

# SLENDERTONE®

Connect Abs

Instruction Manual  
Mode D'emploi  
Bedienungsanleitung  
Instrucciones de Uso  
Istruzioni per l'Uso



Check your smart device compatibility on [www.slendertone.com/compatibility](http://www.slendertone.com/compatibility)

[www.slendertone.com](http://www.slendertone.com)

# Welcome to SLENDERTONE CONNECT ABS

SLENDERTONE CONNECT ABS is a breakthrough in interactive toning technology. Combining the toning power of a SLENDERTONE Abdominal Toning System with the versatility of your smart device, this product revolutionises the whole concept of home toning.

Download the SLENDERTONE CONNECT ABS app, complete your profile details and register your controller to access the full interactive experience. Here you will be given a recommended toning regime, designed to suit your specific requirements, targets to achieve on a weekly basis and the chance to challenge yourself and even others to constantly improve your results.

SLENDERTONE CONNECT ABS has been ergonomically designed for use whenever it suits you. Very slimline and discreet, it can be worn under your clothes for use just about whenever and wherever you want - relaxing at home, out for a walk even at your desk at work.

## Notes:

- You can start and operate a SLENDERTONE CONNECT ABS session without a smart device by using the buttons on the front of the controller.
- For the best results, we recommend that you do at least four training sessions per week.

## Important

### Ensure Compatibility

Before setting-up your SLENDERTONE CONNECT ABS, you should ensure that your smart device is compatible with this product. SLENDERTONE CONNECT ABS uses Bluetooth® Smart wireless personal area network technology. Your smart device must have this capability or it will not work with SLENDERTONE CONNECT ABS.

For a complete list of smart devices compatible with SLENDERTONE CONNECT ABS, please check our website [www.slendertone.com/compatibility](http://www.slendertone.com/compatibility)

### Controlling Your Toning Session

While generally you use your smart device to control your toning session, there may be times when your smart device is unavailable, for example, when the battery is flat or it has been left out of range. To ensure you can still safely control the toning session the buttons on the controller let you to adjust the intensity, pause or turn off the stimulation. These built-in controls take precedence over the app controls.

## Indications, Contra-Indications, Warnings & Precautions

Your SLENDERTONE product is suitable for use by all healthy adults. However, as with other forms of exercise, some care is needed when using it, so always follow the points below and read your user manual carefully before use. Some of the points below are gender specific.

### Indication for use:

SLENDERTONE CONNECT ABS is intended to stimulate healthy muscles in order to improve or facilitate muscle performance. It is indicated for the improvement of abdominal muscle tone, for the strengthening of the abdominal muscles and for the development of a firmer abdomen.

### Contra-indications:

- Do not use if you have an electronic implant (e.g. cardiac pacemaker or defibrillator) or suffer from any other heart problem.
- Do not use if you have any other form of abdominal implant. The safety of using electronic muscle stimulators over abdominal implants has not been established.
- Do not use if you are pregnant. The safety of powered muscle stimulators for use during pregnancy has not been established.
- Do not use if you suffer from cancer, epilepsy or are under medical supervision for cognitive dysfunction.
- Do not use in close proximity (e.g. 1m) to shortwave or microwave therapy equipment, as this may produce instability in the controller's output.
- Do not use if wearing the device necessitates placement over areas at which drugs/medicines are administered by injection (short term or long term) e.g. hormone treatment.
- Simultaneous connection of a patient to high-frequency surgical equipment may result in burns at the site of the GelPads and possible damage to the controller.

### Warnings:

- The long-term effects of chronic electronic stimulation are unknown.
- The product should not be used while sleeping.

### Please wait before using your SLENDERTONE CONNECT ABS until:

- At least six weeks after the birth of your baby (you must consult your doctor first).
- At least three months after having a caesarean section (you must consult your doctor first).
- One month after an IUD contraceptive device (e.g. coil) has been fitted.
- The heavy days of your period have finished.

**When applying the GelPads and belt, always remember...:**

- To place the GelPads and belt **ONLY** on the abdomen, as indicated in this manual.
- Stimulation should not be applied across or through the head, directly on the eyes, covering the mouth, on the front of the neck (especially the carotid sinus), on the chest and the upper back or crossing over the heart.
- Application of stimulation on or near the thorax may increase the risk of cardiac fibrillation.
- Avoid applying stimulation over or in proximity to cancerous lesions.
- Avoid any recent scars, broken or inflamed skin, areas of infection or susceptibility to acne, thrombosis or other vascular problems (e.g. varicose veins), or any parts of the body where feeling is limited.
- Avoid areas of injury or restricted movement (e.g. fractures or sprains).
- Avoid placing the GelPads directly over metal implants.

### **Precautions:**

**Please read these precautions before using your SLENDERTONE CONNECT ABS product.**

- Do not use SLENDERTONE CONNECT ABS in or near water, including a bathtub, shower, hot tub or swimming pool.
- Caution should be used in the following:
  - When there is a tendency to haemorrhage following acute trauma or fracture;
  - Following recent surgical procedures when electronic stimulation may disrupt the healing process;
  - Over areas of skin which lack normal sensation.
- Your SLENDERTONE product is not intended for medical use, for the treatment of any medical condition, nor for any permanent physical changes.
- Always allow two hours for the controller to cool down between stimulation sessions. During normal use the controller generates a small amount of heat and tests have shown that in extreme conditions this can cause a temperature rise up to 3°C/5.4°F under the belt at the controller location. At high ambient temperatures, close to 40° C/ 104°F, care is needed to avoid prolonged exposure to this increased temperature.

**Please get your doctor's or physical therapist's permission before using SLENDERTONE CONNECT ABS if:**

- You wish to use the belt and have a bad back. You should also ensure the intensity is kept low.
- You have any serious illness or injury not mentioned in this guide.
- You have a tendency to bleed internally, such as following an injury or fracture.
- You take insulin for diabetes.
- You suffer from muscle or joint problems.
- You use the product as part of a rehabilitation program.

**To reposition the belt or GelPads during a session:**

- Always pause the programme currently running, unfasten the belt and then refasten it behind your back once the position of the GelPads has been adjusted.

**Contact your local careline (see page 6) if:**

- Your product is not working correctly. Do not use it in the meantime.
- You experience any irritation, skin reaction, hypersensitivity or other adverse reaction. You should, however, note that some reddening of the skin can appear under the GelPads during and for a short time after a session.

**Note:**

- An effective treatment should not cause undue discomfort.

**Important:**

- Keep your product out of the reach of children.
- The studs and GelPads must not be connected to other objects.
- Do not use your SLENDERTONE CONNECT ABS at the same time as any other device which transfers an electrical current into the body (e.g. another muscle stimulator).
- Cease using the product if you are feeling light headed or faint. Consult your doctor if this happens.
- Do not switch the controller on until it has been correctly inserted into the holster on the belt (except when Pairing).
- Do not touch the GelPads or metal studs with your fingers while the controller is switched on.
- Do not use while driving, operating machinery or cycling.
- Keep GelPads and packaging out of reach of children, to avoid risk of choking.
- For hygiene reasons the belt and GelPads are for single person use only. Do not share your belt or GelPads with anyone else.
- Do not over-exert yourself when using muscle stimulation. Any workout should not exceed your comfort level.
- Do not use if you are wearing a belly-button ring. Remove the ring before you begin a session.
- SLENDERTONE will not accept responsibility if the guidelines and instructions supplied with this product are not followed.
- Although compliant with applicable EMC requirements, this device may still interfere with more sensitive equipment, please move away or switch off.
- Keep this device out of the reach of pets or pests.

**Possible adverse reactions:**

- A small number of isolated skin reactions have been reported by people using muscle stimulation devices, including skin allergies, a prolonged reddening of the skin and acne.
- If allergic reactions last for several hours, you should stop using the product as this product may not be suitable for you.
- On very rare occasions, first-time users of EMS have reported feeling light-headed or faint. We recommend that you use the product while seated until you become accustomed to the sensation. For first time users, muscle stimulation can be an unusual sensation. We recommend that you begin with low stimulation intensities to familiarize yourself with the sensation before progressing to higher stimulation intensities.

**N.B. If you are in any doubt about using SLENDERTONE for any reason, please consult your doctor before use.**

**Bluetooth and Wireless**

In exceptional circumstances your controller could behave erratically due to interference from other radio frequency sources. Switch off your controller, move away from interfering source and try again.

# What's In The Box

## 1. SLENDERTONE CONNECT ABS Belt:

Ergonomically designed belt for positioning the conductive GelPads correctly. The belt fits waist sizes 24"-42"/ 61-107cm. The controller is connected to the belt during use.

## 2. SLENDERTONE CONNECT ABS Controller:

The controller generates signals which are sent, via the belt and GelPads, to your muscles to contract and relax them rhythmically.

## 3. Adhesive GelPads:

These adhesive GelPads are placed on the belt before use. When you wrap the belt around your waist, these GelPads must be in contact with your skin so the stimulation can be sent to your muscles.

## 4. USB Cable:

Connect the USB cable to the controller and to any USB charger or to your PC to recharge the battery. It takes a minimum of 3 hours to charge fully.

## 5. Instructions:

A detailed guide to setting-up and using your SLENDERTONE CONNECT ABS

## Note: SLENDERTONE CONNECT ABS app:

You will also need to download the SLENDERTONE CONNECT ABS app to access and run your personal toning programmes.



# Need Any Help?

If you require any assistance setting up your product or have any other queries, please call customer care or send us an email:

UK: 0345 070 77 77

Rep. of Ireland: 1890 92 33 88

USA / Canada: 1-800-551-2443

International: +353 94 902 9936

Email: [info@slendertone.com](mailto:info@slendertone.com)

[www.slendertone.com](http://www.slendertone.com)

## SLENDERTONE CONNECT ABS Controller

The controller is connected to the belt and has a range of functions in the operation of your SLENDERTONE CONNECT ABS product. Some of the functions can also be controlled using the app.

### 1. Power Button ( || ⏻ )

You must press this button to switch the controller on or off. You can pause a toning session by pressing this button briefly. To resume the session, simply press it briefly again. You can also pause a session using the app.

#### Note:

The indicator light on the Power Button has a number of functions, which are listed on page 8.

### 2. Intensity Up Button ( + )

As well as controlling the strength of your toning session using the app, you can also use this button to increase the strength of the stimulation. This button will override the app control.

### 3. Intensity Down Button ( - )

As with the Intensity Up Button, as well as controlling the strength of your toning session using the app, you can also use this button to decrease the strength of the stimulation. This button will override the app control.

### 4. Stimulation Indicator ( □ )

This indicator light glows amber when your ab muscles are being stimulated. It has other functions, which are explained on page 8.

### 5. Battery Indicator ( □ )

This dual-colour indicator light indicates the amount of charge left in the battery in the sequence shown on page 8.

#### Note:




If the battery is completely discharged, this indicator may not glow at all for a short while after you begin charging your controller.

Once you have switched on (point 1, above), you can also operate your SLENDERTONE CONNECT ABS from the app on your smart device (see the app for details). Bluetooth® Smart provides a highly secure and reliable connection and you should not experience any problems with interference from other Bluetooth® or wireless devices. If you do experience any unexpected behavior while controlling your stimulator with the smart device, shut down the app and continue your session using these on-board controls. Contact SLENDERTONE for advice.



## Controller Indicators

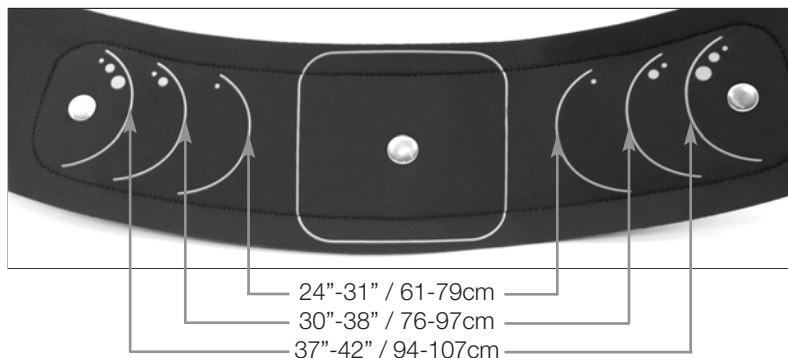
The controller has 3 indicator lights with various different functions. These are explained here.

	Power Indicator 	Stimulation Indicator 	Battery Indicator 
Constantly On			Amber = Battery Charging Green = Fully Charged
Slow On-Off	Controller On	On = Muscle Contraction Off = Relaxation Phase	
Slow Flash	Programme Paused		Amber = Low Battery
Fast Flash	Bluetooth® Pairing	GelPad Contact Error* Controller Error	
Cycles Through All LEDs	Updating Controller Software	Updating Controller Software	Updating Controller Software

\* This indicates poor contact between the belt and GelPads or between the GelPads and your skin (see page 14).

## SLENDERTONE CONNECT ABS Belt

The belt fits a range of waist sizes (24"-42" / 61-107cm). On either side of the square in the centre of the belt are 3 size indicators. These show the positions in which you should place the 2 oval GelPads depending on your waist size. For example, if you have a small waist, the two oval GelPads should be placed within the outlines closest to the square. Use the size guide below to help you identify where to place the oval GelPads to suit your waist size.







## Getting Started

### Important:

You must ensure your smart device has Bluetooth® Smart capability and that it is enabled. Please refer to [www.slendertone.com/compatibility](http://www.slendertone.com/compatibility) for a list of supported devices.

1. First, ensure you have internet connectivity, then open iTunes/Google Play and search for the "SLENDERTONE CONNECT" app (  ). Download the app and launch it.
2. Next, enable your Bluetooth® by opening your smart device's Settings and turning on "Bluetooth®".

## Charge the Battery

1. Your controller's battery is shipped partially charged. However, when you unpack the controller, we recommend that you fully charge the battery for a minimum of 3 hours.
2. To charge the battery, remove the controller from the belt, connect the USB cable to the controller (Fig. a) and to a USB charger or your PC. The battery is fully charged when the battery indicator (  ) glows green. When the battery indicator begins flashing orange, it is time to recharge the battery again.

### Note:

- Ensure your charger plug meets the specifications listed on Page 20.

Fig. a



## Register Your Product

You should register your product when you first download the app in order to avail of the complete SLENDERTONE CONNECT ABS experience from the outset. Your controller will work prior to registration as it is pre-set with SLENDERTONE'S 'Essential Toning' programme and can be operated using the controller buttons. However, this programme cannot be controlled by your smart device, nor will you have access to the full range of toning programmes or SLENDERTONE CONNECT ABS functions and support until you have registered your product.

During the registration process, you will be asked questions about your motivation for toning and your activity level. This data is used to offer you the most suitable SLENDERTONE CONNECT ABS treatment regime for your needs. You can then set yourself weekly targets, switch between toning regimen and maintain a record of your progress over time.

# Pairing Your Controller & Smart Device

## Important:

You should Pair your controller with your smart device before it is inserted into the holster on the belt.

Ensure your controller is switched **on**, then open the app and complete the set-up process. Follow the on-screen instructions to pair your smart device with your controller.

## Notes:

- Your controller and smart device should connect automatically every time they are both switched on with Bluetooth® enabled.
- If the pairing fails, your smart device will advise you of this and you should retry the process.

## Position the Conductive GelPads

1. Position the belt on a flat surface with the 3 metal studs facing upwards.
2. Remove the three adhesive GelPads from their pack. There is 1 large, square GelPad and 2 small, oval GelPads. One side of each GelPad has a grid pattern on it while the other side is plain black.
3. Remove the covers from the **patterned side** of the square GelPad (Fig. b) and place the GelPad **patterned side** down within the blue square to cover the central metal stud (Fig. c). Press the edges of the GelPad firmly onto the belt.
4. Then remove the covers from the **patterned side** of the two oval GelPads and place them **patterned side** down either side of the square GelPad (Fig. d) in the positions best suited to your waist size (see page 8). Press the edges of both GelPads firmly onto the belt.

## Important :

- Make sure that all three silver studs are **completely** covered by the GelPads.
- You should only use SLENDERTONE GelPads with your SLENDERTONE CONNECT ABS product.

5. Align the contacts on the controller with those in the belt's holster, place the controller on top of the holster and lightly push it down on both sides (Fig e) until the controller clicks into place. Ensure the whole of the controller has been clicked into place.

Fig. b

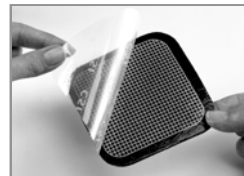


Fig. c



Fig. d

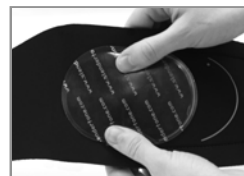


Fig. e



# Running an Abdominal Training Programme

1. Remove the covers from the **black side** of the GelPads (Fig. f). Do not throw these covers away as you will need to put them back onto the GelPads at the end of your session.
2. Position the square GelPad over your navel (belly button) and stretch the ends of the belt around your waist until the oval GelPads are between your hip bone and ribs on either side of your body (Fig. g). The GelPads are water-based, so you may find they are cool when placed on your skin. Fasten the belt and press each GelPad firmly against your skin. You should fasten the belt tightly, but not so tight as to cause discomfort.
3. Press the Power Button to switch on the controller (Fig. h) and open the app on your smart device.
4. Select "Start Programme" and begin increasing the intensity by dragging the slider on screen. You can also do this by pressing the increase intensity button (+) on the controller itself. Your intensity level is indicated in the slider. You should feel a gentle prickling sensation at first. Then, as you continue to increase the intensity, you should begin to feel a smooth, comfortable contraction of your abs.

Continue increasing the intensity throughout the session, if possible. Remember the harder you work your muscles the better the results you will see, but always reduce the intensity if you feel any discomfort. Your product's intensity range is 0-100. You can increase and decrease the intensity more rapidly by keeping your finger on the app slider as you increase the intensity. You can also do this by pressing and holding the increase intensity (+) or decrease intensity (-) buttons on the controller itself.

## Pausing a Session

If you wish to pause a session before it's finished, press Pause on screen (⏸). To resume the session, simply press Pause a second time. You can also pause and resume the session by briefly pressing the Power Button on the controller. You may switch off your controller at any time during a session by pressing the Power Button for two seconds.

At the end of the training session your SLENDERTONE CONNECT ABS will stop automatically and the controller will emit a 'successful session' tone. Carefully remove the belt and put the covers back on the **black side** of the GelPads. The controller and GelPads can be left on the belt between sessions.

Fig. f

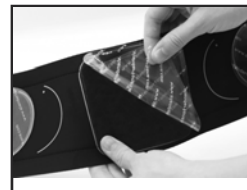


Fig. g

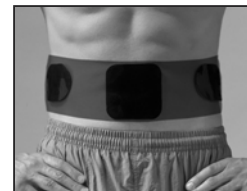


Fig. h



# Frequently Asked Questions

## Can I use SLENDERTONE CONNECT ABS for post natal exercise?

- Yes, but you must wait a minimum of 6 weeks after childbirth before you begin using it and you **must** consult your doctor first.
- If you've had a caesarean section in the past 3 months, consult your doctor for approval before using the belt.

## The stimulation is uncomfortable. How can I improve this?

- Make sure the GelPads are positioned correctly and that they are pressed firmly against your skin - see page 11. Switch off your controller and reposition the belt if necessary.
- You can also smear a few drops of water on the black surface of the GelPads. This can improve the comfort of the muscle stimulation, but be careful not to get water on the controller. Ensure the controller is switched OFF before you do this!
- Ensure the metal studs are fully covered by the GelPads.

## My skin is red after the exercise. Is this a problem?

- Temporary reddening of the skin under the GelPads after a toning session is normal. It is partly a result of increased blood flow and should fade after a short while. Just as with tight clothing, the belt itself can leave a temporary skin mark which should also fade quickly.
- If the redness is excessive, or persists for longer than 30 minutes, check the condition of your GelPads. Dry GelPads can cause skin discomfort during stimulation causing irritation. In rare cases people can have an allergic skin reaction to the GelPads, or be exceptionally sensitive to the stimulation current. Please contact customer care for advice.

## The unit is not switching on. What should I do?

- If the Power Indicator doesn't light-up or the controller switch on when you press the Power Button, the battery has most likely been completely discharged. Remove the controller from the belt, connect the USB cable and charge your controller for a minimum of 3 hours. You should notice the amber Battery Indicator will come on within a few minutes of beginning the charge.
- If the problem persists after charging, you should contact customer care for further assistance, as the controller may need to be replaced.

## How do I know when to replace the GelPads?

- With time the GelPads pick up skin debris and will need to be replaced, as this makes the workout less effective and less comfortable.
- You may notice the signal is weakening even if the battery is fully charged. This usually indicates that the GelPads are wearing and will soon need replacing. You can check this by first adjusting the belt to ensure correct positioning of the GelPads. If the signal is still weak or uncomfortable, you should order new GelPads.
- New GelPads can be purchased from [www.slendertone.com](http://www.slendertone.com) or from customer care.

### Will the product cause muscle soreness?

- As with all exercise some muscle soreness can occur after using the belt. This is normal and should go away after a day or two. Use a low toning intensity for a few sessions if you are experiencing muscle soreness.

### I can feel a tingling sensation in my legs during an exercise. What should I do?

- This indicates that the GelPads are over your hip-bones. Moving the two oval GelPads upwards and inwards on your waist (i.e. towards the centre of your body) should prevent this. Remember to pause or switch off your SLENDERTONE CONNECT ABS before adjusting the belt or GelPads.

### I can feel my waist muscles exercising but not my stomach muscles.

- Pause the programme and reposition the central GelPad slightly lower on your stomach. If this doesn't help, move the 2 oval GelPads to a smaller figure setting on the belt (towards the central GelPad).

### I can feel my stomach muscles exercising but not my waist muscles.

- Pause the programme and reposition the central GelPad slightly higher on your stomach. If this doesn't help, move the 2 oval GelPads to a larger figure setting on the belt (away from the central GelPad).

### What happens if my smart device's battery runs out during a session?

- Don't worry, the session will continue as normal. You can simply use the controller to regulate the intensity, pause or stop the session.

### How do I know when to replace my controller's battery?

- Our batteries are designed to last for years. However if your battery is degrading please do not attempt to open your controller and replace it. These batteries are non replaceable. If it is outside the warranty period, you can purchase a new controller from our customer care team - [info@slendertone.com](mailto:info@slendertone.com).

Please refer to the Help section of the app or to the FAQ section of the website for additional information and tips on using the product\*

# Troubleshooting Guide

The following is a basic troubleshooting guide. A more detailed guide is available via the app.

Problem	Possible Cause	Solution
Unit is on and stimulation indicator is lit but there is no stimulation	Intensity is too low	Increase the intensity
Unit is not connecting to the app	Unit and app are not paired	See page 10 for pairing instructions
The contractions are weak even with a high intensity	Battery is low	Recharge the battery
	Poor contact with the skin	Press GelPads firmly against the skin
	GelPads are not covering the metal studs	Reposition the pads so that the metal studs are covered
Unpleasant feeling beneath the GelPads during a session OR GelPad contact error	Poor contact with the skin	Press GelPads firmly against the skin.
	The GelPads are worn	New GelPads are available from SLENDERTONE
	GelPads are not covering the metal studs	Reposition the pads so that the metal studs are covered
	Metal studs are not clean	Clean any residue from the metal studs with a dry cloth and replace the GelPads
I can't see the Connect Bluetooth® connection on my smart device	You have not paired the unit with the device correctly	See page 10 for correct pairing instructions
Unit will not charge	USB cable may not be connected to a suitable power source	Ensure the correct type of USB charger is used
Unit is beeping and the Stimulation Indicator is flashing	Indicates poor contact between the belt and GelPads or between the GelPads and your skin	Switch off the controller, remove the belt and check the pads are positioned correctly and covering the metal studs.
	Unit Error	Switch off and on again. If the problem persists, contact SLENDERTONE
Error message appears on the app	Unit Error	Go the Help section of the app for assistance

## Caring For Your Product

Your controller should not be allowed to get wet or be left in excessive sunlight. It may be cleaned regularly using a soft cloth, lightly dampened in soapy water. Do not allow the interior of your controller to become wet. Do not use detergents, alcohol, spray aerosols or strong solvents on your controller.

Access to the interior of the controller is not required for maintenance purposes. The battery is not accessible or replaceable. Do not try to open the controller if there is a problem with your battery, contact customer care instead.

If your controller is damaged, you should not use it but should return it to SLENDERTONE or your local distributor for replacement or repair. Repairs and service may not be carried out by anyone other than qualified service personnel authorised by SLENDERTONE. You should report any unexpected operation or event to SLENDERTONE or your distributor.

You may use a lightly dampened cloth to clean the holster, however you should avoid getting the connectors wet.

## Caring For Your GelPads

- The durability and effectiveness of the GelPads depends entirely on their use, storage and care. Certain skin types, the duration, number of sessions, intensity used and area of stimulation can also affect the life of the GelPads.
- The GelPads are for single person use only.
- You should ensure your skin is clean and free of oils, creams and other lotions before use.
- Ensure your hands are clean before handling GelPads. You should avoid touching the skin-side of the GelPads with your fingers as much as possible when applying or removing the belt, as this can transfer oils and skin particles to the GelPads' surface.
- After use, replace the liners on the black side of the GelPads and store everything in a cool, dry place until the next use.
- GelPads will need to be replaced periodically as the surface picks up skin debris and becomes dry over time.
- Do not use GelPads if they become torn.

### Disposing of the GelPads

Used GelPads must never be disposed of in a fire but in accordance with your country's national or state laws governing the disposal of such items.

## Caring For Your Belt

Your belt can be washed, but you must first remove the controller and GelPads and try to avoid immersing the holster in the water. Always follow the instructions on the label when washing the belt.



Never machine wash your belt. Always hand wash in lukewarm water. This protects the internal wiring from damage in the washing machine. You should take care even when hand washing and never wring the belt to remove water.



Do not use bleach when washing the belt.



Do not dry clean your belt.



Do not tumble dry your belt. Dry the belt on a flat surface. Do not dry it over anything hot. (e.g. a radiator) as the belt contains plastic parts. Ensure the belt is completely dry before using it again.



The belt should not be ironed.

## Accessories

Under no circumstances should anything other than SLENDERTONE accessories be used with your SLENDERTONE CONNECT ABS product (Type 570). Any others may not be compatible with your product and could degrade the minimum safety levels. You can purchase all accessories from [www.slendertone.com](http://www.slendertone.com) or by calling customer care.

**SLENDERTONE CONNECT ABS Belt:**

**SLENDERTONE ABS GelPads:**

- 1 large, square GelPad (Type 732)
- 2 small, oval GelPads (Type 733)

**USB Cable:** Type A to Micro B USB Charger



# Technical Specifications

Product Type: 570

Intended use: Abdominal muscle stimulator

## Classification:

- Internally powered equipment, Type BF applied parts.
- This product is intended for continuous operation. i.e. operation in normal use, for an unlimited period of time, without the specified limits of temperature being exceeded.
- This product is not suitable for use in an oxygen-rich environment.
- This product is not suitable for sterilisation.
- Protected against ingress of water, as per IP22.

**Waveform:** Symmetrical bi-phasic pulse waveform when measured into a resistive load.

## Note:

- The signal gradually increases to a peak intensity level at the start of the contraction phase (i.e. ramp up) and gradually decreases to nothing at the start of the relaxation phase (i.e. ramp down). When a GelPad contact problem is detected, the signal ceases.

## Environmental Specifications:

Operating Range:	Temperature: 5 to 40°C / 41 to 104°F Humidity: 15 to 93 % RH (non condensing) Atmospheric Pressure: 70 to 106kPa
Transport & Storage Range:	Temperature: -25 to +70° C / -13 to +158°F Humidity: 10 to 93% RH (non condensing) Atmospheric Pressure: 50-106kPa

The Output Frequency indicates the number of pulses per second transmitted by the controller. This is measured in hertz, which is indicated by Hz”.

Output (RMSA) means the maximum output root mean square current for each channel.

Output (RMSV) means the maximum output root mean square voltage for each channel.

The controller contains 1 x 4.2V (max.) Li-Po battery.

## Description of the controller's symbols:

There are a number of technical markings on your controller and packaging. These can be explained as follows:



The product is manufactured for Bio-Medical Research Ltd, Parkmore Business Park West, Galway, Ireland.



This symbol means Attention, read the accompanying documents.



This symbol means type BF applied parts (belt & GelPads).



The CE mark applied indicates that this equipment complies with the requirements of the ROHS Directive (2011/65/EU) for the Restriction of Hazardous Substances in Electrical and Electronic Equipment. Hereby, BMR Ltd., declares that this SLENDERTONE CONNECT ABS is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC. The declaration of conformity may be consulted at the address BMR Ltd., Parkmore Business Park West, Galway, Ireland.

**SN** stands for serial number. On the label on the back of the controller is the serial number specific to this product. The letter preceding the number indicates the year of manufacture, where 'T' denotes 2014, 'U' denotes 2015 etc.



At the end of the product lifecycle, do not throw this product or batteries into the normal household garbage, but bring it to a collection point for the recycling of electronic equipment.

Some product materials can be re-used if you bring them to a recycling point. By re-using some parts or raw materials from used products you make an important contribution to the protection of the environment. Please contact your local authorities if you need more information about collection points in your area.

Waste Electrical and Electronic Equipment can have potentially harmful effects on the environment. Incorrect disposal can cause harmful toxins to build up in the air, water and soil and can be harmful to human health.



Product uses Bluetooth® Smart.

**IP22:** Ingress Protection Rating.

This symbol on the device means it is protected against access to hazardous parts with a finger and against vertically falling water drops when tilted up to 15 degrees.

**VXX:** Software version at shipping.



This symbol means that this device emits non-ionising radiation. All devices and systems that include RF transmitters or that intentionally apply RF electromagnetic energy must have a label with this symbol.

FCC/IC transmitter declaration:

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. This device complies with Industry Canada license-exempt RSSs.

Radiated output power (RF): 2.4 Ghz, 1.1mW

### Rated Outputs / Voltage/Currents: Type 570

The electrical output of the SLENDERTONE CONNECT ABS depends on the parameter settings of the active NMES program. The program loaded at manufacture is described as “Essential Toning” and delivers the following output:

Parameter	500 $\Omega$	1K $\Omega$
Waveform type	Symmetric, biphasic, constant current controlled	
Peak Output Current (user adjustable)	0 - 75 mA	0 - 70mA
Peak Output Voltage	0 - 38V	0 - 70 V
Output Frequency range	60 - 70 Hz	60 - 70 Hz
Phase Duration	250 -300 $\mu$ S	250 - 300 $\mu$ S
DC Component	none	none

The “Essential Toning” program is broken-down into the following phases:

Phase	Freq. (Hz)	Pulse ( $\mu$ S)	Ramp-Up (Sec)	Contract (Sec)	Ramp Down (Sec)	Relax (Sec)	Total (Mins)
1	70	250	1.5	3.5	1.5	5.5	5.0
2	65	275	1.0	4.0	1.0	4.0	5.0
3	65	290	0.5	4.5	0.5	4.5	5.0
4	65	300	1.0	3.0	1.0	5.0	5.0
5	60	275	0.5	3.5	1.0	5.0	5.0

The SLENDERTONE CONNECT app allows you to select from range of other NMES programs, each having different parameter selections. The following table gives the limits of these parameters. All SLENDERTONE CONNECT ABS programs are within these limits.

Parameter	500 $\Omega$	1K $\Omega$
Waveform type	Symmetric, biphasic, constant current controlled	
Peak Output Current (user adjustable)	0 - 80 mA	0 - 70mA
Peak Output Voltage	0 - 40V	0 - 70V
Output Frequency range	10 - 80 Hz	20 - 80 Hz
Phase Duration	100 $\mu$ S - 400 $\mu$ S	200 $\mu$ S - 400 $\mu$ S
DC Component	none	none

The parameters of each program can be viewed on the app. The maximum power per channel into a 500 $\Omega$  load is 180mW.

## Battery Charging & Discharging

Your device is powered by a rechargeable battery. The battery can be charged and discharged hundreds of times, but it will eventually wear out. To ensure optimum battery performance you should use your device regularly e.g. perform one session a day, four days per week.

To conserve energy, disconnect the USB cable from the controller when the battery is fully charged.

Leaving the battery in hot or cold places, such as in a closed car in summer or winter conditions, may reduce the capacity and lifetime of the battery. A device with a hot or cold battery may cease working temporarily, even when the battery is full charged. Battery performance is particularly limited in temperatures below freezing. Do not dispose of batteries in a fire as they may explode. Batteries may also explode if damaged. Dispose of batteries according to local regulations. Please recycle when possible. Do not dispose as household waste.

## Charging Specifications

When charging the battery, you must use a charger with the following outputs: **Output Voltage:** 5V DC nominal. **Output Current:** 0.5A (500mA) minimum. **Output Connector:** Micro-B USB Connector.

## Expected Service Life

**Controller:** 2 years

**Belt:** 2 years

**GelPads:** 20-30 Sessions

## Product Warranty (EU Only)

Should your product develop a fault within two years of purchase, SLENDERTONE will undertake to replace or repair the product or any parts found to be defective with no charge for labour or materials \*, provided the product:

- Has been used for its intended purpose and in the manner described in this user manual.
- Has not been connected to an unsuitable power source.
- Has not been subjected to misuse or neglect.
- Has not been modified or repaired by anyone other than an approved slendertone agent.

This guarantee complements existing national guarantee obligations and does not affect your statutory rights as a consumer.

\* This excludes consumables (e.g. GelPads, belt, etc.) which are subject to normal wear and tear.

- US/Canada warranty details are available from [www.slendertone.com](http://www.slendertone.com) or from customer care - [info@slendertone.com](mailto:info@slendertone.com).


This medical device complies to the IEC 60601-1-2:2007 standard for Electromagnetic Compatibility.  
See tables 1, 2, 4 and 6 for compliance details.

<b>Table 1 - Guidance and Manufacturer's Declaration - Electromagnetic Emissions</b>		
The SLENDERTONE CONNECT ABS containing a Bluetooth® Radio Module is intended for use in the electromagnetic environment specified below. The customer or the user of the SLENDERTONE CONNECT ABS containing a Bluetooth® Radio Module should ensure that it is used in such an environment.		
<b>Emissions Test</b>	<b>Compliance</b>	<b>Electromagnetic Environment - Guidance</b>
RF emissions CISPR 11	Group 2	The SLENDERTONE CONNECT ABS containing Bluetooth® Radio Module must emit electromagnetic energy in order to perform its intended function.  The SLENDERTONE CONNECT ABS containing Bluetooth® Radio Module is suitable for use in all establishments, including domestic and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
RF emissions CISPR 11	Class B	
Harmonic emissions IEC 61000-3-2	Not applicable	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Complies	

<b>Table 2 - Guidance and Manufacturer's Declaration - Electromagnetic Immunity - for all equipment and systems</b>			
The SLENDERTONE CONNECT ABS containing a Bluetooth® Radio Module is intended for use in the electromagnetic environment specified below. The customer or the user of the SLENDERTONE CONNECT ABS containing a Bluetooth® Radio Module should ensure that it is used in such an environment.			
<b>Immunity Test</b>	<b>IEC 60601 Test Level</b>	<b>Compliance Level</b>	<b>Electromagnetic Environment - Guidance</b>
Electrostatic discharge (ESD) IEC 61000-4-2	± 6kV contact ± 8kV air	± 6kV contact ± 8kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%.  Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
Power frequency (50/60Hz) magnetic field IEC 61000-4-8	3 A/m	3 A/m	

**Table 4 - Guidance and Manufacturer's Declaration - Electromagnetic Immunity - for equipment and systems that are not life-supporting**

The SLENDERTONE CONNECT ABS containing a Bluetooth® Radio Module is intended for use in the electromagnetic environment specified below. The customer or the user of the SLENDERTONE CONNECT ABS containing a Bluetooth® Radio Module should ensure that it is used in such an environment.

Immunity Test	IEC 60601 Test Level	Compliance Level	Electromagnetic Environment - Guidance
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz	3 V/m	<p>Portable and mobile RF communications equipment should be used no closer to any part of the SLENDERTONE CONNECT ABS containing Bluetooth® Radio Module, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter.</p> <p><b>Recommended separation distance</b></p> $d = [1.17] \sqrt{P}$ $d = [1.17] \sqrt{P} \dots 80\text{MHz to } 800 \text{ MHz}$ $d = [2.33] \sqrt{P} \dots 800 \text{ MHz to } 2.5\text{GHz}$ <p>Where P is the maximum output power rating of the transmitter in Watts (W) according to the transmitter manufacturer and d is the recommended separation distance in metres (m).</p> <p>Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey <sup>a</sup>, should be less than the compliance level in each frequency range <sup>b</sup>.</p> <p>Interference may occur in the vicinity of equipment marked with the following symbol:</p> 

**NOTE 1 :** At 80 MHz and 800 MHz, the higher frequency range applies.

**NOTE 2 :** These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

a Field strengths from fixed transmitters, such as base stations for radio (cellular/ cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the SLENDERTONE CONNECT ABS containing Bluetooth® Radio Module is used exceeds the applicable RF compliance level above, the SLENDERTONE CONNECT ABS containing Bluetooth® Radio Module should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orientating or relocating the SLENDERTONE CONNECT ABS containing Bluetooth® Radio Module.

b Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

**Table 6 - Recommended separation distances between portable and mobile RF communication equipment and the SLENDERTONE CONNECT ABS containing Bluetooth® Radio Module.**

The SLENDERTONE CONNECT ABS containing a Bluetooth® Radio Module is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the SLENDERTONE CONNECT ABS containing a Bluetooth® Radio Module can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the SLENDERTONE CONNECT ABS containing a Bluetooth® Radio Module as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter W	Separation distance according to frequency of transmitter m		
	150 KHz to 80 MHz	80 MHz to 800 MHz	800 MHz to 2.5 GHz
	$d = 1.17 \sqrt{P}$	$d = 1.17 \sqrt{P}$	$d = 2.33 \sqrt{P}$
0.01	0.12	0.12	0.23
0.1	0.37	0.37	0.75
1	1.17	1.17	2.33
10	3.70	3.70	7.36
100	11.70	11.70	23.50

For transmitters rated at a maximum output power not listed above, the recommended separation distance d in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (w) according to the transmitter manufacturer.

**NOTE 1:** At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

**NOTE 2:** These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

## EU Only

- Wireless communication equipment such as wireless home network devices, mobile phones (other than your own), cordless telephones, base stations and walkie-talkies of between 1W to 10W can affect this equipment and should be kept a distance of least 2.3 to 7.3 metres away from the device.









# SLENDERTONE®

Connect Abs

[www.slendertone.com](http://www.slendertone.com)

Or call your local Customer Care Line:

United Kingdom: 0345 070 77 77

Republic of Ireland: 1890 92 33 88

USA / Canada: 1-800-551-2443

France: 0810 34 74 50

Deutschland: 0800 100 2832

España: 900 994 467

Italia: 0800 928 388

International: +353 94 902 9936

[info@slendertone.com](mailto:info@slendertone.com)

Designed by & Manufactured for:

Bio-Medical Research Ltd., Parkmore Business Park West, Galway, Ireland.

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