

BACK TO BASICS

*Chris Freytag*

PERSONAL FITNESS BLENDER

User's Guide





## QUICK REFERENCE







# IMPORTANT SAFEGUARDS

## **WARNING**



**To reduce the risk of injury, never place Blade Base on Motor Base without mug properly attached.**

When using electrical appliances, basic safety precautions should always be followed including:

- Read all instructions before using.
  - To protect against electrical shock, do not put cord, plugs or the Motor Base assembly in water or other liquid.
  - After running motor continuously for three minutes, wait at least five minutes before running the motor again.
  - Close supervision is necessary when any appliance is used by or near children.
  - Unplug from outlet when not in use, before putting on or taking off parts and before cleaning.
  - Avoid contact with moving parts.
  - Do not operate any appliance with a damaged cord or plug, after the appliance malfunctions, or is dropped or damaged in any manner. If you experience any problem with your machine, unplug it immediately from the electrical outlet and then call Back to Basics® at 1.800.688.1989.
  - The use of attachments including canning jars, not recommended or sold by Back to Basics may cause a risk of injury to persons.
  - Do not use outdoors.
  - Do not let the cord hang over the edge of a table or counter.
  - Do not let the cord contact hot surfaces, including a stove.
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## IMPORTANT SAFEGUARDS

- Do not place on or near a hot gas or electrical burner or in a heated oven.
  - Do not blend hot liquids or foods. Never pour boiling water into any blending container. Pressure can build in the blending container and the hot liquid may escape when the blade base is removed.
  - Remove the blade base from the blending container/mug after blending and replace with the mug lid. Do not store food in any blending container with the blade base attached. Stored food may spoil over time, creating pressure in the blending container that may cause injury when the blade base is removed. Remove the blade base and wash after each use.
  - To reduce the risk of injury, never place the blade base onto the motor base without the blending container/mug properly attached.
  - Turn off the machine before removing the mug from the base and before placing the mug on the base.
  - Do not use this appliance for anything other than intended use.
  - Do not run motor without mug properly attached to motor base or when mug is empty.
  - Blades are sharp, handle carefully.
  - Be sure to turn switch to off position after each use.
  - To disconnect, grip plug and pull from wall outlet. Never pull on cord.
  - Never leave the house while the appliance is on.
  - A short cord set is provided to reduce the hazards resulting from becoming entangled in or tripping over a longer cord.
  - Extension cords may be used if care is exercised in their use. The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance. The extension cord should be arranged so that it will not drape over the counter top where it can be pulled by children or tripped over.
  - This appliance has a polarized plug (one blade is wider than the other). To reduce risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.
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## IMPORTANT SAFEGUARDS

# SAVE THE INSTRUCTIONS INTENDED FOR HOUSEHOLD USE ONLY

### OPERATION

The Chris Freytag Personal Fitness Blender mug has convenient measuring marks to create perfect smoothies and frozen drinks. To make your favorite frozen drink, follow these simple steps:

#### TO MIX!

1. Add ice or frozen ingredients until the total level reaches the **FROZEN INGREDIENTS** line on the side of the mug. (Frozen ingredients include ice, frozen fruit, frozen yogurt, ice cream, etc).
2. Add any combination of liquid ingredients up to the **LIQUIDS** line on the side of the mug. (Liquids include any soft ingredients such as fruit, milk, fruit juice, herbal supplements, or yogurt).
3. Place the blade base on the mug and turn clockwise to attach the blade base to the mug.
4. With the blade base firmly attached to the mug, flip the mug over and lock the blade base onto the motor base by turning the mug clockwise.

**NOTE:**The Chris Freytag Personal Fitness Blender includes a small, clear gasket inside the rim of the blade base as well as a travel lid. The gasket provides an effective seal between the mug and the blade base or lid. These gaskets **DO NOT** need to be removed. If the clear gasket becomes dislodged from



## OPERATION/CLEANING

the blender base or lid, replace by setting the gasket flat onto the circular slot inside the perimeter of the blade base (blade side up) or the lid. Holding the blade base (blade side up) or lid with both hands, use your thumbs to lightly push the gasket down into the circular slot of the base perimeter until it is firmly in place. Screw the mug onto the blade base or lid to ensure the gasket is seated properly.5. Pulse the mixture 2 or 3 times by turning the dial to pulse.

6. Turn the dial on the motor base to LOW for 15 seconds to get things started.
7. Then turn the dial to HIGH until the ingredients are completely mixed.

TO GO!

1. Unlock the mug from the motor base and then flip the mug over.
2. Turn the blade base counter-clockwise and remove it from the mug.
3. Screw the mug lid firmly in place on top of the mug.
4. Ready to Go!

### **Thicker Smoothies**

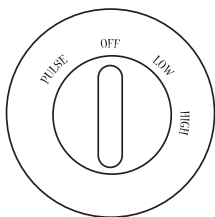
To make thicker smoothies, add more frozen ingredients.

### **Thinner Smoothies**

To make thinner smoothies, add more liquid ingredients.

## OPERATION/CLEANING

### BLENDER EXPRESS CONTROL DIAL



Moving dial switch to PULSE gives short bursts of power at high speed. Use pulse to initiate mixing ice and other hard ingredients.

Moving dial switch to LOW gives continuous power at low speed. Use this speed for initial 15 seconds of mixing.

Moving dial switch to HIGH gives continuous power at high speed. Use this speed for final stages of mixing.

### CARE & CLEANING

Before using the first time and after each use, be sure to thoroughly wash the mug, lid and blade base. The gasket does not need to be removed from the blade base for cleaning.

Do not wash parts in the dishwasher. **NOTE:** If the lid or blade base is difficult to remove from the mug, rinse or soak the mug and the blade base/lid in hot soapy water, then using a damp cloth to grip the lid or blade base, unscrew from the mug by turning the lid or blade base counter-clockwise. If you experience any problem with your machine, unplug it immediately from the electrical outlet, then contact Back to Basics® at 1.800.688.1989.




## WARRANTY


Congratulations! We hope you enjoy the healthy, fun and delicious smoothies and blended drinks you can make with your Chris Freytag Personal Fitness Blender. We have designed the Blender Express with you in mind. You will find this unique machine convenient, easy to use and fun!

Your Chris Freytag Person Fitness Blender is warranted by Back to Basics® for one year from the date of purchase to be free from mechanical defects in material and workmanship. The manufacturer's obligation is limited to replacing or repairing such defects during the warranty period at no charge, providing the product is sent prepaid to:

Back to Basics Products, Inc.  
675 West 14600 South  
Bluffdale, UT 84065



A receipt or other proof of original purchase date may be required before warranty service is rendered.



After repairing or replacing the product, Back to Basics® will pay for return postage. This warranty does not cover damage from misuse of this product. If service is required, do not return the product to the store. Do one of the following:

- Send a note to us explaining the problem. Include your name, address, and phone number.
- For faster service, call 1.800.688-1989 or e-mail [service@btbproducts.com](mailto:service@btbproducts.com)
- Most service problems are resolved by replacing a broken or defective part. If this is not the case, we will give you instructions for returning the unit.



## WARRANTY

Please complete and return this product warranty card or register your product online at: [backtobasicsproducts.com](http://backtobasicsproducts.com) within 10 days of purchase.

**THIS INFORMATION IS FOR INTERNAL USE ONLY**

Mr.  Mrs.  Ms.  Miss

Model: **Blender Express™**

1. Name \_\_\_\_\_

2. Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

3. E-Mail Address \_\_\_\_\_

4. Age: 18-24  25-34  35-49  50+

5. Marital Status:  Married  Single

6. Number of Children in the House : 12 yrs and under \_\_\_\_\_ 13-18 yrs \_\_\_\_\_

7. Income:  Below \$25,000  \$25,000-\$50,000  \$50,000-\$75,000  \$75,000+

8. Where was this product purchased? \_\_\_\_\_

9. How did you become aware of this product?

<input type="checkbox"/> Gift	<input type="checkbox"/> Recommendation from friend
<input type="checkbox"/> TV advertisement	<input type="checkbox"/> Saw product in store
<input type="checkbox"/> Print Ad	<input type="checkbox"/> TV shopping program
<input type="checkbox"/> Magazine article	<input type="checkbox"/> Internet
	<input type="checkbox"/> Other _____

10. Check the two most important reasons influencing your purchasing of this Back to Basics product:

<input type="checkbox"/> Gift	<input type="checkbox"/> Recommended by sales person
<input type="checkbox"/> Special offer	<input type="checkbox"/> Recommended by friend
<input type="checkbox"/> Product appearance	<input type="checkbox"/> Prior experience with Back to Basics
<input type="checkbox"/> Ease of operation	<input type="checkbox"/> Back to Basics brand reputation
<input type="checkbox"/> Quality/durability	<input type="checkbox"/> Value for price
<input type="checkbox"/> Product features	<input type="checkbox"/> Product packaging
	<input type="checkbox"/> Other _____

11. Why did you purchase this product?

Purchased as a replacement/upgrade of broken product  
 Purchased as secondary product in addition to product(s) already owned  
 First product(s) ever owned  
 Received as a gift

12. Would you be interested in being contacted via e-mail for promotions, recipes, new product information, etc.?  YES  NO

COMMENT \_\_\_\_\_



Fold here and mail registration card within 10 days of purchase to validate warranty.



Place  
Stamp  
Here

BACK TO BASICS PRODUCTS, INC.  
675 West 14600 South  
Bluffdale, UT 84065 USA

