

UNDERARM TONER

Item No. 208189

User Guide



Thank you for purchasing the Underarm Toner. Please read this guide carefully and store it for future reference.

INTRODUCTION

The Underarm Toner uses Electrical Muscle Stimulation (E.M.S.) to contract the triceps muscles automatically. Use it 15 minutes a day for slimmer, more toned arms in 1 to 2 months.

NOTE: *This device is not for use by those with a pacemaker.*

FEATURES

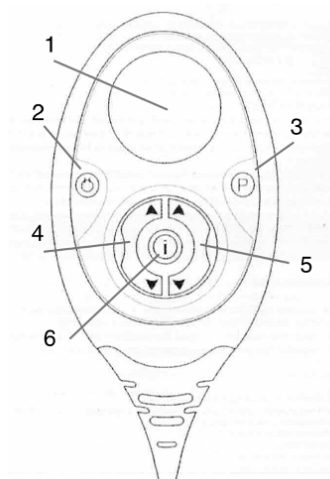
- Electrical Muscle Stimulation (E.M.S.) takes the place of strenuous exercise
- Works simultaneously on both arms
- 10 wave modes with adjustable intensity
- Cordless and portable
- Includes storage bag

INCLUDED IN PACKAGE

- Adjustable Arm Cuffs
- Controller
- Charging Cable
- Hook-and-loop arm straps [4]
- Reusable 2"x2" conductivity gel pads [4]

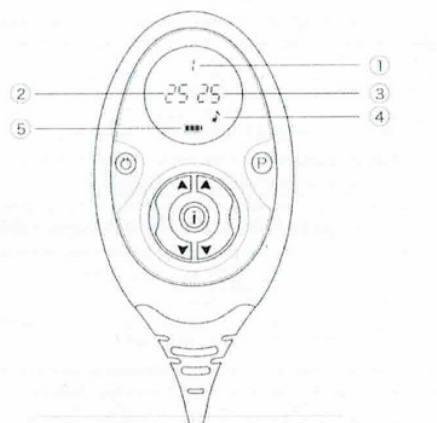
DESCRIPTION OF CONTROLLER

1. LCD Display
2. Power / Pause button
3. Program / Mode button
4. Left side intensity adjustment
5. Right side intensity adjustment
6. Info button



CONTROLLER DISPLAY

1. Mode display
2. Left intensity level
3. Right intensity level
4. Silent mode
5. Battery level



CHARGING THE DEVICE

1. Connect the controller to the included charging cable.
2. Plug the charging cable into a USB power source. Charging time is approximately 30 minutes.
3. During charging, the battery icon will be scrolling.
4. When the device is fully charged, the battery icon will be solid.

NOTE: *Use only the charging cable included with this device. Do not use any other cables or accessories.*

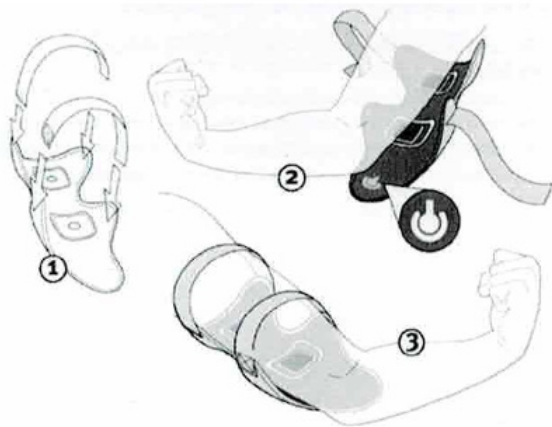
CONDUCTIVITY GEL PADS

1. When the device is fully charged, disconnect the USB charging cable.
2. Connect the controller to the Arm Cuffs.
3. Remove the protective plastic film from the reusable conductivity gel pads.
4. Apply the gel pads to the metal electrodes on the cuffs so that the checkered pattern faces down, and the blank [black] side faces up. Be sure the pads cover the electrodes completely. Do this for all 4 electrodes.

NOTE: Do not throw away the protective plastic film. You will use it to cover the pads when the device is not in use. This extends the life of the pads. In the event that the pads become dry, you can moisten them with a drop or two of water. Replacements can be ordered from SharperImage.com.

SECURING THE CUFFS

1. Place the hook-and-loop straps onto the cuffs (2 per cuff).
2. Point your right elbow at the white logo on the cuff. Lay your right arm on the cuff so that the electrodes are touching your triceps (underarm muscles).
3. Wrap the straps around your right arm so that the cuff is secure. Repeat above steps for the left arm.



OPERATING THE DEVICE

1. Press and hold the Power button for 3 seconds. The device will beep, and the current program [mode] will appear on the LCD display.
2. Press the Program/Mode button to select a Program. There are 10 auto programs to choose from. We recommend using a variety of different programs in order to keep the muscles thoroughly stimulated and not grow accustomed to one mode.
3. There are 30 levels of intensity. Use the Left side intensity buttons to increase or decrease the intensity of the left arm. Use the Right side intensity buttons to increase or decrease the intensity of the right arm.

NOTE: The recommended usage is 1 to 2 times a day, 5 to 6 days a week for 30 to 60 minutes per session. We recommend starting at a lower level and then increasing the intensity as you become accustomed to E.M.S.

SHUTTING DOWN THE DEVICE

1. Press and hold the Power button for 3 second to tun the device off.
2. Place the protective plastic film sheets over the gel pads to preserve their life.

NOTE: This device works best when the gel pads are moist and sticky. If they become dry or smooth, please moisten them with a few drops of water or order a new set from SharperImage.com.

SAFETY WARNINGS

- Not for use by those with a pacemaker.
- Not for use by those with epilepsy.
- Not for use by those who have had recent surgery.
- Not for use while driving or operating heavy machinery.
- Not for use by those who are pregnant.
- Do not use on skin that is abnormal.
- Do not use this device for anything other than its intended purpose.
- This device is not a toy. Keep out of reach of children at all times.

CARE AND MAINTENANCE

- Do not overcharge this device.
- Do not expose this device to extreme heat or flames.
- Do not wash the controller or subject it to water.
- Store this device in a cool, dry place when not in use.
- Please cover the gel pads with the plastic film after use.