

SETTING UP YOUR PRODUCT

1. Insert your charger into a socket and then connect it to your controller (Fig. a). It'll take approximately 3 hours to fully charge the battery. Your battery is fully charged when all three sections of the battery icon are full.

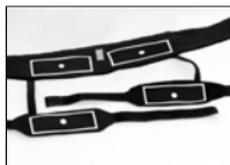
NOTE: Only use the charger supplied with THE FLEX MINI. Do not leave your controller connected to the charger when the battery is fully charged.

Fig. a



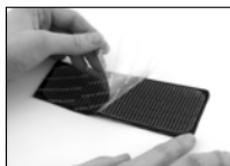
2. Lay the garment on a flat surface with the metal studs facing upwards (Fig. b). Remove the adhesive GelPads from their pack. One side of each GelPad has a *grid pattern* on it while the other side is *black*.

Fig. b



3. Remove the covers from the *patterned side* of the GelPads (Fig. c), but do not throw them away, as you may need them later. Do not remove the covers from the *black side* of the GelPads yet.

Fig. c



4. Place the *patterned side* of each GelPad directly over a metal stud and within the white lines (Fig. d). Press the edges of each GelPad firmly onto the material before use.

Fig. d



IMPORTANT:

Before you progress, make sure that all of the metal studs are completely covered by the GelPads.

Fig. e



5. Remove the covers from the *black side* of the upper GelPads. Position the wash label over your spine to ensure the garment is centred correctly, wrap the garment around your waist (Fig. e) and fasten it in front of you.

Fig. f



6. Remove the covers from the *black side* of the lower GelPads and fasten the leg straps tightly but comfortably around your thighs (Fig. f). Ensure each GelPad is positioned just below the crease of your bottom.

Fig. g



7. When the garment is correctly positioned, the GelPads should be located as shown in Fig. g. The *patterned side* of the GelPads must always be placed onto the garment.

NOTES:

- You may need to adjust the position of the garment slightly until you find the most comfortable position. However, the positioning will become much easier after a few sessions.
- 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.
- Use THE FLEX MINI by BMR whenever it suits you. You can use it almost any time and any place. We recommend you use THE FLEX MINI by BMR while relaxing at home. This really is a convenient way of firming and toning your bottom.
- Standing or lying down is more comfortable at high intensities.

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. This progresses to a smooth muscle contraction as the toning intensity increases. To get started, follow these simple steps:

1. 'Click' the controller connector and garment connector together (Fig. a).
2. Press and hold the on/off button ( - Fig. b) for two seconds to turn your controller on.
3. Select the program you wish to use by pressing the program button (**P** - Fig. c). Then, to start that program, press and hold the increase intensity buttons ( - Fig. d) 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 25 or higher in your first session. The increasing intensity level is displayed on the screen.
4. 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 product's intensity range is 0-99.

Fig. a



Fig. b



Fig. c



Fig. d



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 session is paused (). To resume the session, briefly press the on/off button again. The display will return to its normal mode.

5. At the end of the training session THE FLEX MINI 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.
6. To remove the garment, first undo the leg fasteners. Peel the GelPads from your thighs and then remove the whole garment. Lay the garment on a flat surface with the GelPads facing upwards and put the covers back on the **black side** of the GelPads. Store THE FLEX MINI by BMR, ensuring that the GelPads are kept flat, until your next session.

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

Well done on completing your first training session!