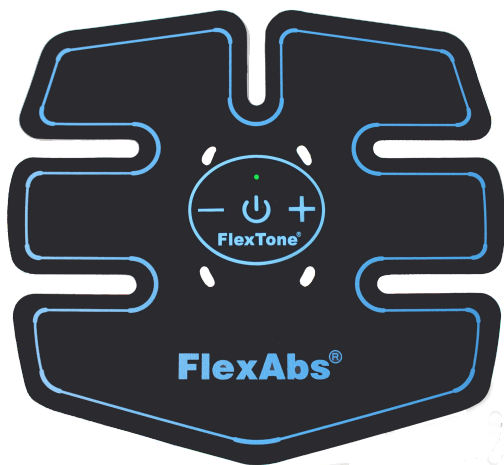


FlexTone®

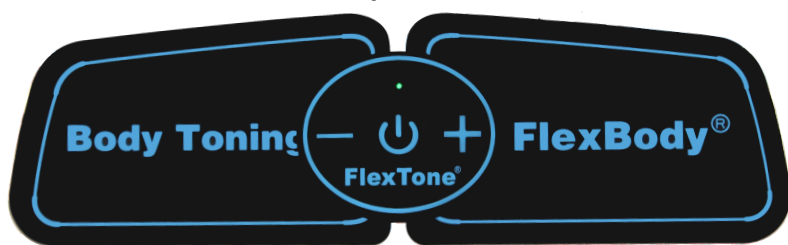
FlexAbs™

EMS ABDOMINAL STIMULATOR



FlexBody™

EMS Body Stimulator



INSTRUCTION MANUAL

Read entire manual before operating this product.
Use only as directed.

INTRODUCTION

The FlexAbs™ and FlexBody™ EMS units deliver FDA cleared Electrical Muscle Stimulation (EMS) to strengthen and tone your muscles. Each unit has 6 training programs, each with 60 levels of intensity.

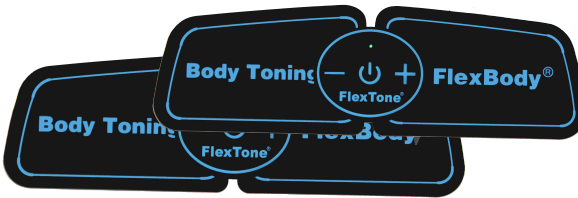
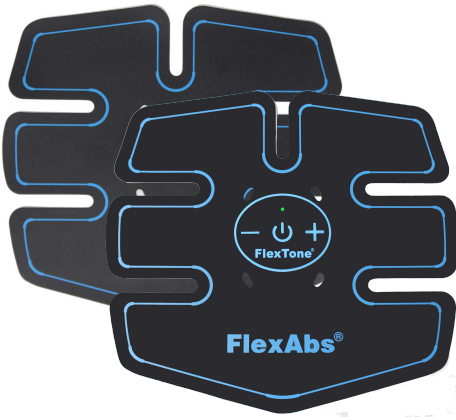
What is EMS? EMS stands for Electrical Muscle Stimulation. EMS is an internationally accepted and proven way of muscle strengthening and toning. EMS is also used for Active Recovery and to improve sports performance.

How does EMS work? Scientific theory shows that electrical Muscle stimulation works in several ways: Electronic pulses are sent through electrode pads to passively exercise the affected muscle. EMS sends comfortable impulses through your skin that stimulate the nerves in the treatment area. When your muscle receives this signal, it contracts and flexes naturally, as it would during physical exercise. And like with physical exercise, when the pulse ceases, the muscle relaxes and the cycle can start over again.

How long can I use EMS ?

You may use EMS for at least 25 minutes a day and 2 times per day. EMS can be used daily. This motor is preset for 25 minutes.

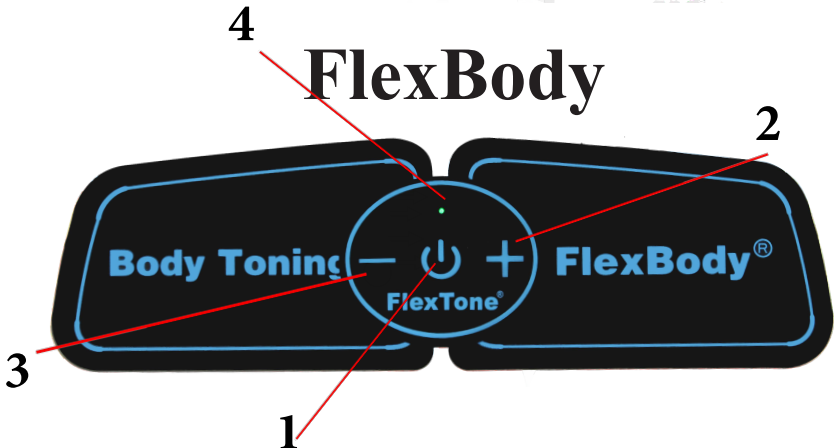
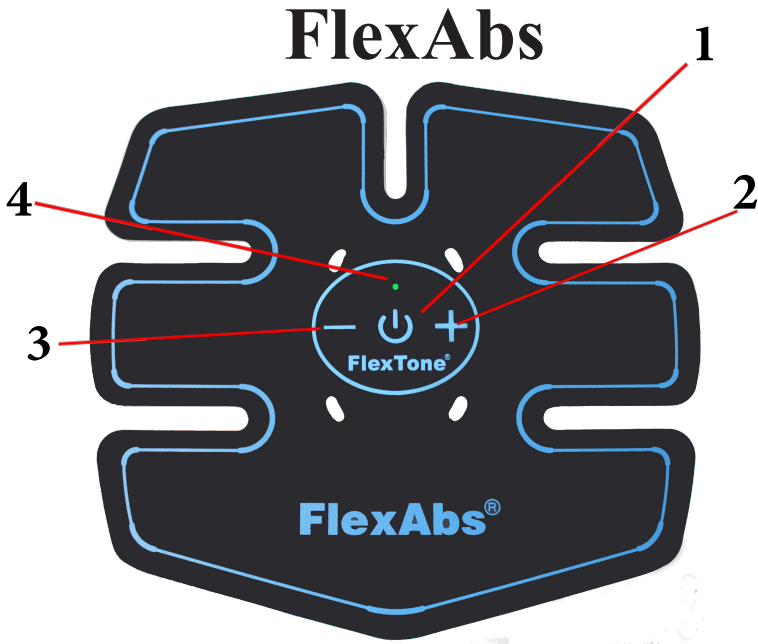
WHAT'S INCLUDED



- * 2 FlexAbs Electrodes
- * 2 FlexBody Electrodes
- * USB Cable
- * Carrying Case
- * 2 Touch & Go Motor's

UNIT DIAGRAM

1. On/Off Button
2. + (Increase Intensity)
3. - (Decrease intensity)
4. Power/Charging Light



QUICK START

1. Snap motor to electrode



2. Peel electrode from Blue storage sheet



3. Place electrode on desired body part



****IMPORTANT****

4. **PRESS and HOLD** the ON/OFF button for 3 seconds to turn on.



5. Increase or decrease intensity by pushing the +/- buttons
6. Touch & Go Motor is pre-programmed for a 25 minute workout session. Includes 6 different training programs.
7. When finished remove electrode from body and place on blue storage sheet.

TRAINING MODES

The Touch & Go Motor has multiple EMS modes. If you are using the device for the first time, it is recommended that you start with one session per day.

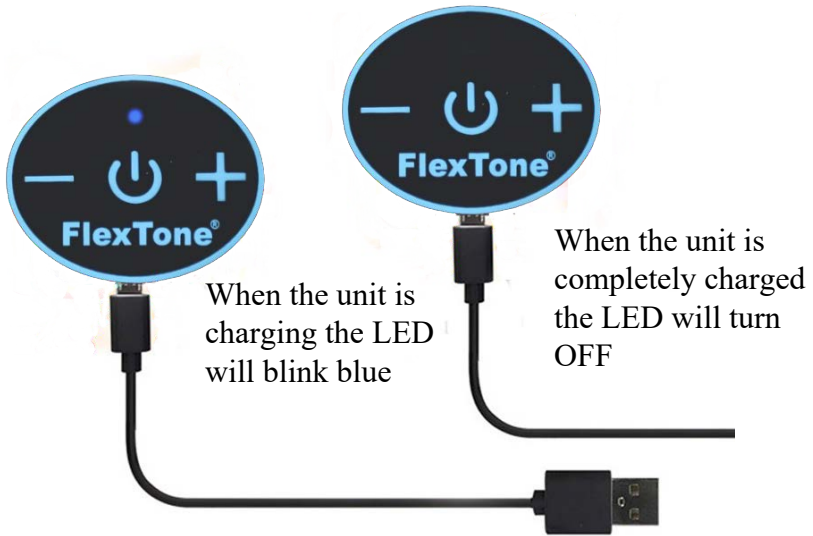
The unit is pre-programmed and has 6 different training modes. The entire Workout session is 25 minutes.



GEL PAD MAINTENANCE

- Before applying the unit to the skin, make sure to clean the contact area. To clean skin, we suggest simply wiping the area with rubbing alcohol for best results. The skin should be clean and dry.
- It is recommended to shave excess hair from the contact area (ex. abdominal area, legs, arms etc.) in order to maximize product lifespan.
- **Do not use lotions or oils before applying the electrode as this will prevent the gel pad from sticking to the skin, and will cause the adhesive to fail.**
- When done with your workout session, make sure to place the unit onto the protective blue plastic sheet. It is also recommended that you store unit the airtight Zip Lock bag provided.
- The lifespan of the gel pads will vary depending on the amount of use. Keeping gel pads clean and stored properly will extend their lifespan. The Electrodes should last you 20-25 sessions. **Pro Tip- If Gel appears dead try adding a drop of water and store overnight**

CHARGING INSTRUCTIONS



TROUBLESHOOTING

- **Stimulation is weak or non-existent**
Be sure skin is clean and pads are firmly attached.
- **Device does not turn on**
Recharge for 20 minutes.
- **Gel pads are NOT sticky**
The gel pads will lose adhesiveness over the course of continued use.
Please contact seller for replacements.

WARNINGS

- If you are in the care of a physician, consult your physician before using this device.
- DO NOT use this device if you have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic devices.
- DO NOT place this device over your neck.
- DO NOT place this device across your chest.
- DO NOT use this device during pregnancy.
- DO NOT place this device over the carotid sinus nerves, the front of the neck, or around the mouth.
- DO NOT disassemble product. This will void warranty and can cause harm.
- DO NOT use this device over, or in proximity to, cancerous lesions.
- DO NOT place device over open wounds, sores, or rashes, or over swollen, red, infected, or inflamed areas or skin eruptions (e.g., phlebitis, thrombosis, varicose veins).
- DO NOT use this device when in bath or shower.
- DO NOT use this device while sleeping.
- DO NOT use this device while driving or operating machinery.
- DO NOT use this device in the presence of electromagnetic fields.
- DO NOT use this device if unit has been damaged.
- DO NOT use on children or pets.
- DO NOT use in an area where water or moisture can get on the unit, such as a bathroom or other places with high humidity.

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 a 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 areas of skin that lack normal sensation.
- Use this device only with the electrodes and accessories recommended by the manufacturer.
- Avoid placing the pads over metal implants.

WARRANTY INFORMATION

FlexTone, LLC warrants this product to be free of manufacturing defects. Should any such defect develop or become evident within one year from the date of purchase, FlexTone, LLC will replace the entire product or, at its option, repair or replace the defective part(s).



Model No. MWAS01 & MWABSGEL6 and MWMS01 & MWBODYGEL4 REV-051816 PATENT PENDING

For customer service call 800-573-8171 or visit us online at WWW.Stimrx.com			
Pour le service a la clientele appelez le 800-573-8171 ou visitez WWW.Stimrx.com			
Para servicio al consumidor llame al 800-573-8171 o visite WWW.Stimrx.com			
	Read Instructions Before Operating	MADE IN CHINA	 
DO NOT DISPOSE OF BATTERIES IN FIRE. ALWAYS DISPOSE OF BATTERIES PER LOCAL & FEDERAL GUIDELINES			