PROGAM DETAILS

THE FLEX BELT by BMR has 10 toning programs which are listed in the table below. There are 7 Passive Programs (no physical activity required) and 3 Active Programs (while doing a physical activity). Program 1 is set when you switch your controller on for the first time. The controller will then automatically progress through each program up to program 6. Programs 7 to 10 must be selected manually using the program button. The display will show the program currently selected.

1. Passive Programs: without any physical activity

Passive Programs	Duration in minutes	Training Level	Number of session
1 : Initiation	20	Easy	2
2 : Beginner	25	Moderate	3
3 : Intermediate	30	Moderate	5
4 : Advanced	30	Advanced	10
5 : Expert	30	Advanced	10
6 : Pro	30	Advanced	Indefinite
7 : Ab Power	30	Advanced	Indefinite

2. Active Programs: while doing a physical activity

Active Programs	Duration in minutes	Training Level	Physical exercise
8: Endurance	40	Easy	Low cardio
9: Beginner Crunch	6	Moderate	Abs front
10: Advanced Crunch	9	Moderate	Abs side

Program 8 is lower in intensity and is useful when you want to combine the stimulation with a moderate cardio activity such as active walk, jogging, stepper or exercise bike.

CRUNCH PROGRAMS 9 and 10:

What shall I do?

Those unfamiliar with Ab Crunch exercises should start with program 9 before progressing to program 10. Begin both Crunch Programs 9 and 10 in the starting position (Fig. a).

Wearing your belt, lie on your back. Bend your knees to approx. 90°. Position your hands either side of your head. Your feet should be flat on the floor, shoulder width apart and your abdominal muscles fully relaxed. Switch your controller on and increase the intensity.

Program 9
Beginner Crunch (Fig. a) :

1(a). When the stimulation starts, gently press your lower back into the floor and contract your abdominal muscles as hard as is comfortable. Do not raise your head off the floor and keep your neck muscles as relaxed as possible.
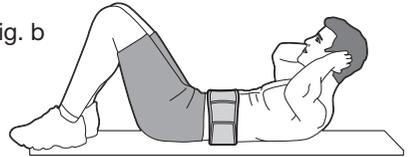
Fig. a
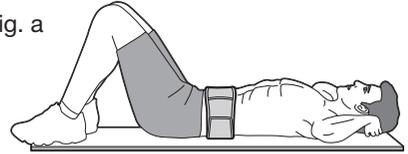
Standard Crunch (Fig. b) :

1(b). When the stimulation starts, slowly curl your shoulders forward, making sure that your lower back stays on the floor. Ensure you do not jerk your head forward. When raising your head, avoid neck strain by keeping a space approximately the size of your fist between your chin and your chest.
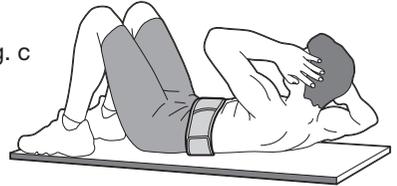
Fig. b

2. Hold each contraction for three seconds, then return to the starting position and relax fully. The stimulation will stop.

3. After a three second relaxation period, the stimulation starts again. Repeat step 1(a) or 1(b) and step 2 depending on the type of crunch you are doing.

Program 10
Side Crunch (Fig. c) :

1. When the stimulation starts, slowly curl one shoulder upwards and towards the midline/centre of your body. Your shoulder should finish 3 - 4" from the ground. Keep your lower back on the floor.

Fig. c

IMPORTANT:

Curl your right shoulder upwards and inwards when the stimulation is on the left side of your abdomen. Curl your left shoulder upwards and inwards when the stimulation is on the right side of your abdomen. Always keep your lower back on the floor and never twist your upper body excessively.

2. Hold each contraction for two seconds, then return to the starting position and relax fully - the stimulation will stop.

3. After a two-second relaxation period, the stimulation will start again.

4. When you have done 10 crunches on either side, the product begins a 20-second relaxation period. The controller will beep for the last 3 of the 20 seconds to indicate the start of a new set of crunches. Repeat steps 1-3.

NOTE: After 3 sets of 20 reps (10 each side) the program will end.

ADDITIONAL FUNCTIONS

Information Button (*i*)

THE FLEX BELT by BMR controller stores information about current and previous sessions which can be accessed by using the information button. You can access this information while a program is running.

1. **Current Intensity Levels**
   Press the information button (Fig. a) once to display the intensity of the current program

2. **Average Intensity Levels**
   Press the information button twice to see the average intensity reached in the last session.

3. **Highest Intensity Levels**
   Press the information button three times to display the highest intensity reached in the last session.

4. **Number of Sessions of the Current Program**
   Press the information button four times to see how many sessions performed at the current program level. Please note that this resets to zero when a new program is selected or when more than 99 sessions are performed.

5. **Total Number of Sessions**
   Press the information button five times to display the total number of sessions you have completed to date. Please note that this resets to zero if more than 1000 sessions are performed.

6. **Garment type**
   Press the information button six times to display the garment type you are using.

7. Press the information button seven times and the controller will return to normal.

Mute Function (🔇)

Fig. b

If you want to switch off your unit'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 (🔒)

Fig. c

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.

Error Messages

Fig. d

In the unlikely event of your product developing a problem, "Err" will appear on your controller 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