

FlexTone

Rx-4000

User Manual



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QUICK START GUIDE

1

Connect the electrodes to the lead wires and the lead wires to the unit.

2

Place the electrodes on the desired muscle group.

3

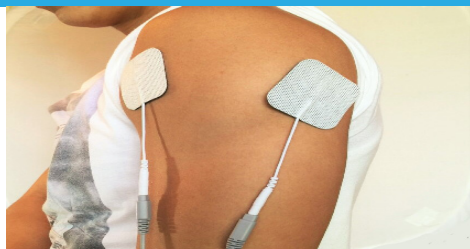
Press the green ON button and Select the desired program.

4

Set the Timer, and slowly increase the intensity until the desired level of stimulation is achieved.

Note: To STOP a session, briefly press the ON/OFF button. You can change a program without ending the session. All you have to do is press the program you desire.

QUICK START GUIDE



ON/OFF

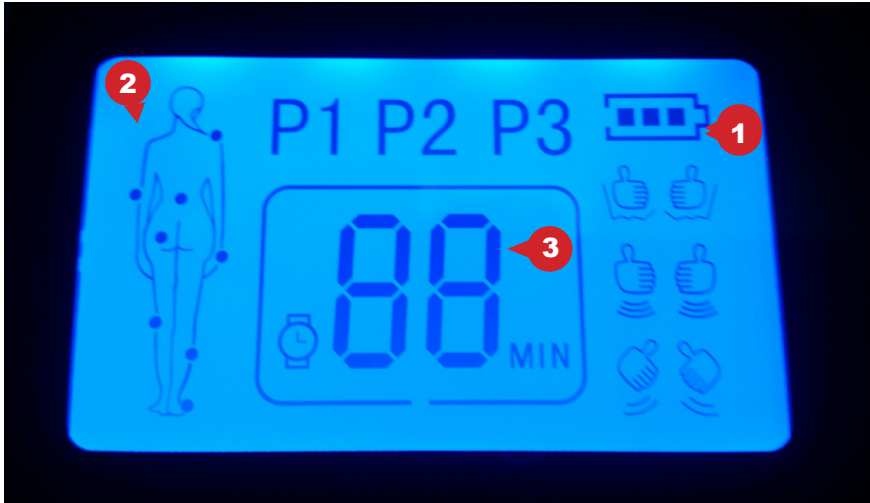


Rx-4000 Diagram



1. **On/Off Button** - Press for 1 Second to turn unit On or Off.
2. **Power Indicator LCD** - The Power LCD indicator illuminates green when the unit is on.
3. **LCD Display Window** - The LCD display window will remain back-lit for 12 seconds after any changes are made. The LCD displays the current program, timer, and battery life.
4. **TENS Body IQ Program Bank** - The Purple Buttons are for Body IQ.
5. **Channel Intensity Knob** - The four knobs located across the bottom of the unit control the intensity of each channel.
6. **Channel Status Indicator LCD** - When illuminated, the channel is on.
7. **EMS Programs** - The 3 blue buttons on the bottom panel of the unit are the EMS programs-Abdominal training, Strength training and Active Recovery.
8. **Timer** - Adjustable between 10-60 Minutes.

LCD Display



1. **Battery Indicator** - Indicates remaining battery life.
2. **Body IQ Display** - The human body will illuminate with a corresponding dot for the selected Body IQ program selected.
3. **Time Indicator**- The Timer Indicator shows remaining time of session.

Battery



The StimRX® Rx-8000 has a built-in, rechargeable, lithium battery, and will fully charge within 30-45 minutes. Check battery indicator to confirm that battery is fully charged. The battery can be charged with a USB connection, or the adapter provided with your unit. Do not use unit while charging.

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 charged.

PRO TIP

1. In order to preserve battery longevity you should fully charge the unit at least once a month.
2. DO NOT USE THE UNIT WHEN PLUGGED IN AND CHARGING

Setting the Intensity

When first beginning the treatment session make sure all of the channel intensity knobs are in the OFF position by twisting them all the way left until they click and the channel indicator LCD is no longer illuminated.

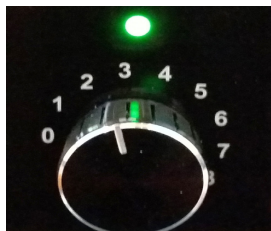
Begin by slowly increasing the intensity until you feel a tingling sensation. Depending on the desired effect, the intensity plays a major role in the effectiveness of the session:

For EMS (Muscle Training / Active Recovery)

For EMS training and active recovery you need to ensure that the muscles are optimally contracting. In order to do so, increase the intensity of the stimulation until you can feel and see the muscles contract. A setting between 5-10 typically works best.

For TENS (Pain Relief)

For TENS therapy the goal is to achieve immediate pain relief. Adjust the intensity as needed to alleviate pain.



A channel intensity knob indicating a power level of 2.5. You can see the channel is active when the LCD above the knob is green.

Program Guide

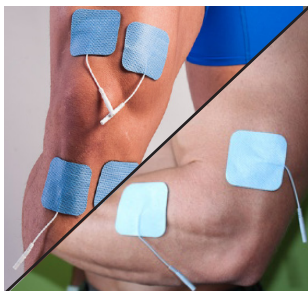
The Rx-8000 incorporates some of the most advanced TENS & EMS technology in the world into each of our 9 unique Body IQ programs. Whether your goal is strength training, endurance, pain relief, or recovery, the Rx-8000 allows you to achieve your goals quickly, and with scientifically engineered waveforms designed for best results.

Body IQ Programs

The Rx-8000 offers 6 unique Body IQ programs designed for individual body parts which are located in the purple button bank.

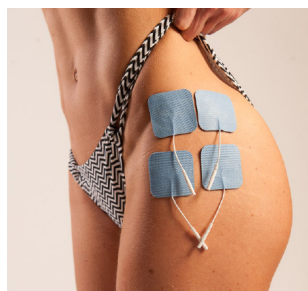


KNEE & ELBOW



This program is a combination of rapid pulses followed by a series of slower more deliberate contractions. This mixture is very effective in eliminating knee and elbow pain because of high cartilage and bone density. Recommended stimulation time is 20-30 minutes.

HIP



This Hip program produces a strong, steady, and deeply penetrating frequency that is critical in preventing hip pain. The HIP frequency is also designed for people who suffer from sciatic nerve pain. Stim time 20-40 minutes.

BACK



The Back program offers a combination of deep penetrating therapy, coupled with soft and gentle pulses allowing you to treat a variety of back pain from tightness, to sore or strained muscles. This program works best when used with the Back & Ab Belt Pro. Stim time 20-30 minutes.

ARM & LEG



The Arm and Leg program uses a series of 4 unique cycles that are designed to reach deeply into the muscles of the leg and arm. Beginning with a series of rapid pulses, followed by smooth powerful contractions, and finishing with short deep deliberate pulses. Stim time 20-40 minutes

SHOULDER



The shoulder program is designed for all areas related to the shoulder muscles in order to prevent pain in the upper back, neck, and shoulder area. The Shoulder program cycles throughout multiple frequencies. Stim time 20-30 minutes.

FOOT & SOLE



The Foot & Sole Program is designed to increase blood flow to the ankle, foot, and toes. It is recommended to use this frequency with our therapy sandals, or the smaller 2"x2" electrodes. Stim time 15-30 minutes.

EMS Programs

The Rx-4000 offers 3 unique Body IQ programs designed to tone, firm, and strengthen muscles.

Abdominal Toning

Strength Training

Active Recovery

Abdominal Toning

Core Muscle Strength is the most important factor for overall body mechanics. A strong core is crucial for injury prevention. The abdominal muscles are one of the most important muscle groups for fitness and wellness.

The Abdominal Toning Frequency with the Rx-4000 utilizes cutting edge research to deliver the most effective and comfortable workout. The Abdominal Toning Frequency relies on a deep penetrating and rhythmic frequency in order to stimulate a thorough contraction.

The Abdominal Toning frequency works best when used with the StimRX Ab Belt Pro.

Recommended Stim Time: 30-45 Minutes



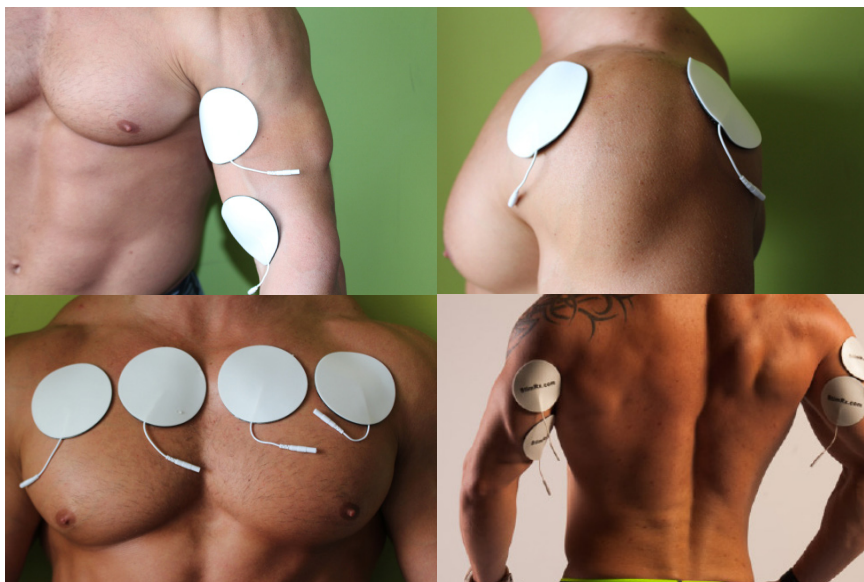
Strength Training

Since the Early 1970's athletes have turned to EMS, or electrical muscle stimulation, to push their strength to another level. By incorporating EMS into your workout routine, or even by itself, you can increase your muscle performance, strength, and tone.

The Strength Training Program on the Rx-4000 utilizes state-of-the-art Russian Stim (2500hz Packets) adapted to include proper rest time between contractions, allowing the muscle fibers to contract and increase strength, while remaining comfortable.

The Strength Training Program is more effective the higher the intensity is turned up. We recommend a level just below your maximum threshold in order to get the most efficient results.

Recommended Stim Time: 30 Minutes



Active Recovery

Active recovery, as opposed to passive recovery, is the stimulation and exercise of a muscles in the off-day of training. The purpose of active recovery is to stimulate muscles, decrease recovery time, increase strength, and reduce pain associated with DOMS, or Delayed Onset Muscle Soreness. Active recovery works by:

- Removing waste build-up
- Bringing nourishment to muscles
- Stimulating the production of myokines

What are some benefits of active recovery with Electronic Muscle Stimulation?

Electronic muscle stimulation provides one of the best forms of active recovery because of its low impact deployment, coupled with convenience and control. Electronic Muscle Stimulation allows the user to pinpoint specific muscles for treatment, while using very little amounts of energy. Active recovery with EMS is comfortable, convenient, and highly effective.

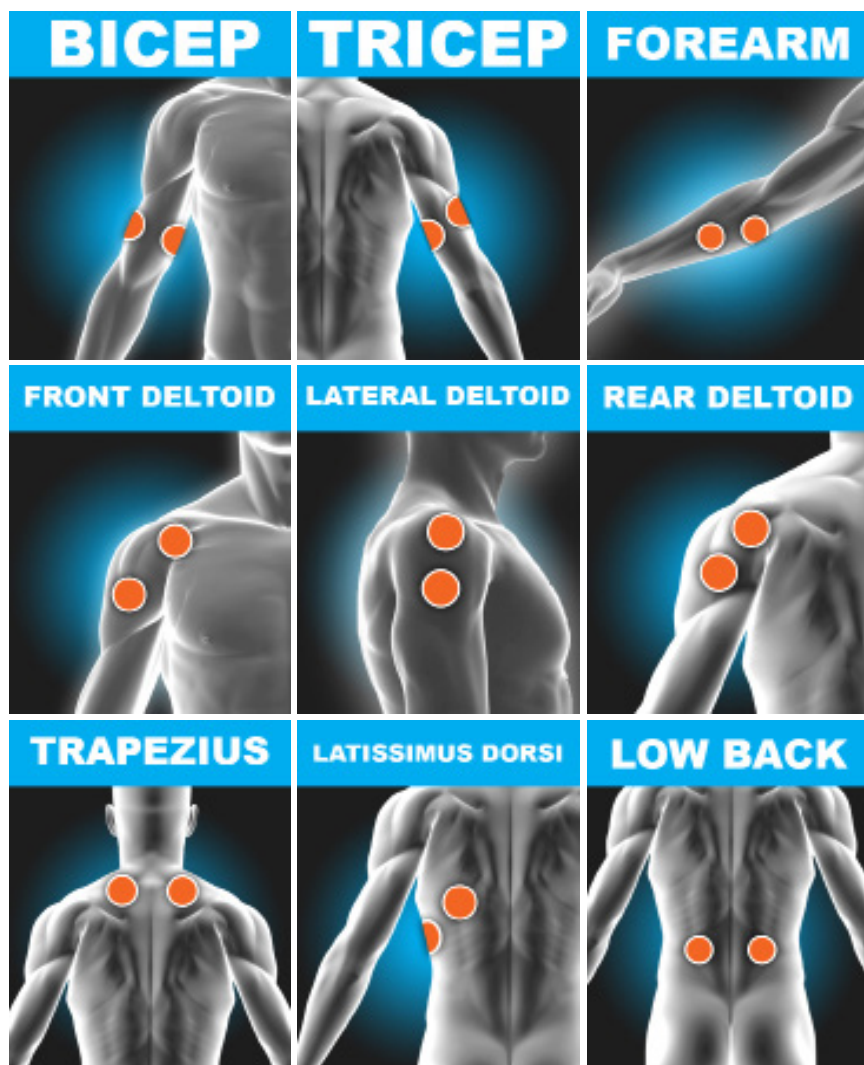
StimRX - Active Recovery Perfected

The StimRX Active Recovery Program is a unique blend of frequencies including both TENS and EMS which provide the most efficient and effective Electronic Active Recovery on the market.

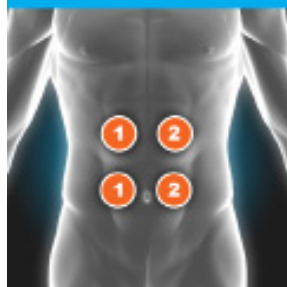
PRO TIP

Active Recovery should be performed at about 60% intensity of regular exercise to avoid over-exerting your muscles.

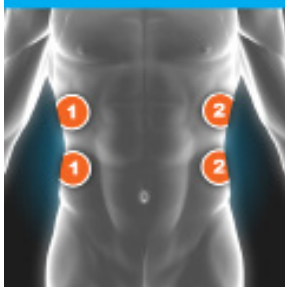
Pad Placement Chart



ABDOMINALS



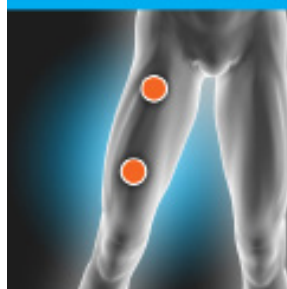
OBLIQUES



PELVIC



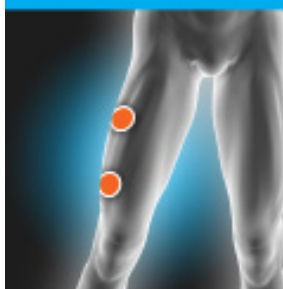
RECTIS FEMORIS



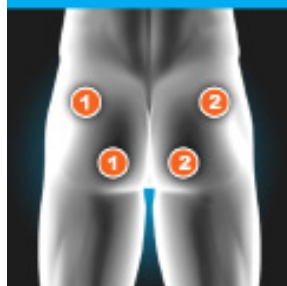
VASTUS MEDIALIS



VASTUS LATERALIS



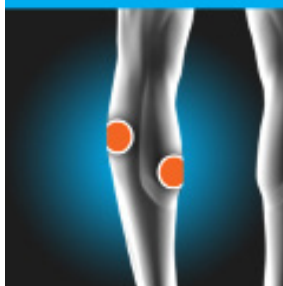
GLUTEUS MAXIMUS



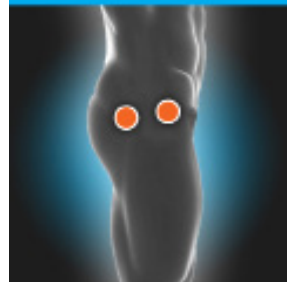
HAMSTRING GROUP



CALVES



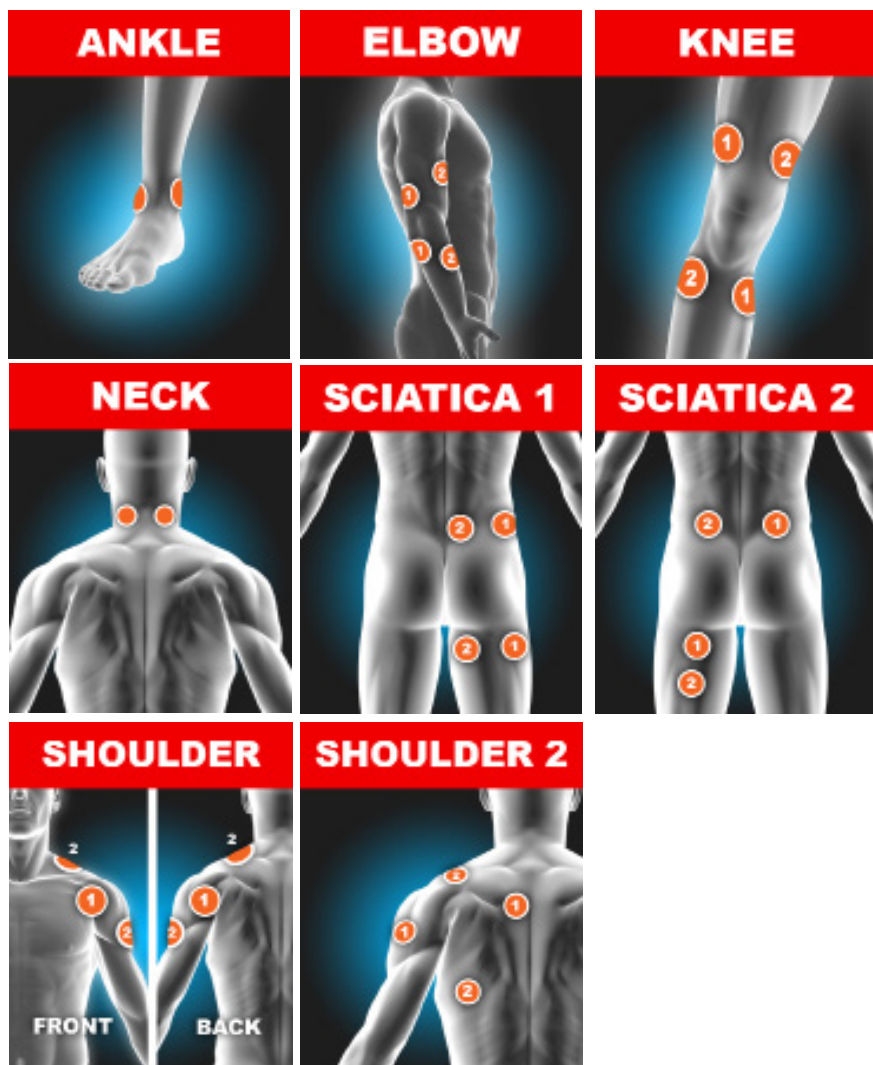
HIPS



FOOT / SOLE



Advanced Pad Placement



Electrode Care & Life

To get the most benefit from your electrodes, be sure your skin is free from dirt, oil and body lotion. The electrodes will disperse stimulation more effectively with little or no hair in the desired treatment area, so we recommend removing any hair in the area to be treated. The lifespan of the electrode pads will vary depending on how often you use them and how you care for them. Keeping electrode pads clean and stored on the original sheet, and sealed in the zip lock bag after each use will extend their lifespan. If your electrodes are no longer able to adhere to the skin properly, make sure to replace them in order to maximize dispersion and comfort.

EXTENDING 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. Our electrodes are hypo-allergenic, and constructed with water-based material. Keep adhesive electrodes away from heat and cold. Electrode life is prolonged when they are stored at room temperature.

- To revive the adhesive gel 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 rehydrate the surface, giving the electrode pad some extra life!

INDICATIONS FOR USE

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

The RX-4000 stimulates motor nerves that supply the muscle. There are nine (9) different programs with varying times and intensities which can be used for warm-up, strength training, and recovery after exercise.

CONTRA-INDICATIONS, PRECAUTIONS & WARNINGS

The RX-4000 can be used by all healthy adults; however some care should be taken during use. 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. If there is any doubt whether you should use TENS & EMS see your doctor for an opinion.

KEY GUIDELINES

- EMS/TENS 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.
- Always ensure 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.

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.

CONTRA-INDICATIONS Continued:

- You have cancer or cancerous lesions. The effects of electronic stimulation on cancerous tissue are unknown.
- You suffer from epilepsy
- The unit is in close proximity to shortwave or microwave therapy equipment, or you are connected to high-frequency surgical equipment
- Wearing the pads necessitates placement over areas where drugs/medicines are administered by injection.
- You have a bad back. Also, ensure the intensity is kept at a low setting for back treatment.
- You have serious injury or illness not mentioned in this manual
- You experience any irritation, skin reaction, hypersensitivity, or other adverse reaction. Note that some reddening of the skin under the pad is normal.

Additional Information

- Contact StimRx®, or an authorized dealer, if your unit is not working correctly, and immediately discontinue use until resolved.
- An effective session should not cause discomfort.
- For first time users we recommend 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 use when driving, operating machinery, or cycling.
- Cease usage if you are feeling light headed or faint. Call your doctor immediately if this happens.
- Do not place pads over jewelry or body piercings.
- StimRx® will not accept responsibility if the instructions and guidelines supplied with this unit are not followed.

WARNINGS

- Do not use while sleeping, electrodes may become loose.
- 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 placing electrodes over any recent scars, broken or inflamed skin, infected areas or areas susceptible to acne, thrombosis or other vascular problems (varicose veins), or any part of the body where feeling is limited without first consulting your doctor.
- Avoid areas of injury or restricted movement without first consulting your doctor.
- Avoid placing the pads over metal implants.
- Wait before using your StimRx® 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 improper use of electronic muscle stimulators
- On very rare occasions, first time users of EMS have reported feeling light-headed or faint. StimRx® recommends 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 in use, THEN reposition the pads as directed in this manual. Once you have repositioned the electrodes properly, you may restart the program.
- Only use pads supplied by StimRx® with your muscle conditioner. The pads are for single person use only.
- Do not submerge 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 entire surface of the pads firmly to the skin. Do not use pads which do not adhere properly and completely to the skin. You can purchase new pads at www.Stimrx.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