pulse

SLENDERTONE®

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

Check your smart device compatibility on www.slendertone.com/compatibility

Type:530

www.slendertone.com

Welcome to PULSE

PULSE (Type: 530) is a world first in wearable technology. Combining the toning power of a SLENDERTONE toning system with the easy application of a comfortable sports compression shirt. Add to that the versatility of direct or smart device operation and this innovative product revolutionises the whole concept of home toning.

Ensure Compatibility

Before setting-up your product, you should ensure you are using a compatible smart device. PULSE uses Bluetooth® Low Energy wireless personal area network technology. Your smart device must have this capability or it will not work with PULSE. For details of the smart device OS requirements for PULSE, please check our website

www.slendertone.com/compatibility

Download the PULSE app, complete your profile details and register your controller to access the full interactive experience. A short, 10-minute calibration session will calculate your perfect introductory programme and you can progress from there as your muscle tone improves. You will be given a recommended toning regime, targets to achieve on a weekly basis and the chance to challenge yourself to constantly improve your results.

With it's stylish design and easy operation, you can enjoy the benefits of a PULSE toning session whenever and wherever you want. The compression sports shirt and low profile controller mean PULSE can be worn under other clothes or on its own, so you can use it while relaxing at home, at your desk at work or even while exercising.

Notes:

- You can start and run a PULSE 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 five training sessions per week.

Controlling Your Toning Session

While you generally 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 your toning session, the buttons on the controller let you adjust the intensity, pause or turn off the stimulation. These built-in controls take precedence over the app controls.

Indications, Contra-Indications, Warnings & Precautions

This 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 this instruction manual carefully before use. Some of the points below are gender specific.

Indication for use:

PULSE is intended for use by healthy persons to apply transcutaneous electrical muscle stimulation (EMS) through skin contact to achieve the following:

- The improvement of muscle tone
- The strengthening and conditioning of muscles
- The development of firmer muscles

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 electrodes 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 PULSE 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 putting on your sports shirt, always remember...:

- To ensure the four electrodes are positioned over your 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 electrodes directly over metal implants.

Precautions:

Please read these precautions before using your PULSE product.

- Do not use PULSE in or near water, including a bathtub, shower, hot tub or swimming pool. Do not allow the controller to get wet.
- 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 product is not intended for medical use, for the treatment of any medical condition, nor for any permanent physical changes.

Please get your doctor's or physical therapist's permission before using PULSE if:

- You wish to use the product 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 want to use the product as part of a rehabilitation programme.

To adjust the shirt's position during a session:

- Always pause the programme currently running, adjust the shirt and then unpause the programme again.

Contact our Customer Care Team (see page 11) 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 in the area being stimulated 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 electrodes must not be connected to other objects.
- Do not use your PULSE 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 shirt (except when Pairing).
- Do not touch the electrodes with your fingers while the controller is switched on. Do not remove garment during stimulation.
- Do not use while driving, operating machinery or cycling.
- Keep the wipes and other packaging out of reach of children, to avoid risk of choking.
- For hygiene reasons the PULSE sports shirts are for single person use only. Do not share your shirt 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. Do not use the device near any life-sustaining equipment.
- 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 PULSE 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. PULSE Sports Shirt:
Stylish sports shirt, ergonomically designed for positioning the electrodes correctly over your abs. The shirts fit a range of sizes:

Female:	Male:
XS = 61-69cm / 24-27”	XS = 72-83cm / 28-33”
S = 69-79cm / 27-31”	S = 83-93cm / 33-37”
M = 79-90cm / 31-35”	M = 93-105cm / 37-41”
L = 90-100cm / 35-39”	L = 105-115cm / 41-45”
XL = 100-110cm / 39-43”	XL = 115-123cm / 45-48”

2. PULSE Controller:
The controller generates signals which are sent, via the electrodes to your muscles to contract and relax them rhythmically. The controller must be inserted into the shirt’s holster during use.

3. Cotton Moisturisers:
These must be used before every session. They are infused with the perfect ratio of moisture and electrolytes to ensure the signal from the controller delivers optimum comfort and results every time. Only use SLENDERTONE-approved moisturisers. Check expiry date on moisturisers and do not use if it has expired.

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.

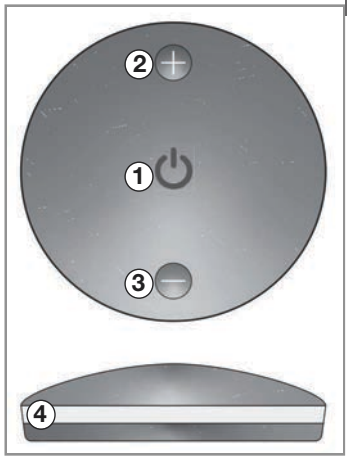
5. Wash Bag:
Your PULSE shirt should always be placed in the wash bag before washing.

6. Instructions:
A detailed guide to setting-up and using PULSE.

Note: PULSE app:
You will also need to download the PULSE app to access and run your personal toning programmes.

PULSE Controller

The controller is attached to the shirt's holster to run the PULSE toning programmes. Some of the functions can also be controlled using the app.



1. Power/Standby Button ( ) ⏻
You must press this button to switch the controller on or off. You can also pause a toning session by pressing this button briefly. To resume the session, simply press it briefly again. You may also pause a session using the app.

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.

This button is also used to activate the Pairing mode between the controller and your smart device. Simply press the Intensity Down button for 3 seconds within the first 30 seconds of switching on the controller to begin the Pairing process.

4. Dynamic LED Indicator
The dynamic LED indicator has a range of functions, which are explained on page 8.

Once you have switched the controller on, you can operate your PULSE from the app on your smart device (see the app for details). Bluetooth® Low Energy 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 behaviour while controlling the stimulation using the smart device, shut down the app and continue your session using the buttons on the controller. Contact our Customer Care Team for advice.

Dynamic LED Indicator

Your PULSE controller has a dynamic LED indicator, which uses different colours and lighting sequences to indicate various operations and functions. These are explained here.

Green LEDs:	
• Upper and lower halves alternately flash green	- The battery is charging correctly
• All green LEDs glow continuously	- This indicates that the battery is fully charged and the device is ready for use
Blue LEDs:	
• All blue LEDs light-up for 1 second	- This occurs when the controller is switched on
• Blue LEDs rotate in a clockwise sequence	- The controller is Pairing with the app
• All blue LEDs light-up until controller is switched off	- Controller correctly paired with your smart device
• All blue LEDs flash on and off	- There is an error with the controller or there is bad contact between the electrodes and your skin (see Electrode Contact Sensing, below)
Amber LEDs:	
• All amber LEDs grow brighter and remain on	- This indicates the contraction phases of your session
• All amber LEDs grow dimmer and remain off	- This indicates the relaxation phases of your session
• All amber LEDs flash on and off	- The session has been paused
• Upper and lower halves alternately flash amber	- The battery power is very low and requires charging
Blue & Green LEDS Together:	
• All blue and green LEDs glow continuously	- This appears when you are updating the firmware

Electrode Contact Sensing

PULSE can detect when any of the electrodes is not in proper contact with your skin. If this happens, the intensity is reduced to zero and all of the blue LEDs will begin flashing on the controller. You should press the front of the shirt onto your body, smoothing it from the centre out toward the sides, ensuring the upper and lower electrodes remain correctly positioned. When PULSE detects that proper contact has been established, the signal is gradually increased again to the level you had previously set.

Getting Started

Important:
You must ensure your smart device has Bluetooth® Low Energy capability and that it is enabled. Please refer to www.slendertone.com/compatibility for a list of supported device operating systems.

1. Ensure you have internet connectivity, then open iTunes/Google Play and search for the PULSE app ( ). Download the app and launch it.

2. Enable your Bluetooth® by opening your smart device's Settings and turning on "Bluetooth®".

Register Your Product

You should register your product after downloading the app in order to avail of the complete PULSE experience from the outset. Your controller is pre-set with our patented 'Essential Toning' programme and can be operated using the controller buttons. This programme cannot be controlled by your smart device, nor will you have access to the full range of toning programmes and support until you have registered your product.

During the registration process, you will be asked to complete a short, 10-minute workout to familiarise yourself with the controls and for PULSE to measure your ability level in order to pre-set the most suitable toning regime for you. You will then be set weekly targets and a record of your progress is maintained. You may also change toning programmes whenever you wish.

Charge the Battery

1. Your controller's battery is partially charged. However, when you unpack the controller, we recommend that you fully charge the battery for approximately 2.5 hours.

2. To charge the battery, first move the rubber plug on the back of the controller (Fig. a). Then connect the USB cable to the controller (Fig. b) and to a CE- / UL-certified USB charger or to your PC. The battery is fully charged when the LED indicators glow continuously green and the device is ready for use. When the LED indicators on the upper and lower halves of the controller alternately begin flashing amber, it is time to recharge the battery again.

Note:
- Ensure your charger meets the specifications listed on Page 20.
- For best results, we advise that you use a USB cable supplied by SLENDERTONE.

Fig. a

Fig. b

Pairing Your Controller & Smart Device

Important:
You should Pair your controller with your smart device before it is inserted into the holster on the shirt

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:

- After Pairing, your controller and smart device should connect automatically when they are both switched on with Bluetooth® enabled.
- If the Pairing fails, your smart device will advise you of this and you should restart the process.

Position the Electrodes Correctly

1. When putting on the shirt, ensure the upper and lower electrodes are aligned with your belly-button (Fig. c).

2. Pull the top down until the controller holster is sitting midway between the bottom of your ribs and the top of your hip-bone (Fig. d). This will ensure the left and right electrodes are correctly placed for optimum signal strength.

Fig. c

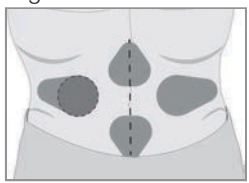
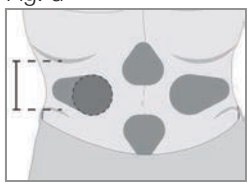


Fig. d



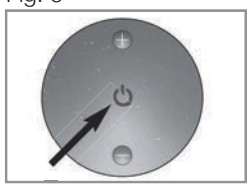
Running a Toning Session

1. Before using PULSE, you must use one of the cotton moisturisers on the area being toned. Simply wipe the area where the electrodes will be in contact with your abs to maximise the effectiveness of the stimulation. You can also wipe the surface of the electrodes themselves. This will enhance the conductivity for the best results.

2. Put on the sports shirt ensuring the electrodes are positioned as shown in Fig c and d.

3. Place the controller in the holster with the Intensity Up button at the top, press the Power/Standby Button to switch the controller on (Fig. e) and open the app on your smart device.

Fig. e



4. Select “Start Programme” and begin increasing the signal by tapping the Intensity Up button on screen (Fig. f). You can also do this by pressing the Intensity Up button (+) on the controller itself (Fig. g). The intensity level is indicated on the app. 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’s Intensity buttons. You can also do this by pressing and holding the increase intensity (+) or decrease intensity (—) buttons on the controller itself.

Fig. f

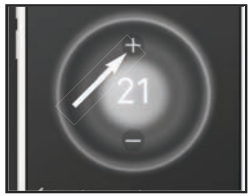
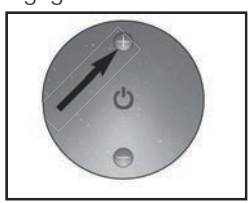


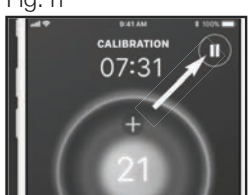
Fig. g



Pausing a Session

If you wish to pause a session before it is finished, press Pause on screen (- Fig. h). To resume the session, simply press Pause a second time. You can also pause and resume the session by briefly pressing the Power/Standby Button on the controller.

Fig. h



You may switch off your controller at any time during a session by pressing the Power/ Standby Button for two seconds.

At the end of the training session your PULSE will stop automatically and the controller will emit a 'successful session' tone.

Need Any Help?

If you require any assistance setting up your product or have any other queries, please call our Customer Care Team or send us an email:

UK: 0800 169 3919
Rep. of Ireland: 1800 719 833
USA / Canada: 1-800-551-2443
International: +353 94 902 9936

Email EU: info@slendertone.com
Email USA/Canada: iinfo@slendertoneusa.com

www.slendertone.com

Frequently Asked Questions

Can I use PULSE 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 product.

The stimulation is uncomfortable. How can I improve this?

- Make sure the electrodes are positioned correctly and that they are pressed firmly against your skin. Switch off your controller and reposition the shirt if necessary.
- Ensure you use a cotton moisturiser on your abs before each session, as this improves the comfort of the stimulation. Ensure the controller is switched OFF before you do this!

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

- Temporary reddening of the skin 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 other tight clothing, PULSE can leave temporary skin marks which should also fade quickly.
- If the redness is excessive, or persists for longer than 30 minutes, check the condition of the electrode surface. If it has been damaged in the wash, it may cause some skin irritation. In very rare cases people may have an allergic skin reaction to the materials used, or be particularly sensitive to the stimulation current. Please contact Customer Care for advice.

The controller is not switching on. What should I do?

- If the controller does not switch on when you press the Power/Standby Button, the battery has most likely been completely discharged. Remove the controller from its holster, connect the USB cable and charge your controller for approximately 2.5 hours. You should notice the upper and lower amber LEDs will flash alternately within a few minutes of beginning the charge. As the battery charge increases, this changes to the green LEDs.
- If the problem persists after charging, you should contact Customer Care for further assistance, as the controller may need to be replaced.

Will the product cause muscle soreness?

- As with all exercise some muscle soreness can occur after using PULSE. 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 usually indicates that the side electrodes are too close to your hip-bones. Pause the programme and position the shirt slightly higher on your waist. Restart the programme to see if this resolves the issue.

I can feel my waist muscles exercising but not my abs.

- Pause the programme and reposition the electrodes slightly lower on your stomach. If this doesn't help, you may need to use a smaller-sized shirt.

I can feel my abs exercising but not my waist muscles.

- Pause the programme and reposition the electrodes slightly higher on your stomach. If this doesn't help, you may need to use a larger-sized shirt.

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?

- The 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 the website www.slendertone.com.

Please refer to the Help section of the app or to the Support Centre on 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 on the app.

Problem	Possible Cause	Solution
The controller is on and the contraction indicator is glowing but there is no stimulation	Intensity is too low	Increase the intensity
The controller is not connecting to the app	Unit and app are not paired	See page 10 for correct pairing instructions
The contractions are weak even with a high intensity	Battery is low	Recharge the battery
	Poor contact with the skin	Press the electrodes firmly against the skin
Unpleasant feeling beneath the electrodes during a session OR electrode contact error detected	Poor contact with the skin	Ensure the electrodes are always pressed firmly against the skin
I can't see the PULSE Bluetooth® connection on my smart device	You have not paired the unit with the device correctly	See page 10 for correct pairing instructions
The controller will not charge	USB cable may not be connected to a suitable power source	Ensure the correct type of USB charger is used
	USB cable is damaged	Replacement USB cables are available at www.slendertone.com
	Indicates poor contact between the electrodes and your skin	Ensure the electrodes are always pressed firmly against the skin
The controller is beeping and the blue LEDs are all flashing	Unit Error	Switch off and on again. If the problem persists, contact Customer Care

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 contact the Customer Care Team for further advice. You should report any unexpected operation or event to SLENDERTONE.

Notes:
- Ensure your skin is clean and free from oils, creams and other lotions before use.
- Always use the cotton moisturisers on the area under the electrodes before each session.
- Do not use PULSE if the electrode's surface is torn and the underlying materials are exposed.

Product Warranty (EU Only)

This Product Warranty applies to the Controller, the USB Cable and the Sports Shirt only. No Product Warranty is provided for consumables such as the cotton moisturisers. Should your Controller or USB Cable develop a fault within two years of purchase or should your Sports Shirt develop a fault within one year of purchase (fair wear and tear excluded), SLENDERTONE will replace the Controller / USB Cable / Sports Shirt found to be defective, provided that:

- The Controller / USB Cable / Sports Shirt have been used for their intended purpose and in the manner described in this user manual;
- The Controller / USB Cable have not been connected to an unsuitable power source;
- The Controller / USB Cable / Sports Shirt have not been subjected to misuse or neglect;
- The Controller / USB Cable / Sports Shirt have not been modified or repaired by anyone other than an approved SLENDERTONE agent;
- The Customer has used the Sports Shirt with the cotton moisturisers.

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

- US/Canada warranty details are available from www.slendertone.com or from info@slendertoneusa.com.

Caring For Your Shirt

Your shirt can be washed, but you must first remove the controller and place the shirt in the wash bag provided. Always follow the instructions on the label when washing.

The shirt needs a mild wash action, but can be spun and rinsed normally. The temperature should not exceed 30 degrees Celsius.

Do not use bleach when washing the shirt.

Do not dry clean your shirt.

Do not tumble dry your shirt. Do not dry it over anything hot. (e.g. a radiator). Ensure the shirt is completely dry before using it again.

The shirt should be drip-dried in the shade.

The shirt should not be ironed.

Replacements

Under no circumstances should anything other than SLENDERTONE replacements be used with your PULSE product (Type 530). Any others may not be compatible with your product and could degrade the minimum safety levels. You can purchase all replacements from www.slendertone.com or by calling Customer Care.

USB Cable: Type A to Micro B USB Charger (4700-0021)

Technical Specifications

Product Type: 530

Intended use: See page 3.

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. Constant current controlled.

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 an electrode contact problem is detected, the signal ceases.

Environmental Specifications:

Operating Range:	Temperature: 5 to 35°C / 41 to 95°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 3.7 V Nominal Lithium Ion Polymer 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 (garment & electrodes).

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, Bio-Medical Research Ltd. declares that PULSE, Type 530 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: www.slendertone.com.

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 'X' denotes 2018, 'Y' denotes 2019 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® Low Energy.

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.

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 contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s).

This device complies with the FCC and ISED Canada portable RF exposure requirements for an uncontrolled environment and is safe for the intended operation as described in this manual.

Radiated output power (RF): 2.4 Ghz, 2.5mW

Rated Outputs / Voltages / Currents: Type 530

The electrical output of PULSE depends on the parameter settings of the active NMES programme. The programme loaded at manufacture is described as "Essential Toning" and delivers the following output:

Parameter	500Ω	1KΩ
Peak Output Current (user adjustable)	0 - 80 mA	0 - 80mA
Peak Output Voltage	0 - 40V	0 - 80 V
Output Frequency range	70 Hz	70 Hz
Phase Duration	300 µS	300 µS
DC Component	none	none

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

Parameter	500Ω	1KΩ
Peak Output Current (user adjustable)	0 - 80 mA	0 - 80mA
Peak Output Voltage	0 - 40V	0 - 74.4V
Output Frequency range	4 -70Hz	4 -70Hz
Phase Duration	100-450 µS	100-450 µS
DC Component	none	none

The parameters of each programme can be viewed on the app. The maximum output power of the device into a 500Ω load is 180mW.

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.

Battery Charging & Discharging

Your PULSE controller 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, five 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 fully 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.

The device can be charged using your PC/Laptop or a USB wall charger with the appropriate connector.

Note:

- If using a USB wall charger ensure that it is safety certified (UL, ETL, CSA, marked or equivalent).

Expected Service Life

Controller: 2 years

USB Cable for Controller: 2 years

Sports Shirt: 1 year (fair wear and tear excluded)

www.slendertone.com

Or call your local Customer Care Line:

United Kingdom:	0800 169 3919
Republic of Ireland:	1800 719 833
USA / Canada:	1-800-551-2443
France:	0805 542 814
Deutschland:	0800 100 2832
España:	900 994 467
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