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SLENDERTONE®

Time to look and feel good

Customer Service Toll Free: 1-800-551-2443

Designed by & Manufactured for:
Bio-Medical Research Ltd.,
Parkmore Business Park West,
Galway,
Ireland.

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US patent numbers 6,728,577 and 6,760,629.
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SLENDERTONE®

FLEX™

Abdominal Training System

Instruction Manual

CONTRA-INDICATIONS, WARNINGS & PRECAUTIONS

Your SLENDERTONE product is indicated for the improvement of abdominal muscle tone, for strengthening of abdominal muscles, and for the development of a firmer abdomen. 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. Always follow the guidelines below and read the instruction manual before use. Some of the points below are gender-specific.

CONTRA-INDICATIONS:

Do not use if:

- You have an electronic implant (e.g. cardiac pacemaker or defibrillator - as your SLENDERTONE product may interfere with the proper functioning of the implanted stimulator) or suffer from any other heart problem.
- You have any other form of abdominal implant. The safety has not been established for the use of electronic muscle stimulators over abdominal implants.
- You are pregnant. The safety of electronic muscle stimulation (EMS) over the pregnant uterus has not been established.
- You suffer from cancer. The effects of electronic stimulation on cancerous tissue are unknown.
- You are under medical supervision for cognitive dysfunction as you may not be able to comply with safety instructions.
- The unit is in close proximity (e.g., 1 yard) to shortwave or microwave therapy equipment or you are connected to high-frequency surgical equipment (e.g. diathermy), because of the risk of device malfunction due to electronic interference.

WARNINGS:

- The long-term effects of chronic electronic stimulation are unknown.
- Unit should not be used while sleeping, because you cannot react to safety information.

Wait before using your SLENDERTONE product until:

- At least 6 weeks after the birth of your baby. You must consult your doctor before use.
- One month after an IUD contraceptive device (e.g., coil) has been fitted. You must consult your doctor before use.

- At least 3 months after having a Caesarean section. You must consult your doctor before use.
- The heavy days of your period have finished because vigorous abdominal exercise is not recommended at this time.

When applying the GelPads™ and belt, always remember to:

- Place the GelPads and belt ONLY on the abdomen as indicated in this manual.
- Avoid placing the GelPads or belt on the front or sides of the neck, across or through the heart (i.e., one GelPad on the front of the chest and one on the back), in the genital region nor on the head, because of the risk of stimulating inappropriate muscles and organs.
- Avoid application of electrodes near the thorax as this 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 GelPads over metal implants. They may be placed on the nearest muscles.

PRECAUTIONS:

- Caution should be used for patients with suspected or diagnosed epilepsy.
- Caution should be used in the following:
 - When there is a tendency to bleed internally following an injury or fracture.
 - Following recent surgical procedures when electronic stimulation may disrupt the healing process
 - Over areas of skin which lack normal sensation
- Your SLENDERTONE product is not intended for medical use, for the treatment of any medical condition, nor for any permanent physical changes.

Get your doctor's permission before using your SLENDERTONE product if:

- You wish to use your SLENDERTONE product 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 undergone a surgical procedure.
- You take insulin for diabetes.
- You want to use it on a young child.
- You suffer from muscle or joint problems.
- Wearing the device necessitates placement over areas at which drugs/medicines are administered by injection (short term or long term) e.g. hormone treatment.

Adverse reactions:

- Skin irritations and burns have been reported with the use of powered muscle stimulators.
- 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 GelPads during a session:

- Always pause the program currently running, unfasten the belt and then refasten it behind your back after the GelPads' positions have been adjusted.

After strenuous exercise or exertion:

- Always use a lower intensity to avoid muscle fatigue.

Contact SLENDERTONE or an authorized dealer if:

- Your unit is not working correctly. Do not use in the meantime.
- You experience any irritation, skin reaction, hypersensitivity, or other adverse reaction. You should, however, note that some reddening of the skin under the belt is quite normal during and for a short time after an exercise session.

Note:

- An effective session should not cause undue discomfort.

Important:

- For first time users, muscle stimulation can be an unusual sensation. We recommend that you begin in a seated position with low stimulation intensity settings to familiarize yourself with the sensation before progressing to higher intensity settings.
- Keep your unit out of the reach of children.
- The studs and GelPads 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 GelPads or metal studs while the unit is switched on.
- Do not use while driving, operating machinery or cycling or during any activity in which involuntary muscle contractions may put the user at undue risk of injury.
- The belt is for single person use only.
- Cease using your unit if you are feeling light headed or faint. Consult your doctor if this happens.
- Do not over exert yourself when using muscle stimulation. Any workout should be at a level comfortable for you.
- Do not use your unit if you are wearing a belly-button ring. Remove the ring before you begin a session.
- SLENDERTONE will not accept responsibility if the guidelines and instructions supplied with this unit are not followed.
- Although compliant with applicable EMC requirements, this device may still interfere with more sensitive equipment, please move away or switch off.

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

WELCOME



Congratulations on purchasing your SLENDERTONE FLEX and taking the first step towards firmer, stronger and more toned abs. As a doctor and the CEO of Bio-Medical Research Ltd., a company with over 40 years experience in the industry, I am proud to offer you this clinically demonstrated product. You are now on the way to the body shape you've always dreamed of, so don't waste another minute - set-up your SLENDERTONE FLEX abdominal toning system and enjoy your first session right now!

Patricia A. Smith

Patricia A. Smith
CEO Slendertone

WHY YOU'LL LOVE IT

At SLENDERTONE we are proud to have developed an ab belt that has been demonstrated to deliver results. In trials, SLENDERTONE users get the same results time after time - firmer, stronger and more toned abs.

Our customers have told us things like "My clothes fit better now.", "It's so easy to use.", "It fits perfectly into my busy lifestyle.", so we hope you use and enjoy the many benefits of SLENDERTONE FLEX too.

MAKING IT WORK FOR YOU

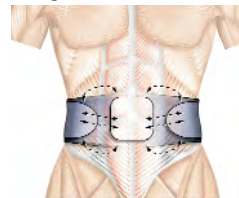
To get firmer, stronger abs in as little as 4 weeks, use your SLENDERTONE FLEX 5 times a week. Use the highest intensity that is comfortable and keep increasing the intensity throughout your toning session for faster results. You can use your SLENDERTONE FLEX just about anytime, anywhere - at work in the office, relaxing at home or even while out walking.

You will achieve your goal when you use your SLENDERTONE FLEX 5 times a week at the appropriate intensity. Once you've achieved your desired results, use 2-3 times weekly to maintain the results.

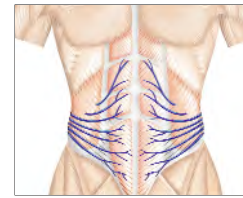
Read all instructions fully before use!
Patricia A. Smith

THE SCIENCE BEHIND SLENDERTONE

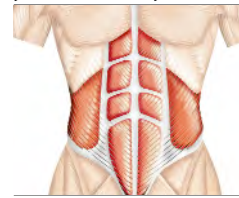
SLENDERTONE uses electronic muscle stimulation (EMS) technology. This technology has been used in hospitals and by physiotherapists for over 50 years. Here is a summary of how EMS technology works. The special 3 pad design ensures that all of the abdominal muscles contract and not only those directly under the pads.



Step 1
Signals are sent between the pads



Step 2
The signals switch on the nerves which control the abdominal muscles.



Step 3
The nerves in turn switch on the muscles.

WHAT'S IN THE BOX



1. SLENDERTONE 4-program unit:
The 4-program SLENDERTONE abdominal muscle toning unit.

2. SLENDERTONE abdominal toning belt belt:
A "one-size-fits-all" belt which fastens around your waist for a quick and easy exercise.

3. GelPads™:
These GelPads adhere to the belt to conduct the signal from the unit to your abdominal muscles.

4. SLENDERTONE FLEX travel pouch:
You also get a handy travel pouch for storing your unit when not in use.

5. FREE batteries:
Each SLENDERTONE abdominal toning system unit comes with three free batteries so you can start exercising right away.

6. Instruction literature:
This is a detailed guide to using your SLENDERTONE abdominal toning system and an additional quick start guide to help get you started.

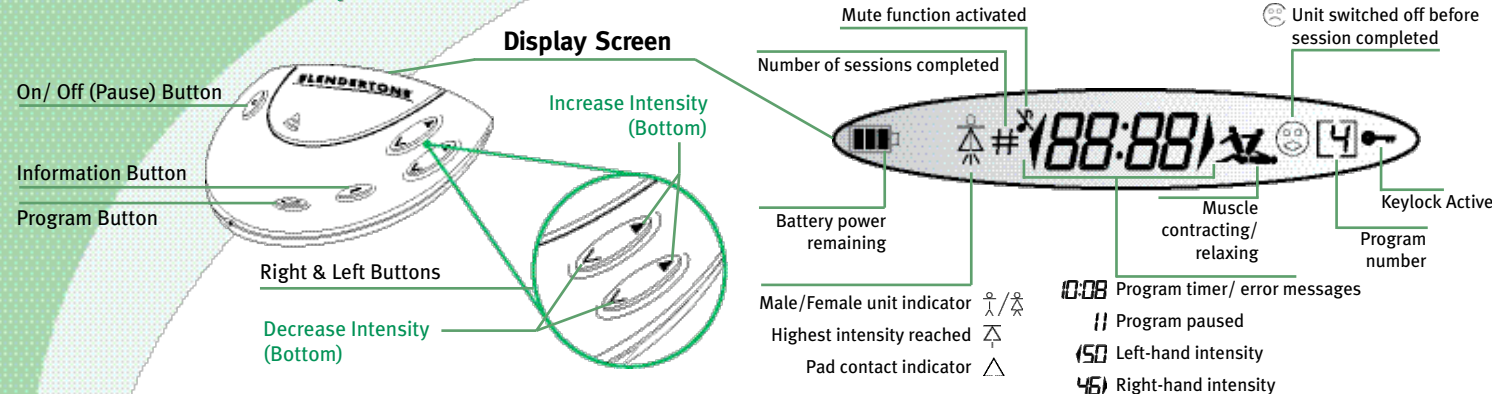
7. SLENDERTONE belt extender:
Use this extender to increase the length of your belt when you need a few more inches.

Why not try slendertone's other toning products?
Simply check www.slendertone.com for a complete list of our innovative body toning products.

Set-up your SLENDERTONE abdominal muscle toner now →

If you require any assistance setting up your unit or have any other questions, please call us on your local Careline Number or send us an email:
Tel: 1-800-551-2443
Email - info@slendertoneusa.com

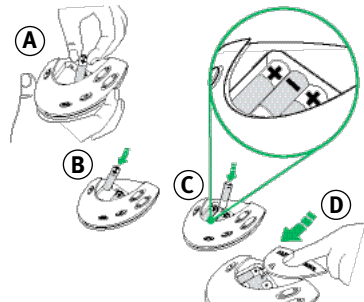
YOUR SLENDERTONE 4-PROGRAM UNIT



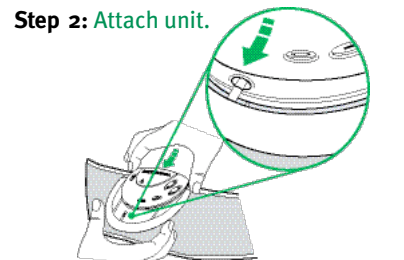
SETTING-UP YOUR SLENDERTONE FLEX

Step 1: Insert the batteries in sequence.

Press the embossed arrow (A) and slide the battery cover. With the unit facing towards you, place the first battery in the **right-hand** space (See A) with the flat end (ie. the negative side) first. Next place the second battery in the **left-hand** space (See B), again with the flat end first. Finally, place the third battery into the central space with the flat end (negative side) on top, so that it remains visible (See C) and replace the battery cover (See D).



Step 2: Attach unit.



❗ Insert fully (slide until it clicks)

Insert the unit into the belt by holding the belt and sliding the unit firmly into place until you hear it click.

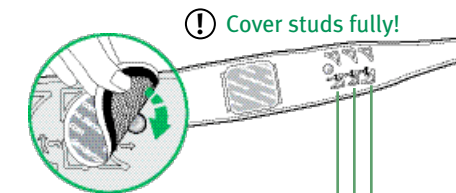
Step 3: Remove covers (from grid side).



💡 Bend pads to help remove covers

Remove the covers from the grid side of the pads, by holding the pad as shown and bending to help you grip the covers.

Step 4: Position the pads on the belt.



❗ Cover studs fully!

Select your size

For Women
 S = 24"-31"
 M = 30"-38"
 L = 37"-44"

For Men
 S = 27"-34"
 M = 33"-41"
 L = 40"-47"

Place the pads on the belt's metal studs in the position best suited to your size (Small, Medium, Large)

Note: Ensure that the metal studs are fully covered by the pads.

Step 5: Remove covers (from black side).



❗ Keep covers.

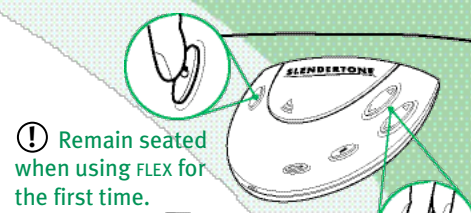
Step 6: Position belt.



❗ Wrap the belt tightly around your waist so that the pads are in full contact with your skin.

Remove the covers from the black side of the pads. Keep these, as you will need them at the end of the exercise. Center the large pad directly over your navel and stretch the ends of the belt around your waist until the small pads are between the hip-bones and the ribs on either side of your body. Fasten the belt behind you.

Step 7: Switch on your unit.



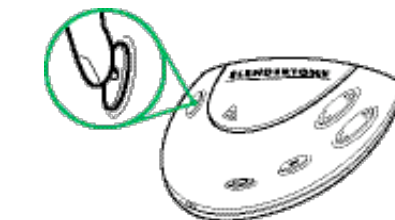
❗ Remain seated when using FLEX for the first time.

Step 8: Increase the intensity.

💡 Increase the intensity to a strong but comfortable level (15 or above).

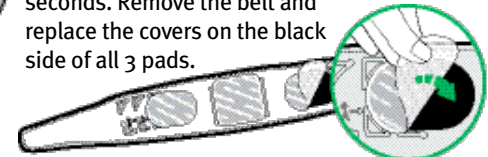
To switch your unit on, press and hold the On/Off button for 2 seconds. Then increase the intensity to a level at which you feel a strong, comfortable contraction of your abs. Continue to increase the intensity throughout the session if possible.

Session over.



❗ Press and hold for 2 seconds to switch the unit off.


Once your muscle toning session is over, switch off your unit by pressing the On/Off button for 2 seconds. Remove the belt and replace the covers on the black side of all 3 pads.




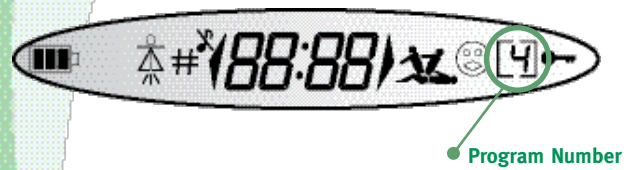
Want help? See our trouble-shooting checklist on page 9.

Have a question? Call toll-free 1-800-551-2443

SLENDERTONE FLEX PROGRAMS

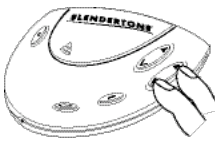

 Your SLENDERTONE FLEX abdominal toning system has a choice of 4 programs. You can let the unit progress automatically from one level to the next, or simply press the program button to select the program you wish to use.


- 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 program number will flash three times.
- You may change programs at any time, but the intensity will always return to zero.
- All programs have warm-up and warm down phases.




Program	Duration	No. of Sessions	Max Intensity
1 Introduction	20	3	99
2 Intermediate	25	10	99
3 Advanced	30	20	99
4 Expert	40	Indefinite	99

ADVANCED FEATURES


Intensity Keylock Function
 If you find a comfortable intensity level, press the upper and lower halves of the LEFT intensity button at the same time to lock that intensity. This will also lock the program button. This function is only active during the session in which it was activated. Deactivate the keylock by performing the same action again.

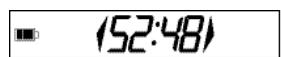

Mute Function
 If you want to switch off your unit's sound effects, press the Information button and the Program button at the same time. The mute function remains active indefinitely unless manually changed. Deactivate the mute function by performing the same action again.

THE INFORMATION BUTTON


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

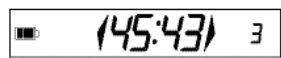
Current intensity levels

Press the information button once to display the intensity of the current program.



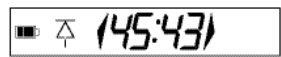
Average intensity levels

Press twice to see the average intensity used on both the right and left sides of the belt over the past 3 sessions.



Highest intensity levels

Press three times to display the highest intensity to date from either side of the belt.




Number of sessions to date


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.





CARING FOR YOUR BELT

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.

PAD CONTACT INDICATOR

If the Pad Contact symbol () has appeared on the display, there is a problem with the connection between the pads and your skin, or between the pads and the belt. The Pad Contact symbol always appears in conjunction with the left or right arrow on the display screen as follows:
 If the left arrow appears, there is a problem with the left pad.
 If the right arrow appears there is a problem with the right pad and if both arrows appear, there is a problem with either the middle pad or all three pads.

TROUBLE-SHOOTING CHECKLIST

If you have problems getting your SLENDERTONE FLEX to work, you should go through the following checklist:



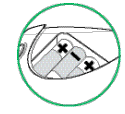
When did you last change your pads?
 Pads need to be changed every 20-30 sessions. Call our support line below to place an order.



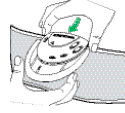
Have you removed all the plastic covers from both sides of the pads?
 Remember to keep one set of covers to protect the black side of the pads during storage.



Are the pads covering the metal studs?
 Double-check the pads on your arm garment to ensure that the grid side of each pad is fully covering the metal studs.



Are the batteries inserted correctly?
 The batteries must be inserted in a specific way for the unit to work (see page 6). If you find any corrosion within the battery compartment call the support line below for assistance.



Is your unit inserted into the holder properly?
 Remove the unit and wipe the pin with a dry cloth. Then re-insert the unit, pushing it until it clicks into place.



Are the pads and belt positioned correctly?
 Ensure the large, center pad is directly over your navel and that the smaller pads are directly between your hip-bones and ribs.

Still having trouble? Call us toll free on
1-800-551-2443

See www.slendertone.com for GelPads & Accessories

QUESTIONS & ANSWERS

Can I use SLENDERTONE FLEX for post natal exercise?

Yes. If you are using your SLENDERTONE unit for post natal toning, you should only begin the exercises a minimum of 6 weeks after childbirth - and you must consult your doctor first. If you have had a caesarean in the past three months, you must consult your doctor for approval before using SLENDERTONE FLEX.

How do I know when to replace the pads?

With time the pads pick up skin debris and may need to be replaced as this makes the stimulation less comfortable. You may notice the signal is weakening even if the batteries are OK. This usually indicates that the pads are wearing and will soon need replacing. You can check this by checking the unit with new batteries and/or adjusting the belt to ensure correct positioning. New pads can be purchased from your nearest slendertone retailer, online at www.slendertone.com, or from our Toll Free Customer Service Line at **1-800-551-2443**.

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

Ensure the grid side of the pad is stuck to the belt. If the grid side is facing you, you should reverse the pad so that the black side is facing you. With the liner still on the pads, press the edges of each pad very firmly onto the belt before and after each session.

The stimulation is uncomfortable. How can I improve this?

Ensure the pads are positioned correctly and that they are pressed firmly against your skin. You can check their placement by switching off your unit and repositioning the belt as described on page 6. You may also find it beneficial to rub a moisturizer into the skin between sessions.

I find it difficult putting on the belt. What should I do?

If you have trouble fitting the belt around your waist, you should hold the belt by the ends, position the central pad as usual and stretch the

belt as far as you can before fastening it behind your back. A belt extension is also available from your SLENDERTONE retailer, online at www.slendertone.com, or from our Toll Free Customer Service Line at **1-800-551-2443**.

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

Some redness of the skin after a flex session is normal. It is partly due to an increase in the blood-flow under the skin and should fade after the treatment. You may also experience some reddening of the skin due to the pressure of the stretched belt. This is common and is the same as the pressure marks you can get from tight clothing. 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, which can increase the reddening in sensitive skin. Try using the unit at a lower intensity for a few days. You should rub a moisturizer into the skin between sessions. If the problem persists, you should stop using the unit.

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

Moving the two smaller pads upward and inward (ie. towards the center of your body) on your waist should prevent this.

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

Pause the program 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).

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

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

PRODUCT WARRANTY

Dear Customer,

Thank you for purchasing your SLENDERTONE product ("Product"). To be covered by this Limited Warranty, the Product must have been purchased directly from Slendertone Distribution, Inc. ("SDI"), or its authorised retailer in the United States. This Limited Warranty extends only to the original purchaser and cannot be transferred to anyone. Please read this carefully before using the Product.

Our Limited Warranty to you

SDI WARRANTS TO YOU, THE ORIGINAL PURCHASER, THAT UNDER NORMAL USE AND SERVICE, THE PRODUCT WILL BE FREE FROM DEFECTS IN MATERIAL AND WORKMANSHIP FOR A PERIOD OF ONE (1) YEAR FROM THE DATE OF PURCHASE ("WARRANTY PERIOD"). IF YOU DISCOVER A DEFECT COVERED BY THIS LIMITED WARRANTY DURING THE WARRANTY PERIOD, AND RETURN THE PRODUCT TO US, WE WILL REPAIR OR REPLACE THE PRODUCT, AT OUR OPTION, USING NEW OR REMANUFACTURED COMPONENTS. THERE IS NO WARRANTY OR CONDITION OF ANY KIND AS TO ANY DEFECTS DISCOVERED AFTER THE WARRANTY PERIOD EXPIRES.

Certain Product failures not covered

This Limited Warranty covers defects in manufacture that arise from correct use of the Product per the product manual and instructions. It does not cover damage caused by abuse, misuse, accidents, modification or repair by any person other than SDI, moisture, extreme heat or cold, corrosive environments, high voltage surges from external sources or an unsuitable power supply. This Limited Warranty does not cover normal wear and tear on consumable items (e.g. pads, garments, etc.). This Limited Warranty does not apply to any battery provided with the Product, or if the Product has an altered or defaced serial number.

How to obtain service under this Limited Warranty

To obtain service under this Limited Warranty, please contact SDI's Customer CareLine at 1-800-551-2443 to obtain return instructions. You must submit proof of purchase in the form of a bona fide, dated bill of sale, receipt, or invoice (or copy thereof) evidencing that your request for service is made within the Warranty Period.

Except as may otherwise be required by legislation in your State, SDI will not be responsible for the cost of returning the Product or for any damage to or loss of the Product while it is in transit to us. We recommend that you use a carrier that will track your shipment and ensure the Product's safe delivery. SDI cannot accept any returns sent C.O.D.

THIS LIMITED WARRANTY IS THE ONLY WARRANTY FOR THE PRODUCT, AND THERE ARE NO OTHER EXPRESS WARRANTIES, ORAL OR WRITTEN, PROVIDED BY SDI. ANY IMPLIED WARRANTIES APPLICABLE TO THE PRODUCT, INCLUDING ANY WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, ARE LIMITED TO THE DURATION OF THE WARRANTY PERIOD SET FORTH ABOVE.

Limitation of Remedies

YOUR EXCLUSIVE REMEDY, IN LIEU OF ALL INDIRECT, INCIDENTAL, CONSEQUENTIAL, EXEMPLARY, SPECIAL OR OTHER DAMAGES OF ANY KIND, INCLUDING FOR NEGLIGENCE, IS LIMITED TO THE REPAIR OR REPLACEMENT OF THE PRODUCT, IF DEFECTIVE, UNDER THE TERMS AND CONDITIONS OF THIS LIMITED WARRANTY. SDI will bear no other expenses.

SDI reserves the right to refuse to repair or replace the Product if it is returned in an unsanitary condition. SDI reserves the right to substitute a product of equal or better quality if an identical product is not available at the time of replacement. This Limited Warranty is non-transferable.

Applicability of state law

Some states do not allow limitations on the duration of implied warranties, or the exclusion or limitation of incidental or consequential damages, and so the related limitations and exclusions stated above may not apply to you.

Governing law

This Limited Warranty is valid in the United States only and is not applicable in other countries. If you acquired the Product in the United States, the laws of the State of New York will apply to this Limited Warranty.

THIS LIMITED WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY ALSO HAVE OTHER RIGHTS, WHICH VARY FROM STATE TO STATE.

TECHNICAL SPECIFICATIONS

Caring for your unit:


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

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

NOTE: Using leak-proof batteries is advised. You should never leave the batteries inside your unit if you do not intend to use it for a long period of time. If you do, the batteries may leak and damage your unit. You should be aware that some batteries sold as ‘leak-proof’ can still release some corrosive substances, which may damage your unit. Under no circumstance should anything other than the correct type of batteries (1.5V, AAA) be used with your unit. You should only insert the batteries in the manner specified in this manual.

Disposing of the pads and batteries:

Used pads and batteries must never be disposed of in a fire but in accordance with national laws governing the disposal of such items.

NOTES: When the  symbol is flashing, the stimulus is significantly reduced. The signal gradually increases to a peak intensity level at the start of the contraction phase (ie. ramp up) and gradually decreases to nothing at the start of the relaxation phase (ie. ramp down).

Environmental Specifications:

Operating range: Temperature: 32 to 95°F
Humidity: 20 to 65 % RH
Storage range: Temperature: 32 to 131°F
Humidity: 10 to 90 % RH

Product Type: 512

Intended use: Muscle stimulator

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 FLEX Adhesive Pads:

Each pad pack contains:

- 1 large adhesive pad Type 709
- 2 small adhesive pads Type 710

SLENDERTONE FLEX Belt

SLENDERTONE FLEX Belt Extension

MATERIAL FABRICS:


Outer material: 100%Nylon
Binding: 82% Nylon, 18% Elastane
Velcro: 100% Nylon
Foam: 100% Polyurethane


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’ should be positioned as indicated by three embossed outlines in the base of the compartment.


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

The unit requires three 1.5 volt DC batteries. DC is indicated by the symbol: 

 This symbol means “Attention, consult the accompanying documents”.

 This symbol means type BF equipment.

SN stands for “serial number”. Inside the box is the serial number specific to this unit. The letter preceding the number indicates the year of manufacture, where “A” denotes 1995, “B” denotes 1996 etc.

The batch number of the belt is represented on the belt packaging, by the number corresponding with the  symbol.

PROGRAM PARAMETERS

• Output Current	0-70 milliamps, adjustable (up to 1K ohms load)
• Pulse Rate	50, 60 and 70 pulses per second (PPS)
• Pulse Duration (Width)	Positive pulse width 200 microseconds / Negative pulse width 200 microseconds / Inter-phase interval 140 microseconds
• Mode # 1	Pulse rate 70 PPS / On time = 2.5 seconds / Off time = 2.5 seconds Ramp Up and Down = 2 seconds / Timer = 20 minutes
• Mode # 2	Pulse rate 60 PPS / On time = 3.5 seconds / Off time = 3.5 seconds Ramp Up and Down = 2 seconds / Timer = 25 minutes
• Mode # 3	Pulse rate 50 PPS / On time = 4.5 seconds / Off time = 4.5 seconds Ramp Up and Down = 2 seconds / Timer = 30 minutes
• Mode # 4	Pulse rate 50 PPS / On time = 5.5 seconds / Off time = 5.5 seconds Ramp Up and Down = 2 seconds / Timer = 40 minutes
• Timer	20, 25, 30 and 40 minutes depending on the mode.
• Compliance	Complies with UL60601-1
• Waveform	Symmetrical biphasic with zero net DC
• Maximum Charge Per Pulse	15 microcoulombs under normal conditions
• Power Source	3 x 1.5V AAA Batteries
• Tolerances	All electrical specifications are ± 10% into real 500-ohm load