IN THE BOX

Accessories included in your package:

- **A** Control Device
- **B** Waist Belt
- **C** Extension Belt
- **D** USB Charging Cable
- **E** Operations Manual
- **F** Quick Start Guide

USING THE CONTROL DEVICE

1 BUZZ / SOUND
+ Press to turn device sounds on/off.

2 TIME ADJUSTMENT
+ Device defaults to 20 minutes.
+ Press the Time button to increase time by 10 minute increments. (10 - 60 minutes)

3 TIME INDICATOR LIGHTS
+ The light closest to the **Time button** = 10 minutes.
+ The light closets to the **Buzz button** = 60 minutes.

NOTE: The device will also beep once for 10 minutes, twice for 20 minutes, and so on.

60 50 40 30 10
20 minutes

4 EMS TONE CONTROLS
+ Press (+) to increase intensity. (up to level 20)
+ Press (-) to decrease intensity.

5 LIPO LIGHT TRIM CONTROLS
+ Press TRIM to turn Red LED Lipo-Lights on / off.

6 USB PORT
+ To charge battery, plug provided USB charging cable into a USB port on your computer or certified wall charger.

7 ON/OFF BUTTON
+ Press to turn ON (will beep once).
+ Press and hold to turn OFF (will beep twice).

8 BATTERY LIFE LIGHTS
+ If fully charged, the 8 battery indicator lights will be illuminated. If only 1 light is illuminated, the device needs charging.

QUICK START GUIDE

STEP 1

CHARGE THE BATTERY
+ Push the ON/OFF button located on bottom of control device.
+ 8 lights = charged. If device needs charging only 1 light will illuminate.
+ Use included USB cord to charge device. Lights will flash while charging.
+ When all lights are illuminated, device is fully charged

STEP 2

WRAP BELT AROUND WAIST
+ Use a damp rag or cloth to *slightly* wet the silicone portion of the belt (non-fabric area). *DO NOT* immerse in, or soak belt in water.
+ Wrap belt around your waist in direct contact with skin and secure. Do not use over clothing or other materials.
+ Use the included extension belt if required.

STEP 3

ATTACH CONTROL DEVICE TO WAIST BELT
+ Match the 4 magnetic buttons on the back of the control device to the 4 buttons on the belt.
+ Match the 2 gold buttons to the 2 gold buttons on the belt
+ Match the 2 silver buttons to the 2 silver buttons on the belt.

STEP 4

TURN ON DEVICE
+ Press ON/OFF button
+ Press TRIM button to turn on the Lipo-Lights

STEP 5

SELECT TREATMENT TIME
+ Time defaults to 20 minutes
+ Press TIME button located on top of control device
+ Increase by 10 minutes up to 60 minutes

Refer to Using the Control Device #3 "Time Indicator Lights"

STEP 6

INCREASE / DECREASE INTENSITY
+ Press (+) to increase intensity up to level 20 (will beep twice when increased to highest and lowest level)
+ Press (-) to decrease intensity
+ There is a 2 minute "Warm Up" program with lower pulse frequency.

BE CAREFUL OF INTENSITY LEVEL AS PULSE FREQUENCY WILL SIGNIFICANTLY INCREASE AFTER 2 MINUTES

STEP 7

REMOVE AND STORE
+ Control Device will automatically shut off when time is up (will beep twice when turning off)
+ Press and Hold the ON/OFF Button to end treatment at any time.
+ Remove Belt wrap, remove Control Device from belt and store separately.

PLEASE REFER TO THE OPERATIONS MANUAL FOR COMPLETE INSTRUCTIONS BEFORE USE.