remove water.



Do not use any bleach when washing your belt.



Do not dry clean your belt.



Do not tumble dry your belt. You should always dry the belt on a flat surface. Do not dry it over anything hot (e.g. a radiator) as the belt contains plastic parts. You should ensure the belt is completely dry before use.



The SLENDERTONE belt should not be ironed.

Material fabrics

Outer material: 100%Nylon
 Binding: 82% Nylon, 18% Elastane
 Hook & Loop: 100% Nylon
 Foam: 100% Polyurethane

Caring for your unit

Your unit should not be allowed to get wet or be left in excessive sunlight. It may be cleaned regularly using a soft cloth, lightly dampened in soapy water. Do not allow the interior of your unit to become wet. Do not use detergents, alcohol, spray aerosols or strong solvents on your unit.

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) 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.

Questions and Answers

Q *Can I use my SLENDERTONE belt for post natal exercise?*

A Yes. If you are using your SLENDERTONE unit for post natal toning, you should only begin the sessions 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 belt.

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 belt to ensure correct positioning. If the pads are wearing, the Δ symbol will also appear on the display. Replacement pads can be purchased from your nearest SLENDERTONE stockist, from the SLENDERTONE website (www.slendertone.com) or, if applicable, by calling your local SLENDERTONE Careline.

Q *The pads are not sticking to the belt 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 belt. The black side of the pads should always be facing you. Press the edges of each pad very firmly onto the belt 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 belt as described on page 5. You may also find it beneficial to rub a moisturiser into the skin between sessions.

Q *I can feel a tingling sensation in my legs during a session. What should I do?*

A Moving the two smaller pads upward and inward on your waist (i.e. towards the centre of your body) should prevent this.

Q *My skin is red after the session. Is this a problem?*

A Some redness of the skin after a SLENDERTONE session may occur. It is partly due to an increase in the blood-flow under the skin and should fade after the treatment. You may also experience some reddening of the skin due to the pressure of the stretched belt. This is the same as the pressure marks you can get from wearing tight clothing. You should not be concerned about this, but should only wear the belt during a SLENDERTONE session. If it is excessive, you may have the intensity too high, which can increase the reddening on sensitive skin. Try using the unit at a lower intensity for a few days. You may also find it beneficial to rub a moisturiser into the skin between sessions. If the problem persists, you should stop using the unit.

Q *I can feel my waist muscles exercising but not my stomach muscles.*

A Pause the programme and reposition the central pad slightly lower on your stomach. If this doesn't help, move the two small pads to a smaller figure setting on the belt (towards the central pad).

Q *I can feel my stomach muscles exercising but not my waist muscles.*

A Pause the programme and reposition the central pad slightly higher on your stomach. If this doesn't help, move the two small pads to a larger figure setting on the belt (away from the central pad).

Q *Can I use my SLENDERTONE belt to treat muscles weakened from lack of use due to injury?*

A Your SLENDERTONE belt 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 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, belt 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 5
	The batteries are dead	Replace the batteries
	Low-quality batteries used	Use only high-quality batteries
The display is on but there's no signal	The unit has been paused	Press the on/off button briefly
The battery symbol is flashing	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
	The pads are worn	Contact your local stockist for new SLENDERTONE abdominal replacement pads
	Poor pad positioning	See page 5 for the correct positioning of the pads & belt
	Pads not covering studs	Reposition the pads
Unpleasant feeling beneath the pads	Low-quality batteries used	Use only high-quality batteries
	The pads are worn	Contact your local stockist for new SLENDERTONE abdominal replacement pads
	Pads not covering the studs	Reposition the pads
The Δ symbol has appeared on the display*	Too many consecutive sessions	You should leave at least six hours between sessions
	Pads not in contact with skin	Reposition the belt
	Pads not covering metal studs	Reposition the pads
	The pads are worn	Contact your local stockist for new SLENDERTONE abdominal replacement pads
E002/E003/E004 has appeared on the display	The pads are on the wrong	Ensure the black surface of the pads are facing you
	The covers are still on the pads	Ensure the covers are removed from both sides of the pads
	Unit is not fully inserted in holder	Reinsert the unit, see page 5 for further details
	Belt is loose or open on body	Refasten belt, see page 5 for further details
	Error message, indicating a problem with the unit	See page 9 for further details
Unintentional programme change during Ab Crunch programmes	Accidental pressing of keys	Activate intensity keylock. See page 9 for further details.

* The Δ symbol always appears in conjunction with the left/right arrows. If the left arrow appears, there is a problem with the left pad, the right arrow indicates a problem with the right pad and if both arrows appear, there is a problem with either the middle pad or all three pads.

Technical Specifications

When the Δ symbol appears the stimulus is significantly reduced.

The signal gradually increases to a peak intensity level at the start of a contraction phase (i.e. ramp up) and gradually decreases to nothing at start of a 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 Adhesive Pads, containing:
 - 1 large adhesive pad Type 709 or 706
 - 2 small adhesive pads Type 710 or 707

- SLENDERTONE Belt
- SLENDERTONE Belt Extension

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
Humidity: 20 to 65% RH

Storage: Temperature Range: 0 to 55°C
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 batteries' position is also shown by 3 embossed outlines in the base of the compartment.


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

The unit requires three 1.5 volt (LR03) 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 ('Hz').

Output (RMSA) mean the max. output root mean square current for each channel.

Output (RMSV) mean the max. output root mean square voltage for each channel.

 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 belt's batch number is represented on the belt packaging, by the number corresponding with the **LOT** symbol.

Rated Outputs Voltage/Current:

Product Type: 510 (female FLEX)

Parameter	500Ω	1KΩ	1K5Ω
Output RMSV	6.9V	12.9V	13.2V
Output RMSA	13.7mA	12.9mA	8.8mA
Output Frequency	40-70Hz.	40-70Hz.	40-70Hz.
DC Component: Approx.	0 C	0 C	0 C
Positive Pulse Width:	200-300 μs	200-300 μs	200-300 μs
Negative Pulse Width:	200-300 μs	200-300 μs	200-300 μs
Interphase Interval:	100 μs	100 μs	100 μs

Product Type: 515 (male FLEX)

Parameter	500Ω	1KΩ	1K5Ω
Output RMSV	7.1V	13.4V	13.7V
Output RMSA	14.2mA	13.4mA	9.1mA
Output Frequency	45-75Hz.	45-75Hz.	45-75Hz.
DC Component: Approx.	0 C	0 C	0 C
Positive Pulse Width:	200-300 μs	200-300 μs	200-300 μs
Negative Pulse Width:	200-300 μs	200-300 μs	200-300 μs
Interphase Interval:	100 μs	100 μs	100 μs


Product Type: 514 (female FLEX MAX)


Parameter	500Ω	1KΩ	1K5Ω
Output RMSV	5.8V	9.3V	9.7V
Output RMSA	11.5mA	9.3mA	6.5mA
Output Frequency	50-95Hz.	50-95Hz.	50-95Hz.
DC Component: Approx.	0 C	0 C	0 C
Positive Pulse Width:	200-350 μs	200-350 μs	200-350 μs
Negative Pulse Width:	200-350 μs	200-350 μs	200-350 μs
Interphase Interval:	100 μs	100 μs	100 μs

Product Type: 517 (male FLEX MAX)

Parameter	500Ω	1KΩ	1K5Ω
Output RMSV	6.1V	9.7V	10.6V
Output RMSA	12.1mA	9.7mA	7.1mA
Output Frequency	55-99Hz.	55-99Hz.	55-99Hz.
DC Component: Approx.	0 C	0 C	0 C
Positive Pulse Width:	200-350 μs	200-350 μs	200-350 μs
Negative Pulse Width:	200-350 μs	200-350 μs	200-350 μs
Interphase Interval:	100 μs	100 μs	100 μs

EU Only:

 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 number of the notified body (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.