

# SLENDERTONE®

## FLEX™

### Abdominal Training System



[www.slendertone.com](http://www.slendertone.com)

Instructions For Use

**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.

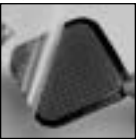







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PART NUMBER: 2400-0018 REVISION NUMBER: 1 ISSUE DATE: 08/04

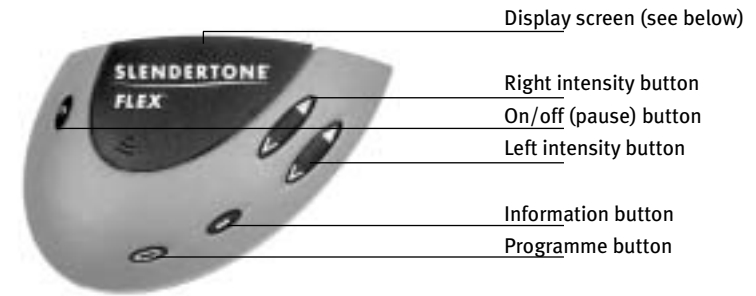
[www.slendertone.com](http://www.slendertone.com)

## Quick Start Guide

If this is your first time using the SLENDERTONE FLEX Abdominal Training System, you must read the rest of this manual before you begin. This guide offers a quick reminder for using your SLENDERTONE FLEX correctly.

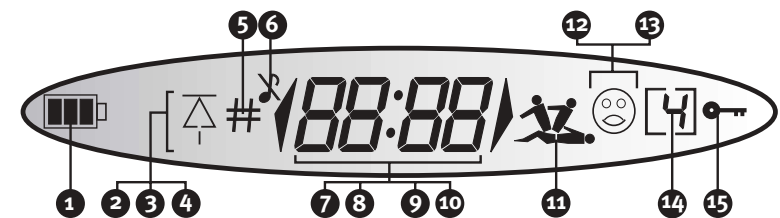
- Fig. a
- 
- Remove the cover from the patterned side of the large pad (Fig. a). Place the pad on the metal stud between the parallel lines on the inside of the belt.
- Fig. b
- 
- Remove the covers from the patterned side of the smaller pads. Place one either side of the large pad, using the positioning guides that best suit your figure (Fig. b).
- Fig. c
- 
- Battery Removal**
- When removing the batteries raise the negative end of the central battery and lift it out. Then remove the left- and right-hand batteries.
- Fig. d
- 
- Slide the unit into the holder until it clicks into place.
- Fig. e
- 
- Remove the covers from the black side of the pads. Do not dispose of these covers, as you will need them at the end of your session.
- Fig. f
- 
- Wrap the belt tightly around your waist with the large pad centred over your navel and the two smaller pads directly between your hip-bones and ribs.
- Fig. g
- 
- Press and hold the On/off button for two seconds to switch the unit on (Fig. f).
- Fig. g
- 
- Select your programme and increase the intensity to a level you find comfortable (Fig. g).
- Fig. g
- 
- When the session is finished, the unit stops automatically. Press and hold the On/off button for two seconds to switch the unit off.
- Fig. g
- 
- Replace the covers on the black surface of the pads and pack away your unit ready for its next use.

## Your SLENDERTONE Unit



## Your SLENDERTONE Display

- Battery power remaining.
- Male/female unit indicator.
- Highest intensity reached to date.
- Pad contact problem (see page 6).
- Number of sessions completed.
- Mute function activated.
- Program timer/ error messages.
- Programme paused.
- Left-hand intensity.
- Right-hand intensity.
- Muscles contracting/ relaxing.
- User progressing.
- Unit switched off before session complete.
- Programme number.
- Keylock activated.



## 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

## 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.

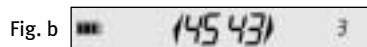
### 1 CURRENT INTENSITY LEVELS (FIG. A)

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.



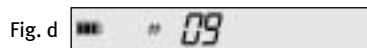
### 3 HIGHEST INTENSITY LEVELS (FIG. C)

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.



## Advanced Unit Features

Fig. a



### 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.

Fig. b



### 2 Mute Function

If you want to switch off your unit's sound effects, 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.

## Programme Information

- Your unit will complete a specific number of sessions and then progress to the next level. As it progresses, the ☺ symbol will appear and the programme number will flash three times.
- Programmes 6 and 7 must be manually selected and will run indefinitely unless manually changed.
- You may change programmes at any time, but the intensity will always return to zero.
- All programmes **except** programmes 6 and 7 have warm-up and warm down phases.

Programme	Duration	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	Indefinite	99
6 Comfort 1	30	Indefinite	99
7 Comfort 2	30	Indefinite	99

## Questions and Answers

### Q Can I use FLEX for post natal exercise?

A Yes, but you must wait a minimum of six weeks after childbirth and consult your doctor first. If you have had a Caesarean in the past three months, consult your doctor before using FLEX.

### Q How do I know when to replace the pads?

A If the signal is weakening when the batteries are still OK, it usually indicates that the pads are worn and need replacing. Check this by inserting new batteries and/or adjusting the belt to ensure correct positioning. If the pads are worn, the △ symbol will appear on the display. Replacement pads can be purchased from your nearest SLENDERTONE stockist, from [www.slendertone.com](http://www.slendertone.com) or, by calling your local SLENDERTONE Careline.

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

A Move the two small pads upward and inward on your waist (i.e. towards the centre of your body).

### Q My skin is red after a session. Why?

A Some skin redness after a session may occur. It is partly due to an increase in blood-flow and should fade after the treatment. It can also occur due to the pressure of the stretched belt. You should not be concerned about this, but should only wear the belt during a session. If it is excessive, you may have the intensity too high. If the problem persists, you should stop using the unit.

### Q The stimulation is uncomfortable. How can I improve this?

A Ensure the pads are correctly positioned and pressed firmly against your skin. Switch off your unit and position the belt as described on page 4.

### Q The pads won't stick to the belt even though they are fairly new. Why is this?

A Ensure the **patterned** side of each pad is placed on the belt. The black side of the pads goes onto your skin. Press the edges of each pad very firmly onto the belt before and after each session.

### Q My waist muscles are exercising but not my stomach muscles. Why?

A Move the large pad down slightly. If this doesn't help, move the small pads to a smaller figure setting.

### Q My stomach muscles are exercising but not my waist muscles. Why?

A Move the large pad up slightly. If this doesn't help, move the small pads to a larger figure setting.

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

A Your FLEX 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 FLEX unit, which would safely provide improvement to the strength and tone of the abdominal muscles.

## CARING FOR YOUR BELT AND UNIT

You should not let your unit get wet, but you may wipe it clean with a lightly dampened cloth. The belt can be washed, but you must first remove the unit and pads. Always follow the instructions on the label when washing the belt.



Never machine wash your belt. Always hand wash it 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 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. Dry the belt on a flat surface, but not on anything hot (e.g. a radiator) as the belt contains plastic parts. Ensure the belt is completely dry before use.



The SLENDERTONE belt must not be ironed.

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 2
	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 2 for the correct positioning of the pads & belt
	Pads not covering studs	Reposition the pads
	Low-quality batteries used	Use only high-quality batteries
Unpleasant feeling beneath the pads	The pads are worn	Contact your local stockist for new SLENDERTONE abdominal replacement pads
	Pads not covering the studs	Reposition the pads
	Too many consecutive sessions	You should leave at least six hours between sessions
	Pads not in contact with skin	Reposition the belt
The $\triangle$ symbol has appeared on the display*	Pads not covering metal studs	Reposition the pads
	The pads are worn	Contact your local stockist for new SLENDERTONE abdominal replacement pads
	The pads are on the wrong way around	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 holster	Push the unit into the holster until it clicks into place
	Belt is loose or open on body	Refasten the belt properly
E002/E003/E004 has appeared on the display	Error message, indicating a problem with the unit	<b>E002</b> - switch unit off and on again. If it persists, return unit for repair. <b>E003</b> or <b>E004</b> indicate an internal fault. Return unit for repair.

\* The  $\triangle$  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.

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 where 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 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.**

# Technical Specifications

## Caring for your unit

Your unit should not 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.


Access to the unit's interior 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 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 must 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.

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

When the  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 706 or 709
  - 2 small adhesive pads Type 707 or 710
- 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: 

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'.




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).

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  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

**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.

## Material fabrics

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