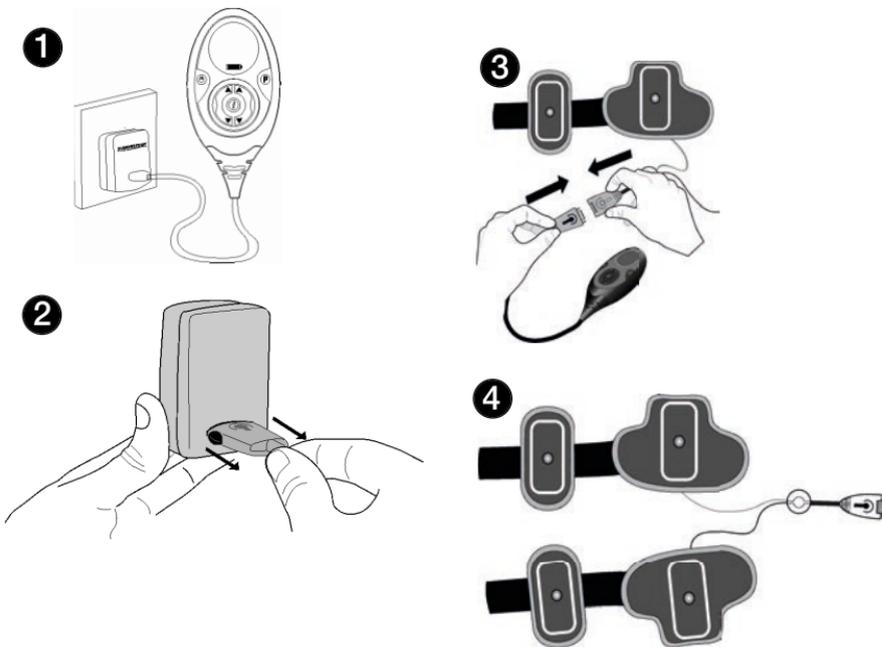


## CHARGE YOUR CONTROLLER

1. Insert your charger into a socket and then connect your controller to it. It will take approximately 2-3 hours to fully charge the battery. Your controller is fully charged when all three sections of the battery icon are full. The battery icon will flash when the battery is low and needs to be recharged.
2. Always disconnect your controller from the charger when the battery is fully charged.

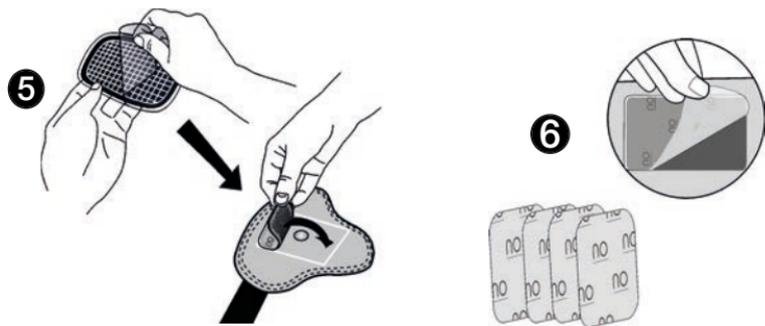


## GARMENT SET-UP

3. Connect the controller to the garments. The controller and garments must be connected properly for your FLEX ARMS by BMR to work. "Click" the controller connector into the garment connector.
4. Place the garments with the four silver studs facing towards you. Remove the adhesive GelPads from their pack. You will notice that one side of each GelPad has a **grid pattern** on it while the other side is **black**.
5. Remove the covers from the **patterned side** of the four GelPads. Place the **patterned side** of the GelPads over the silver studs and within the white lines.
6. Remove the covers from the **black side** of all four GelPads. Do not throw these away as you will need to put them back onto the GelPads at the end of your session.

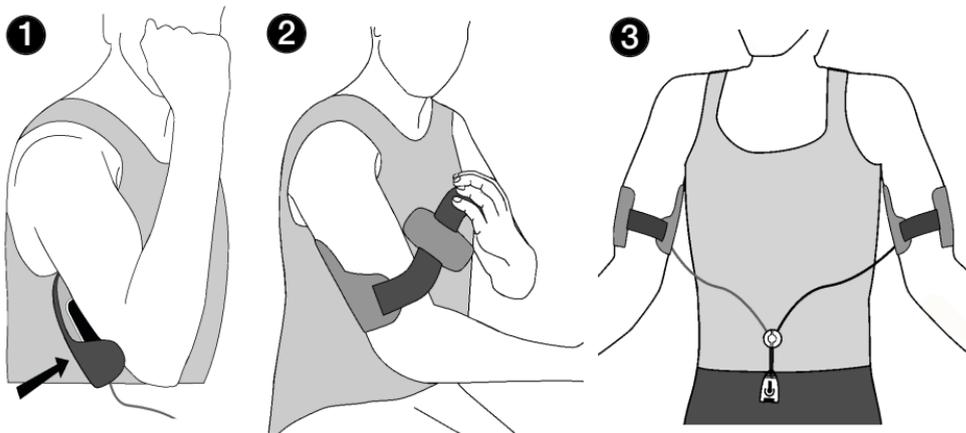
## IMPORTANT:

Before you increase the intensity, make sure that all of the silver studs are completely covered by the GelPads. Press the edges of each one firmly onto the material before use. You should only use SLENDERTONE GelPads as other kinds may reduce the effectiveness of the exercise.



## POSITIONING THE GARMENTS CORRECTLY

1. Take the garment marked '**R**' and place the larger section centrally over the triceps muscle of your **RIGHT** arm. Ensure the wider part is towards your elbow.
2. Then, bring the strap around the **OUTSIDE** of your arm and place the small, oval section centrally over your biceps muscle. Then fasten the strap securely, but comfortably, around your arm.
3. Repeat steps 1 and 2, placing the garment marked '**L**' onto your **LEFT** arm.



4. Switch on your controller by pressing the On/Off button for 2 seconds. Select the program you wish to use and increase the intensity to a strong, comfortable level.

**Note:** You may feel a tingling sensation in your lower arms during a session. Simply changing the position of your arms can reduce this. If it persists, pause the controller and adjust the position of the arm garments slightly.



When you have completed your session, remove the garments, replace the covers on the **black side** of the GelPads and store the product safely until your next session.

### IMPORTANT:

Always ensure the controller is switched off before removing the garments.

Have any further questions? Just call our Toll Free number:  
Phone US: (855) FLEXGEAR / (855) 353 - 9432  
International: (310) 362 - 0581  
....or visit the website: [www.theflexbelt.com](http://www.theflexbelt.com)