

## 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 training intensity for each arm garment. The intensity level will vary from person to person. Fill in the diary each time you complete a training session. Leave your diary somewhere you will see it regularly. This will help to motivate you to reach your goal.

### PERFORMANCE PLAN

<b>Week 1</b>	Session 1	Session 2	Session 3
	LEFT ARM	RIGHT ARM	
<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

## THE FLEX ARMS BY BMR PROGRAMS

Your FLEX ARMS by BMR has three programs.

- 1. Conditioning** is a moderate strength program, introducing the biceps and triceps muscles to this form of training. This should be used before progressing to the stronger programs.
- 2. Strength** is a stronger program and will strengthen your biceps and triceps muscles as well as improving muscle performance.
- 3. Power** is a longer power program, using short, powerful contractions to increase both maximum muscle strength and sustained performance of the biceps and triceps muscles simultaneously.

- Once you have selected a program, the controller will continue using that program 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 program during a session, you must switch your controller off and then on again. You can then select a different program by pressing the program button.

Program  
Number



Program	Duration	Intensity
Conditioning	10 minutes	0-99
Strength	12 minutes	0-99
Power	15 minutes	0-99

## ADDITIONAL FUNCTIONS

### Information Button ( *i* )

Press the information button (Fig. a) any time during a session to see the highest intensity level you have reached for that session. 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.

### Mute Function ( )

If you want to switch off your product's sound effects, press and hold the program button for two seconds (Fig. b). The mute function remains active indefinitely unless manually changed. Deactivate the mute function by again pressing the program button for two seconds

### Keylock Function ( )

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. a



Fig. b



Fig. c



### Error Messages

In the unlikely event of your product developing a problem, "Err" will appear on the display (Fig. d). If this occurs you should switch the controller off and then switch it back on again. It should now operate properly. If the problem persists, please call Customer Care for further assistance: Phone US: (855) FLEXGEAR / (855) 353 - 9432 International: (310) 362 - 0581 Email: [info@flexgear.com](mailto:info@flexgear.com)

### 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 controller 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.

Should you need to replace the rechargeable battery, remove the small rubber plug from the back cover of your controller (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 visiting [www.theflexbelt.com](http://www.theflexbelt.com) or calling Customer Care.

Fig. d

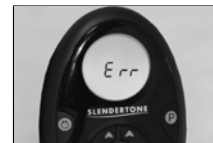


Fig. e

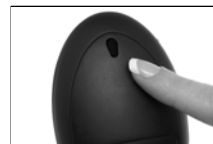


Fig. f

