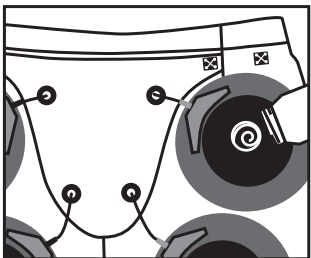
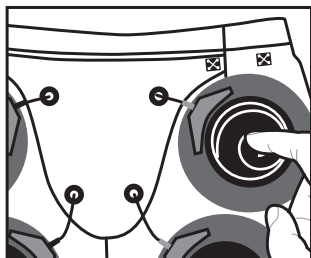


Conductive Gel Application



Step 1:

Apply a small (dime size) amount of Contour electrode gel to each electrode.



Step 2:

With your finger, spread the gel around covering entire surface of the electrode.



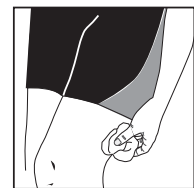
Step 3:

Turn the shorts right side out and slide onto your body, pulling them up from the waistband. Try to keep the electrodes away from contacting your gluteus until the shorts are completely on.

Note:

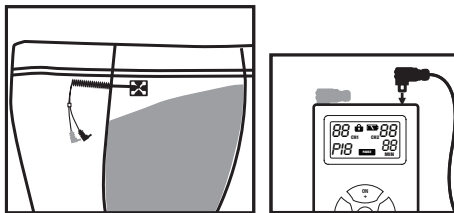
The electrodes will need to be touching your bare skin in order to create a contraction. You may want to wear thong style underwear if you do not feel comfortable wearing the compression shorts without undergarments.

In the event that some gel gets on your leg in the process of pulling the shorts up, simply wipe it off with a cloth. The gel is hypo-allergenic and safe for your skin.



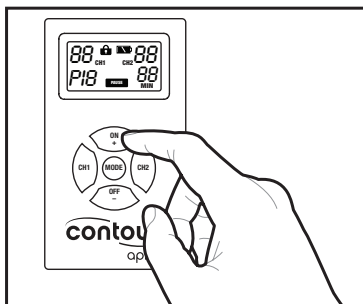
ALTERNATIVE CONDUCTIVE GEL APPLICATION:

If you would prefer to apply the gel to the electrodes after you have pulled on the shorts simply place about a dime size amount of gel onto your index and middle finger and reach inside the back of the shorts and spread the gel evenly across the surface of the electrode. Repeat this step for remaining three electrodes.



Step 4:

Plug the wires on the outside of the shorts into the top of Contour muscle stimulator. Make sure the plugs are completely inserted. You will hear a click when they are properly seated.



Step 5:

Refer to user manual for programs and setting instructions.

Curvassure™ butt toning shorts use and care

After each use wipe off and dry the electrodes with a soft cloth dampened with soap and water. If you want to machine-wash the shorts you will need to disconnect the cables from the stimulator and electrodes, remove the electrodes and the cables. Machine wash, gentle cycle in cold water.

Air dry flat. Do not dry clean. Do not iron.

Store the stimulator with the cables and electrodes in your Contour clutch.



5 Minute Quick Start Guide

Curvassure™ Butt Toning Shorts are intended for use with the Contour ems device model WL-2413B to stimulate healthy muscles in order to improve or facilitate muscle performance.

What you'll need:



The Curvassure™ Butt Toning Shorts



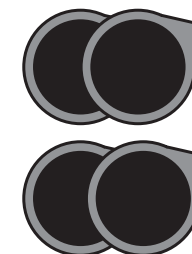
Contour Muscle Stimulator



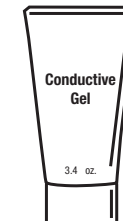
3- AAA Batteries



Lead-Wires

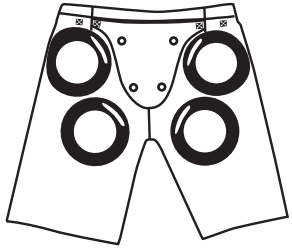


4 - Silicone Electrodes



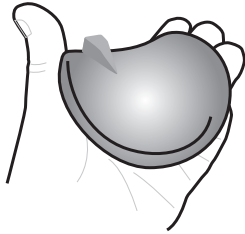
3.4 oz. Tube
Conductive Gel

Setting-Up Your Curvassure Shorts



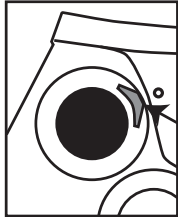
Step 1:

Turn the Curvassure™ shorts inside out



Step 2:

Bend the electrode slightly and insert into the pockets with the gray side down and black side up.



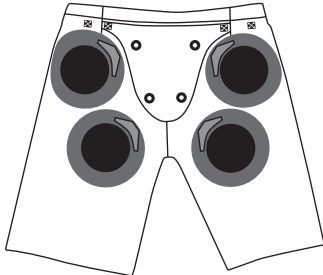
Slide the nub on the electrode through the slot in the pocket.

Step 3:

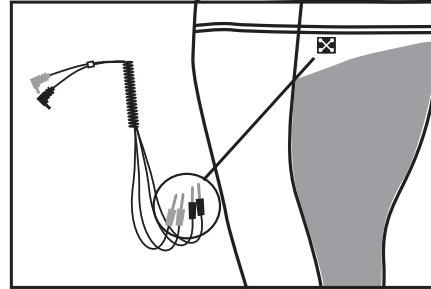
Insert electrode into the pocket. Sliding the electrode under the pocket lip.

Step 4:

Follow the same instructions in **Step 3**, placing the three remaining electrodes into the pockets.

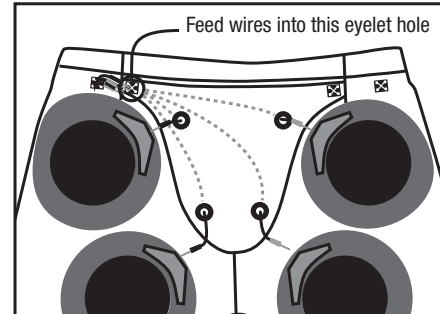


Inserting the Lead-wires



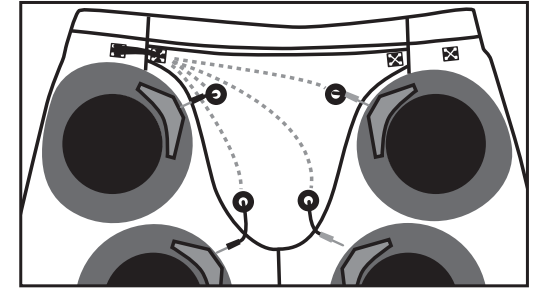
Step 5:

Insert pin-end of the four lead-wires through the eyelet hole on the outside of the shorts. This can be done on the left-side or right-side depending on which pocket you prefer to put the device in during your session.



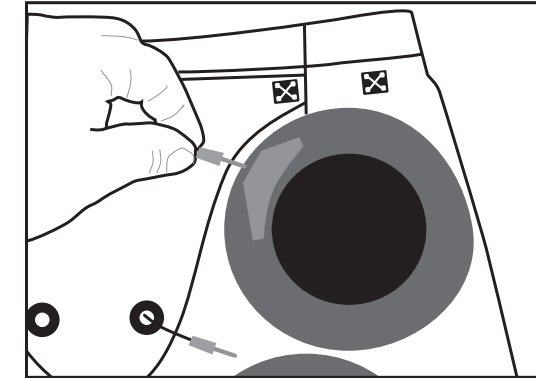
Step 6:

Feed wires into eyelet hole located on inside of the shorts. See illustration above.



Step 7:

Slide one **Blue** tip wire over and out of the upper right eyelet hole. Slide the other **Blue** tip wire down and out of the lower right eyelet hole. Slide one **Black** tip wire out of the upper left eyelet hole. Slide the other **Black** tip wire down and out of the lowerleft eyelet hole.



Step 8:

Insert the pin-end of the lead-wire snugly into the electrode. Repeat for all wires. Make sure the wires are completely inserted into the electrode.

Now you're ready for a Curvassure™ butt toning workout! See other side for instructions