

ENG When placing the pads, ALWAYS ensure that the two pads FROM THE SAME COLOUR CODED LEAD are used to massage the muscles on one side of your body and that the two pads from ANOTHER COLOUR CODED LEAD are used on the other side of your body. It is not important which pad is attached to which connector (red/black). See the photos below for pad pairings. Men and women may use all pad positions. Some of the positions below require you to secure the limb(s) being exercised. How you secure the limb is indicated with a figure beside the photograph.

ESP Al colocar los electrodos, asegúrese SIEMPRE de que los dos electrodos conectados a un cable del mismo color se utilizan para ejercitar los músculos de un mismo lado del cuerpo y que los dos electrodos conectados a otro cable se emplean al otro lado del cuerpo. El orden de conexión de los electrodos con los conectores (rojo/negro) carece de importancia. Consulte las siguientes fotografías para comprobar la colocación de los electrodos por pares. Tanto hombres como mujeres pueden utilizar los electrodos en todas las posiciones indicadas. Algunas de las posiciones que

aparecen a continuación requieren que sujete las extremidades que se van a ejercitar. Una figura bajo la fotografía indica cómo sujetar la extremidad específica.

FR Au moment du placement des électrodes, TOUJOURS veiller à ce que les deux électrodes connectées au câble de même couleur soient utilisées en vue de stimuler le même muscle. Pour stimuler un autre muscle de votre corps, vous devrez utiliser un câble différent avec ses deux électrodes. Le positionnement des électrodes (rouge/noire) peut-être inversé. Voir les photos ci-dessous pour la mise en place des paires d'électrodes. Hommes et femmes peuvent utiliser toutes les positions des électrodes. Certaines des positions ci-dessous nécessitent l'immobilisation du ou des membres soumis à la stimulation. Pour immobiliser les membres concernés, reportez-vous aux figures accompagnant chaque photo.

ITA Quando si posizionano gli elettrodi, assicurarsi SEMPRE che i due elettrodi di UNO CAVO DELLO STESSO COLORE siano utilizzati per massaggiare i muscoli di un solo lato del corpo e che i due elettrodi del secondo cavo vengano utilizzati per l'altro lato del corpo. Non è importante a quale connettore (rosso/negro)

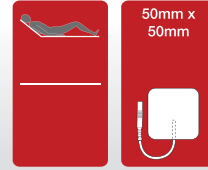
sia collegato un elettrodo. Vedere le fotografie per il corretto abbinamento degli elettrodi. Il posizionamento degli elettrodi sul corpo può essere lo stesso sia per l'uomo che per la donna. Alcune delle posizioni mostrate in basso richiedono che gli arti siano assicurati prima di iniziare la sessione. Nelle fotografie viene mostrato come assicurare correttamente gli arti.

D Achten Sie bei der Positionierung der Elektroden immer darauf, dass zwei Elektroden der gleichen Farbe zur Massage des Muskels auf einer Seite und die anderen beiden Elektroden mit einer anderen Farbe auf der anderen Seite des Körpers verwendet werden. Es ist egal, welche Elektrode an welchen Stecker angeschlossen wird (rot/schwarz). Auf den nachstehenden Fotos wird die paarweise Anbringung der Elektroden dargestellt. Alle Elektrodenpositionen sind für Männer und Frauen geeignet. Einige der dargestellten Positionen erfordern die Ruhigstellung der behandelten Gliedmaßen. Wie die Gliedmaßen ruhiggestellt werden, können Sie der Darstellung unter dem jeweiligen Foto entnehmen.

1 Sport

ENG Abdominals

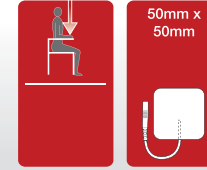
FR Abdominaux
D Bauchmuskulatur
ESP Abdominales
ITA Addominali



2 Sport

ENG Biceps Brachi

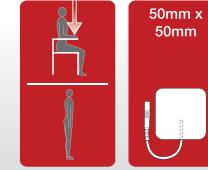
FR Biceps brachial
D Armbizeps
ESP Bíceps braquial
ITA Bicipite brachiale



3 Sport

ENG Triceps

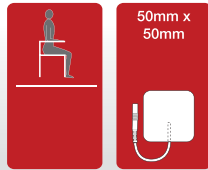
FR Triceps
D Trizeps
ESP Tríceps
ITA Tricipite



4 Sport

ENG Extensors: hand

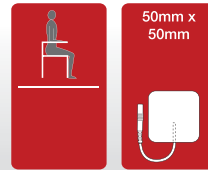
FR Extenseurs de la main
D Streckmuskeln der Hand
ESP Extensores de la mano
ITA Estensori della mano



5 Sport

ENG Flexors: hand

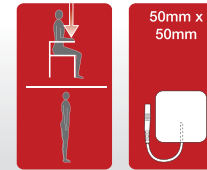
FR Fléchisseurs de la main
D Beugemuskeln der Hand
ESP Flexores de la mano
ITA Flessori della mano



6 Sport

ENG Deltoid

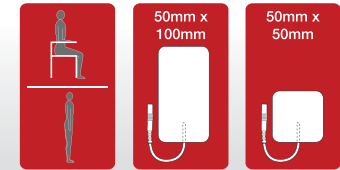
FR Deltoïde
D Deltamuskel
ESP Deltoïdes
ITA Deltoide



7 Sport

ENG Trapezius

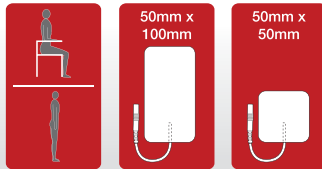
FR Trapèze
D Kapuzenmuskel
ESP Trapecio
ITA Trapezio



8 Sport

ENG Large Dorsal (latissimus dorsi)

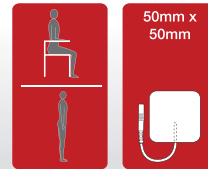
FR Grand Dorsal
D Großer Rückenmuskel
ESP Dorsal Mayor
ITA Gran dorsale



9 Sport

ENG Paravertebrals

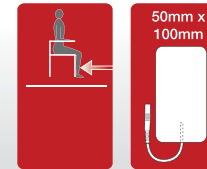
FR Zones paravertébrales
D Wirbelbereich
ESP Paravertebrales
ITA Paravertebrali



10 Sport

ENG Quadriceps

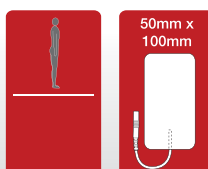
FR Quadriceps
D Quadripzeps
ESP Cuádriceps
ITA Quadricipiti



11 Sport

ENG Biceps femoris

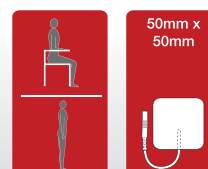
FR Biceps fémoral
D Oberschenkelbizeps
ESP Bíceps femorales
ITA Bicipiti femorali



12 Sport

ENG Calves

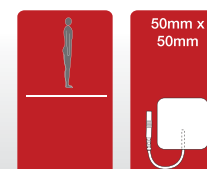
FR Mollets
D Wade
ESP Pantorrilla
ITA Polpacci



13 Sport

ENG Anterior tibial

FR Tibial antérieur
D Schienbein
ESP Tibial anterior
ITA Tibiale anteriore



United Kingdom: 0845 070 77 77
Republic of Ireland: 1890 92 33 88
France: 0810 347 450
Deutschland: 0800 000 1094
España: 900994467
Italy: 0800 928 388
International: +353 94 902 9936

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FR Lisez s'il vous plaît le manuel
D Lesen Sie bitte das Handbuch
ESP For favor lea el manual
ITA legga prego il manuale

Please read user manual fully before use.

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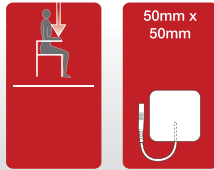
Pad Placement Chart

info@slendertone.com
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14 Toning

ENG Arms (biceps)

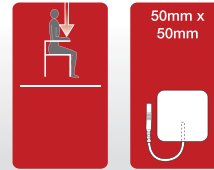
FR Bras (biceps)
D Arme (Bizeps)
ESP Brazos (biceps)
ITA Braccia (bicipite)



15 Toning

ENG Arms (triceps)

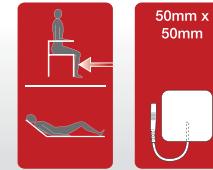
FR Bras (triceps)
D Arme (Trizeps)
ESP Brazos (triceps)
ITA Braccia (tricipite)



16 Toning

ENG Thighs (quadriceps)

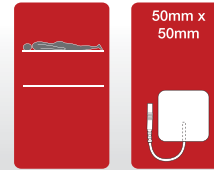
FR Cuisses (quadriceps)
D Schenkel (Quadrizeps)
ESP Muslos (cuádriceps)
ITA Cosce (quadricipiti)



17 Toning

ENG Gluteus

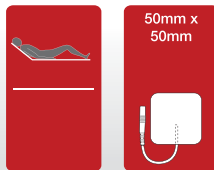
FR Fessiers
D Gesäßmuskeln
ESP Glúteos
ITA Glutei



18 Toning

ENG Abdominals

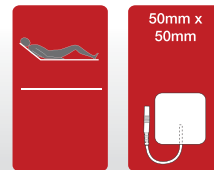
FR Abdominaux
D Bauchmuskulatur
ESP Abdominales
ITA Addominali



19 Toning

ENG Obliques (abdomen)

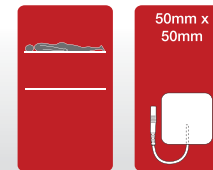
FR Obliques de l'abdomen
D Schräger Bauchmuskel
ESP Abdominal oblicuo
ITA Obliquo dell'addome



20 Toning

ENG Hips (fat deposits)

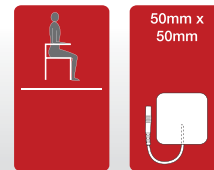
FR Zone: bourrelets/ hanches
D Bereich: Fettpolster/ Becken
ESP Zona: Pliegues/ cadera
ITA Cuscinetti/ anca



21 Health

ENG Area: Cervical (for TENS programme)

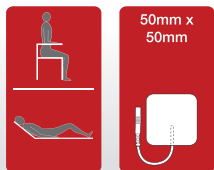
FR Zone: cervicale (pour programme TENS)
D Bereich: Hals und Nacken (TENS Programm)
ESP Zona: cervical (para programa TENS)
ITA Cervicali (per programma TENS)



22 Health

ENG Area: Shoulder (peri arthritis) (for TENS programme)

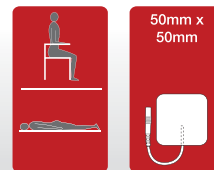
FR Zone: épaule (périarthrite) (pour programme TENS)
D Bereich: Schulter (TENS Programm)
ESP Zona: hombro (para programa TENS)
ITA Spalla (periartrite) (per programma TENS)



23 Health

ENG Area: Lumbar (lumbalgia) (for TENS programme)

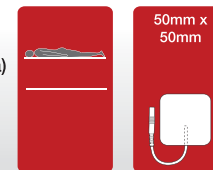
FR Zone: Lombaire (lombalgie) (pour programme TENS)
D Bereich: Lenden (Lendenschmerzen) (TENS Programm)
ESP Zona: Lumbar (lumbago) (para programa TENS)
ITA Lombare (lombalgia) (per programma TENS)



24 Health

ENG Area: Leg (Sciatica) (for TENS programme)

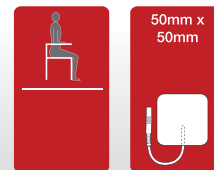
FR Zone: La longueur de la jambe (sciatalgie) (pour programme TENS)
D Bereich: Bein in der Länge (Ischias) (TENS Programm)
ESP Zona: La longitud de la pierna (ciática) (para programa TENS)
ITA Lunghezza gamba (sciatalgia) (per programma TENS)



25 Health

ENG Area: Elbow (epicondylitis) (for TENS programme)

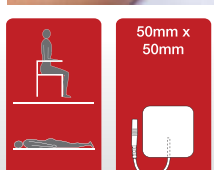
FR Zone: coude (épicondylite) (pour programme TENS)
D Bereich: Ellenbogen (Tennisarm) (TENS Programm)
ESP Zona: Codo (epicondilitis) (para programa TENS)
ITA Gomito (epicondilitite) (per programma TENS)



26 Health

ENG Area: Hip (hip pain) (for TENS programme)

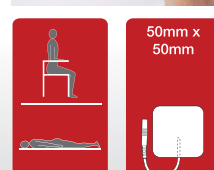
FR Zone: hanche (douleurs à la hanche) (pour programme TENS)
D Bereich: Becken (Beckenschmerzen) (TENS Programm)
ESP Zona: cadera (dolores de cadera) (para programa TENS)
ITA Anca (dolori all'anca) (per programma TENS)



27 Health

ENG Area: Knee (knee pain) (for TENS programme)

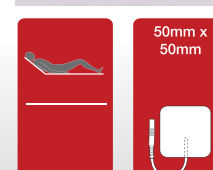
FR Zone: genou (douleurs au genou) (pour programme TENS)
D Bereich: Knie (Knieschmerzen) (TENS Programm)
ESP Zona: Rodilla (dolores de rodilla) (para programa TENS)
ITA Ginocchio (dolori al ginoc) (per programma TENS)



28 Health

ENG Area: Ankle (sprains / bruising) (for TENS programme)

FR Zone: cheville (entorse/contusion) (pour programme TENS)
D Bereich: Fessel (Verstauchung/Prellung) (TENS Programm)
ESP Zona: tobillo (distorsión/contusión) (para programa TENS)
ITA Caviglia (distorsione/contusione) (per programma TENS)



29 Health

ENG Area: Wrist (carpal tunnel) (for TENS programme)

FR Zone: poignet (tunnel carpien) (pour programme TENS)
D Bereich: Handgelenk (Handwurzel(tunnel)) (TENS Programm)
ESP Zona: muñeca (túnel carpiano) (para programa TENS)
ITA Polso (tunnel carpale) (per programma TENS)

