

GETTING RESULTS WITH YOUR PRODUCT

- Use the strongest training intensity you can - the harder you work your muscles, the better the results you will see, but remember, the stimulation should never be uncomfortable.
- Try to increase your toning intensity regularly. But do not over-exert yourself.
- THE FLEX MINI by BMR has 4 toning programs which are listed in the table below. Program 1 is set when you switch your controller on for the first time. The controller will then automatically progress through each program after a set number of sessions.

Program Name	Session Duration	Training Level	Auto Progression
Beginner	15:00	Light	2 sessions
Intermediate	20:00	Moderate	3 sessions
Advanced	25:00	Strong	5 sessions
Expert	30:00	Very Strong	Indefinite

You cannot change a program during a session. You must first turn your controller off and then on again. Then you can select a different program by pressing the program button.

30-DAY PLAN

To get the most from THE FLEX MINI by BMR, follow the 30 day plan. Use it 5 times a week for 8 weeks and record the highest intensity levels in your diary. Each week you have two rest days. The diary below shows one person's plan, recorded during scientific testing over a 30-day period. Each box shows the highest toning intensity from either side of the garment. The intensity level will vary from person to person.

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	rest	(65 65)	(70 70)	rest	(70 70)	(70 70)	(75 75)
4	rest	(75 75)	(75 75)	rest	(80 80)	(80 80)	(80 80)

Fill-in your diary (which is inside the rear cover) every time you complete a toning session. Leave this diary somewhere you will see it regularly. This will help to motivate you to reach your goal. You will soon see and feel that your bottom is firmer and more toned.

CARING FOR YOUR GARMENT

Your garment can be washed, but you must first remove the controller and GelPads. Always follow the instructions on the label when washing the garment.



Never machine wash your garment. Always hand wash in lukewarm water. This protects the internal wiring from damage in the washing machine. You should take care even when hand washing and never wring the garment to remove water.



Do not use bleach when washing the garment.



Do not dry clean your garment.



Do not tumble dry your garment. Dry it on a flat surface. Do not dry it over anything hot. (e.g. a radiator) as it contains plastic parts. Ensure the garment is completely dry before using it again.



The garment should not be ironed.

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 shows the garment type you are using.

Fig. a



Mute Function ()

If you want to turn off your controller'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.

Fig. b



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. c



Error Messages

In the unlikely event of your product developing a problem, "Err" will appear on your display (Fig. d). If this occurs you should switch the controller off and then turn it back on again. It should now operate properly. If the problem persists, please call THE FLEX BELT Careline for further assistance at:

US (855) FLEXGEAR / (855) 353 - 9432

International: (310) 362 - 0581.

Fig. d



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.

Fig. e



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 contacting THE FLEX BELT Careline.

Fig. f

