

SLENDERTONE



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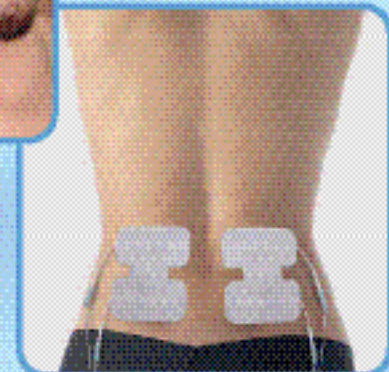
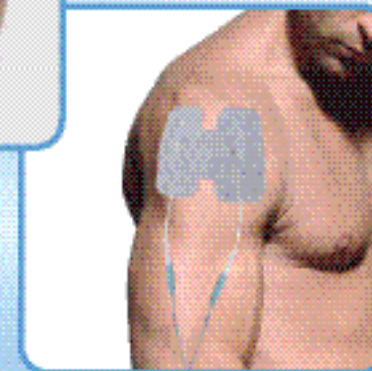
Designed by & Manufactured for:

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Part No: 2401-5701 Rev.: 1 Date of Issue: 6/08

SLENDERTONE

Professional Muscle Conditioning

For use with **SLENDERTONE ENERVIVE**
and **SLENDERTONE REVIVE**



Instruction Manual

INSTRUCTION MANUAL

www.slendertone.com

INDICATIONS FOR USE

Your SLENDERTONE professional muscle conditioner is intended to stimulate healthy muscles in order to improve or facilitate muscle performance. This professional muscle conditioner is not intended as a therapy for any medical condition. Please read the contra-indications, precautions and warnings carefully to determine whether any of them apply to you.

Your SLENDERTONE professional muscle conditioner stimulates action potentials in the motor nerves supplying muscle. Different patterns of muscle activity can be imposed on the target muscle, depending on the timing and intensity of the stimulation signal. The professional muscle conditioner contains programs for exercise warm-up, muscle performance improvement and exercise recovery.

CONTRA-INDICATIONS, WARNINGS & PRECAUTIONS

This professional muscle conditioner 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 manual before use. The unit can deliver a strong signal to your muscles, so although it may be used by all healthy adults, it should only be used on healthy, uninjured muscle. Some of the points below are gender-specific.

Key Guidelines - very important

- This product is intended for use on healthy adult muscle only. Keep out of the reach of children.
- Never apply the pads to any part of the head, face, neck, throat or chest area.
- The professional muscle conditioner is not intended for adjunctive therapy in the treatment of medical diseases or conditions of any kind.
- None of the programs are designed for injured or disease-afflicted muscles. Its use on such muscles is contraindicated.
- The work imposed on the muscles by the programs is not intended for rehabilitation or physiotherapy.
- Always ensure that two pads FROM THE SAME LEAD are used to exercise one muscle.
- Hold your unit in your hand when using it. This allows to control your unit at all times.
- Never use the device in ways other than those directed in this user manual.

Never use the professional muscle conditioner...:

- On painful or atrophied muscle
- On muscles prone to spasms
- On muscles connected to painful or afflicted joints (e.g. arthritis)
- For muscle reeducation
- To prevent or retard disuse atrophy
- To maintain or increase range of motion
- To prevent venous thrombosis or improve blood-flow deficiencies

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 if you suffer from any other heart problem.
- You suffer from cancer or have cancerous lesions. The effects of electronic stimulation on cancerous tissue are unknown.
- You suffer from epilepsy.
- You have recently undergone a surgical procedure.
- Following acute trauma or fracture.
- You have any other form of electronic implant. The safety has not been established for the use of electronic muscle stimulators over electronic implants.
- You are pregnant. The safety of electronic muscle stimulation (EMS) over the pregnant uterus has not been established.
- You are under medical supervision for cognitive dysfunction as you may not be able to comply with safety instructions.
- In cases of critical ischemia of the limbs.
- 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.
- Wearing the device necessitates placement over areas at which drugs/medicines are administered (short-term or long-term) by injection (e.g., hormone treatments).

PRECAUTIONS:

- 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 take insulin for diabetes.
 - You suffer from muscle or joint problems.
 - You experience any irritation, skin reaction, hypersensitivity, or other adverse reaction. You should, however, note that some reddening of the skin under the pads is quite normal during and for a short time after an exercise session.
- 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.
- An effective session should not cause undue discomfort.
- 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 leads 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 stimulator).
- Do not touch the pads or lead pins while the unit is switched on.
- Do not use while driving, operating machinery or cycling.
- 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 place pads over jewelry or body piercings.
- SLENDERTONE will not accept responsibility if the guidelines and instructions supplied with this unit are not followed.

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.
- You must position the pads and operate the unit ONLY as indicated in this manual.
- Never place the pads 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, because of the risk of stimulating inappropriate muscles and organs.
- 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 over metal implants.
- Your SLENDERTONE product is not intended for medical use, for the treatment of any medical condition, or for any permanent physical changes.
- 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.
- Do not use in the bath or shower, or in an environment of elevated humidity (e.g. sauna, hydrotherapy etc.).
- 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

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.

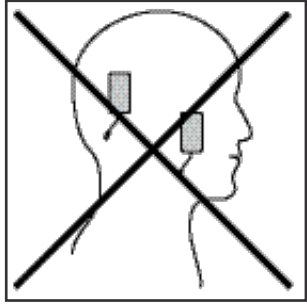
PAD PRECAUTIONS:

- To reposition pads during a session, always pause the program currently running, reposition the pads as directed on pages 12-14 and then restart the program again.
- Only use pads supplied by SLENDERTONE with your SLENDERTONE professional muscle conditioner. Any others may not be compatible with your unit and could degrade the minimum safety levels.
- The pads are for single person use only.
- Do not plunge the pads into water.
- Do not apply solvents of any kind to the pads.
- Always ensure the unit is OFF before removing the pads.
- Apply the whole surface of the pads firmly to the skin. Do not use pads which do not adhere properly to the skin. You can purchase new pads at www.slendertone.com.
- If your skin is red under the pad after a session, do not start another session on the same area until the redness has completely disappeared.

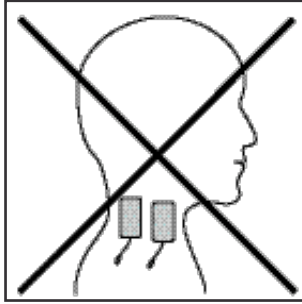
Note: If you are in any doubt about using your SLENDERTONE product for any reason, please consult your doctor before use.

WHERE NEVER TO PLACE THE PADS

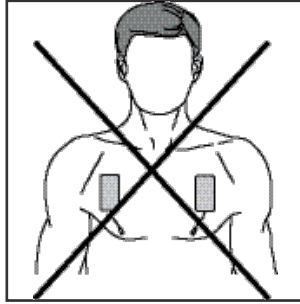
DO NOT cut or in any way separate the two halves of the butterfly pads.



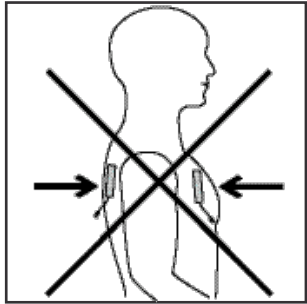
On the head or face.



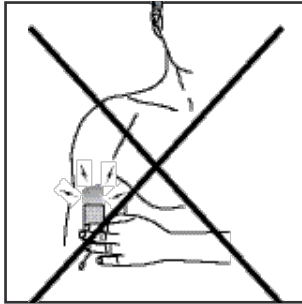
On the neck



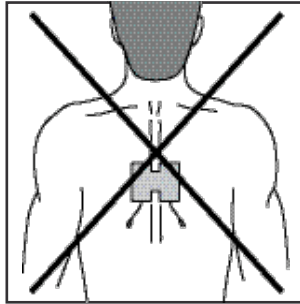
On both sides of the chest simultaneously.



On the front and back of the thorax simultaneously.

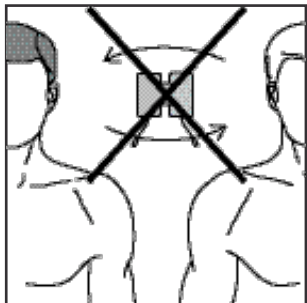


Over skin abrasions broken or inflamed skin.

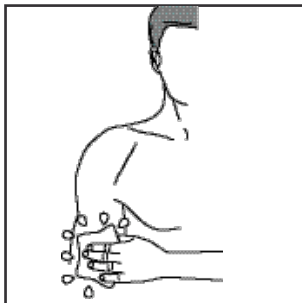


Never place the butterfly pads with one half either side of your spine.

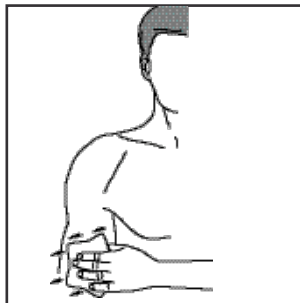
CAUTION WHEN USING PADS



Pads are for single person use only. Do not share them.



Wash skin thoroughly before use.



Ensure skin is dry before applying the pads.

HOW TO USE YOUR SLENDERTONE PROFESSIONAL MUSCLE CONDITIONER

Always stimulate muscles isometrically. When stimulating the muscles of the arms or legs bear in mind that the muscle contraction may cause involuntary limb movement which could cause injury to you or others. Always ensure the limb is secured to prevent movement (Fig. a & b).

There are just three steps to setting-up a treatment session.

- 1) Choose the appropriate muscle workout program
- 2) Connect the pads to the unit and place them correctly on the body
- 3) Start the program and select the exercise intensity

Fig. a



Fig. b



CHOOSE THE MUSCLE WORK PROGRAM

Your SLENDERTONE professional muscle conditioner has two programs for muscle performance improvement, as well as programs for exercise preparation and post-exercise active recovery. Depending on your objective you may select the appropriate program as follows:

Objective	Program Number	Intensity Range	Duration
Exercise Preparation	Program 1	1 - 99	12
Active Recovery 1	Program 2	1 - 99	30
Active Recovery 2	Program 3	1 - 99	20
Active Recovery 3	Program 4	1 - 99	20
Build Endurance	Program 5	1 - 99	20
Build Strength	Program 6	1 - 99	20

For further details on the programs, see page 8.

PLACEMENT OF THE PADS

Connect the pads to the stimulator leads. The pad placement chart illustrates the correct placement of the pads for a selection of target muscles. The correct pad placements are available on pages 12-14 of this user manual. Insert the lead plugs into the stimulator connectors.

SETTING THE EXERCISE INTENSITY

Increase the intensity and you will initially feel a tingle in the area of the pads. As you increase further you will feel the muscles being activated. As the intensity is increased more muscle fibers are stimulated and you will feel a strong contraction and see visible muscle movement. Do not exceed your comfort level. Your SLENDERTONE professional muscle conditioner can deliver effective contractions without undue discomfort.

SLENDERTONE PROFESSIONAL MUSCLE CONDITIONER PROGRAMS

EXERCISE PROGRAMS:

The SLENDERTONE professional muscle conditioner has three programs for warming-up and exercising your muscles.

Exercise Preparation - Program 1

This program gently warms up the muscles prior to exercise. It uses a technique called “twitch potentiation” to prepare muscle fibers for exercise. It feels like a rhythmic massage. Increase the intensity until you get a strong but comfortable muscle movement.

Build Endurance - Program 5

This program uses a low frequency pulse train which favours slow twitch fibers. It develops their aerobic capacity and capillary supply and thereby improves fatigue resistance during long duration moderate intensity exercise. The exercise comprises an alternating sequence of work and rest phases lasting several seconds. Increase the intensity until you get a strong and deep muscle contraction. Do not exceed your comfort level.

Muscle Strengthening - Program 6

This program uses a pulse frequency appropriate to fast twitch muscle fibers. It improves their anaerobic capacity and is used for improving maximum muscle strength. The exercise comprises a sequence of work phases separated by longer relaxation phases. Increase the stimulation intensity until you get a strong and deep contraction. Do not exceed your comfort level.

POST-EXERCISE RECOVERY:

Your SLENDERTONE professional muscle conditioner has three programs for active recovery following exercise.

Active Recovery 1 - Program 2

This program produces muscle twitches at very low frequency and it feels like a tapping massage. This stimulates blood flow and helps speed up the removal of lactic acid as it accelerates the exchange between the blood supply and the muscle fibers. As a result, the muscles recover more quickly from fatigue, becoming more relaxed with reduced stiffness. Use it after intense exercise to promote recovery and relaxation.

Active Recovery 2 - Program 3

This 20-minute program is similar to Active Recovery 1 except that the muscle twitch rate slows down during the session. It feels like a tapping massage, but softer than Active Recovery 1

Active Recovery 3 - Program 4

This form of stimulation activates the muscle in a rhythmic motion in a short contraction/ relaxation cycle. It feels like a kneading massage and is smoother than the other active recovery programs.

YOUR SLENDERTONE CONTROL UNIT

Your SLENDERTONE professional muscle conditioner has been designed for ease of use. The function of each button on the control unit is explained below. The unit emits a high tone for a valid key press and a low tone for an invalid key press.



1. On/Off (Pause) Button: (⏻)

You must press and hold this button for 2 seconds to switch your unit on and off. Pressing it briefly will pause/ unpause the session

2. Intensity Controls:

Each intensity control corresponds to the pads on that side of the unit. Press the upper half of either button (▲) to increase the intensity. Press the lower button (▼) to decrease the intensity.

3. Program Button: (P)

The Program button lets you select your required treatment program (see page 8 for program details).

4. Lock Button:

When you find a suitable intensity level, press the Lock button to lock the intensity controls, preventing accidental changes in the intensity level. Press again to unlock the controls. Pressing this button will also lock the Trigger so that it can't be used.

5. Trigger:

When the Trigger is pressed, the unit enters a contraction cycle which continues for as long as the button is pressed. When the button is released the unit enters a relaxation cycle. To revert to the normal program parameters, press an intensity key.

YOUR SLENDERTONE DISPLAY

Each SLENDERTONE professional muscle conditioner has a unique display which lets you check the session time, contraction/ relaxation phases, program number and the battery status.

-
1. Lock is active, prevents accidental changes to the intensity levels.
 2. Pad Contact Indicator, activated when poor lead-to-pad or pad-to-skin connection is detected.
 3. During a session the intensity bars will rise and fall with the contraction/relaxation cycle on each channel.
 4. Displays the length of time left in the current session.
 5. Indicates the battery power remaining.
 6. Clock symbol appears when unit is switched on to indicate your total treatment time to date.
 7. Indicates which treatment program you are running.
 8. Trigger mode enabled.
 9. Pause indicator, appears when a session has been paused.

STEP BY STEP GUIDE

INSERTING THE BATTERY

The battery compartment is located on the back of your unit. To open the battery compartment, slide the cover off with your thumb in the direction of the arrow (▲). Insert the new battery into the compartment as shown by the direction indicator printed on the bottom of the compartment (Fig. a).

The battery symbol (🔋) will appear on the display at all times during operation. As the battery power decreases, the 3 bars on the battery symbol disappear one by one. The outline of the battery symbol will flash to indicate when the battery needs to be replaced. Remove the old battery by placing your thumb against the bottom of the battery and lifting it out. You should only use high-quality, 9V alkaline batteries to operate your SLENDERTONE unit.

RUNNING A SESSION

1. Insert the leads into the sockets on the base of the unit (Fig. b). The leads are designed to be held firmly in place once inserted. Attach the pins from one lead to a single butterfly pad (Fig. c).
2. Remove the liner from the adhesive side of each pair of pads (Fig. d) and position the pads correctly (see pages 12-14). Keep the liners safe, as you will need them at the end of the session.
3. If necessary, secure the limb(s) to be exercised before using your SLENDERTONE professional muscle conditioner (Fig. e).
4. Switch on your SLENDERTONE unit by pressing the On/ Off button for two seconds (Fig. f).
5. Press the Program button to select your chosen training regime. You cannot change a program during a session.
6. Increase the intensity to get the strongest possible, yet still comfortable muscle contraction. Reduce the intensity if it becomes uncomfortable. Press the lock button to prevent accidental changes to the intensity.

PAUSING A SESSION

If you wish to pause a session at any point, briefly press the On/ Off button and the stimulation will stop. Press the same button briefly a second time to unpause the program.

Fig. a



Fig. b



Fig. c



Fig. d



Fig. e



Fig. f



USING THE TRIGGER

If you wish to vary the pre-set contraction-relaxation cycle, you can use the Trigger to control the length of a contraction. Once a contraction has reached its peak, press and hold the Trigger button (Fig. a) to maintain that contraction for as long as you wish. Once you release the Trigger, the unit will enter the relaxation cycle.

IMPORTANT:

You should never hold the Trigger for an excessive length of time and should always ensure that you have sufficient relaxation periods. If you hold the Trigger for too long without allowing your muscles to relax sufficiently, the exercise can become gradually less effective, as the muscles can fatigue quickly.

FINISHING YOUR SESSION

The session will stop automatically at the end of each program's pre-set treatment time. Remove the pads and replace them on their protective liners. You may now exercise another area of your body, or you can simply store your unit in the pouch provided until your next session.

NOTE: You should only do one session per day on any single body area.

Fig. a



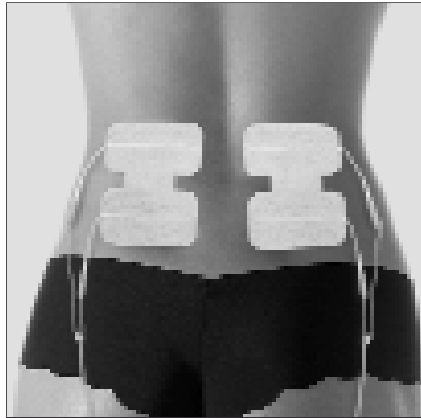
Fig. b



PAD PLACEMENT

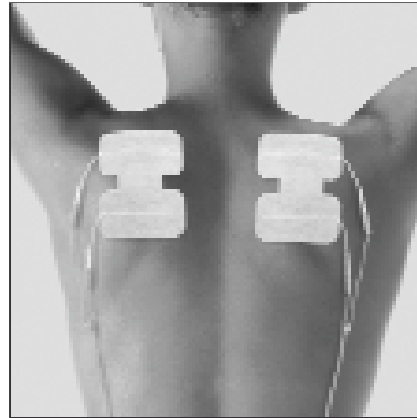
When placing the pads, **ALWAYS** ensure that the two halves of one lead are used on a single butterfly pad to exercise the muscles on one side of your body and that the two halves of the other lead are used on the other side of your body. See the photos below for pad positions. All pad positions may be used by men and women. Some of the positions below require you to secure the limb(s) being exercised. These are indicated with a figure beside the photograph.

LOWER BACK



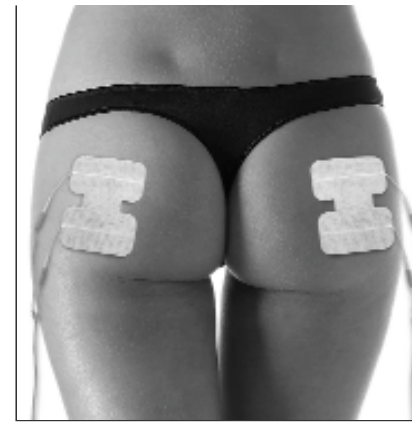
Place a pair of pads horizontally either side of your spine on the lower part of the back.

UPPER BACK



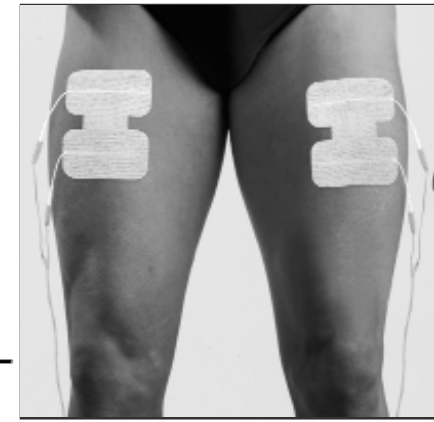
Place a pair of pads horizontally either side of your spine on the upper part of the back.

BOTTOM



Place the pads horizontally across the buttocks halfway between the midline and the side of your body.

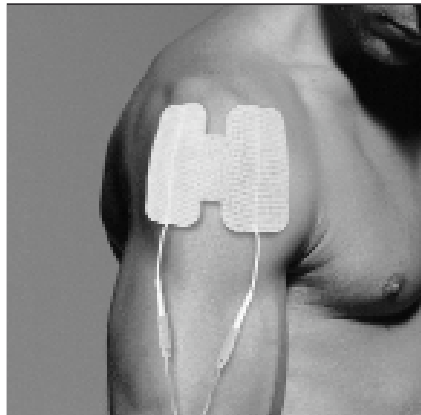
FRONT OF THIGHS



Place each pair of pads horizontally across each thigh muscle.

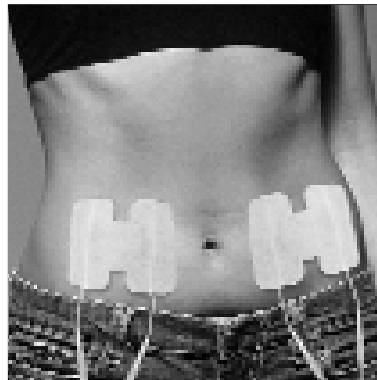


SHOULDER



Place one half of the pad on the front of your shoulder and the other on the side.

ABS



Place each pair of pads vertically either side your navel.

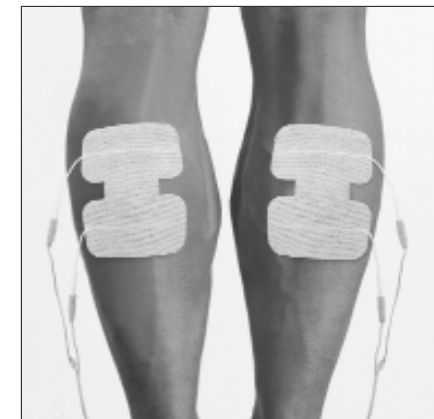
BACK OF THIGHS



Place each pair of pads horizontally across your hamstrings.



CALF MUSCLES



Place one pair of pads horizontally across each calf muscle. Do not place them too low on the leg, as this can result in an uncomfortable contraction.

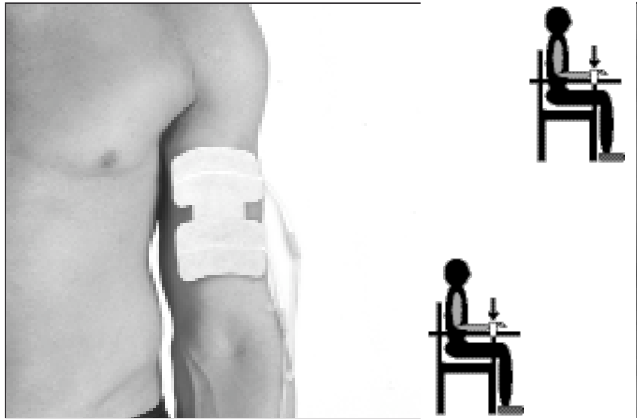
PRECAUTION

Always use care when using your SLENDERTONE professional muscle conditioner on the arms. If you feel an uncomfortable signal travelling down through your hands and fingers, you should reduce the intensity until the sensation has normalised.

IMPORTANT:

When using your SLENDERTONE professional muscle conditioner on your arms, you must only exercise one arm at a time. The other arm must be free to operate the control unit at all times.

BICEPS



Place a pad across both the upper and lower part of the muscle. Do not place the lower half too near the elbow, i.e. on the tendon, as stimulation over this area can be uncomfortable.

TRICEPS



Place a pad on across both the upper and lower part of the muscle. Place the lower half of the pad $\frac{3}{4}$ " above the elbow joint.

TROUBLESHOOTING GUIDE

PROBLEM	POSSIBLE CAUSES	SOLUTIONS
The display doesn't come on & there is no signal from the unit	Battery incorrectly inserted	Reposition the battery as per page 10
	The battery is dead	Replace the battery as per page 10
The control unit is on, but there is no signal	Lead(s) not fully inserted in sockets	Re-insert leads correctly
	Intensity is too low	Increase the intensity
	The battery is low	Replace the battery
The battery symbol is flashing / ineffective stimulation	The battery is low	Replace the battery
	Low-quality batteries used	You should only use a high-quality, 9V alkaline battery with your unit
	Unit has been paused	Press the On/ Off key briefly
The stimulation is very weak even when the intensity is high	The batteries are low	Replace the batteries
	The pads are worn	Visit the website or contact your local retailer for new pads
	Poor pad positioning	See pages 12-14 for the correct pad positioning
	Pads are not connected to leads or fully on the skin	Reconnect the pads and ensure they are placed flat against your skin
	Low-quality batteries used	Use high-quality, 9V alkaline batteries
Pad contact symbol appears on the display (⚠)	Lead(s) not fully inserted in sockets	Re-insert leads correctly
	Pads not connected to leads	Reconnect the pads
	Pads are worn	Visit the website or contact your local retailer for new pads
Pads don't adhere to body	Pads are worn	Visit the website or contact your local retailer for new pads
	Check the skin for lotions, creams, cosmetics etc.	Clean the skin thoroughly
Unpleasant feeling beneath the pads	Poor pad contact	Ensure the pads are flat against your skin
	Battery is low	Replace the battery as per page 10
Error message E001, E002, E003 appears on the display	Unit is faulty	Return the unit for repair or replacement

PAD CONTACT INDICATOR (⚠)

Your SLENDERTONE professional muscle conditioner unit has a pad contact feature which continuously checks the connection between the leads and pads and between the pads and your skin. When poor contact is detected:

- The intensity bar for the side(s) affected will flash.
- The pad contact symbol will begin flashing on the display ⚠.
- Your unit will beep and the timer will pause.
- The intensity level will drop to zero and the up intensity keys will be disabled.

If this happens, you should check that the pads and leads are properly connected and that all pads are pressed fully against your skin. If this doesn't work, check that the leads are properly connected to the unit. When proper contact is restored, stimulation builds over a 2 second period to the previously set intensity level.

QUESTIONS & ANSWERS

Can EMS exercise cause muscle soreness?

As with all vigorous exercise, some muscle soreness can be expected. Do not use programs 5 or 6 if you are experiencing muscle soreness due to intense training. We recommend that you warm up, stretch and cool down when using your SLENDERTONE professional muscle conditioner as this reduces the risk of muscle strains or tendonitis which can occur in the same way as normal exercise. If the soreness is excessive, use the unit at low intensity for a few days.

My skin is red after a session. Why?

Some skin redness after a session is natural. It is partly due to an increase in blood-flow and should fade after your workout. You should not be concerned about this. However, if the redness is excessive, it may mean that you have sensitive skin, which can react to the pads. If the problem persists, you should stop using the unit.

The stimulation is uncomfortable. How can I improve this?

Ensure the pads are correctly positioned and pressed firmly against clean skin. Always pause or switch off your unit before repositioning the pads.

I can feel a tingling in the bone. What should I do?

Pause the program and reposition the pads away from any bone.

How do I know when to replace the pads?

If the signal is weakening, even though the battery is still OK, it usually indicates that the pads are worn and need replacing. After a number sessions the pads can become less adhesive, resulting in poor skin contact. If this occurs, you should replace the pads. Replacement pads can be purchased from your nearest SLENDERTONE retailer, from www.slendertone.com or by calling your local SLENDERTONE Careline.

How often do I need to replace the pads?

You should replace the pads when they no longer adhere to the skin or when the muscle contractions are noticeably weaker compared to previous usage.

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 unit's interior 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.

NOTE: Using a leak-proof battery is advised. You should never leave the battery inside your unit if you do not intend to use it for a long period of time. If you do, the battery may leak and damage your unit. You should be aware that some batteries sold as 'leak-proof' can still release corrosive substances, which may damage your unit. You should not use anything other than the correct type of battery (9v, 6F22) be used with your unit. You must only insert the battery 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 state's laws governing the disposal of such items.

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

When the  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. Others may not be compatible with your unit and could degrade the minimum safety levels.

SLENDERTONE Adhesive Pads:

- 2 pairs of butterfly pads Type 719

Batteries (1 x 9v 6F22)

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

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

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 battery's position is also shown by an outline in the base of the compartment.


The unit requires one 9-volt (6F22) DC battery. DC is indicated by the symbol: ---


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

The Output Frequency indicates the number of pulses per second transmitted by the unit. This is measured in hertz ('Hz').

Output (RMSA) means the max. output root mean square current for each channel.

Output (RMSV) means the max. output root mean square voltage for each channel.

 This symbol means 'Attention, consult the accompanying documents'.

 This symbol means type BF equipment.

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 'A' denotes 1995, 'G' denotes 2001, 'H' denotes 2002 etc.

Product Type: 561

Parameter	500Ω	1KΩ	1K5Ω
Output RMSV	7.5V	12.5V	13.7V
Output RMSA	14.9mA	12.5mA	9.2mA
Output Frequency	2-99Hz.	2-99Hz.	2-99Hz.
DC Component: Approx.	0 C	0 C	0 C
Positive Pulse Width:	200-300µs	200-300µs	200-300 µs
Negative Pulse Width:	200-300µs	200-300µs	200-300 µs
Interphase Interval:	100 µs	100 µs	100 µs

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.