

SETTING UP THE FLEX BELT BY BMR

Step 1 - Charge the battery. Insert your charger into an electrical outlet and then connect your controller to it (Fig. a). It'll 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.

NOTE: Ensure you only use the THE FLEX BELT by BMR charger when charging your controller. Do not leave your controller connected to the charger when the battery is fully charged.

Step 2 - Connect the controller to the belt. The controller and belt must be connected for your THE FLEX BELT by BMR to work. 'Click' the controller connector into the belt connector as shown in Fig. b.

IMPORTANT: Make sure the controller and belt are correctly connected or your product will not work - this is a safety feature.

Step 3 - Place the GelPads on the belt.

(i) Turn the belt over so that the 3 metal studs are facing upwards.

(ii) Remove the three adhesive GelPads from their pack. There is 1 large square GelPad and 2 smaller oval GelPads. One side of each GelPad has a *grid pattern* on it while the other side is *black*.

(iii) Remove the covers from the *patterned side* of the large GelPad (Fig. c) and place the *patterned side* of this GelPad inside the white square over the central metal stud (Fig. d).

(iv) Now remove the covers from the *patterned side* of the two smaller GelPads and place them either side of the large GelPad (Fig. e).

NOTE: The location of the smaller GelPads depends on your waist size. In the example below, the smaller GelPads are placed nearest to the large, central GelPad. This is for a user who's waist size is 24"-31" (Fig. f). Use the sizing guidelines below to help you choose your correct GelPad location.

Fig. a



Fig. b



Fig. c

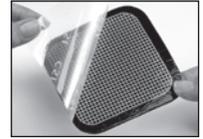


Fig. d



Fig. e

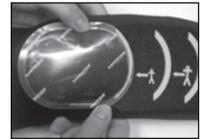


Fig. f

BELT SIZES

For waist sizes 41"-47"

For waist sizes 32"-40"

For waist sizes 24"-31"



IMPORTANT:

Before you progress, make sure that all three metal studs are completely covered by the GelPads. Press the edges of all three GelPads firmly onto the belt before use.

Step 4 - Remove the covers from the **black side** of all three GelPads (Fig. g). Do not throw these covers away as you will need to put them back onto the GelPads at the end of your session.

NOTE: You should only use THE FLEX BELT by BMR GelPads with your belt.

Step 5 - Position the belt on your body.

Wrap the belt around your waist so that the GelPads are pressed firmly against your skin, positioning the large square GelPad over your navel (belly button). Stretch the ends of the belt around your waist (Fig. h) until the small GelPads are between your hip bone and ribs on either side of your body (Fig. i). Fasten the belt tightly around your waist, but not so tight as to cause discomfort. The GelPads are water-based, so you may find they are cool when placed on your skin.

NOTE: Use THE FLEX BELT by BMR whenever it suits you. Very discreet under your clothes, you can use it almost any time and any place. For the best results, we recommend that you do five training sessions per week. You should, however, only do one session per day, as this allows your muscles to recuperate.

You are now ready to begin using THE FLEX BELT by BMR.

Fig. g

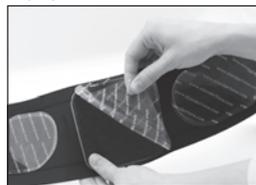


Fig. h



Fig. i



YOUR FIRST TONING SESSION

Muscle toning can be an unusual sensation, but a pleasant one. It may tickle to begin with. We recommend that you use the product while seated until you become accustomed to the sensation. As you increase the intensity, the sensation goes from a mild tingly feeling, to a distinct muscle contraction. The abs contract and relax like in natural muscle movements. To get started, follow these simple steps:

Step 1: Press and hold the on/off button (⏻ - Fig. a) for two seconds to switch your controller on.

Step 2: Select the program you wish to use by pressing the program button (P - Fig. b). Then, to start the program, press and hold the increase intensity buttons (▲ - Fig. c) until you feel your muscles contracting. Always choose an intensity level at which you feel a strong but comfortable contraction. This will vary from person to person. You should try to reach an intensity level of 15 or higher in your first session. The increasing intensity level is displayed on the screen.

Fig. a



Fig. b



Fig. c



Step 3: Continue increasing the intensity throughout the session if possible. You will feel the muscle contractions getting stronger as the intensity increases. Remember the harder you work your muscles the better the results you will see, but always reduce the intensity if you feel any discomfort. Your unit's intensity range is 0-150.

PAUSING A SESSION

If you wish to pause a session before it is finished, simply press the on/off button briefly. The display will show that the controller is paused (**||**). To resume the session, briefly press the on/off button again. The display will return to its normal mode.

Step 4: SESSION OVER

At the end of the training session THE FLEX BELT by BMR will stop automatically. However, to switch off your controller at any time during a session, press and hold the on/off button for two seconds. You should see the display turn off.

Step 5: Remove the belt and put the covers back on the **black side** of the GelPads. Store it safely until your next session.

NOTE: Do not disconnect the controller from the belt without first switching the controller off, as this may result in an error on your display.

Congratulations on completing your first training session!

30-DAY PLANS

To help you get the most from THE FLEX BELT by BMR, we recommend that you follow our 30 day plan. Use your belt 5 times a week for 4 weeks and record your average intensity levels in your diary (see back of this instruction manual). Each week you have two rest days to allow your muscles to recover. The diary below shows one person's toning intensity, recorded during scientific testing over a 30-day period. Each box shows the average toning intensity from either side of the belt.

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	(20 20)	Rest	(25 25)	Rest	(30 30)	(40 40)	(40 40)
2	Rest	(50 50)	(55 55)	Rest	(60 60)	(65 65)	(65 65)
3	(65 65)	(70 70)	(70 70)	Rest	(70 70)	Rest	(75 75)
4	Rest	(75 75)	(75 75)	Rest	(80 80)	(80 80)	(85 85)

We recommend that you follow a similar plan, trying to push yourself to use higher toning intensity levels all the time. Try to increase your toning intensity from week to week. But remember, do not over-exert yourself when using muscle stimulation. Any workout should be at a level comfortable for you.

NOTE: The intensity level will vary from person to person.