

# SLENDERTONE®

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Abs)5



Instruction Manual

Mode D'emploi

Bedienungsanleitung

Instrucciones de Uso

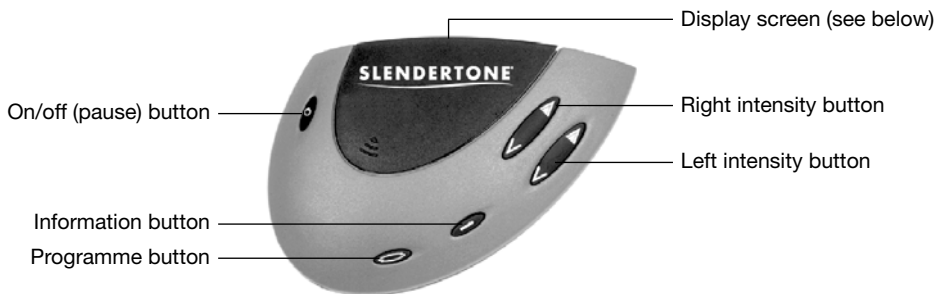
Gebruiksaanwijzingen

Istruzioni per l'Uso

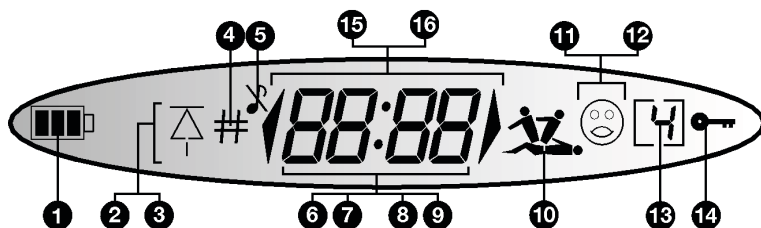
Instruções Para a Utilização

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

## YOUR SLENDERTONE ABS5 CONTROLLER



## YOUR SLENDERTONE ABS5 DISPLAY



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

## STEP BY STEP GUIDE

Fig. a



If this is your first time using the SLENDERTONE ABS5 Abdominal Toning System, you must read the rest of this manual before you begin. This guide offers a quick reminder for using your SLENDERTONE ABS5 correctly.

- 1 Remove the plastic cover from the **patterned side** of the large gel pad (Fig.a). Place the gel pad on the metal stud between the parallel lines on the inside of the belt (Fig.b).

Fig. b



- 2 Remove the plastic covers from the **patterned side** of the smaller gel pads. Place one either side of the large gel pad, using the positioning guides that best suit your figure (Fig.c).

- 3 Ensure each gel pad covers its metal stud and press the edges of each gel pad firmly onto the belt. Do not throw the plastic covers away as you will need them later.

Fig. c



### Battery Insertion


- 4 To open the battery compartment, press the embossed arrow  and slide the cover off. With the controller facing towards you, place the first battery into the right hand space with the flat (negative) end first (Fig. d) and then push the positive end into place. Insert the second battery into the left hand space (Fig. e), again with the flat end first. Finally place the third battery into the central space with the flat end last (Fig. f) and replace the battery cover. When removing the batteries raise the negative end of the central battery and lift out. Then remove the left and right hand batteries.

Fig. d



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

- 5 Slide the controller into the holster until it clicks into place.
- 6 Remove the plastic covers from the **black side** of the gel pads. Do not dispose of these covers, as you will need them at the end of your session.

Fig. e



- 7 Wrap the belt tightly around your waist so that the large gel pad is centred over your navel (belly button) and the two smaller gel pads lie directly between your hip-bones and ribs on either side of your waist.

Fig. f



- 8 Press and hold the On/off button to switch the controller on (Fig.g). The controller is programmed to begin on Programme 1. After a set number of sessions in each programme the controller will automatically advance you to the next programme (see page 4).

- 9 Increase the intensity to a level you find comfortable (Fig.h). The controller will automatically increase the left or right intensity to ensure that one stays no more than 10 levels above the other.

Fig. g



- 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 stimulation stops automatically. Press and hold the On/off button for two seconds to switch the controller off. If you forget, the controller will automatically switch itself off two minutes after the session. Replace the plastic covers on the **black side** of the gel pads and pack away your product ready for its next use.

Fig. h



- 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.

### Important:

You should leave at least six hours between sessions.

## YOUR SLENDERTONE ABS5 PROGRAMMES

### Programme Notes:

- Your SLENDERTONE ABS5 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 (programmes 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 Ab Crunch programmes have warm-up and warm down phases.

### SLENDERTONE ABS5 programmes:

Programme	Duration (mins.)	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	30	Indefinite	120
7 Sports Pro 1	35	Indefinite	130
8 Sports Pro 2	40	Indefinite	130
9 Ab Crunch 1	6	Indefinite	130
10 Ab Crunch 2	9	Indefinite	130

### Ab Crunch Programmes:

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

- Ab Crunch 1 targets the rectus 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

### 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 controller 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.

- 2 Hold each contraction for three seconds, then return to the starting position and relax fully. The stimulation will stop.
- 3 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:

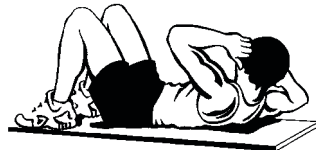
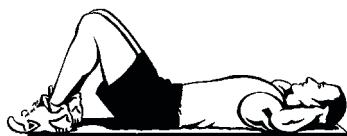
Curl your right shoulder upwards and inwards when the stimulation is on the left side of your abdomen. Curl your left shoulder upwards and inwards when the stimulation is on the right side of your abdomen. Always keep your lower back on the floor and never twist your upper body excessively.

- 2 Hold each contraction for two seconds, then return to the starting position and relax fully – the stimulation will stop.
- 3 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 ABS5 controller 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 - left (Fig. a)

Press the information button once to display the intensity from the left side of the belt.

### 2. Current intensity - right (Fig. b)

Press twice to display the intensity from the right side of the belt.

### 3. Average intensity - Left (Fig. c):

Press three times to display the average intensity used on the left side of your belt over the past three sessions.

### 4. Average intensity - Right (Fig. d):

Press four times to display the average intensity used on the right side of your belt over the past three sessions.

### 5. Highest intensity - Left (Fig. e):

Press five times to display the highest intensity ever reached on the left side of the belt.

### 6. Highest intensity - Right (Fig. f):

Press six times to display the highest intensity ever reached on the right side of the belt.

### 7. Sessions in current programme (Fig. g):

Press seven times to show how many sessions you have completed in the current programme, a good way of knowing how soon the product will progress you to the next programme.

### 8. Number of sessions to date (Fig. h):

Press eight times to display the number of sessions you have completed to date across all programmes. This is an ideal way of keeping track of your progress.

### 9. Melody selection (Fig. i):

Press nine times to display the pair of tunes which are currently set to play at the beginning and the end of each session.



Fig. a

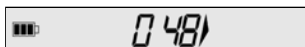


Fig. b

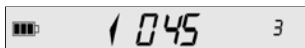


Fig. c

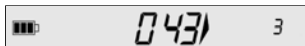


Fig. d

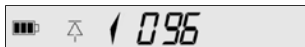


Fig. e



Fig. f



Fig. g



Fig. h

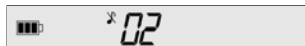


Fig. i

## PRODUCT GUARANTEE

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 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. gel pads, belt etc.) when subject to normal wear and tear

## 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. *We recommend 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 your controller'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.

## 3 Error Messages

In the unlikely event of your product developing a fault, one of three error messages may appear. If E002 appears, switch your controller off and on again. This should rectify the problem. If this message persists, contact Customer Care. If the error message E003 or E004 appears, your controller has developed an internal fault. Contact Customer Care.

## 4 Melody Function

If you want to personalise your SLENDERTONE ABS5, 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 (Fig. c). 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 (Fig. d). This function is only available on programmes 5-10.

## CARING FOR YOUR BELT

You should never let your SLENDERTONE controller 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 controller and gel pads. You must always follow the instructions on the label when washing the belt.



Never machine wash your belt as it may damage the internal wiring. Always hand wash it in lukewarm water. 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.

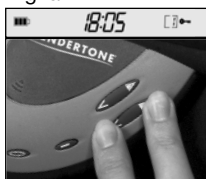


Do not tumble dry your belt. You should always dry the belt on a flat surface. Do not dry it over anything hot (e.g. a radiator) as the belt contains plastic parts. You should ensure the belt is completely dry before use.



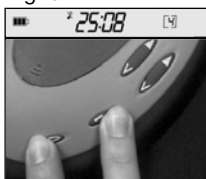
Do not iron your belt.

Fig. a



Intensity Keylock Function

Fig. b



Mute Function

Fig. c



Music Function

Fig. d



Rapid Intensity Increase

## TROUBLESHOOTING GUIDE

Problem	Possible cause	Solution
The display doesn't come on & there is no signal from the controller	The batteries are inserted incorrectly	Reposition the batteries as described on page 3
	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 session 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 gel pads are worn	Visit <a href="http://www.slendertone.com">www.slendertone.com</a> or contact Customer Care for replacement gel pads
	Poor gel pad positioning	See page 3 for the correct positioning of the gel pads & belt
	Gel pads not covering studs	Reposition the gel pads
	Low-quality batteries used	Use only high-quality batteries
Unpleasant feeling beneath the gel pads	The gel pads are worn	Visit <a href="http://www.slendertone.com">www.slendertone.com</a> or contact Customer Care for replacement gel pads
	Build-up of gel on the metal studs	Clean the metal studs with a clean, dry cloth
	Gel pads not covering the studs	Reposition the gel pads
	Too many consecutive sessions	You should leave at least six hours between sessions
	Gel pads not in contact with skin	Reposition the belt
The $\triangle$ symbol has appeared on the display*	Gel pads not covering metal studs	Reposition the gel pads
	The gel pads are worn	Visit <a href="http://www.slendertone.com">www.slendertone.com</a> or contact Customer Care for replacement gel pads
	Build-up of gel on the metal studs	Clean the metal studs with a clean, dry cloth
	The gel pads are on the wrong way around	Ensure the black surface of the gel pads are facing you
	The covers are still on the gel pads	Ensure the covers are removed from both sides of the gel pads
	Controller is not fully inserted in holster	Reinsert the controller, see page 3 for further details
	Belt is loose or open on body	Refasten belt, see page 3 for further details
E002/E003/E004 has appeared on the display	Error message, indicating a problem with the controller	See page 7 for further details
Unintentional programme change during Ab Crunch programmes	Accidental pressing of keys	Activate intensity keylock. See page 7 for further details.

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



## FREQUENTLY ASKED QUESTIONS

**Q Can I use SLENDERTONE ABS5 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 SLENDERTONE ABS5.

**Q My skin is red after the exercise. Why?**

**A** 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 belt. This is the same as the pressure marks you get from tight clothing. You should not be concerned about this. It should fade soon after you remove the belt. 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.

**Q Will the product cause muscle soreness?**

**A** As with all exercise some muscle soreness can occur after using the belt. 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.

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

**A** This indicates that the pads are over your hipbones. Moving the two smaller pads upwards and inwards on your waist (i.e. towards the centre of your body) should prevent this. Remember to pause or switch off your SLENDERTONE ABS5 before adjusting the belt or pads.

**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 2 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 pads slightly higher on your stomach. If this doesn't help, move the 2 smaller pads to a larger figure setting on the belt (away from the central pad).

**Q Can I use SLENDERTONE ABS5 to treat muscles weakened from lack of use due to injury?**

**A** Yes. The unit 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 belt, which would safely provide improvement to the strength and tone of the abdominal muscles.

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

**A** Ensure the **patterned** side of each gel 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 How do I know when to replace the gel pads?**

**A** If the signal is weakening when the batteries are still OK, it usually indicates that the gel pads are worn and need replacing. Check this by inserting new batteries and/or adjusting the belt to ensure correct positioning. If the gel pads are worn, the  $\triangle$  symbol will appear on the display. Replacement gel pads can be purchased from [slendertone.com](http://slendertone.com) or, by calling SLENDERTONE Customer Care.

## SLENDERTONE '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. Some of the points below are gender specific.

### **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 controller is in close proximity (e.g. 1m) to shortwave or microwave therapy equipment.
- You are connected to high-frequency surgical equipment.
- Wearing the product 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 product 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 physiotherapist's permission before using your product if:**

- You wish to use SLENDERTONE ABS5 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 manual.
- 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 product as part of a rehabilitation programme.

### **When applying the gel pads and belt, always remember to:**

- Place the gel pads and belt ONLY on the abdomen, as indicated in this manual.
- Avoid placing the gel pads or belt 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), in the genital region or on the head. (Other toning products are available for other areas of the body - see [www.slendertone.com](http://www.slendertone.com) or contact Customer Care for details)
- 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.

### **To reposition gel pads during a session:**

- Always pause the programme currently running, unfasten the belt and then refasten it behind your back 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 controller 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 belt 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 controller 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 belt is for use only by one person. Do not share your belt with anyone else.
- Do not over exert yourself when using muscle stimulation. Any workout should be at a level comfortable for you.
- Do not use your product if you are wearing a belly-button ring. Remove the ring before you begin a session.
- SLENDERTONE will not accept responsibility if the 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 turn off.

### **N.B. If you are in any doubt about using your**

**SLENDERTONE ABS5 for any reason, please consult your doctor before use.**

## TECHNICAL SPECIFICATIONS

### 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 contact Customer Care for advice. 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 controller if you do not intend to use it for a long period of time. If you do, the batteries may leak and damage your controller. You should be aware that some batteries sold as 'leak-proof' can still release some corrosive substances, which may damage your controller. Under no circumstance should anything other than the correct type of batteries 1.5v (lr03/ AAA) be used with your controller. 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.

When the  $\triangle$  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 product and could degrade the minimum safety levels.

- SLENDERTONE Adhesive Pads, containing:  
1 large adhesive pad Type 732  
2 small adhesive pads Type 733

**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  
Transport & Storage: Temperature Range: 0 to 55°C  
Humidity: 10 to 90 % RH

### Description of your product's symbols:

There are a number of technical markings on your product. 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 controller and belt are manufactured for BMR Ltd., Parkmore Business Park West, Galway, Ireland.

The controller 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 product. 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 product 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.

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

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

**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.

### Rated Outputs Voltage/Current: Type: 517

Parameter	500Ω	1KΩ	1K5Ω
Output RMSV	7.1V	10.7V	12.2V
Output RMSA	14.2mA	10.7mA	8.1mA
Output Frequency	55-99Hz.	55-99Hz.	55-99Hz.
DC Component: Approx.	0 C	0 C	0 C
Positive Pulse Width:	200-350μs	200-350μs	200-350μs
Negative Pulse Width:	200-350μs	200-350μs	200-350μs
Interphase Interval:	100μs	100μs	100μs



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.

# SLENDERTONE®

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



Or call your local Customer Care Line:

United Kingdom: 0345 070 77 77

Republic of Ireland: 1890 92 33 88

France: 0810 34 74 50

Deutschland: 0800 100 2832

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Designed by & Manufactured for:

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