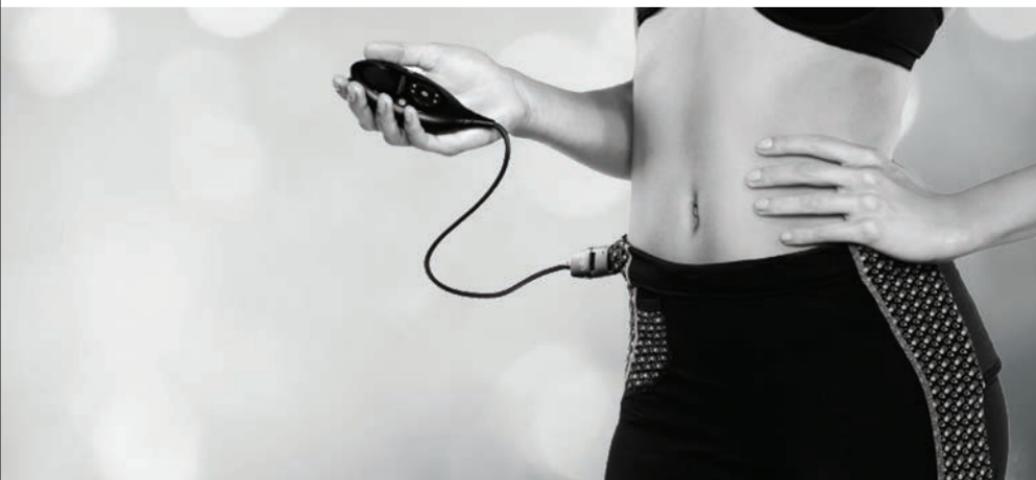


SLENDERTONE®

Bottom



Instruction Manual

Mode D'emploi

Bedienungsanleitung

Instrucciones de Uso

Gebruiksaanwijzingen

Istruzioni per l'Uso

Instruções Para a Utilização

www.slendertone.com

Congratulations on purchasing your SLENDERTONE BOTTOM. Please read your user manual fully before using this product.

SLENDERTONE BOTTOM is the latest innovation in SLENDERTONE's premium range of products. Designed for ease of use, SLENDERTONE BOTTOM lifts, firms and tones your bottom comfortably and effectively, with results you should be able to see in just a few short weeks. This newly designed lycra shorts garment, makes it easy and comfortable to tone your bottom while you relax at home.

SLENDERTONE BOTTOM uses clinically proven EMS technology to exercise the muscles of your bottom. A signal is sent to the muscles and as the signal strength increases, the muscles contract.

Use your SLENDERTONE BOTTOM 4 times a week and in just 4 weeks, you can expect to see these results:

- Tones and firms your bottom
- An improvement in your shape in 4 weeks
- Look better in your jeans

For the best results we recommend that you use SLENDERTONE BOTTOM in conjunction with a normal, healthy diet and exercise.

SLENDERTONE BOTTOM is an electronic muscle stimulator intended for the enhancement of the performance of the gluteal muscles of the body. It may also be used, with medical supervision, for the rehabilitation of muscle which has become deficient due to disuse or injury.

If you have any difficulty setting up your unit or have any other questions or concerns about SLENDERTONE BOTTOM call SLENDERTONE Customer Care on :

UK: 0330 221 1278

Rep. of Ireland: 1890 92 33 88

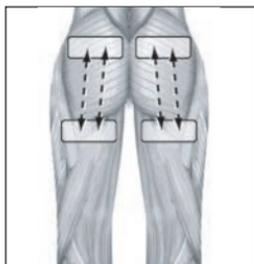
International: +353 94 902 9936

Email: info@slendertone.com

www.slendertone.com

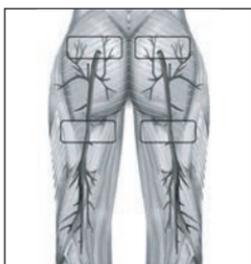
HOW DOES MUSCLE STIMULATION TECHNOLOGY WORK?

SLENDERTONE BOTTOM uses electrical muscle stimulation (EMS) technology. This technology has been used in hospitals and by physiotherapists for over 50 years. Here is a summary of how it works.



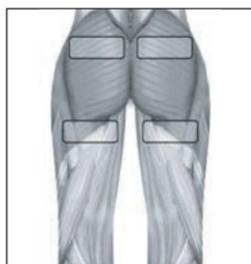
Step 1

A gentle signal is transmitted through the pads to the sciatic nerve and its branches.



Step 2

The signals switch on the nerves which control the muscles.



Step 3

The nerves, in turn, cause your muscles to contract and relax rhythmically.

INTRODUCING YOUR SLENDERTONE BOTTOM

THESE ARE THE CONTENTS FOR THE FULL SLENDERTONE BOTTOM PACK.
THE BOTTOM ACCESSORY PACK DOES NOT CONTAIN A CONTROLLER OR CHARGER.



1. SLENDERTONE BOTTOM Garment:

Your SLENDERTONE BOTTOM garment has been ergonomically designed and incorporates the stimulation area into a comfortable shorts garment. The garment fits sizes 6-12 (Waist: 24-32"/61-81cm; Hips: 32-38"/81-97cm). There is also a pocket to hold your unit during use.

2. Controller:

The controller generates signals which are sent, via the gel pads, to your muscles to make them contract. The controller is rechargeable and takes approximately 3 hours to charge fully.

3. Pack of Four Adhesive Gel Pads.

These adhesive gel pads are placed onto your garment before use. These gel pads must be in contact with your skin so that signals can be sent to your muscles.

4. SLENDERTONE Battery Charger:

Connect your controller to the charger and then insert your charger into a socket to charge your controller's battery. Please ensure you only use the charger supplied by SLENDERTONE.

5. Instruction Literature:

This contains a detailed guide to using your SLENDERTONE BOTTOM and an additional quick start guide to help get you started.

6. Travel Pouch:

You also get a handy travel pouch for storing everything while not in use.

PRODUCT WARRANTY

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

- Has been used for its intended purpose and in the manner described in this user 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. gel pads, shorts, etc.) which are subject to normal wear and tear.

HOW DOES THE CONTROLLER WORK?

1. On/Off Button (⏻)

Press and hold this button for 2 seconds to turn your controller on or off. You may also pause the exercise by briefly pressing this button.

2. Increase Toning Intensity (▲)

Press and hold these buttons to increase the intensity of the exercise. The right-hand button controls the right-hand side of your garment. The left-hand button controls the left-hand side.

3. Decrease Toning Intensity (▼)

Press and hold these buttons to decrease the intensity of the exercise on either side of the garment.

4. Programme Button (P)

Press this button to select the toning programme you wish to use. There are 4 programmes in total, which are explained later in this manual (page 7).

5. Information Button (i)

Press this button to see your training information, such as the maximum intensity for your current or last session and the number of sessions you have completed.



CONTROLLER DISPLAY

(50 Toning intensity from the left-hand side of the garment.

45) Toning intensity from the right-hand side of the garment.

0:08 Counts down the time left in the current session. Also displays error messages (see page 8).

|| Appears when the exercise has been paused.

🔇 Indicates that the sound is off.

🔒 Keylock is active - you cannot change the intensity levels or the programme accidentally.

⚠ This symbol indicates a poor contact between the controller and the garment or between the gel pads and the skin (see page 9 for more details).

🔋 Shows the battery power remaining. The battery icon will flash when the battery is low and needs to be recharged.

Number of sessions completed.

4 Shows the programme currently running (1 - 4).

○ This symbol appears during each contraction phase.

(92 87) Maximum intensity for the current/ last session.

SETTING UP YOUR SLENDERTONE BOTTOM

1. Connect your controller to the charger (Fig. a) and then insert your charger into a socket. It'll take approximately 3 hours to fully charge the battery. Your controller is fully charged when all three sections of the battery icon are full.

Note: Do not leave your controller connected to the charger when the battery is fully charged.

2. Lay the garment on a flat surface with the 4 flaps on the back open (Fig. b). Remove the adhesive gel pads from their pack. One side of each gel pad has a grid pattern on it while the other side is plain black.

3. Remove the covers from the **patterned side** of the gel pads (Fig. c). Do not remove the covers from the **black side** of the gel pads yet.

4. Place the **patterned side** of each gel pad directly over a metal stud on each of the flaps (Fig. d), on the raised section.

Note: Press the edges of all of the gel pads firmly onto the material before use.

Before you progress, make sure that all of the metal studs are completely covered by the gel pads. The gel pads need to be in direct contact with the skin, so it is advisable to wear a thong or underwear that allows for this.

5. Leaving the 4 flaps open put on the garment. When the garment is correctly positioned, the windows should be located as shown in Fig. e.

6. Remove the covers from the **black side** of the upper gel pads (but do not throw them away as you will need them later) and close the flaps (Fig. f). Ensure gel pads are placed in full contact with your skin.

7. Remove the covers from the **black side** of the lower gel pads and close the flaps. Ensure each gel pad is positioned just below the crease of your bottom (Fig. g).

Notes:

- You may need to adjust the position of the garments slightly until you find the most comfortable position. However, the positioning will become much easier after a few sessions.
- Use your SLENDERTONE BOTTOM whenever it suits you. You can use it almost any time and any place. We recommend you use your product while relaxing at home. Your SLENDERTONE BOTTOM really is a convenient way of firming and toning your bottom.
- For the best results, we recommend that you do five training sessions per week. You should, however, only do one session per day, as this allows your muscles to recuperate.
- Standing or lying down is more comfortable at high intensities.

Fig. a



Fig. b



Fig. c



Fig. d



Fig. e



Fig. f



Fig. g



YOUR FIRST TONING SESSION

Muscle toning can be an unusual sensation, but a pleasant one. It may tickle to begin with. We recommend that you use the product while seated until you become accustomed to the sensation. This progresses to a smooth muscle contraction as the toning intensity increases. To get started, follow these simple steps:

1. 'Click' the controller connector and garment connector together (Fig. a).
2. Press and hold the on/off button (⏻ - Fig. b) for two seconds to switch your controller on.
3. Select the program you wish to use by pressing the program button (P - Fig. c). Then, to start that program, press and hold the increase intensity buttons (▲ - Fig. d) until you feel your muscles contracting. Always choose an intensity level at which you feel a strong but comfortable contraction. This will vary from person to person. You should try to reach an intensity level of 25 or higher in your first session. The increasing intensity level is displayed on the screen.
4. Continue increasing the intensity throughout the session if possible. You will feel the muscle contractions getting stronger as the intensity increases. Remember the harder you work your muscles the better the results you will see, but always reduce the intensity if you feel any discomfort. Your controller's intensity range is 0-99.

Pausing A Session:

If you wish to pause a session before it is finished, simply press the on/off button briefly. The display will show that the controller is paused (||). To resume the session, briefly press the on/off button again. The display will return to its normal mode.

5. At the end of the training session your SLENDERTONE BOTTOM will stop automatically. However, to switch off your controller at any time during a session, press and hold the on/off button for two seconds. You should see the display turn off.
6. To remove the garment, first open the flaps and replace the gel pad covers on the black side of the gel pads. The gel pads should remain on the flaps. Store your SLENDERTONE BOTTOM, ensuring that the pads are kept flat, until your next session.

Note: Do not disconnect the controller from the garment without first switching the controller off, as this may result in an error on your display.

Well done on completing your first training session!

Fig. a



Fig. b



Fig. c



Fig. d



GETTING RESULTS WITH YOUR SLENDERTONE BOTTOM

- Use the strongest training intensity you can - the harder you work your muscles, the better the results you will see, but remember, the stimulation should never be uncomfortable.
- Try to increase your toning intensity regularly. But do not over-exert yourself.
- SLENDERTONE BOTTOM has 4 toning programmes which are listed in the table below. Programme 1 is set when you switch your controller on for the first time. The controller will then automatically progress through each programme after a set number of sessions.

Programme Name	Session Duration	Training Level	Auto Progression
Beginner	15:00	Light	2 sessions
Intermediate	20:00	Moderate	3 sessions
Advanced	25:00	Strong	5 sessions
Expert	30:00	Very Strong	Indefinite

You cannot change a programme during a session. You must first switch your controller off and then on again. Then you can select a different programme by pressing the programme button.

30-DAY PLAN

To get the most from your controller, follow the 30-day plan. Use SLENDERTONE BOTTOM 4 times a week for 4 weeks and record the highest intensity levels in your diary (the diary is inside the back cover). Each week you have 3 rest days. The diary below shows one person's plan, recorded during scientific testing over a 30-day period. Each box shows the highest toning intensity from either side of the garment. The intensity level will vary from person to person.

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	(20 20)	rest	(25 25)	rest	(30 30)	rest	(40 40)
2	rest	(50 50)	(55 55)	rest	(60 60)	rest	(65 65)
3	rest	(65 65)	(70 70)	rest	(70 70)	rest	(75 75)
4	rest	(75 75)	(75 75)	rest	(80 80)	rest	(80 80)

Fill-in your diary every time you complete a toning session. Leave this diary somewhere you will see it regularly. This will help to motivate you to reach your goal. You will soon see and feel that your bottom is firmer and more toned.

CARING FOR YOUR GEL PADS

- The gel pads are for single person use only.
- You should ensure your skin is clean and free of oils, creams and other lotions before use.
- The durability and effectiveness of the gel pads depends entirely on the proper use, storage and care on the part of the user, certain skin types and the type, duration, number of sessions, intensity used and site of stimulation.
- Ensure your hands are clean before handling gel pads. You should avoid touching the skin-side of the gel pads with your fingers as much as possible when applying or removing the belt, as this can transfer oils and skin particles to the gel pads' surface.
- After use, replace the liners on the black side of the gel pads and store your controller in a cool, dry place until the next use.
- Gel pads will need to be replaced periodically as the surface picks up skin debris and becomes dry over time.

Information Button (*i*)

Press the information button (Fig. a) any time during a session to see the highest intensity level you have reached for that session. Pressing the information button twice shows you the total number of sessions you have completed. While pressing the information button three times shows the garment type you are using.

Mute Function ()

If you want to switch off your controller's sound effects, press and hold the programme button for two seconds (Fig. b). The mute function remains active indefinitely unless manually changed. Deactivate the mute function by again pressing the programme button for two seconds.

Keylock Function ()

If you find a comfortable exercise intensity, press and hold the information button for two seconds to lock that intensity (Fig. c). This function only remains active during the session in which it is activated. If you wish to increase the intensity further, deactivate the keylock function by again pressing the information button for two seconds.

Error Messages

In the unlikely event of your controller developing a problem, "Err" will appear on your controller display (Fig. d). If this occurs you should switch the controller off and then switch it back on again. It should now operate properly. If the problem persists, please call Customer Care for further assistance (see page 2).

Battery Power / Replacing the Battery

The battery icon on the display will flash when the battery is low and needs to be recharged. After a period of time, you may find that your battery will only power your controller for a limited number of sessions, requiring you to charge the battery more frequently. This is because rechargeable batteries have a limited number of charge cycles and may eventually need to be replaced.

Should you need to replace the rechargeable battery, remove the small rubber plug from the back cover of your controller (Fig. e), unscrew the back cover and remove it. Replace the existing battery pack with a new battery pack (Fig. f) and replace the battery cover. You can purchase a new battery pack from the website or by contacting SLENDERTONE Customer Care.

Fig. a



Fig. b



Fig. c



Fig. d



Fig. e



Fig. f



Problem	Possible Cause	Solution
The display doesn't come on and there is no signal from the controller	The battery is low	Recharge the battery
The display is on but there is no signal. The battery symbol is flashing	The battery is low	Recharge the battery
The ⚠ symbol has appeared on the display*	Controller is not properly connected to garment	Ensure controller and garment are properly connected
	The gel pads are on the wrong way around	Ensure the black surfaces of the gel pads are facing you
	The covers are still on the gel pads	Remove the covers from the gel pads
	The gel pads are worn	Visit www.slendertone.com or contact Customer Care for replacement gel pads
	The gel pads are not covering the studs	Make sure the gel pads fully cover the metal studs
	Build up of gel on the metal studs	Remove gel pads and clean studs with a dry cloth
	Poor pad contact with the skin	Press the gel pads firmly against the skin. Smear a few drops of water on the surface of the pads. Make sure the controller is OFF first
Unpleasant feeling beneath the gel pads	The gel pads are worn	Visit www.slendertone.com or contact Customer Care for replacement gel pads
	Build up of gel on the metal studs	Remove gel pads and clean studs with a dry cloth
	The gel pads are not covering the studs	Make sure the gel pads fully cover the metal studs
	Too many consecutive sessions	You should just do one session per day on any single body area
The contractions are very weak even when the toning intensity is high	The gel pads are worn	Visit www.slendertone.com or contact Customer Care for replacement gel pads
	The battery is low	Recharge the battery
	Poor pad positioning	See page 5 for correct gel pad positioning
	The gel pads are not covering the studs	Make sure the gel pads fully cover the metal studs
"Err" appears on the display	Error message	Switch the controller on and off. It should now work without any problem. If the error message persists call the careline for further details

* The ⚠ symbol always appears in conjunction with the left/right intensity indicators. If the left indicator appears, there is a problem with one or both of the left-hand pads, the right indicator acknowledges a problem with one or both of the right-hand pads and if both indicators appear there is a problem with pads on both sides of the garment.

Can I use SLENDERTONE BOTTOM for post natal exercises?

- Yes, but you must wait a minimum of **6 weeks** after childbirth before you begin using it and you **must** consult your doctor first.
- If you've had a Caesarean in the past **3 months**, consult your doctor for approval before using the garment.

The stimulation is uncomfortable. How can I improve this?

- Make sure the gel pads are positioned correctly and that they are pressed firmly against your skin - see page 5. Switch off your controller and reposition the garment if necessary.
- You can also smear a few drops of water on the **black** surface of the gel pads. This can improve the comfort of the muscle stimulation, but be careful not to get water on the controller. Ensure the controller is switched OFF before you do this!
- Ensure the metal studs are fully covered by the gel pads.

My skin is red after the exercise. Is this a problem?

- Some redness of the skin after a toning session is normal. It is partly due to an increase in the blood flow under the skin and should fade after a while. You may also experience some reddening of the skin due to the pressure of the garment. This is the same as the pressure marks you can get from tight clothing. You should not be concerned about this. It should fade soon after you remove the garment.
- If the redness is excessive, you may have the toning intensity too high. This may increase the reddening in sensitive skin. Try using a lower toning intensity for a few days. If the problem persists, you should stop using the product.

Can I use SLENDERTONE BOTTOM to treat muscles weakened from lack of use due to injury?

- Yes. The product may be used for the alleviation of or compensation for injury. Consultation with your doctor or physiotherapist is required to establish a rehabilitation programme with your product, which would safely provide improvement to the strength and tone of the bottom muscles.

How do I know when to replace the gel pads?

- With time the gel pads pick up skin debris and may need to be replaced as this makes the workout less effective and less comfortable.
- You may notice the signal is weakening even if the batteries are OK. This usually indicates that the gel pads are wearing and will soon need replacing. You can check this by first adjusting the garment to ensure correct positioning of the gel pads. If the problem persists, try using the controller with new gel pads. If the signal is still weak or uncomfortable, you should order a new battery pack.
- New gel pads can be purchased online at www.slendertone.com or from SLENDERTONE Customer Care.

Will the product cause muscle soreness?

- As with all exercise some muscle soreness can occur after using the garment. This is normal and should go away after a day or two. Use a low toning intensity for a few sessions if you are experiencing muscle soreness. As the exercise is stronger when you are seated, some people find using the SLENDERTONE BOTTOM while lying down more comfortable.

I can feel the contraction on one side but not the other, what should I do?

- If one side of your body is not receiving any signal, try the following:
 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. Pause the exercise, unfasten your garment and ensure all the gel 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 both your skin and the garment, then fasten your garment tightly and start the exercise again.

The gel pads are not sticking to the garment even though they are fairly new. Can this be improved?

- Ensure the **patterened** side of each gel pad is always placed on the garment. The **black** side of the gel pads should always be against your skin. Press the edges of each gel pad very firmly onto the garment before and after each session.

I can feel an uncomfortable sensation in my back. What should I do?

- If you feel the stimulus in your lower back, the upper gel pads are too high and should be placed slightly lower. The top of the upper gel pads should be just below the line where your bottom and back meet (see page 5).

I have reached an intensity of 99 but want to get a stronger contraction. What should I do?

- For a stronger contraction on the bottom, use your SLENDERTONE BOTTOM sitting down. Tightening the leg fasteners may also help. Standing or lying down is more comfortable at high intensities.

I can feel a tingling elsewhere in my legs. Is this normal?

- Yes. Your SLENDERTONE BOTTOM controller stimulates the nerves which control your muscles. Stimulating the sciatic nerve can cause a tingling sensation in other leg muscles and is perfectly safe as long as the sensation is comfortable.

Battery performance has degraded significantly.

- After an extended period of time you may notice a degradation in the performance of the battery in your controller. At this point you should purchase a new rechargeable battery pack. New rechargeable battery packs can be purchased through SLENDERTONE Customer Care, or by visiting www.slendertone.com.

CARING FOR YOUR GARMENT

Your garment can be washed, but you must first remove the controller and gel pads. Always follow the instructions on the label when washing the garment.



Never machine wash your garment. Always hand wash in lukewarm water. This protects the internal wiring from damage in the washing machine. You should take care even when hand washing and never wring the garment to remove water.



Do not use bleach when washing the garment.



Do not dry clean your garment.



Do not tumble dry your garment. Dry it on a flat surface. Do not dry it over anything hot. (e.g. a radiator) as it contains plastic parts. Ensure the garment is completely dry before using it again.



The garment should not be ironed.

Materials:

External: 90% Polyester, 10 % Spandex. Internal: 90% Nylon, 10% Spandex.

Hook & Loop: 100% Nylon

DOS AND DON'TS

Your SLENDERTONE product is suitable for use by all healthy adults. However, as with other forms of exercise, some care is needed when using it, so always follow the points below and read your user manual carefully before use.

Please do not use if:

- You have an electronic implant (e.g. cardiac pacemaker or defibrillator) or suffer from any other heart problem.
- You are pregnant.
- You suffer from cancer, epilepsy or are under medical supervision for cognitive dysfunction.
- The product 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 product until:

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

Please get your doctor's or physiotherapist's permission before using your SLENDERTONE product if:

- 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 gel pads and garment, always remember to:

- Place the gel pads and garment ONLY as indicated in this manual.
- Avoid placing the gel pads or garment on the front or sides of the neck, across or through the heart (i.e. one gel pad on the front of the chest and one on the back), on the genitals or on the head. (Other toning units are available for other areas of the body - details are available at www.slendertone.com or from your local retailer).
- Application of electrodes near the thorax may increase the risk of cardiac fibrillation.
- 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 gel pads directly over metal implants.

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.
- On very rare occasions, first-time users of EMS have reported feeling light-headed or faint. We recommend that you use the product while seated until you become accustomed to the sensation. Standing or lying down is more comfortable at high intensities.

To reposition gel pads during a session:

- Always pause the programme currently running, unfasten the legs and/or waistband and then refasten it/ them once the position of the gel pads has been adjusted.

After strenuous exercise or exertion:

- Always use a lower toning intensity to avoid muscle fatigue.

Contact Customer Care if:

- Your product is not working correctly. Do not use it 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 garment during and for a short time after a session.

Note:

- An effective treatment should not cause undue discomfort.

Important:

- Keep your product out of the reach of children.
- The studs and gel pads must not be connected to other objects.
- Do not use your controller at the same time as any other device which transfers an electrical current into the body (e.g. another muscle stimulator).
- Cease using your product if you are feeling light headed or faint. Consult your doctor if this happens.
- Do not touch the gel pads or metal studs while the controller is switched on.
- Do not use while driving, operating machinery or cycling.
- For first time users, muscle stimulation can be an unusual sensation. We recommend that you begin with low stimulation intensities to familiarise yourself with the sensation before progressing to higher stimulation intensities.
- For hygiene reasons the garment is for use by one person only. Do not share your garment with anyone else.
- Do not over exert yourself when using muscle stimulation. Any workout should be at a level comfortable for you.
- SLENDERTONE will not accept responsibility if the guidelines and instructions supplied with this product are not followed.
- Although compliant with applicable EMC requirements, this device may still interfere with more sensitive equipment, please move away or switch off.
- You should always ensure that the battery charger is positioned so that it is easy to unplug the power supply from the socket
- To isolate this equipment from the mains, the battery charger should be removed from the socket.

N.B. If you are in any doubt about using your SLENDERTONE product for any reason, please consult your doctor before use.

Caring for your controller

Your controller 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 controller to become wet. Do not use detergents, alcohol, spray aerosols or strong solvents on your controller.

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

If your controller 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.

IMPORTANT: Under no circumstance should anything other than the correct type of batteries – (rechargeable batteries 3.6V NiMH) be used with your controller. These can be purchased from the website or SLENDERTONE Customer Care.

Disposing of the gel pads and batteries

Used gel 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.

NOTES: 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 the start of the relaxation phase (i.e. ramp down). When the Δ symbol is flashing, the stimulus is significantly reduced. In accordance with the laws within the member state, safety testing on the device should be carried out every two years. In compliance with German law, product safety testing must be conducted every two years by an authorised test service.

Accessories:

You can purchase all accessories at www.slendertone.com. Under no circumstances should anything other than SLENDERTONE accessories be used with your SLENDERTONE charger or SLENDERTONE controller (Type 396). Any others may not be compatible with your controller and could degrade the minimum safety levels.

SLENDERTONE BOTTOM Garment (E:30)

SLENDERTONE BOTTOM Gel Pads: • 4 gel pads (Type 716)

SLENDERTONE ARMS ACCESSORY Female (E:60)

SLENDERTONE ARMS ACCESSORY Male (X:60)

SLENDERTONE ARMS Gel Pads: • 4 gel pads (Type 715 - Female)
• 4 gel pads (Type 718 - Male)

Battery pack (3.6V, NiMH)

Battery Charger:

EU: 2504-0321 + 2504-0324 + 2504-0325; US/Japan: 2504-0322;

Australia: 2504-0321 + 2504-0327; Korea: 2504-0321 + 2504-0323

Charger complies to EN 60950, Input: nominal voltage 100-240V, frequency 50-60Hz, current 125mA. Do not use any other chargers or any other power supplies.

Product Type: 396

Intended use: Muscle stimulator

Classification: Internally powered equipment, Class II charger, Type BF applied parts.

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

Environmental Specifications:

Operating Range: Temperature: 0 - 35°C (32 - 95°F)
Humidity: 20 - 65 % RH

Transport & Temperature: 0 - 55°C (32 - 131°F)

Storage Range: Humidity: 10 - 90 % RH

Description of your controller's symbols:

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



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

The controller requires 1 x 3.6 volt (NiMH) DC battery pack. DC is indicated by the symbol: ==

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

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

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



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



This symbol means type BF applied parts (electrodes).



This symbol on your controller is to indicate conformity to the requirements of the Medical Device Directive (93/ 42/EEC). 0086 is the number of the notified body (BSI). The CE mark applied also indicates that this equipment complies with the requirements of the ROHS Directive (2011/65/EU) for the Restriction of Hazardous Substances in Electrical and Electronic Equipment.

ETL CLASSIFIED



Conforms to UL STD 60601-1.

Certified to CAN/CSA.

STD C22.2 NO 601.1

SN stands for 'serial number'. On the label on the back of the controller is the serial number specific to this controller. The letter preceding the number indicates the year of manufacture, where "T" denotes 2014, "U" denotes 2015 etc.

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



At the end of the product lifecycle, do not throw this product into the normal household garbage, but bring it to a collection point for the recycling of electronic equipment.

Some product materials can be re-used if you bring them to a recycling point. By re-using some parts or raw materials from used products you make an important contribution to the protection of the environment. Please contact your local authorities if you need more information about collection points in your area.

Waste Electrical and Electronic Equipment can have potentially harmful effects on the environment. Incorrect disposal can cause harmful toxins to build up in the air, water and soil and can be harmful to human health.

Rated Outputs – Voltage/Currents: E:30

Parameter	500Ω	1KΩ	1K5Ω
Output RMSV	6.3V	11.2V	13V
Output RMSA	12.6mA	11.2mA	8.6mA
Output Frequency	50Hz	50Hz	50Hz
DC Component: Approx.	0 C	0 C	0 C
Positive Pulse Width:	250-350µs	250-350µs	250-350µs
Negative Pulse Width:	250-350µs	250-350µs	250-350µs
Interphase Interval:	100 µs	100 µs	100 µs

Attention:

This controller can deliver currents in excess of 2mA/cm² if used with incorrect electrodes.

30-DAY PLANS

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1							
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3							
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PROGRAMME SUR 30 JOURS

Semaine	Jour 1	Jour 2	Jour 3	Jour 4	Jour 5	Jour 6	Jour 7
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4							

30 TAGE PLAN

Woche	Tag 1	Tag 2	Tag 3	Tag 4	Tag 5	Tag 6	Tag 7
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PLAN DE 30 DÍAS

Semana	Día 1	Día 2	Día 3	Día 4	Día 5	Día 6	Día 7
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30-DAGEN PLAN

Week	Dag 1	Dag 2	Dag 3	Dag 4	Dag 5	Dag 6	Dag 7
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PROGRAMMA PER 30 GIORNI

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PLANO DE 30 DIAS

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SLENDERTONE®

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International: +353 94 902 9936



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Designed by & Manufactured for:
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Parkmore Business Park West,
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