

# Homefront

**Slim Pro-XV1000**

ABDOMINAL MUSCLE TONER



Owners Manual

 **HOMEFRONT**

**SLIM PRO-XV1000**





Welcome to your

# Homefront Slim Pro-XV1000

ABDOMINAL MUSCLE TONER

## ON/OFF & PAUSE KEY

- Pressing it once turns the unit ON and pressing it down for 3 seconds turns the unit OFF
- Pressing it briefly when the unit is turned ON pauses the program and pressing it briefly again restarts the program

## PROGRAM & LOCK KEY

- Pressing the key once takes you to the next program
- Pressing the key and holding it down for 3 seconds locks all except the ON/OFF key



## INTENSITY KEYS

- Pressing the key with the arrow pointing upward increases the intensity
- Pressing the key with the arrow pointing downward decreases the intensity

## BATTERY COMPARTMENT

- Sliding down the cover reveals the battery compartment. 3 x 1.5V AAA batteries should be placed in this compartment



## DISPLAY

- Shows various information when the unit is in use



# Homefront Slim Pro-XV1000

Thank you for purchasing the *Homefront Slim Pro-XV1000* your personal Abdominal Muscle Toner.

Your unit has been specially designed to help you tone your abdominal muscles the *Homefront Slim Pro-XV1000* way in the privacy and comfort of your own home.

The *Homefront Slim Pro-XV1000* is extremely easy to use with automatic features, simple operation keys and an informative display to give you all the details on your exercise routine. The 5 specifically developed programs automatically take you through various levels of exercise, which are optimized to give you a tighter, firmer stomach and tone your abs easily and effectively.

## How does the Homefront Slim Pro-XV1000 work

The *Homefront Slim Pro-XV1000* works on the principle of EMS or Electrical Muscle Stimulation. The unit generates safe, gentle electrical pulses that are delivered onto your skin through the special electrodes placed on the inside of the belt. These electrical pulses activate the nerves, which control the muscles. The pulses then contract and relax the muscle in a way similar to an exercise routine.

The pulses generated have been designed to imitate natural muscular contractions, which are effective and comfortable. The programs send out the pulses at regular intervals, which contract and relax the abdominal muscles, similar to doing a regular sit-up.

## How does it feel?

To begin with the pulses give a mild tingling sensation and as the intensity is increased you will start to notice muscle contractions right below and around the electrodes. The muscle contractions are smooth and each contraction will start with a slow rise, hold itself in a contracted position for a few seconds and then gently relax.





## Getting Started

### Detaching unit from Belt cradle

Once you have unpacked the Homefront Slim Pro-V belt, you will find the main unit sitting inside the cradle on the belt. To detach the main unit from the cradle, push the top half of the unit firmly away from the cradle. Once the unit has snapped out from the magnetic contacts on the cradle, just slide the unit out of cradle.



### Inserting the Batteries

Slide down the battery cover on the main unit to reveal the battery compartment. Insert 3 x 1.5V AAA Alkaline batteries in the compartment. The batteries should be placed with the correct polarity as shown in the compartment. Placing the batteries in the wrong direction can cause damage to the unit.



### Wearing the Belt

The *Homefront Slim Pro-V1000* belt is designed to fit a wide range of waist sizes. The special material makes it easy to stretch and the belt sits comfortably and discreetly around your waist.

Lay the belt flat with the black electrodes on the inside of the belt facing you. Moisten the black electrodes and your skin over the stomach area with water. Make sure that water is evenly spread across the electrodes.

Now strap the belt around your waist with the electrodes pressed directly over your abdominal muscles. The belt should be strapped tightly so that the electrodes make good contact with your skin.

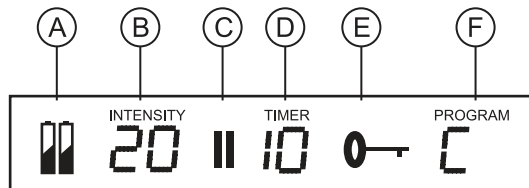


## Placing the unit onto the cradle

Once you have strapped the belt on, place the unit into the cradle on the belt. The buttons on the unit should face outward and the display shows face upwards so that it is visible to you. Once the unit is securely placed into the cradle, it should click into place.

Now, you are ready to use your *Homefront Slim Pro-XV1000* muscle toner

## The Homefront Slim Pro-XV1000 Display



The Homefront Slim Pro-XV1000 has a very informative display, which keeps you informed of the Program in use, Intensity levels, Low battery indication, Pause indication, Time remaining and the Lock indicator

**A. Low Battery Warning :** The battery symbol blinks when the battery power is running low and the batteries need to be replaced

**B. Intensity Level :** The intensity level is displayed between 0 - 40

**C. Pause Indicator :** The Pause sign blinks when the program is paused

**D. Timer :** Indicates the time remaining in the current program

**E. Lock Indicator :** Indicates that the keypad is locked and the intensity levels cannot be increased or decreased

**F. Program :** The current program in use is displayed along with the number of times the same program has been repeated



# Operating Guide

## Quick and Easy

After placing the batteries and strapping the belt around your waist, follow the *Homefront Slim Pro-XV1000* operating guide to start your exercise routine

Press the ON/OFF key briefly to turn the unit ON. You will hear a beep tone and the display will light up.

The program A-01 will be displayed if the unit is being used for the first time. It is recommended to start off with program A-01. However, if you would like to change to another program, you can do so by pressing the program key marked "P".

Now press the arrow pointing upward on the Intensity Key. This will increase the intensity and you will start feeling a tingling sensation and as you increase the intensity further, your muscles start contracting. The intensity level should be increased to your maximum comfort level and you should feel the muscles on your stomach being exercised. There are 40 adjustable intensity levels and you can increase or decrease the intensity levels at any time. If at any time you wish to turn OFF the unit, press and hold down the ON/OFF key for 2 seconds.

## What if you get an uncomfortable feeling?

If you feel a prickling sensation rather than muscle contractions, stop the program and follow these guidelines

- *Remove the belt and make sure that the electrode area is moist*
- *Check and see if the electrodes are not damaged*
- *When you strap the belt on, make sure that the electrodes are in good contact with your skin and the belt is firmly placed around your stomach*
- *Increase the intensity to a higher level*

## Important Tips?

-Always make sure that the conductive electrode is moist before use

-If your skin turns red or there is an irritation, stop using the belt for a little while till the irritation goes away. Sometimes this is caused due to the moist electrodes drying up

-Occasionally the body develops excessive oils on the skin and this could prevent the conduction of the electrical pulses. Cleaning the skin area with a warm damp cloth before using the belt is a good solution

-Always have a resting period of at least 5 hours between two workouts

## Pausing the program

If at any time you choose to pause the program just press the ON/OFF button briefly. There will be a beep tone and the pause symbol will flash on the display. To restart just press the ON/OFF button briefly again, you will hear a beep tone and the program will continue from where it was paused



# Homefront Slim Pro-XV1000 Workout Guide

## Program Guide

The *Homefront Slim Pro-XV1000* has 5 specially designed programs to take you through a higher and more effective level of exercise as you step up from one program to the next. The workout and muscle contractions get longer and tougher as you move from programs A to E.

Each program is designed to run for a specific length of time and each program will repeat itself for a certain number of workouts before stepping you up to the next program. For example, when you first start the program A-01 will run for the length of time indicated and then the unit will turn off automatically.

After you complete the program A-01 and the next time the unit is turned ON, program A-02 will appear on the display. If you do not complete a certain program fully, then that particular program will restart again the next time you turn ON the unit.

If at any point you feel that you are ready to move on to the next level, you can do so by using the program key "P". If you change to another program in between a running program, then the intensity drops down to level 0, stays at level 0 for 2 seconds, and then starts gradually increasing to the original intensity level you were using with the earlier program. If at any time you wish to stop the gradual increase in intensity, just press the intensity down key.

All the programs of the *Homefront Slim Pro-XV1000* have been designed with an introductory phase before the actual workout and a final cool down phase before finishing the program. The introductory phase, which goes on for 2 minutes gives your muscles time to adjust to the new workout and the 2 minute cool down phase relaxes your muscles before finishing the workout routine.

It is recommended to increase the intensity moderately after the first 2 minutes of the introductory phase so that you gain maximum benefit from the actual workout routine.

## Exercise Guide

When you first start using the *Homefront Slim Pro-XV1000* it is recommended to use the unit once a day for the first week. This will get your muscles to adjust to the exercise. After that you can use the unit twice a day, making sure that the time interval between two sessions is at least 5 hours.

The exercise routine can also be altered to your own personal fitness level, maintaining a comfortable threshold. It is also recommended to go step by step through all the programs, as they have been specifically designed to give your muscles enough time to accommodate to the progressively tougher workout routines.

A healthy balanced diet and regular exercise combined with the benefits of the *Homefront Slim Pro-XV1000* are necessary to gain the best results.





# Homefront Slim Pro-XV1000 Automatic Functions

## Auto turn Off

If the unit is turned ON, the intensity level is not increased beyond 0 and it is not used for 5 minutes then the unit will turn off automatically

## Contact detection

If there is no skin contact with the electrodes then the intensity levels automatically drop down to 0. Hence, the unit can be turned ON but if the belt is not strapped around your waist, the intensity cannot be increased and it will remain at level 0. Also, if the belt is removed during use, the intensity level automatically drops to 0. This is a safety feature that prevents the user from any unpleasant sensation if the electrodes are not in contact with the skin.

## Low Battery detection

When the battery power is low, the low battery indicator blinks on the display and the batteries need to be replaced

## Memory function

The unit stores the last program used in its memory. If the program is fully completed then the unit shift to the next step when the unit is restarted. The memory function resets to the first program if the batteries are removed from the unit.

# Homefront Slim Pro-XV1000 Special Functions

## Locking the keys

Once you have attained an intensity level you are comfortable with you should lock the keys to prevent them from being accidentally used. Press the program button and hold it down for 3 seconds, there will be a beep tone and the lock symbol will appear on the display. The intensity cannot be increased or decreased when the keys are locked nor can the program be changed.

To unlock the keys simply press and hold down the program key again for 3 seconds. After a beep tone, the lock symbol will disappear and the keys can be used.

## Program Off Time

Every program has an ON time when the muscles are contracting and an OFF time, which is the relaxing period. The ON and OFF times last for several seconds and this is repeated several times over the period of the program.

As a safety feature, during the OFF time the intensity cannot be increased but only decreased. The word INTENSITY flashes on the display during the OFF time.



## General Precautions

Looking after your *Homefront Slim Pro-XV1000* unit

- *Never machine wash your belt, you can hand wash it with warm water*
- *Do not use fabric conditioner or bleach to wash your belt*
- *Never immerse the unit in water*
- *Do not place the unit close to excessive heat*
- *Remove batteries from unit if you do not plan to use it for a long period*
- *Always use the correct type of batteries (1.5V AAA, LR03) and make sure that the batteries are placed correctly as indicated in the battery compartment*

## Warnings

Please read the instructions carefully before using the unit.

Please **do not** use the *Homefront Slim Pro-XV1000* if

- *You have a heart pacemaker or suffer from any other heart problems*
- *You suffer from cancer or epilepsy*
- *You are pregnant*

Please **do not** place the electrodes

- *Over the carotid sinus located on the front of the neck*
- *Across the head or trans-cranially*
- *Across the chest or anywhere close to the heart*
- *Over an open wound, infected areas or parts of the body where normal sensation is limited*

In very rare cases, skin irritation occurs around the electrode area.

## Warranty

Your *Homefront Slim Pro-XV1000* unit is fully covered by a guarantee for 1 year from the date of purchase as shown on your invoice. If the unit develops a problem within that period, please return it, along with the original invoice, to the specialist dealer or retail outlet from where the unit was purchased, or contact services from the details provided at the end of this instruction booklet. Your faulty unit will either be repaired or replaced free of charge.

The guarantee does not apply if the unit has been damaged due to misuse or accident, or if repair work or any manipulation of the unit has been carried out by any party other than *Homefront Slim Pro-V* or its authorised agents.

# Technical Specifications

## Program Details

| Program A | Running Time | Repetitions |
|-----------|--------------|-------------|
| A         | 22 minutes   | 4           |
| B         | 22 minutes   | 4           |
| C         | 22 minutes   | 8           |
| D         | 31 minutes   | 16          |
| E         | 31 minutes   | Continuous  |

## Output Ratings

|                  |   |
|------------------|---|
| Output Voltage   | 70V p-p across 500 ohm load   |
| Output Current   | 140mA across 500 ohm load   |
| Output Frequency | 30 - 80Hz   |
| Pulse Width      | 200xs per phase   |
| Waveform         | Symmetrical b-phasic rectangular waveform measured across a standard load |
| Power Supply     | 3 x 1.5V AAA batteries - Type LR03  |

Operating Conditions: 0 - 40°C  
20 - 65% RH

Storage Conditions: 0 - 55°C  
10 - 90% RH



This device conforms with the requirements of the Medical Device Directive (93 / 42 / EEC)



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