

# **SLENDERTONE®**

## Arms

Instruction Manual

**MODE D'EMPLOI**

**GEBRAUCHSANWEISUNG**

**MANUAL DE USUARIO**

**GEBRUIKSAANWIJZINGEN**

**ISTRUZIONI PER L'USO**

**INSTRUÇÕES PARA A UTILIZAÇÃO**

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

## **WELCOME**

Congratulations on purchasing your SLENDERTONE ARMS ACCESSORY and taking the first step towards firmer, stronger and more defined arms. As a doctor and the CEO of Bio-Medical Research Ltd., a company with over 40 years experience in the medical device industry, I am proud to offer you this clinically proven 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 ARMS ACCESSORY unit 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 delivered a clinically proven arm product that delivers results. This interchangeable system lets you attach the same hand-held controller to a whole range of garments, which firm, strengthen and tone different areas of your body. See [www.slendertone.com](http://www.slendertone.com) for more details. The controller can be shared with your friends or partner when they purchase a SLENDERTONE accessory product allowing you to build and customize a complete body toning collection.

SLENDERTONE ARMS USES SLENDERTONE's clinically proven and patented c.s.i. Technology. A signal is sent to the nerves, through the pads, which in turn contracts the biceps and triceps muscles.

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

## **MAKING IT WORK FOR YOU**

To get the most from your SLENDERTONE ARMS ACCESSORY, follow the 30-day plan and use your unit 3 times a week at an intensity level comfortable for you. We recommend you leave at least 48 hours between sessions. Use as part of a normal, healthy lifestyle.

Read all instructions fully before use!  
Patricia A. Smith

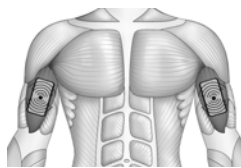
## THE SCIENCE BEHIND SLENDERTONE

SLENDERTONE ARMS uses patented C.S.I. Technology to deliver signals directly to your neuro-muscular system, causing contractions which exercise and tone your muscles.

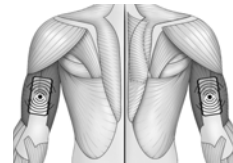
**Step 1:** Signals are sent through the pads. The signals activate the nerves which control the biceps and triceps muscles.

**Step 2:** As the signal strength increases, the nerves, in turn, cause your muscles to contract and relax rhythmically.

**The Result:** A deep, effective muscle workout. It's like SLENDERTONE does the hard work for you!



BICEPS



TRICEPS

## PRECAUTIONS

Please read these precautions before using YOUR SLENDERTONE ARMS ACCESSORY:

- You should only use this product while in a relaxed, seated position, with your arms bent slightly and resting in your lap.
- Do not straighten your arms during the session, as this can lead to an ineffective session and may cause some discomfort.
- Never use SLENDERTONE ARMS while involved in any activity which includes using your arms or hands.
- Your arms are likely to move involuntarily during a session.
- Keep your unit in your hands during each session.
- Do not fasten the straps too tightly around your arms.
- If the garment leads are damaged or exposed, they should be replaced immediately.

## WHAT'S IN THE BOX

These are the contents for the SLENDERTONE ARMS ACCESSORY pack. The accessory pack does not contain a unit or charger.

1. Arm Garments.
2. Adhesive Pads.
3. Carry Pouch.
4. Instruction Literature.



NOTE: You need the controller available with your SLENDERTONE ABS or SLENDERTONE BOTTOM to operate this SLENDERTONE ARMS ACCESSORY. Discover all our products on [www.slendertone.com](http://www.slendertone.com) or call us at 0845 070 77 77.

## SET-UP YOUR SLENDERTONE ARMS ACCESSORY NOW



If you require any assistance setting up your unit or have any other queries, please call us on your local Careline Number or send us an email: Email - [info@slendertone.com](mailto:info@slendertone.com)  
Tel: UK - 0845 070 7777 • IRL - 1890 92 33 88  
International: +353 94 902 9936

## UNIT CONTROLS

### 1. On/Off Button (⏻)

Press and hold this button for 2 seconds to turn your unit 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 garment marked R. The left-hand button controls the garment marked L.

### 3. Decrease Toning Intensity (▼)

Press and hold these buttons to decrease the intensity of the signal to either arm.

### 4. Programme Button (P)

Press this button to select the toning programme you wish to use. There are 3 programmes, which are explained later in this manual (page 8).

### 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.

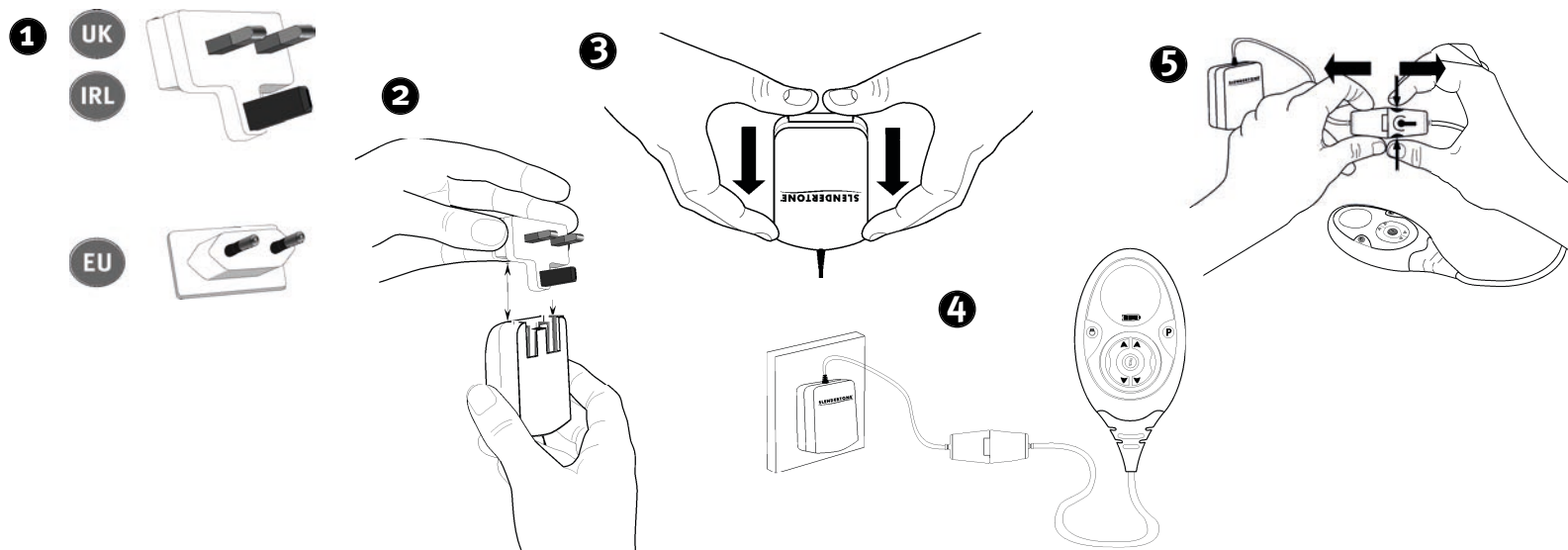


## UNIT DISPLAY

- (50) Toning intensity from the left arm garment.
- 46) Toning intensity from the right arm garment.
- 10:08 Counts down the time left in the current session. Also displays error messages (see page 9).
- ||| Appears when the exercise has been paused.
- 🔇 Indicates that the sound is off.
- 🔑 Keylock is active - you cannot change the intensity levels or the program accidentally.
- ⚠️ This symbol indicates a poor contact between the unit and garments or between the pads and the skin (see page 10 for more details).
- 🔋 Shows the battery power remaining.
- # Number of sessions completed.
- 2 Shows the programme currently running (1 - 3).
- This symbol appears during each contraction phase.
- (92 87) Maximum intensity for the current/ last session.

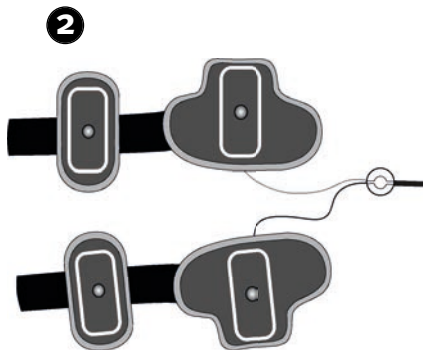
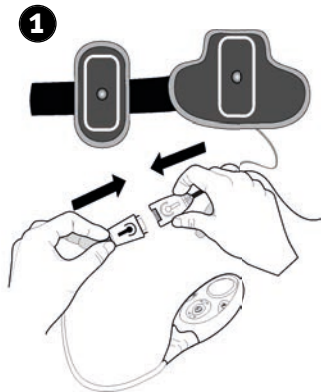
## SETTING UP YOUR BATTERY CHARGER

1. Use either the 2-pin plug (Europe), or the 3-pin plug (UK/ Ireland).
2. Connect the plug to the main body of the charger.
3. Press the plug into the charger until it “clicks” into place.
4. Connect the other end of the charger lead to the unit. Plug the charger into a socket and switch the socket on. It will take approximately 2-3 hours to fully charge the battery.
5. Your unit is fully charged when all three sections of the battery icon on the display are full. Disconnect the unit from the charger.



## GARMENT SET-UP

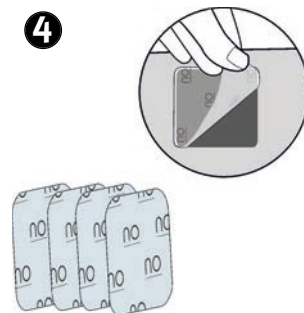
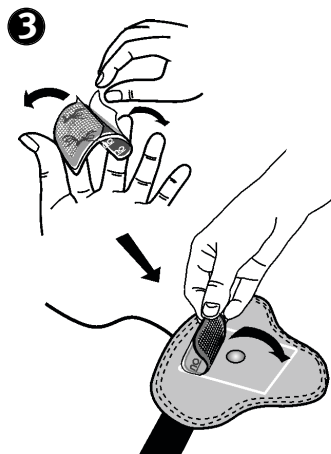
1. Connect the unit to the garments. The unit and garments must be connected properly for YOUR SLENDERTONE ARMS ACCESSORY to work. “Click” the unit connector into the garment connector.
2. Place the garments with the four silver studs facing towards you. Remove the adhesive pads from their pack. You will notice that one side of each pad has a grid pattern on it while the other side is plain black.



3. Remove the covers from the **patterned** side of the four pads. Place the **patterned** side of the pads over the silver studs and within the white lines.
4. Remove the covers from the **black** side of all four pads. Do not throw these away as you will need to put them back onto the pads at the end of your session.

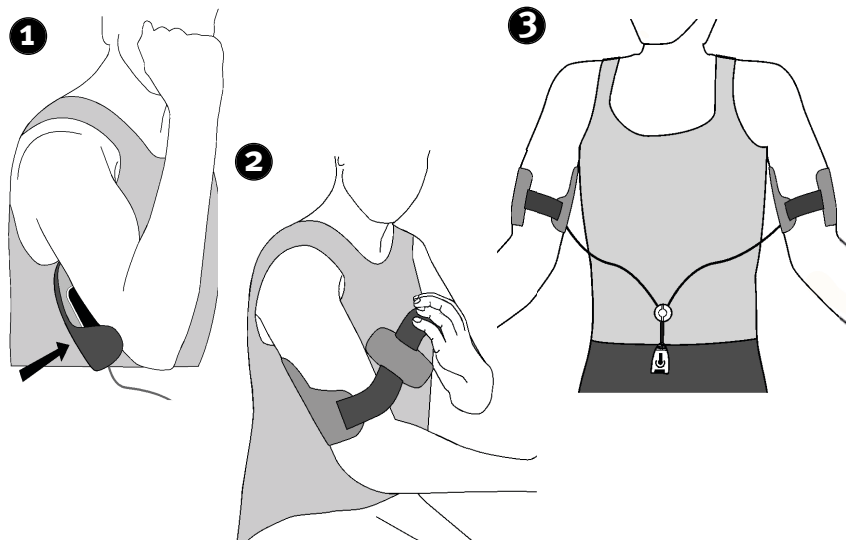
### Note:

You should only use SLENDERTONE pads as other kinds may reduce the effectiveness of the exercise.



## POSITIONING THE GARMENTS CORRECTLY

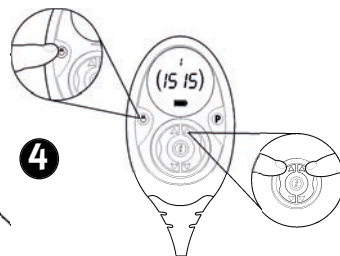
1. Take the garment marked 'R' and place the larger section centrally over the triceps muscle of your **RIGHT** arm. Ensure the wider part is towards your elbow.
2. Then, bring the strap around the **OUTSIDE** of your arm and place the small, oval section centrally over your biceps muscle. Then fasten the strap securely, but comfortably, around your arm.
3. Repeat steps 1 and 2, placing the garment marked 'L' onto your **LEFT** arm.



4. Switch on your control unit by pressing the On/ Off button for 2 seconds. Select the program you wish to use and increase the intensity to a strong, comfortable level.

### IMPORTANT:

- Before you increase the intensity, make sure that all of the silver studs are completely covered by the pads. Press the edges of each pad firmly onto the material before use.
- You may feel a tingling sensation in your lower arms during a session. Simply changing the position of your arms can reduce this. If it persists, pause the unit and adjust the position of the arm garments slightly.



When you have completed your session, remove the garments, replace the liners on the pads and store the unit safely until your next session.

### Important:

Always ensure the unit is switched off before removing the garments.

Have any questions? Contact...:  
 UK 0845 070 7777  
 IRL 1890 92 33 88  
 International: +353 94 902 9936  
 Email - [info@slendertone.com](mailto:info@slendertone.com)

## TRACK YOUR PROGRESS

Record the highest intensity levels in your performance plan (see back of this instruction manual). The diary below shows one persons plan. Each box shows the highest toning intensity for each arm garment. The intensity level will vary from person to person. Fill in the diary each time you complete a toning session. Leave your diary somewhere you will see it regularly. This will help to motivate you to reach your goal.

### PERFORMANCE PLAN

Week 1	Session 1	Session 2	Session 3
	LEFT ARM      RIGHT ARM		
Week 2	Session 1	Session 2	Session 3
Week 3	Session 1	Session 2	Session 3
Week 4	Session 1	Session 2	Session 3

## SLENDERTONE ARMS PROGRAMMES

SLENDERTONE ARMS has three programmes.

**Programme 1** is a conditioning programme, for improving muscle tone and definition of the arms.

**Programme 2** is the strongest programme and will tone and strengthen your arm muscles as well as improving definition.

**Programme 3** is a power programme, using short, powerful contractions to build muscle.

- Once you have selected a programme, the unit will continue using that programme until you change it.
- We recommend you use the product no more than three times a week and that you leave at least 48 hours between sessions.

**Note:** You cannot change a programme during a session, you must switch your unit off and then on again. You can then select a different programme by pressing the programme button.

Programme	Repetitions	Duration	Intensity
Conditioning	30	15 minutes	0-99
Strength	20	12 minutes	0-99
Power	15	10 minutes	0-99





## ADDITIONAL UNIT FUNCTIONS

### Information Button (i)

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

Fig. a



### Mute Function (M)

If you want to switch off your unit'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

Fig. b



### Keylock Function (K)

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.

Fig. c



### Error Messages

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

UK: 0845 070 7777

Rep. of Ireland: 1890 9223388

International: +353 94 902 9936

Email: info@slendertone.com

Fig. d



### 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 unit 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.

Fig. e




Should you need to replace the rechargeable battery, remove the small rubber plug from the back cover of your unit (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 by contacting the SLENDERTONE Careline.

Fig. f



## TROUBLE SHOOTING CHECKLIST

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

- ✓ **Have you charged your battery?**  
It takes 2-3 hours to fully charge your battery
- ✓ **Is your charger fully connected?**  
Push the 2-pin or 3-pin plug into the charger until it “clicks” into place.
- ✓ **Is your unit connected to the garment properly?**  
Check to ensure that it is connected properly. To remove, press the outer buttons on the connector and reinsert again.
- ✓ **Are the pads covering the metal studs?**  
Double-check the pads on your arm garment to ensure that the patterned side of each pad is fully covering the metal studs.
- ✓ **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.
- ✓ **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.
- ✓ **Has the Pad Contact symbol (  ) appeared on the display? \***  
The unit and garments are not properly connected.

## Still having trouble? Call




• UK: 0845-070-7777 • IRL: 1890-92-33-88 • Int'l: +353 94 902 9936



• info@slendertone.com

Visit [www.slendertone.com](http://www.slendertone.com) for all our latest innovations!

\* The  symbol always appears in conjunction with the left/ right intensity indicators. If the left indicator appears, there is a problem with the left-arm garment, the right indicator acknowledges a problem with the right-arm garment. If both indicators appear there is a problem with both garments.

## CARING FOR YOUR GARMENTS

Your garments may be cleaned using a lightly dampened sponge, but you must first remove the pads. Always follow the cleaning instructions when cleaning the garments.



Never machine-wash or hand-wash your garments. Always clean them using a lightly dampened cloth or sponge.



Do not use bleach when washing the garments.



Do not dry clean your garments.



Do not tumble dry your garments. Dry them on a flat surface. Do not dry them over anything hot. (e.g. a radiator) as they contain plastic parts. Ensure the garments are completely dry before using them again.



The garments should never be ironed.

## FREQUENTLY ASKED QUESTIONS

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

- Make sure the pads are positioned correctly and that they are pressed firmly against your skin - see pages 6-7. Switch off your unit and reposition the garments if necessary.
- You can also smear a few drops of water on the black surface of the pads. This can improve the comfort of the muscle stimulation, but be careful not to get water on the unit. Ensure the unit is switched OFF before you do this!
- Ensure the metal studs are fully covered by the 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 garments. 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 them.
- 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 unit.

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

- As with all exercise some muscle soreness can occur after using SLENDERTONE ARMS ACCESSORY. This is normal and should go away after a while. Use a low toning intensity for a few sessions if you are experiencing muscle soreness.

### ***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 workout less effective and 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 first adjusting the garments to ensure correct positioning of the pads. If the problem persists, try using the unit with a new battery pack. If the signal is still weak or uncomfortable, you should order new pads.
- New pads can be purchased online at [www.slendertone.com](http://www.slendertone.com) (check for special offers) or from the careline.

### ***Can I use SLENDERTONE ARMS ACCESSORY to treat muscles weakened from lack of use due to injury?***

- 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 SLENDERTONE ARMS ACCESSORY, which would safely provide improvement to the strength and tone of the biceps and triceps muscles.

### ***Battery performance has degraded significantly.***

- After an extended period of time you may notice a degradation in the performance of the battery in your unit. At this point you should purchase a new rechargeable battery pack. New rechargeable battery packs can be purchased through the SLENDERTONE Careline, or by visiting [www.slendertone.com](http://www.slendertone.com).

## ***DOS & 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 unit is in close proximity (e.g. 1m) to shortwave or microwave therapy equipment.
- You are connected to high-frequency surgical equipment.
- Wearing the device necessitates placement over areas at which drugs/medicines are administered by injection (short term or long term) e.g. hormone treatment.

### **Please 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 pads and garments, always remember to :**

- Place the pads and garments ONLY as indicated in this manual.
- Avoid placing the pads or garments 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 toning units are available for other areas of the body - details are available at [www.slendertone.com](http://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 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 pads during a session:**

- Always pause the programme currently running, unfasten the garments and then refasten them once the position of the pads has been adjusted.

**After strenuous exercise or exertion:**

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

**Contact the careline if:**

- Your unit 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 garments 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).
- Cease using your unit if you are feeling light headed or faint. Consult your doctor if this happens.
- Do not touch the pads or metal studs while the unit 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.
- The arm garments are for use by one person only. Do not share your garments with anyone else.
- Do not over exert yourself when using muscle stimulation. Any workout should be at a level comfortable for you.
- Do not try to eat or drink anything while using SLENDERTONE ARMS.

- 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 turn off.

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

***PRODUCT WARRANTY***

Should your SLENDERTONE 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 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. pads, garments, etc.) which are subject to normal wear and tear.

## 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 regularly using a soft cloth, lightly dampened in soapy water. Do not allow the interior of your unit to become wet. Do not use detergents, alcohol, spray aerosols or strong solvents on your unit.


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

If your unit is damaged, you should not use it but should return it to SLENDERTONE or your local distributor for replacement or repair. Repairs, service and modifications may not be carried out by anyone other than qualified service personnel authorised by SLENDERTONE.

**IMPORTANT:** Under no circumstance should anything other than the correct type of batteries - (rechargeable batteries 3.6V NiMH) be used with your unit. These can be purchased from the SLENDERTONE careline.

### 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.

**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  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.

**Product Type:** 397

**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

### Accessories:

You can purchase all accessories at [www.slendertone.com](http://www.slendertone.com). Under no circumstances should anything other than SLENDERTONE accessories be used with your SLENDERTONE charger or SLENDERTONE unit (Type 390). Any others may not be compatible with your unit and could degrade the minimum safety levels.

**SLENDERTONE ABS Female Belt (E:70)**

**SLENDERTONE ABS Male Belt (X:70)**

**SLENDERTONE ABS Pads:**

- 1 large adhesive pad (Type 706 or 709)
- 2 small adhesive pads (Type 707 or 710)

**SLENDERTONE BOTTOM (E:30)**

**SLENDERTONE BOTTOM Pads:**

- 4 large adhesive pads (Type 716)

**SLENDERTONE ARMS ACCESSORY Female (E:60)**

**SLENDERTONE ARMS ACCESSORY Male (X:60)**

**SLENDERTONE ARMS Pads:**

- 4 small adhesive pads - Female (Type 715)
- 4 small adhesive pads - Male (Type 718)

**SLENDERTONE Belt Extension**

**Battery Pack (3.6V, NiMH)**

**Battery Charger (EU - 2504-0303)**

**Battery Charger (US/Japan - 2504-0302)**

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.

### Environmental Specifications:

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

**Storage Range:** Temperature: 0 - 35°C (32 - 95°F) Humidity: 20 - 85 % RH

**Description of your unit's symbols:**

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

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

The unit requires 1 x 3.6 volt (NiMH) DC battery pack. DC is indicated by the symbol:  $\equiv$

The Output Frequency indicates the number of pulses per second transmitted by the unit. This is measured in hertz, 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.



This symbol on your 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).



Conforms to UL STD 60601-1.  
Certified to CAN/CSA.  
STD C22.2 NO 601.1

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 "P" denotes 2010, "Q" denotes 2011 etc.

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

**Rated Outputs – Voltage/Currents: X:60**

Parameter	500Ω	1KΩ	1K5Ω
Output RMSV	3.8V	7V	7.9V
Output RMSA	7.7mA	7mA	5.3mA
Output Frequency	50Hz	50Hz	50-Hz
DC Component: Approx.	0 C	0 C	0 C
Positive Pulse Width:	100-125μs	100-125μs	100-125μs
Negative Pulse Width:	100-125μs	100-125μs	100-125μs
Interphase Interval:	100 μs	100 μs	100 μs

**Attention:**

This unit can deliver currents in excess of 2mA/cm<sup>2</sup> if used with incorrect electrodes.



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.

**Garment Materials:**

Outer material: 80% Nylon, 20% polyester; Inner Material: 100% Polyester laminated to 100% polyurethane; Binding: 100% Nylon; Hook & Loop: 100% Nylon; Foam: EVA; Elasticated Straps: 100% Nylon.

## **BATTERY INFORMATION - CHARGING AND DISCHARGING**

Your device is powered by a rechargeable battery. The full performance of a new battery is achieved only after two hours or three complete charge cycles.

The battery can be charged and discharged hundreds of times, but it will eventually wear out. To insure optimum battery performance you should use your device regularly e.g. perform 1 session a day, 5 days per week.

If a replacement battery is being used for the first time or if the battery has not been used for a prolonged period, it may be necessary to connect the charger and then disconnect and reconnect it to start the charging.

Unplug the charger from the electrical plug and the device when it is not in use. Do not leave fully a fully charged battery connected to a charger, since overcharging may shorten its lifetime. If left unused, a fully charged battery will lose its charge over time.

If the battery is completely discharged, it may take a few minutes before the purpose. Never use any charger or battery that is damaged.

Leaving the battery in hot or cold places, such as in a closed car in summer or winter conditions, will reduce the capacity and lifetime of the battery.

Always try to keep the battery between 15°C and 25°C (59°F and 77°F). A device with a hot or cold battery may not work temporarily, even when the battery is full charged. Battery performance is particularly limited in temperatures well below freezing. Do not dispose of batteries in a fire as they may explode. Batteries may also explode if damaged. Dispose of batteries according to local regulations. Please recycle when possible. Do not dispose as household waste.

## **CARING FOR YOUR PADS**

- The 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 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 pads. You should avoid touching the skin-side of the pads with your fingers as much as possible when applying or removing the belt, as this can transfer oils and skin particles to the pads' surface.
- After use, replace the liners on the black side of the pads and store your unit in a cool, dry place until the next use.
- Pads will need to be replaced periodically as the surface picks up skin debris and becomes dry over time.





<b>Week 1</b>	Session 1	Session 2	Session 3	<b>Semaine 1</b>	Séance 1	Séance 2	Séance 3	<b>Woche 1</b>	Sitzung 1	Sitzung 2	Sitzung 3
<b>Week 2</b>	Session 1	Session 2	Session 3	<b>Semaine 2</b>	Séance 1	Séance 2	Séance 3	<b>Woche 2</b>	Sitzung 1	Sitzung 2	Sitzung 3
<b>Week 3</b>	Session 1	Session 2	Session 3	<b>Semaine 3</b>	Séance 1	Séance 2	Séance 3	<b>Woche 3</b>	Sitzung 1	Sitzung 2	Sitzung 3
<b>Week 4</b>	Session 1	Session 2	Session 3	<b>Semaine 4</b>	Séance 1	Séance 2	Séance 3	<b>Woche 4</b>	Sitzung 1	Sitzung 2	Sitzung 3

<b>Semana 1</b>	Sesión 1	Sesión 2	Sesión 3	<b>Week 1</b>	Sessie 1	Sessie 2	Sessie 3	<b>Settimana 1</b>	Seduta 1	Seduta 2	Seduta 3
<b>Semana 2</b>	Sesión 1	Sesión 2	Sesión 3	<b>Week 2</b>	Sessie 1	Sessie 2	Sessie 3	<b>Settimana 2</b>	Seduta 1	Seduta 2	Seduta 3
<b>Semana 3</b>	Sesión 1	Sesión 2	Sesión 3	<b>Week 3</b>	Sessie 1	Sessie 2	Sessie 3	<b>Settimana 3</b>	Seduta 1	Seduta 2	Seduta 3
<b>Semana 4</b>	Sesión 1	Sesión 2	Sesión 3	<b>Week 4</b>	Sessie 1	Sessie 2	Sessie 3	<b>Settimana 4</b>	Seduta 1	Seduta 2	Seduta 3

<b>Semana 1</b>	Sessão 1	Sessão 2	Sessão 3
<b>Semana 2</b>	Sessão 1	Sessão 2	Sessão 3
<b>Semana 3</b>	Sessão 1	Sessão 2	Sessão 3
<b>Semana 4</b>	Sessão 1	Sessão 2	Sessão 3

<b>Week 1</b>	Session 1	Session 2	Session 3
<b>Week 2</b>	Session 1	Session 2	Session 3
<b>Week 3</b>	Session 1	Session 2	Session 3
<b>Week 4</b>	Session 1	Session 2	Session 3

<b>Week 1</b>	Session 1	Session 2	Session 3
<b>Week 2</b>	Session 1	Session 2	Session 3
<b>Week 3</b>	Session 1	Session 2	Session 3
<b>Week 4</b>	Session 1	Session 2	Session 3

<b>Week 1</b>	Session 1	Session 2	Session 3
<b>Week 2</b>	Session 1	Session 2	Session 3
<b>Week 3</b>	Session 1	Session 2	Session 3
<b>Week 4</b>	Session 1	Session 2	Session 3

<b>Week 1</b>	Session 1	Session 2	Session 3
<b>Week 2</b>	Session 1	Session 2	Session 3
<b>Week 3</b>	Session 1	Session 2	Session 3
<b>Week 4</b>	Session 1	Session 2	Session 3

<b>Week 1</b>	Session 1	Session 2	Session 3
<b>Week 2</b>	Session 1	Session 2	Session 3
<b>Week 3</b>	Session 1	Session 2	Session 3
<b>Week 4</b>	Session 1	Session 2	Session 3

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## Arms



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**Designed by & Manufactured for:**  
Bio-Medical Research Ltd., Parkmore Business Park West, Galway, Ireland.  
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Part No: 2400-0403 Rev.: 1 Date of Issue: 11/11