

PRODUCT MANUAL



INDICATIONS FOR USE

Please read the contra-indications, precautions and warnings carefully to determine whether any of them apply to you.

This device stimulates the motor nerves supplying the muscle. There are nine (9) different programs with varying timings and intensities which can be used before exercise for warm-up, as a muscle performance improver and for recovery after exercise.

CONTRA-INDICATIONS, PRECAUTIONS & WARNINGS

This muscle stimulator can be used by all healthy adults; however some care is needed when using it. Read the Manual and follow the guidelines prior to use. The signal strength can be adjusted to a high intensity and caution should be taken when setting the intensity.

Key Guidelines

- The intended use is for healthy adults. Keep out of reach of children.
- Never apply electrodes to any part of the head, face, neck, throat, or directly over the heart.
- The programs are not designed for use on diseased or injured muscles. That use is contra-indicated.
- Always ensure that the two electrodes from the same lead are used to exercise one muscle.
- Never use the device in ways other than those directed in the user manual.

Never use:

- On painful or atrophied muscles
- On muscles prone to spasms
- On muscles connected to painful or afflicted joints
- To prevent or retard disuse atrophy
- To improve blood-flow or prevent venous thrombosis
- To maintain or increase range of motion

CONTRA-INDICATIONS

Do not use if:

- You have an electronic implant or if you suffer from any other heart problem because it may interfere with the functioning of the implant.
- You have cancer or cancerous lesions. The effects of electronic stimulation on cancerous tissue are unknown.
- You suffer from epilepsy
- You have recently undergone a surgical procedure
- You have acute trauma or fracture
- You are pregnant.

- You are under medical supervision for cognitive dysfunction as you may not be able to comply with safety instructions.
- In cases of critical ischemia of the limbs
- The unit is in close proximity to shortwave or microwave therapy equipment, or you are connected to high-frequency surgical equipment, due to the risk of device malfunction due to electronic interference
- Wearing the pads necessitates placement over areas at which drugs/medicines are administered by injection

PRECAUTIONS:

- Get your doctor's permission before using if:
- You have a bad back. Also make sure the intensity is kept low.
- You have serious injury or illness not mentioned in this manual
- You suffer from muscle or joint problems
- You experience any irritation, skin reaction, hypersensitivity, or other adverse reaction. You should however, note that some reddening of the skin under the pad is quite normal during and for a short time after an exercise session
- After strenuous exercise or exertion, always use lower intensity to avoid muscle fatigue
- Contact FlexTone® or an authorized dealer if your unit is not working correctly. Do not use in the meantime
- An effective session should not cause undue discomfort
- For first time users we recommend that you begin in a seated position with low stimulation intensity settings
- Keep out of reach of children
- Leads and electrodes must not be connected to or used with other objects
- Do not use this unit while using any other device that transmits electrical current into the body
- Do not touch the pads or lead pins when the machine is on
- Do not use when driving, operating machinery, or cycling
- Cease usage if you are feeling light headed or faint. Call your doctor if this happens
- Do not over exert yourself when using this unit. Any workout should be at a comfortable level for you
- Do not place pads over jewelry or body piercings
- FlexTone® will not accept responsibility if these instructions and guidelines supplied with this unit are not followed

Warnings

- Do not use while sleeping, because you cannot react to safety information.
- User must position the pads and operate unit ONLY as indicated in this manual. Never place the pads on the front or sides of neck, across or through the heart (i.e., one pad on the front of the chest and one on the back), in the genital region or on the head, because of the risk of stimulating inappropriate muscles and organs
- Avoid any recent scars, broken or inflamed skin, infected areas or susceptibility to acne, thrombosis or other vascular problems (varicose veins), or any part of the body where feeling is limited
- Avoid areas of injury or restricted movement
- Avoid placing the pads over metal implants
- Wait before using your FlexTone® product until:
 - At least 6 weeks after the birth of your baby. You must consult your doctor before use
 - One month after an IUD contraceptive device has been fitted. You must consult your doctor before use
 - At least 3 months after having a caesarian section. You must consult your doctor before use
 - The heavy days of your period have finished because vigorous abdominal exercise is not recommended at this time
- Do not use in the bath or shower, or in an environment of elevated humidity (sauna)
- Caution should be used in the following:
 - When there is a tendency to bleed internally following a fracture or injury
 - Following recent surgical procedures when electronic stimulation may disrupt the healing process
 - Over areas of skin which lack normal sensation

Adverse Reactions

- Skin irritations and burns have been reported with the use of electronic muscle stimulators
- On very rare occasions, first time users of EMS have reported feeling light-headed or faint. FlexTone® recommends that you use the product while seated until you become accustomed to the sensation

Pad Precautions

- To reposition pads during a session, always turn off the program currently running, reposition the pads as directed in this manual, and then restart the program

- Only use pads supplied by FlexTone® with your muscle conditioner. Any others may not be compatible with your machine and could degrade the minimum safety levels
- The pads are for single person use only
- Do not dunk the pads into water
- Do not apply solvents of any kind to the pads
- Always ensure the unit is OFF before removing the pads
- Apply the whole surface of the pads firmly to the skin. Do not use pads which do not adhere properly to the skin. You can purchase new pads at www.FlexToneUSA.com
- If your skin is red under the pad after a session, do not start another session on the same area until the redness has completely disappeared

NOTE: If you are in doubt about using your FlexTone® product for any reason, please consult your doctor before use.

UNIT AND ACCESSORIES



HOW TO USE YOUR MUSCLE CONDITIONER

There are just three steps to setting up a treatment session.

1. Choose the appropriate muscle area
2. Connect the pads to the unit and place them correctly on the body.
3. Start the program and adjust the exercise intensity

Rx-8000 CONTROL UNIT

Your Rx-8000 muscle conditioner has been designed for ease of use. The function of each button on the control unit is explained below.

ON/OFF Button

You must press and hold this button for 1 second to switch your unit on and off.

INTENSITY CONTROLS:

Each intensity control channel knob corresponds to the pads attached to the leads inserted into the A or B channel port of the unit. Adjust the control knob to an increasing number (0-10) to increase intensity and turn the knob to a decreasing number to decrease the intensity. To be sure intensity is off turn the knob all the way left past zero and “click” off.

PROGRAM BUTTONS:

There are nine (9) total program buttons. Eight of these buttons are body part specific and the 9th button is labeled MESSAGE (P3)

Rx-8000 DISPLAY

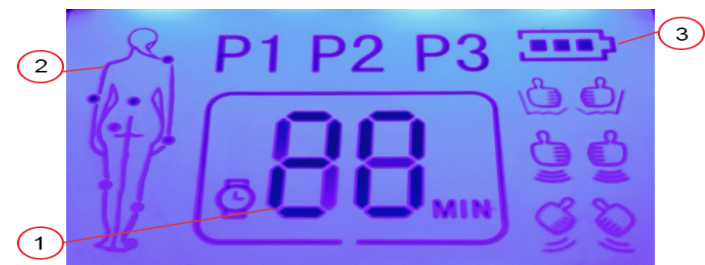
Each Unit has a Blue LED display which lets you check the session time, indicates the body part being worked, and the battery status. The Blue LCD window light will remain Blue for about 12 seconds after each time you change the time or the program.



The display above is indicating the knee and elbow program.



1. **ON/OFF BUTTON W/GREEN LIGHT** – Push down for 1 second to turn unit ON or OFF
2. **BLUE LED DISPLAY WINDOW**- Blue light remains on for 12 seconds after each program selection or time change.
3. **PROGRAM BUTTONS** - Select your Body Part or Massage
4. **TIME BUTTON** - Programmable 10 minutes to 60 minutes.
5. **INTENSITY CONTROL KNOBS** – “Click” on 0 to 10 levels of Intensity.
6. **GREEN CHANNEL LIGHT**- Indicates which channel is turned on



1. **COUNTDOWN TIMER**
2. **HUMAN BODY PROGRAM INDICATOR**
3. **BATTERY LIFE INDICATOR**



Adapter Port on Back of the unit



Cable Plug in Ports

BATTERY

This FlexTone® Rx-8000 has a built in rechargeable lithium battery. The unit will fully charge within 30-45 minutes. Check battery indicator to see that battery is fully charged. Battery life is strong and will allow many consecutive uses. You can charge the battery with a USB connection or the adapter provided with your unit.

The battery icon symbol will appear on the Blue LCD display at all times during operation. As the battery power decreases, the 3 bars on the battery symbol disappear one by one. The outline of the battery symbol will flash to indicate when the batteries need to be replaced.

QUICK START GUIDE TO RUNNING A SESSION

Quick steps to setting up an exercise or treatment session

- Press the ON/OFF Button to turn on the unit.
- Connect Lead Wires into ports A and or B of Ch.1
- Connect Electrodes to the lead wires.

- Attach Electrodes to appropriate muscle or joint area
- Select a Body Part by pushing the corresponding button.
- Select your session time 10-60 minutes by pushing Time Button - continue pushing to increase time as indicated in Blue LCD window.
- Turn on Intensity control knob to start session
- You can change a program during a session.
- Session will stop when time expires

STOP A SESSION

If you wish to STOP a session at any point, briefly press the ON/OFF button and the stimulation will stop. Press the same button briefly a second time to restart the unit.. You can change a program during the session.

FINISHING YOUR SESSION

The session will stop automatically at the end of each program's pre-set treatment time. Remove the pads and replace them on their protective liners. You may now exercise another area of your body, or you can simply store your unit in the nylon FlexTone® case provided until your next session.

Note: You should only do one session per day on any single body part.

PLACEMENT OF PADS

Connect the pads to the stimulator leads. Remove the plastic liner from the adhesive pads and position the pads correctly. Keep the liners to reattach the electrodes after use. The pad placement charts illustrate the correct placement of the pads for a selection of target muscles. The correct pad placements are available on the pad placement chart in this user manual. There is a separate chart for pain.

SETTING THE EXERCISE INTENSITY

Increase the intensity slowly and you will initially feel a tingle in the area of the pads. As you increase further you will feel the muscles being activated. As the intensity is increased more muscle fibers are stimulated and eventually you will feel a strong contraction and see visible muscle movement. Do not exceed your comfort level. Your FlexTone® professional muscle conditioner can deliver effective contractions without undue discomfort.

FLEXTONE® PROGRAMS

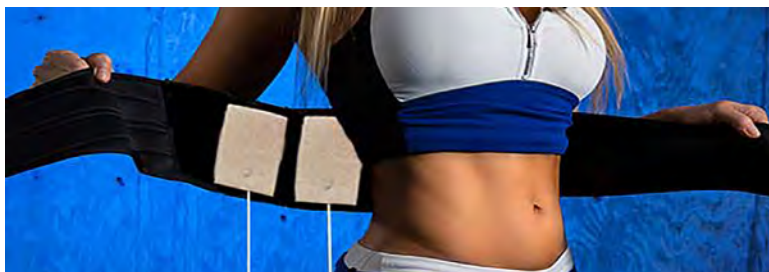
CHOOSE YOUR BODY PART FOR MUSCLE THERAPY

Your FlexTone® professional muscle conditioner has 9 independent program buttons. Eight are body programs for specific muscles including an Abdominal program labeled **P1** and a Low Back /Russian program labeled **P2** and the 9th button is labeled **MASSAGE P3** a General Massage Therapy/ Rehab. Depending on your objective you may select the appropriate program button as follows:

WELLNESS PROGRAMS

Program 1 (P1) - ABDOMINAL PROGRAM TONE

More of a muscle toning frequency, this program should be used specifically with the ABDOMINAL BELT that is supplied with two long lasting silicone pads. These Pads Velcro into the belt. It is suggested that you use the FlexTone® conductive spray on these abdominal pads for better contractions. Suggested stim time is 20-60 minutes. Do not exceed your comfort level.



Program 2 (P2) - LOW BACK/ RUSSIAN PROGRAM STRENGTH

This program uses a powerful frequency which is beneficial for deep muscle penetration, excellent for increasing blood flow and muscle strengthening. The Ab Belt can be turned around and used on the low back muscles with this program. This program can be used on any large muscle group such as the Back and Legs for the strongest and most powerful contractions. Increase the intensity until you get a strong and deep muscle contraction. Suggested stim time 30-60 minutes. Do not exceed your comfort level.

Program 3 (P3) - MASSAGE THERAPY MUSCLE REHAB CONSTANT CONTRACTIONS

The General Massage Therapy program. This program uses an almost constant pulse frequency of different intensities. This type of constant stimulation with

very little relaxation is beneficial for muscle rehab and recovery. Increase the stimulation intensity until you get a strong and steady contraction. Suggested stim time 30-60 minutes. Do not exceed your comfort level.

SPECIFIC BODY PART SELECTION - SELECT A BODY PART

There are six (6) additional programs for pain and strains specific to the body part that you want to treat. When you push one of these specific body parts you will see a flashing indicator appear on the figure of the human body in the **BLUE LCD** display window.



OBJECTIVE	PROGRAM BUTTON	INTENSITY RANGE	DURATION IN MINUTES
Knee & Elbow Pain	KNEE ELBOW	0-10	20-30
Hip Pain	HIP	0-10	30-40
Back Pain	BACK	0-10	30-60
Arm & Leg Pain	ARM LEG	0-10	20-40
Shoulder Pain	SHOULDER	0-10	20-30
Foot & Sole Pain	FOOT SOLE	0-10	20-30
Ab Belt Tone	ABDOMINAL P1	0-10	20-60
Low Back Russian	LOW BACK P2	0-10	30-60
Massage Therapy Rehab Tens	MASSAGE P3	0-10	30-60

1. KNEE AND ELBOW

This program produces muscle contractions at frequencies that are specifically designed to work in and around the knee joint and the elbow joint. It is a combination of rapid fire pulses followed by a series of different slower more deliberate contractions. This mixture of frequencies has proved to be very effective towards knee and elbow pain. These are areas that have very little blood supply because they are made up of cartilage and bone. We recommend the smaller 2'x2' electrodes for these joint areas. Use a strong intensity to help treat the pain in these problem zones. Recommended stim time is 20-30 minutes as needed.

2. HIP- SCIATIC NERVE TREATMENT

This program produces a strong, steady and deep muscle penetration that is critical to hip pain associated with the sciatic nerve. Reduce and Control Pain – Directly Attack the Sciatic Nerve Pain There are a lot of reasons why you may feel pain in your hip or back... You could be feeling pain from back or hip muscle spasms, lack of blood flow to your soft tissue and even stress placed on your nerves due to overall stiffness in your hip joint. Significant pain relief can be felt from introducing Stimulation Therapy treatments. Attacking the pain of Sciatica flowing through your back and hip and leg can reduce the pain sensation experienced by the nerves in your damaged tissue. Recommended stim time 30-40 minutes. Do not exceed your comfort level.

3. BACK

The back is one of the largest muscle groups in the human body. It is also the number one body part where people use a muscle stimulator and a Tens device. This back program is designed to work the upper back area also referred to as the trapezes muscles and the middle back muscles know as the latissimus dorsi. Also known as the “lat” is a very thin triangular muscle that gives the back a V shape. The “Lat” muscle is used in many exercises such as pull-ups, chin-ups, lat pull downs and swimming. This back program uses a variation of short burst and long steady contractions designed specifically for the back muscles. If you plan to work your low back muscles use the button labeled Low Back. Recommended Stim time 30-60 minutes as needed. Do not exceed your comfort level

4. ARM AND LEG

This program uses a series of 4 unique program cycles that are all very strong and effective that are designed to reach deep into the leg and arm muscles. Starting with a series of rapid pulses, followed by smooth contractions, powerful pulses, and finishes with short deliberate deep pulses. Great for use on the Quadriceps and Hamstring as well as the Forearm, Bicep and Tricep of the upper arm. Recommended Stim time for Legs is 30-60 minutes Recommended Stim time for Arms is 20-40 minutes. Do not exceed your comfort level

5. SHOULDER

This program is designed for all areas related to the shoulder muscle or Deltoids. This program attacks pain in the upper back, base of the neck and shoulder area. This is probably the most popular program out of the nine Rx-8000 programs. This Shoulder program cycles multiple frequency waves that start out slow and finish with deep rapid fire.

You will feel the increased blood flow to any body part when using this program. This favorite of programs can be used on any body part to where you feel muscle aches, pains and strains. Recommended stim time is 20-40 minutes. Do not exceed your comfort level

6. FOOT AND SOLE

This program is designed to increase blood flow to the ankle, foot, bottom of the foot (SOLE) and even your toes. It is recommended that you use the small 2x2 electrodes for the feet.

GETTING THE MOST OUT OF YOUR ELECTRODES

Be sure that your skin is clean of dirt, oil and body lotion. If you have a lot of body hair you may want to consider shaving the hair. The less hair the better the electrodes will work. The lifespan of the electrode pads will vary depending on how often that you use them and how you care for them. Keeping electrode pads clean and sealed in the zip lock bag after each use will extend their lifespan. Replace the electrode pads when they lose their adhesive ability.

Advice on how to extend the electrode life:

The electrodes typically have a cloth or foam backing, and a sticky gel coating that conducts electricity. The gel is the “middle man” between the wire and the skin. It’s made of hypo-allergenic, water-based material. You can actually revive the stickiness to a point in a very simple way.

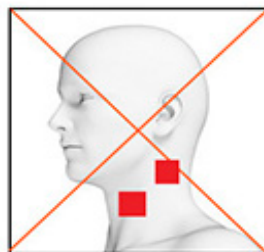


How do I make electrodes last longer?

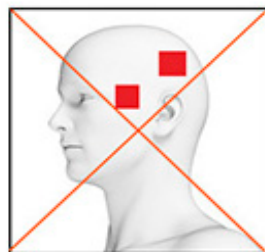
You should be able to get 15 or more uses from each pair before having to replace them. Here's how:

- Keep them away from heat and cold. That means out of the sun, away from the cold. Just keep them at room temperature.
- Store them on the plastic backing sheet, and keep the plastic bag sealed. You don't want them to dry out, so keeping the bag sealed will preserve moisture.
- Here's the biggest tip: keep lotions, oils, grease, sweat, dirt, lint, etc. off of the sticky side. Contaminating the sticky gel part will make it, well, not sticky. So, just make sure the skin is free of sweat, lotions, skin oils, etc.
- If the sticky side starts losing the stickiness, you can revive it a few times before having to replace the pads. It's easy, just take your finger, pass it under some running water, and wipe a few drops on the sticky side of the pad. The water will soak in and re-hydrate the surface, giving the electrode pad some extra life!

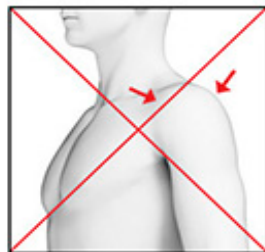
Never Apply Electrodes Here



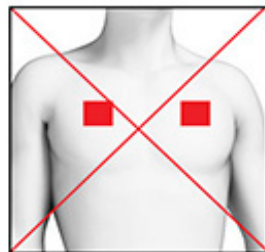
Neck or Throat



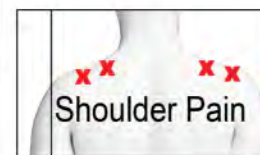
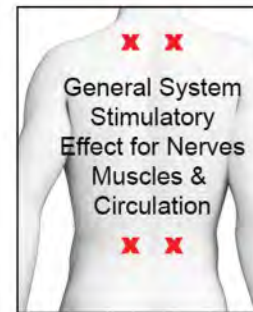
Head or Face



Both sides of the thorax
front & back or lateral sides



ELECTRODE PLACEMENT FOR PAIN



GENERAL PAD PLACEMENT

The Chest: refer to Chart #1

Place 1 pair of electrodes on each area of the upper chest muscle. They should be placed about 3 inches down from the collarbone. Allow at least 1/4 inch between the electrodes. Follow the placement diagram which shows 2 electrodes close to the center of the chest and 2 pads close to the right and left armpits.

The Abdominals: Refer to Chart #2

Follow the electrode placement shown in the chart, this will require 4 sets of electrodes.

The Biceps & Forearms: Refer to Chart #3

The electrodes should be placed on the thickest part of the muscle towards the top of the arm about a 1/2 inch between the electrodes where they come close to each other. This exercise will require 2 pairs of pads for the biceps and another 2 pairs for the forearms. Both muscle groups can be exercised together.

The Triceps: Refer to Chart #4

Electrode placement for the triceps is similar to that of the biceps. However, the electrodes are positioned towards the back of the largest part of the upper arm.



Chart #1

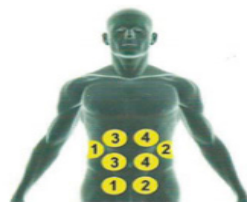


Chart #2



Chart #3



Chart #4



Chart #5

Laterals: Refer to Chart #5

Place the electrodes one above the other on each side as shown. Electrodes should be slightly towards the front. Leave 1/4 inch space between electrodes

Front & Inner Thighs: Refer to Chart #6

Follow the electrode placement as shown in the diagram. This exercise will require 4 pairs of electrodes.

Calves: Refer to Chart #7

Place the electrodes over the largest part of the muscle slightly towards the back of the leg so that the electrodes come closer together in the back. Leave 1/4 inch between the electrodes and this exercise will require 2 pairs of electrodes.

Back (Trapezes, Shoulders & Deltoids, Upper Laterals):

Refer to Chart #8 - Follow the electrode placement as shown in the diagram. This exercise will require 2 pairs of electrodes.

Buttocks & Back Thighs: Refer to Chart #9

Follow the electrode placement as shown in the diagram. This exercise will require 4 pairs of electrodes.

Back Chart #10 (Alternate Exercise for the Shoulders and Lower Back): This exercise will require 2 pairs of electrodes.

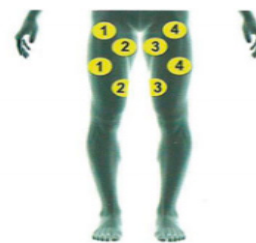


Chart #6



Chart #7



Chart #8



Chart #9

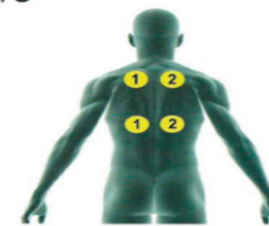


Chart #10

TECHNICAL SPECIFICATIONS

Caring for your unit

Do not allow to get wet or be left in excessive sunlight. Clean regularly using a soft cloth, lightly dampened with soapy water. Do not allow the interior of your unit to become wet. Do not use detergents, alcohol, spray aerosols or strong solvents on your unit.

Access to the unit's interior is not required for maintenance purposes.

If your unit is damaged, do not use. Return to Manufacturer for repairs or replacement. Only manufacturer authorized qualified service personnel may repair, service, or modify your unit.

Accessories

When order new pads, you should only use those carrying the brand of your unit. Others may not be compatible and could degrade the minimum safety levels.

Adhesive Pads:

2x2 self-adhesive electrodes

Intended Use: Muscle Stimulator

Waveform:

Symmetrical bi-phase square waveform when measured into a resistive load.

Environmental Specifications Operating:

Temperature Range: 0 – 35 Centigrade

Humidity: 20-65% RH

Storage:

Temperature Range: 0 – 55 Centigrade

Humidity: 10 – 90% RH

Description of your unit's symbols:

- The unit is assembled in Roswell, GA.
- The Output Frequency indicates the number of pulses per second transmitted by the unit. This is measured in hertz (Hz).
- Output (RMSA) means the max. Output root mean square current for each channel.
- Output (RMSV) means the max. Output root mean square voltage for each channel.

Product Type: Rx-8000

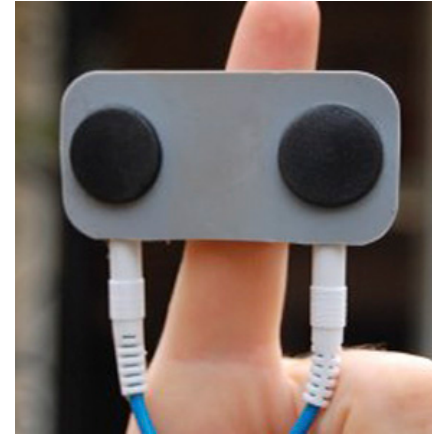
Parameter	500 ohms	1k ohms	1k5 ohms
Output RMSV	7.5v	12.5v	13.7v
Output RMSA	14.9mA	12.5mA	9.2mA
Output Frequency	2-99 Hz.	2-99 Hz.	2-99 Hz.
DC Component: Approx.	oC	oC	oC
Positive Pulse Width:	200-300us	200-300us	200-300us
Negative Pulse Width:	200-300us	200-300us	200-300us
Interphase Interval	100u	100u	100u



ADDITIONAL ACCESSORIES

Ordering information
www.StimRx.com
www.FlexToneUsa.com

AB BELT
 \$149.99



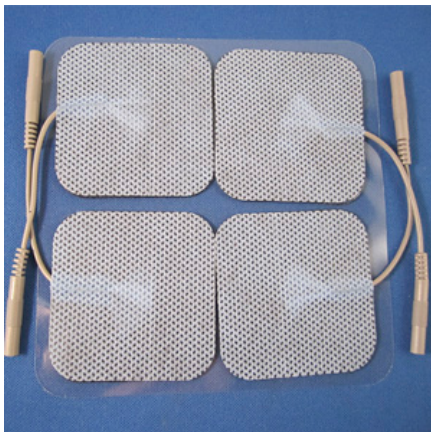
FACIAL TONER
 \$49.99



RUBBER ELECTRODES
 \$49.99



CONDUCTIVE SPRAY
 8 oz
 \$11.99



40 SELF-ADHESIVE
 ELECTRODES TOTAL!
 10 - 4 packs
 \$49.99



CONDUCTIVE GEL
 2 oz
 \$5.99

