

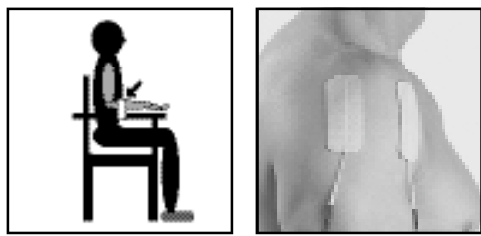
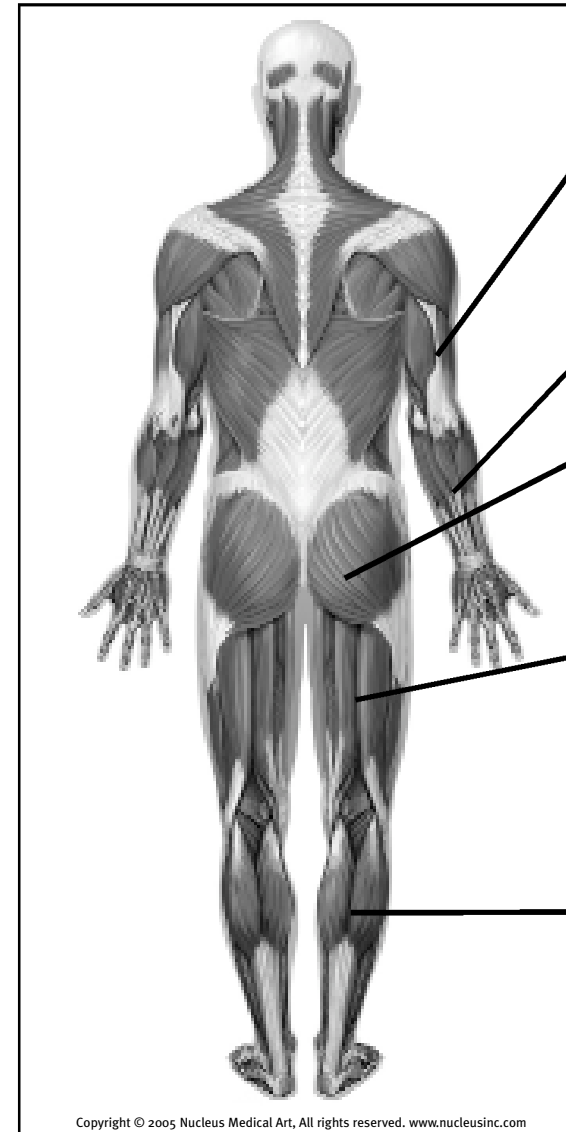
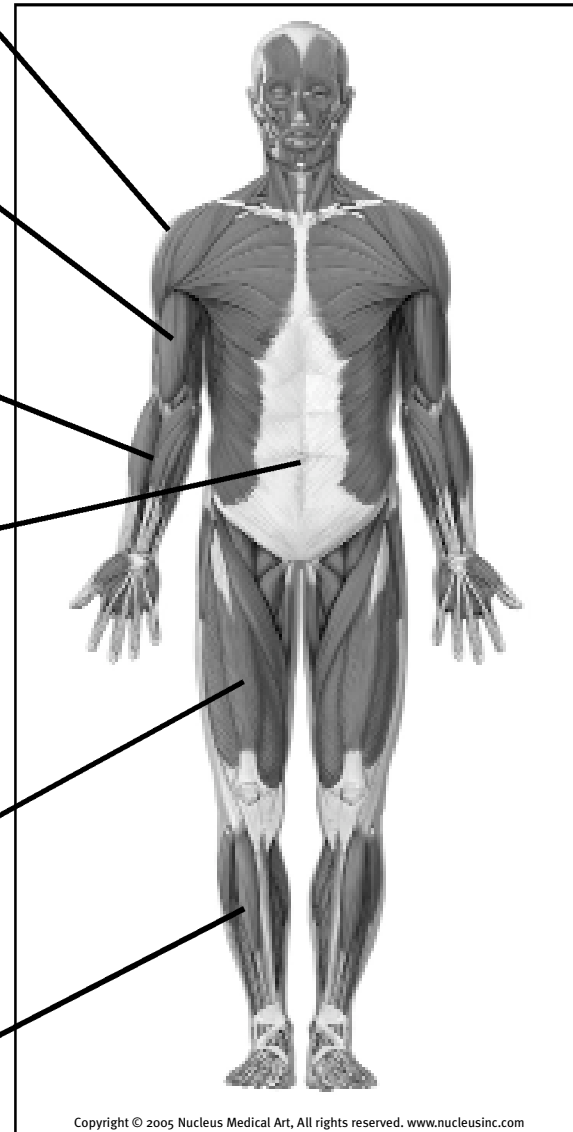
SLENDERTONE[®]

SPORT[™]

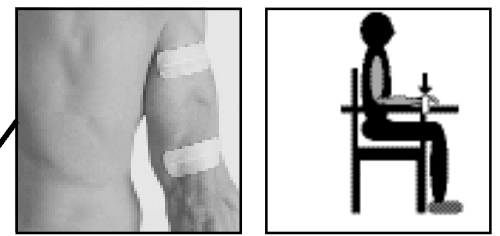
Muscle Chart / Carte des Muscles

Once you have read your user instructions you can begin to use your SLENDERTONE SPORT. This section should be used as a quick reminder until you are comfortable using the unit.

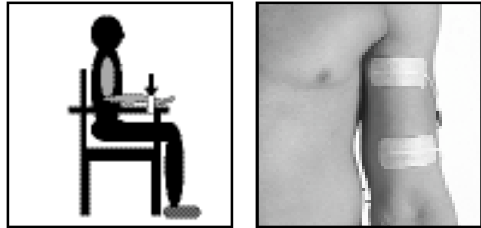
Ne commencez pas à utiliser votre SLENDERTONE SPORT avant d'avoir lu l'intégralité du mode d'emploi. Cette section est un rappel rapide de ce que vous devez faire jusqu'à ce que vous soyez habitué à votre appareil.



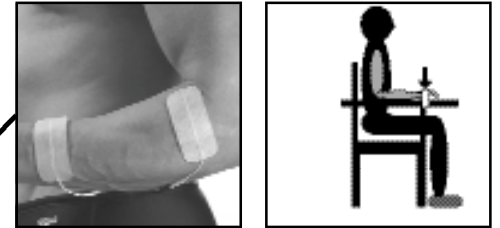
Deltoid / Le deltoïde



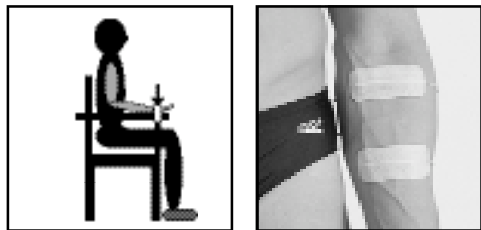
Triceps brachii / Le triceps brachii



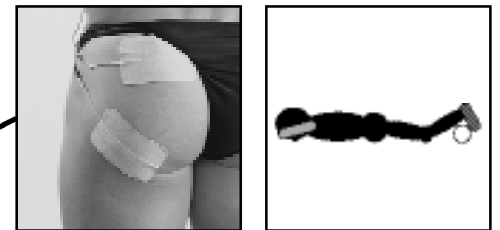
Biceps brachii / Le biceps brachii



Wrist Extensors / L'extenseur de poignet



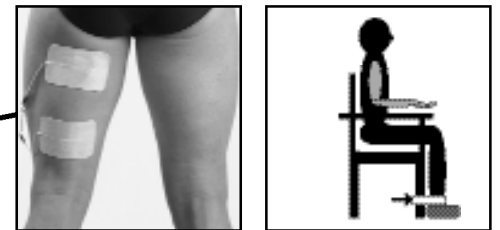
Wrist flexors / Le fléchisseur de poignet



Gluteus Maximus / Le grand fessier



Abdominal muscles / Les muscles abdominaux



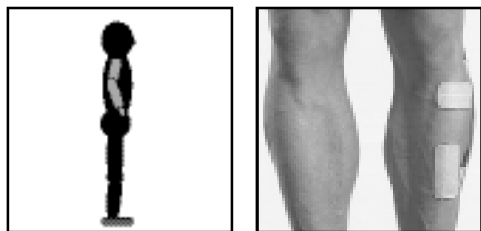
Hamstrings / Les muscles des cuisses



Quadriceps



Calf muscles / Muscles du mollet

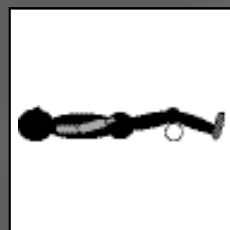


Tibialis anterior

Body Position *

Pad Position

Recovery placements / Placements en récupération



Quadriceps Recovery
Récupération des quadriceps



Hamstrings Recovery
Récupération des cuisses



Calf Recovery
Récupération des gastrocnemius

↑
Placement
des électrodes

↑
Position et
immobilisation
du corps *

* Always stimulate your muscles isometrically – this means that, when you stimulate your muscles, there should be no movement of the limb(s) controlled by those muscles. To do this you must secure the limb(s) to prevent movement

* Stimulez toujours vos muscles de façon isométrique, ce qui veut dire que, lorsque vous stimulez vos muscles, les membres concernés ne doivent pas bouger. Pour ce faire, immobilisez le(s) membre(s) pour éviter tout mouvement.

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