

# SHOWCASE™ Institute



## Slender Sonic Helpful Hints

Thank you for purchasing the **SLENDER SONIC FITNESS BELT**. These helpful hints will help you get maximum results by reviewing the key tips you received during your demonstration.

### GETTING STARTED

- The package includes the unit, neoprene centerpiece, 1 big Velcro belt, 1 small Velcro belt and batteries enclosed in the box.
- Open the battery door by sliding it gently downward. Insert the 1 pc CR 2032 battery into the compartment. The positive “+” side of the battery should facing you. Close the battery door. Attach the Velcro flexible belt.
- Turn the Neoprene centerpiece on its face and place a generous amount of **water base gel/lotion**, onto each of the two grey colored areas of Neoprene centerpiece. **Remember:** If you don't put water base gel on the belt or the belt is not placed tightly against the skin then an uncomfortable tingling sensation will occur)
- Place the Slender Sonic belt around your stomach or any other area you want to exercise and close the belt to comfortable fit with the Velcro belt (not too tight).
- We recommend you to start with the upper Abs, placing the belt above your belly button.

## Slender Sonic Helpful Hints

- The unit has an auto-timer. It will shut off after 10 minutes of exercise. If you change the exercise mode within the 10 minutes. The timer will countdown from the original leftover time.
- To switch the unit off, press the OFF/LOW button several times, until the LED lights go off.

### PRECAUTIONS

Persons having following conditions do not use **Slender Sonic**:

- Pregnant Women, Persons using a heart pacemaker or with cardiac condition, Epilepsy or Multiple Sclerosis.

### FREQUENTLY ASKED QUESTIONS

#### How long will my Neoprene belt last?

The neoprene belt is a consumable item and wears with use. On average belt will wear out after 2-3 months. **A discoloration of the grey conductive area is normal.** If your Center Piece is used up in a relatively short time, possibly one of the following could be the reason.

- You were so excited about your new System that you probably used it more than 4-5 sessions (10 minutes) per day.
- You wiped of the silver electrodes with other than plain warm water.
- You rubbed too hard when cleaning the silver electrodes.
- Your body fluids have a higher salt content than average.

## HOW TO USE

- Switch the unit ON by pressing ON/HI button once.
- There are 6 pre-programmed exercise routines and 10 intensity settings available.
- Select MODE by pressing the “MODE” button repeatedly. Choose the MODE as desired. For beginners we recommend Workout Mode (**Mode 3**: Both LEDs are RED) for the first week.
- Within the first week you should give your muscles time to adjust to the new workout. Use the unit only once or twice a day for maximum of 10 minutes per muscle group.
- If the belt is removed during use, the intensity is automatically reset to “1”. If the belt is not placed back into contact with the skin, the unit will turn off after 20 seconds.

### How to achieve maximum results?

Consistent use is the key. You can't go to the Gym for the first time and expect to have rock hard abs the next day; it will take a little time to reclaim that proper muscle tone. Most people will see noticeable results within 4 weeks; you will achieve the optimal improvements within approximately 10-12 weeks.

### Why does my treatment Hurt?

It should not hurt! Try these suggestions:

1. Apply more Ecolotion. The lotion acts as the connection to the skin. You need to be generous in its application.
2. Move the belt away from the centerline of your body. Move it to the right or left a couple of centimeters.
3. Do not operate the belt at such a high intensity level. Once the muscle is contracting, adding more juice (electricity) only makes the nerves in the muscles hurt. Turn the intensity level down to a more appropriate level.
4. Do you understand how the muscle is supposed to contract? For example if you are wrapping the upper arm completely with the Slender Sonic you are making the bicep and the tricep both contract. Since they do different movements of the arm (bicep drawing the hand to the shoulder and the tricep pulling the hand down to your waist) there will be no movement only pain as both the muscles contract together. Place the Slender Sonic on one muscle at a time and contract in the intended direction the muscle was meant to move in.