

FREQUENTLY ASKED QUESTIONS

Can I use THE FLEX BELT by BMR for post natal exercise?

- Yes, but you must wait a minimum of 6 weeks after childbirth before you begin using it and you must consult your doctor first.
- If you've had a Caesarean in the past 3 months, consult your doctor for approval before using the belt.

The stimulation is uncomfortable. How can I improve this?

- Make sure the GelPads are positioned correctly and that they are pressed firmly against your skin - see page 7 & 8. Switch off your controller and reposition the belt if necessary.
- You can also smear a few drops of water on the black surface of the GelPads. This can improve the comfort of the muscle stimulation, but be careful not to get water on the controller. Ensure the controller is switched OFF before you do this!
- Ensure the metal studs are fully covered by the GelPads.

My skin is red after the exercise. Is this a problem?

- Some redness of the skin after a toning session is normal. It is partly due to an increase in the blood flow under the skin and should fade after a while. You may also experience some reddening of the skin due to the pressure of the belt. This is the same as the pressure marks you get from tight clothing. You should not be concerned about this. It should fade soon after you remove the belt.
- If the redness is excessive, you may have the toning intensity too high. This may increase the reddening in sensitive skin. Try using a lower toning intensity for a few days. If the problem persists, you should stop using the product.

Will the controller cause muscle soreness?

- As with all exercise some muscle soreness can occur after using the belt. This is normal and should go away after a day or two. Use a low toning intensity for a few sessions if you are experiencing muscle soreness.

How do I know when to replace the GelPads?

- With time the GelPads pick up skin debris and may need to be replaced as this makes the workout less effective and less comfortable.
- You may notice the signal is weakening even if the battery is fully charged. This usually indicates that the gel pads are wearing and will soon need replacing. You can check this by first adjusting the belt to ensure correct positioning of the gel pads. If the signal is still weak or uncomfortable, you should order new gel pads.
- New GelPads can be purchased online at www.theflexbelt.com or from Customer Care.

I can feel a tingling sensation in my legs during an exercise. What should I do?

- This indicates that the GelPads are over your hip-bones. Moving the two smaller GelPads upwards and inwards on your waist (i.e. towards the centre of your body) should prevent this. Remember to pause or switch off your controller before adjusting the belt or GelPads.

I can feel my waist muscles exercising but not my stomach muscles.

- Pause the program and reposition the central GelPad slightly lower on your stomach. If this doesn't help, move the 2 small GelPads to a smaller figure setting on the belt (towards the central GelPad).

I can feel my stomach muscles exercising but not my waist muscles.

- Pause the program and reposition the central GelPads slightly higher on your stomach. If this doesn't help, move the 2 smaller GelPads to a larger figure setting on the belt (away from the central GelPad).