

Thank you for purchasing our Gym In A Box™ Ultimate Toning Technology Core Wrap. You now own a high-quality new ultimate toning technology fitness wearable. ToneUp15™ Tech is out patent pending thermal Silver technology that has silver ions woven right into the fabric and is infused into all of our activewear. Providing a variety of muscle toning, slimming, skin and health benefits from the moment it touches and contracts your skin. Elevating your potential to train better, perform better, and feel better.

Please follow the instructions in this booklet to ensure that you use the product effectively, safely and learn how to care for it. Please keep these instructions in a safe place.

Contents Intro

- What is in the box **CoreWrap**
- How it works
- How to put it on and adjust
- How to care for it

The PowerBox

- How it works
- How to attach/ detach it
- Turning it On/Off
- Setting the Programs
- Increasing/ Decreasing intensity
- Replacing the batteries
- How to care for it safely
- General Safety Instructions

What is in the box?

Please ensure that your **CoreWrap** has arrived with the following components:

- The **CoreWrap**
- The PowerBox
- This instruction booklet
- A small spray bottle

If any of the items are missing, please contact us at

service@gyminabox.la



The **CoreWrap** is a multi-layered Waist Trainer made of high-quality, 100% latex-free stretchy neoprene fabric. The **CoreWrap** is highly adjustable and supported with flex-bone technology, making it a posture-supportive and highly comfortable body-form shaper. What makes the **CoreWrap** special is its integrated miniaturized muscle stimulating technology. On the inside of the **CoreWrap** you will find two electrode pads roughly the size of your hands. On the outside of the **CoreWrap**, are two small connector snaps to which you can connect the PowerBox. This is where the magic happens. When you put on the **CoreWrap**, the electrode pads will be positioned on your abs on either side of your belly button. Once the PowerBox is attached to the outside of the **CoreWrap**, you can stimulate your abs with four muscle-toning workout programs that are easy to start/stop and adjust directly from the PowerBox. The following information will guide you through an understanding of the different parts of the **CoreWrap** and how to use it.



Fig.1.0 CoreWrap with attached PowerBox



Fig.1.1 Electrode Pads Snaps.



Fig.1.2 PowerBox.

TROUBLESHOOTING

Problems	Possible Cause	Solution
Unable to power on.	Battery runs out.	Check indicator light/ Change batteries.
Cant feel current stimulation.	Very low intensity/ E-pads not positioned correctly.	Check program mode/Increase intensity/ Position the E-pads on either side of the belly button.
Low/High current intensity.	Corewrap is loose or too tight/ Mode is set too low or too high.	Make sure the wrap is adjusted correctly/ E-pads positioned on either side of the belly button/ Adjust the mode button lower or higher.
Different intensity in different parts.	Different used part and vibration wavelength.	Waveform alternate change because of vibration.
The skin is red & tingling.	E-pads are not correctly positioned/ E-pads are too dry and not evenly wet.	Adjust the E-pads & position on either side of the belly button. Spray some water and distribute moisture evenly, wipe off excess water.

PRODUCT MAINTENANCE & CARE

PowerBox – Wipe it with a soft cloth. Do not use excessive moisture cloth to wipe it in case of water seeping into mechanism. Do not use diluted, benzene or other volatile liquids to wipe it.

CoreWrap

WASH INSTRUCTIONS:

- Hand wash only.
- Wash with warm water and mild detergent if necessary.
- Do not tumble dry.
- Do not rub the cloth.
- Do not use fabric softener.
- Do not expose to the sun.
- Dry with a soft towel and hang to air dry.
- Do not iron. Do not put in a washing machine.
- Do not use chlorine bleach. No Dry cleaning.

U.S. Patent On Athletic Pants (US D846,836S)
Patent Pending On BU20 Integration Technology (62/989,475)



CoreWrap

INSTRUCTIONAL MANUAL

Wear it. Wrap it. Tone it!



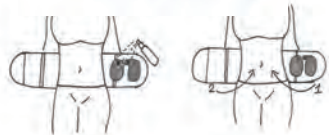
www.gyminabox.la

Designed in California
Made in the USA

INSTRUCTIONS

HOW TO USE:

1. Before wearing the **CoreWrap**, attach the power box to the snaps on the outside of the wrap [Fig.1.0 & Fig. 1.1]. Make sure that the power box is off.
2. Spray the electrode pads with some water using the spray bottle included in the box.
3. Stretch out the **CoreWrap** putting it around your waist, then with your left hand position the wrap, making sure your belly button sits between the two electrode pads. Then with the right hand, wrap it over the Velcro attachment until it's secured.
4. Now that it is around you, begin to adjust the outer Velcro strap. Adjust the wrap accordingly, you can loosen or tighten it to your desired fit.
5. Push the **ON/INC** button of your PowerBox. Now choose which option you want by selecting the program button from 1-4. You can gradually increase or decrease power by pushing the **ON/INC** or **OFF/DEC** button. To turn it Off, simply push the **PROGRAM** button to 4 then push the **OFF/DEC** button.



THE PowerBox:

- How it works| Turning it On/Off | Setting the Programs

PRODUCT PARAMETERS (Battery Type)



Product Specifications	
Size	80x60x20mm
Weight	30g
Material	ABS
Working temp.	10-35C
Working voltage	1.5V AAA 2EA
Working time	15mins
Working Current	9.8mA
Mode	6 modes (10 intensity levels)

1. Remove from the packaging and box. Do not turn on before attaching to the **CoreWrap**.
2. Connect the PowerBox to the snaps on the outer side of the wrap. Secure in place.
3. START UP: Press the **ON/INC** button to start. Continue to press the **ON/INC** button to increase the strength.
4. Press the **OFF/DEC** button to decrease strength. (The default strength is level 1).
5. Select the **Mode** you want to use by pressing the **PROGRAM** button (Mode 1-6), then press **ON/INC** to start operation, the mode can be changed while you're using it.
6. SHUTDOWN: Keep pressing the **OFF/DEC** button to weaken the strength until the red light is off.

PULSE MODES INDICATIONS

- Mode 1(EMS): Stimulation of healthy muscles in order to improve and facilitate muscle performance.
- Mode 2 (TENS): Helps relieve soreness and aching muscles due to strain from exercise or work activities.
- Mode 3 (EMS): Combination of M1 & M2
- Mode 4 (EMS): M3 Visible muscle contraction seen for improving muscle performance.
- Mode 5 (TENS): M4 Deeper relief of soreness and aching muscles due to strain from exercise or work activities.
- Mode 6 (EMS and TENS): M4 & M5 Combination of benefits from both the EMS and TE.

Important Notice

This product is not a medical device. Always consult with your physician before using our product.

If or when using the **CoreWrap** you feel faint or discomfort, stop the device immediately.

CAUTION

1. Please use the **CoreWrap** with care. Gradually work your way into the wrap. Do not force the wrap around your waist. Make sure that the skin contact area properly aligns, covering your ab area and that it's neither too tight nor too loose.
2. When adjusting the power of the PowerBox, please start with a low setting & gradually increase power accordingly. All power boxes are set at a minimum of 15 minutes. Maximum usage twice daily. Please do not exceed 30 minutes of use in one day. Only increase to a power level that you are comfortable with. If discomfort exists, please turn off power immediately. Please make sure that you turn off your PowerBox before putting your **CoreWrap** away.
3. After spraying the e-pads with water, wipe out excess water and make sure that the pads are evenly wet.
4. Do not sleep or eat using our **CoreWrap**. Abusing the use of the wrap may cause the stabilizing muscles of the lower back to lose their tone.
5. For faster & more efficient results, we recommend that you have a healthy balanced diet & a weekly workout regimen.
6. If you have back problems or any injuries please consult your medical practitioner before using this product.
7. This is not recommended for pregnant women, please avoid using this product if you are pregnant.
8. For those with sensitive skin or prone to allergies, it is not recommended to wear the neoprene product.
9. The **CoreWrap** may feel tight the first time you wear it, but it will get more comfortable after a few days wearing it.
10. The PowerBox must be protected from all liquids.

WARNING!!!

For the following situations, please consult your doctor before use...
Patient who is being treated by doctor and has a physical abnormality.
Patient with malignant tumor.

Patient with heart, blood pressure disease and cranial nerve abnormality.
Patient with skin dysfunction or abnormal skin disease.
Patient with infectious disease.
Patient who is taking medication and has a temperature above 38C /100.4F
Patient who need to be rested.
Patient with abnormal bleeding.
Patient who are not free to express their wishes.
Patient with sensory impairment due to high peripheral circulatory disorders of diabetes.
High Sensitivity and Skin Allergic reactions to electrode pads.
Pregnant women and maternity.
Children under 14 years old can't use it.
Other (unknown) users who are not suitable for this product.

FORBIDDEN

For the following situations, please consult your doctor before use.
Patient who is being treated by doctor and has a physical abnormality.
Patient with malignant tumor.
Do not use this product in the following parts, or it may cause physical problems:
Brain & Heart
Surgical site where plastic surgery was performed.
Above the neck and head.
Implanting position with metal & plastic.
Mucosal parts such as wounds, eyes, mouth and genitals.
Spinal tattoo
The part of the hair removal on that day.
Abdomen during physiological period.
Patient with implanted medical electronic device, such as heart regulator.
Patient with medical electronic device, such as artificial heart and lung.
Patient with wearable medical electronic instruments such as an electrocardiograph scanner.

PRECAUTIONS

- The long-term effects of electrical stimulation are unknown.
- Since the effects of stimulation of the brain are unknown, stimulation should not be applied across your head.
- The safety of electrical stimulation during pregnancy has not been established.
- Use caution if you have tendency to bleed internally, such as following an injury or fracture.
- You may experience skin irritation or hypersensitivity.
- If you have suspected or diagnosed heart disease, you should follow precautions recommended by your physician.
- Keep this device out of the reach of children.
- If you have suspected or diagnosed epilepsy, you should follow precautions recommended by your physician.
- Consult with your physician prior to using the device after a recent surgical procedure, because stimulation may disrupt the healing process.
- Use caution if stimulation is applied over the menstruating or pregnant uterus.
- Use caution if stimulation is applied over areas of skin that lack normal sensation.
- Use this device only with the accessories recommended by the manufacturer.
- Avoid placing the E-pads over metal implants.