

User Manual

Packing List

Upon opening the package, please check for the following items

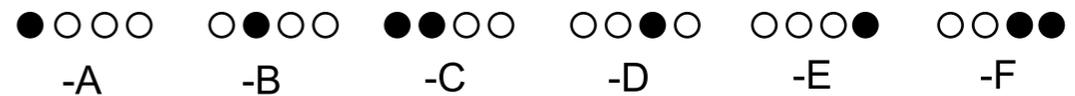
- * 1 x Large Abdominal Belt
- * 2 x Small Arm/Leg Belts
- * 3 x Remote Controls

Product Overview



1. ON/INC: power on; increase intensity
2. PROGRAM: switch between vibration mode: A, B, C, D, E, F
3. OFF/DEC: power off, decrease intensity
4. Red LED Indicator

Mode Indicator:



Intensity Indicator:

Steady-on: level 0 (no vibration)

Flashing: a certain level from 1-10

Battery Installation

1. Each of the included three remote controls requires 2 pieces of AAA batteries that are not included.
2. To install the batteries, slide forward on the battery compartment cover until it reveals the compartment, then place the batteries inside in accordance with the polarities. Finally put the compartment cover back into place.

Operation

1. This muscle and abdomen toner includes a large belt for use on the abdomen and two small belts for use on arms, shoulders, or legs.
2. Determine where you're going to tone, then clean the skin and choose belt accordingly.
3. Button the remote control onto the belt.
4. Remove the belt from the protective plastic cover slowly and apply the belt onto the body part you're going to tone. Please keep the protective plastic cover aside for belt storage after the toning session is complete .
5. Turn on the remote control, the belt enters pulse mode A at intensity level zero by default and the red LED indicator lights up and stays steady-on.

6. To start toning, press the ON/INC button to increase intensity level one by one from 1-10 gradually dependent on your need. You'll see the red LED indicator flash at any intensity level from 1-10. Press the OFF/DEC to decrease intensity level and the red LED indicator will turn steady when returned to level zero.
7. Press the PROGRAM button to switch from among 6 working modes from A-F. Each mode features a different kind of vibration.
8. The belt will automatically return to intensity level zero and stop vibration after 12 minutes, meaning the session has ended.
9. Turn off the remote control, gently peel off the belt from your body, place it back onto the protective plastic cover, and remove the remote control from the belt.
10. Clean your skin and take the belt and remote control into storage. Please refer to Care Instruction below for the product maintenance.
11. Follow the above instruction when using more than one belt simultaneously.
12. It's suggested to take 1-3 sessions a day.

Note: The belts work only after being applied to your body. If not applied to the body, the belts will automatically turn off 5 seconds after powering on.

Warning

It is recommended that the following do not use the product because of accident risk:

1. People who have an electronic implant (e.g. cardiac pacemaker or defibrillator) or suffer from any other heart problem.
2. People who are pregnant or have given birth recently.
3. People who suffer from cancer, epilepsy or are under medical supervision for cognitive dysfunction.
4. People who are connected to high-frequency surgical equipment.
5. People who are receiving any kind of medical treatment or taking medication should consult their doctors or therapists before using this product.

Caution

1. The belts are for single person use only.
2. Do not use the belts when you're in close proximity (e.g. 1m) to shortwave or microwave therapy equipment.
3. Do not use the belts while sleeping.
4. Do not use the belts in humid, extremely hot or electromagnetic environment.

5. Do not let children use.
6. Do not use the belts with other muscle stimulators simultaneously.
7. Prevent the two electrode ends of the gel pads from connecting with each other after the belts are powered to prevent short circuiting.
8. Avoid placing the belts on the front or side 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.
9. Avoid applying the belts on any recent scars, broken or inflamed skin, areas of infection
10. Do not move the belts during a session after the belts are turned on. To reposition the belts, turn off the belts first.
11. Do not touch the adhesive conductive gels after the remote controls are turned on.
12. Remember to turn off the remote control first after the belts stop vibrating before removing the belts from your body.
13. Do not peel the adhesive conductive gels off the belts unless it's for gel replacement. (Replacement gels are not included)
14. Stop using the product immediately if you experience any irritation, skin reaction, hypersensitivity or other adverse reactions. Consult your doctor if this happens.

Care Instruction

1. The durability and effectiveness of the belts 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.
2. Clean your skin before use to remove sweat, dirt, oil, cream, and lotion.
3. Clean your hands before handling the belts. Avoid touching the adhesive gel with fingers as much as possible when applying or removing the belts in order to keep the belts clean.
4. Remember to place the belts back onto the protective plastic covers and store the belts in a cool, and dry place.
5. Remember to take out the batteries of remote control when it's not intended to use for a long period of time (e.g. 1m).
6. Do not wash. Use a soft wet cloth to clean the surface and the conductive gels.

Specifications

- Material: synthetic leather, gel
- Frequency: 1-100Hz
- Output Current: 9.8mA max
- Intensity levels: 10 levels
- Vibration mode: 6 modes (A - F)
- Working time per session: 12 minutes
- Battery required: 2 pcs of 1.5 AAA batteries (not included)
- Large belt size: 7.5" x 6.7"/19 x 17 cm (L x W)
- Large belt weight: 39g/1.38oz
- Small belt size: 7.9" x 2.8"/20 x 7 cm (L x W)
- Small belt weight : 14g/0.48oz
- Remote control size: 2.4" x 3" x 0.8/6 x 7.8 x 2 cm (L x W x H)
- Remote control weight: 27g/0.96oz (without batteries)
- Package size: 9.25" x 8.54" x 1.18"/23.5 x 21.7 x 3cm (L x W x H)
- Package weight: 270g/0.6lbs