



*Tua*<sup>®</sup>

tre'nd

ORIGINAL ITALIAN BEAUTY TOOLS

## **CAUTION**

Before using the appliance, read the instructions in this manual carefully. The manual contains important information on safety, operation, maintenance and precise contraindications. Look after the manual carefully for further reference.

This appliance must only be used for the purposes for which it was designed, meaning for the electric stimulation of muscles for personal-use beauty purposes (as indicated and described in this manual only).

All other uses shall be deemed improper.

The manufacturer disclaims all liability for any damage or injury caused by improper, wrong and unreasonable use.

## WELCOME TO THE WORLD OF TUA

The TUA world is the world of those people who want to feel well with themselves and in the midst of others. Everyday life, with its many hardships, anxieties and commitments, gradually risks dousing our expectations for the future, together with the curiosity, the energies and the vitalities that abound within us. The TUA world consists of a series of appliances dedicated to all those who want to stay in shape, bind together health and beauty and start (or start again) dedicating themselves to their well-being. For this reason, entering the TUA world is as easy and practical as staying at home: the appliances are used at home for just a few minutes a day. The fact that they are battery-driven makes

them absolutely portable. Their carefully studied ergonomic and innovative design ensures immediate use and makes them highly appealing. The TUA world contains all the technological and scientific experience of a group that also leads the way in the manufacture of professional electro-medical and beauty treatment appliances preferred by top-ranking institutes the world over. It is with the confidence that comes to us from the work of a well-tested team of researchers and with the guarantee provided by the most stringent international quality controls that we say to you too:

welcome to the world of TUA!

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# ELECTROSTIMULATION

Electrostimulation exploits a natural principle of our body. The brain in fact stimulates muscles through electro-chemical impulses conveyed to the fibres.

In the same way, through its electrodes, TUA TRE'ND conveys special low-voltage currents to the muscles and tissues. These currents are controlled and absolutely safe, able to cause the passive contraction of the muscle fibres and increase blood flow in the areas involved.

As and from today, all the advantages of electrostimulation are at your disposal.

In human beings, skeletal muscle contraction is controlled by the central nervous system by means of electro-chemical impulses conveyed through the nervous system.

The electro muscle stimulator is an appliance able to generate specific electrical currents that cause muscle contraction by substituting the impulses generated by the central nervous system. In this case, the current is applied at the point where the nerve comes into contact with the muscle cells (neuromuscular plate).

By modulating a series of variable parameters like the frequency of electrical impulses, duration of contraction and recovery, etc...various programs can be obtained useful for achieving different goals, strengthening muscle power, toning up beauty treatment, right up to the decontraction of injured and contracted muscles. Besides the correct positioning of the electrodes (see attached tables), care must also be given to choosing the right program for the result to be achieved.

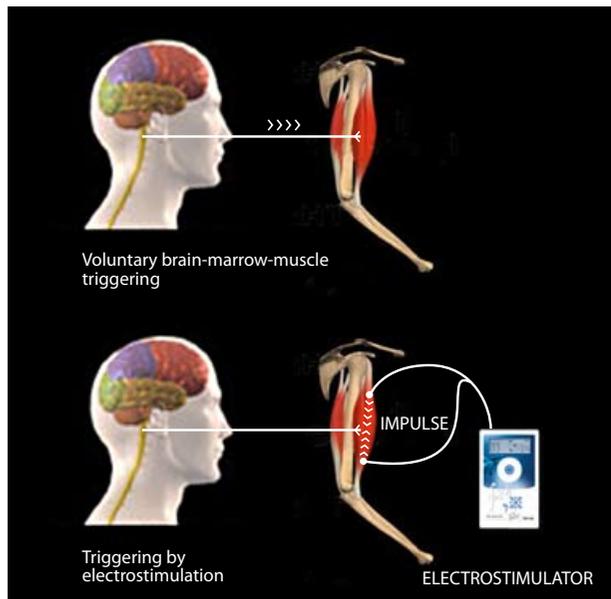
On this in fact will depend to a great extent the success of training through induced electric stimulation.

## BENEFITS OF ELECTROSTIMULATION

Training by electrostimulation provides a number of advantages which, when used according to criteria suited to the specific context, are such as to **integrate** and partially replace voluntary training. Among these can be included:

- **Selective stimulation of the muscle group or part of this.**

By positioning the electrodes correctly on the different muscles, a specific stimulation can be achieved on the selected muscle. Reducing activity of the adjacent muscles to a minimum. This is unlike what happens in the case of voluntary contraction, where the muscles always work according to specific muscle chains and synergies. For example, the selective stimulation of the quadriceps



muscle, or one of its heads (like the vastus medialis) can be achieved.

- **Maximum recruitment of muscle fibres.** By setting suitable current intensities, the maximum recruitment of muscle fibres can be obtained, something hard to achieve through voluntary contraction.

- **Absence of load on joints.** Especially on the spine, where problems in this area often represent a limitation to physical activity in both sedentary and sportspersons.

- **Absence of general body tiredness.** This makes it possible to concentrate a high number of specific intensity training stimulations within a short period of time. A large volume of work is thus done that would otherwise be impossible, within the same space of time, during the performance of traditional muscle activity programs.

- **Rapid progress.** Whether sports training, beauty treatment or rehabilitation after injuries, progress is always fast. In this latter case in fact, with due parameters, electrostimulation can be promptly used, thus considerably speeding up recovery and strengthening processes.

## MAIN CONTRAINDICATIONS AND WARNINGS

- During the menstrual cycle, skin conductivity changes; stimulation could prove less pleasant.
- Stimulation can cause reddening of the skin where the electrodes are applied, above all in the case of people with very sensitive skin.  
Such reddening is perfectly normal and usually disappears fairly quickly.
- Patients allergic to the gel of the electrodes should suspend treatment and see a doctor.
- Do not apply the electrodes on hyperpigmented areas (large moles) and varicose veins.
- Do not apply the electrodes directly on the breasts but rather on the muscles that support the breasts.
- Do not use in intimate and delicate areas - armpits, groin, knee cavities.
- Do not use on the abdomen of pregnant women.
- Do not use TUA TRE'ND on children, pace-maker wearers and people in weak psycho-physical condition or with physiological and organic ailments.
- Do not use on people with metal prostheses, silicone prostheses or aorta-abdominal bypasses.
- Do not use in transthoracic mode to prevent interference with the heart beat.
- Do not use on people suffering from epilepsy or multiple sclerosis.
- Do not apply near transplants.
- Do not apply to persons suffering from tumour syndromes or major neurological illnesses.
- Do not use on animals.
- IN CASE OF DOUBT, SEE A DOCTOR

**TUA TRE'ND Well-being in fashion!**

# TUA TRE'ND Body



## CONTENTS OF PACKAGING

- 1 electrostimulator with 2 outputs (part no. SLTTB)
- 1 kit of 4 adhesive electrodes 35x45 (part no. ELAD3545)
- 1 kit of 4 adhesive electrodes 40x90 (part no. ELAD4090)
- 2 leads for electrodes (part no. VAXF27)
- 1 mains adaptor (part no. VATR11)
- 1 short-form operator manual (part no. VATR08)
- 1 DVD manual (part no. VATR10)

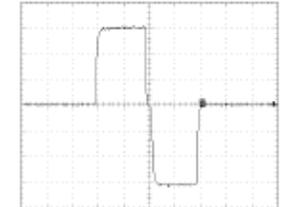
## PRODUCT DESCRIPTION

TUA TRE'ND Body is a complete electrostimulation unit for body treatments.

It features 2 independent outputs able to control 4 adhesive-gel electrodes ideal for applications on all body areas.

The outputs generate a rectangular-shape biphasic symmetric current, the intensity of which can be regulated directly by the user with precise 1 mA steps.

All the other parameters are preset for each of the 16 resident programs, making the appliance very easy to use.



symmetrical biphasic rectangular current for stimulating body muscles



- 1 Symbol indicating conformity of the appliance with European Directives
- 2 4.8-6 V battery-powered (direct current)
- 3 Production lot number (lot number-year-week of manufacture)
- 4 Appliance with BF type fitted part
- 5 Do not dispose of the device in the common urban waste

# DESCRIPTION OF PROGRAMS

## **BODY PROGRAMS** TUA TRE'ND Body features 12 programs, 6 for the upper body and 6 for the lower body.

### **1 SLIM – program for slimming fatty areas**

Localised adiposity, caused by bad eating habits and a sedentary lifestyle, is an increasingly more widespread problem universally acknowledged as producing considerable aesthetic damage, but also as being bad for the health.

The way to reduce adipose is to regulate the energy balance and this is possible in just two ways:

- **reduction in energy intake, i.e. food**
- **increased energy consumption, obtainable by raising the metabolism, muscle activity or temperature.**

The excito-motor action of the SLIM program with its fast exercise (short contractions followed by equally short pauses for relaxation), comparable to aerobic workouts, submits the treated area to a dynamic muscular activity, which results in a considerable increase in local blood circulation and a consequent rise in temperature. **This results in increased energy consumption without any strain. This sort of “gymnastics” also has the advantage of being able to be done by everybody, without any cardiocirculatory involvement, acceleration of breathing or heartbeat rates.**

### **2 TONE – program for toning up and firming**

Loss of skin and muscle tone is a natural occurrence, because during the course of the years, our skin gradually tends to become less elastic and lose water. This results in its being less taut and firm. Because we also become more sedentary as we grow older, our muscles lose volume and tone.

Along with these tendencies, tied to ageing, other occurrences must be taken into consideration like pregnancy, the sudden putting on of weight and slimming, cellulite and hormone climactic, all factors capable of causing an alternation of stretching and relaxing harmful to the elasticity of the skin.

TUA TRE'ND Face&Body's 2 TONE program is able to provide really focussed body sculpting using the action of the excito-motor current which optimises trophism and muscular tone and drains liquids which have built up in the tissues.

TONE exercises muscles with prolonged contractions followed by short relaxing pauses. This ensures demanding muscular work, comparable to a with gym workout with heavy weights (bodybuilding) and consequent intense vascularization which **enables rapid recovery of muscular tone and mass.**

### **3 LIPOCELL**

The LIPOCELL program gets rid of waste substances that tend to intoxicate cells (catabolites), thereby favouring liquid retention, by means of the trophic and capillarising action of the specifically used frequencies.

Finally, the lipolytic action of this program is targeted on triggering energy mechanisms that use fatty acids as substrate for biochemical reactions, thus favouring their elimination.

The 3 LIPOCELL program is also effective for treating cellulite.

Cellulite is an unsightly defect based on defective primary microcirculation, leading to alteration of the adipose tissue and connective fibres.

The various existing treatments to contrast cellulite aim at:

- **improving circulation** (“heat producing” or “vaso-tonifying” cosmetic products)
- **reduction of adiposity** (lipolytic products like algae, iodine, caffeine, cola...)
- **reduction of oedema** (pressotherapy, draining cosmetics)
- **improvement of skin tone** (excitomotory contraction)

By combining 3 LIPOCELL, 1 SLIM (reduction of localised fat) and 2 TONE (restoration of skin and muscular tone) programs, TUA TRE'ND Face&Body offers an excellent means of dealing with this widespread problem. Constant use, possibly combined with a low-calorie diet, can give remarkable results.

### **4 MASS**

Specific program for building up muscle mass and strength; the hypertrophic action of this program helps restore volume and trophism to the area involved.

### **5 M-STRENGTH**

The M-STRENGTH program is specific for strengthening muscles, especially the para-vertebral and latissimus dorsi. Electrode positioning for all the muscles is mirrored with respect to that indicated for excito-motor electrostimulation.

### **6 RELAX**

This program is expressly conceived to decontract and relax the muscles (i.e. cervical area, upper trapezium and muscle alongside the spine).

Muscle contraction causes tensions in the connective fibres which, on hardening, prevent the intra-dermal exchange required for normal function of the muscle masses. TUA TRE'ND Face&Body's RELAX program acts on the contracted areas of the body and improves blood flow. It also relaxes taut and stiff muscles and facilitates the quick neuro-muscular re-adaptation of the area.

## WORK PHASES

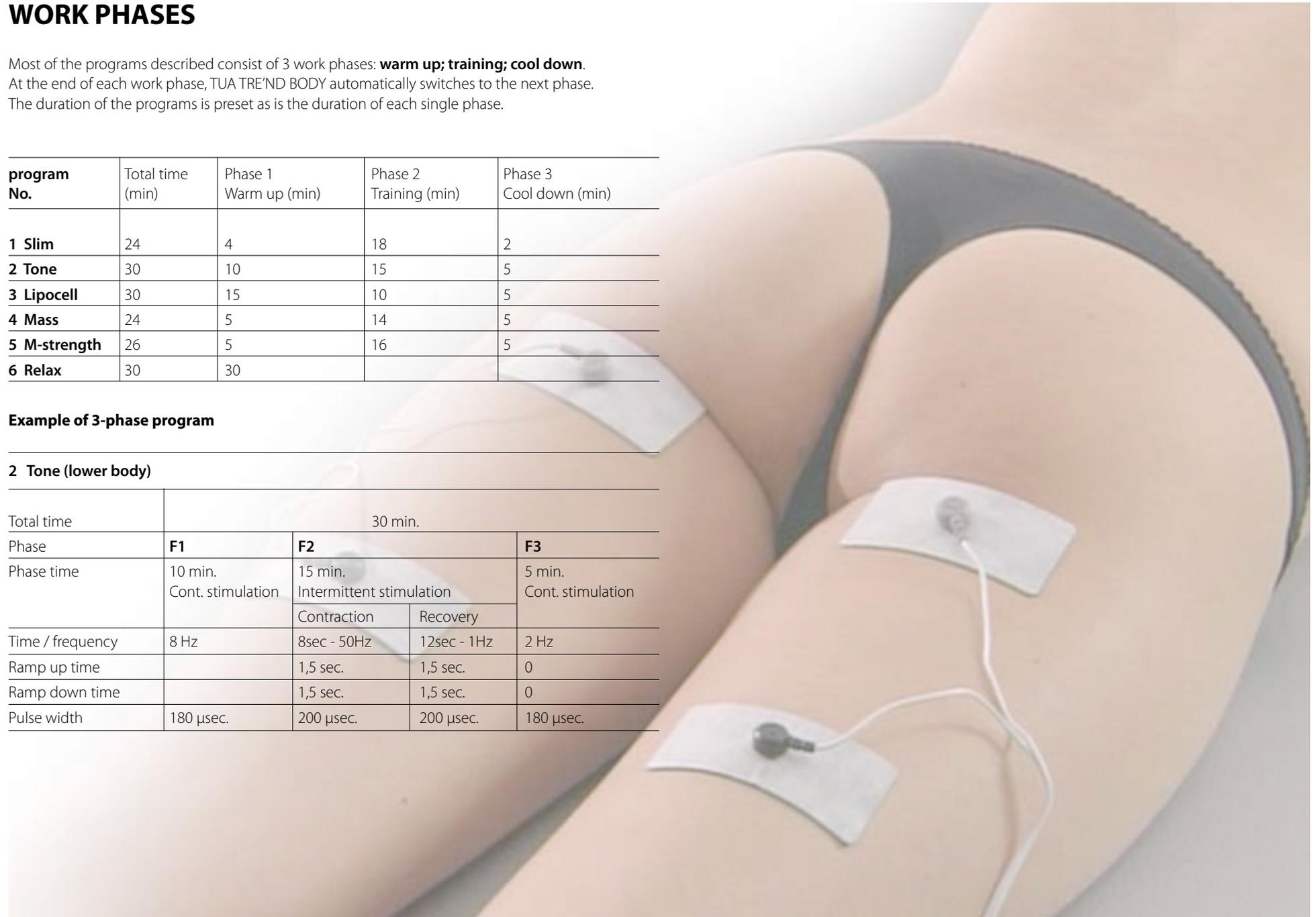
Most of the programs described consist of 3 work phases: **warm up; training; cool down.**  
 At the end of each work phase, TUA TRE'ND BODY automatically switches to the next phase.  
 The duration of the programs is preset as is the duration of each single phase.

program No.	Total time (min)	Phase 1 Warm up (min)	Phase 2 Training (min)	Phase 3 Cool down (min)
<b>1 Slim</b>	24	4	18	2
<b>2 Tone</b>	30	10	15	5
<b>3 Lipocell</b>	30	15	10	5
<b>4 Mass</b>	24	5	14	5
<b>5 M-strength</b>	26	5	16	5
<b>6 Relax</b>	30	30		

### Example of 3-phase program

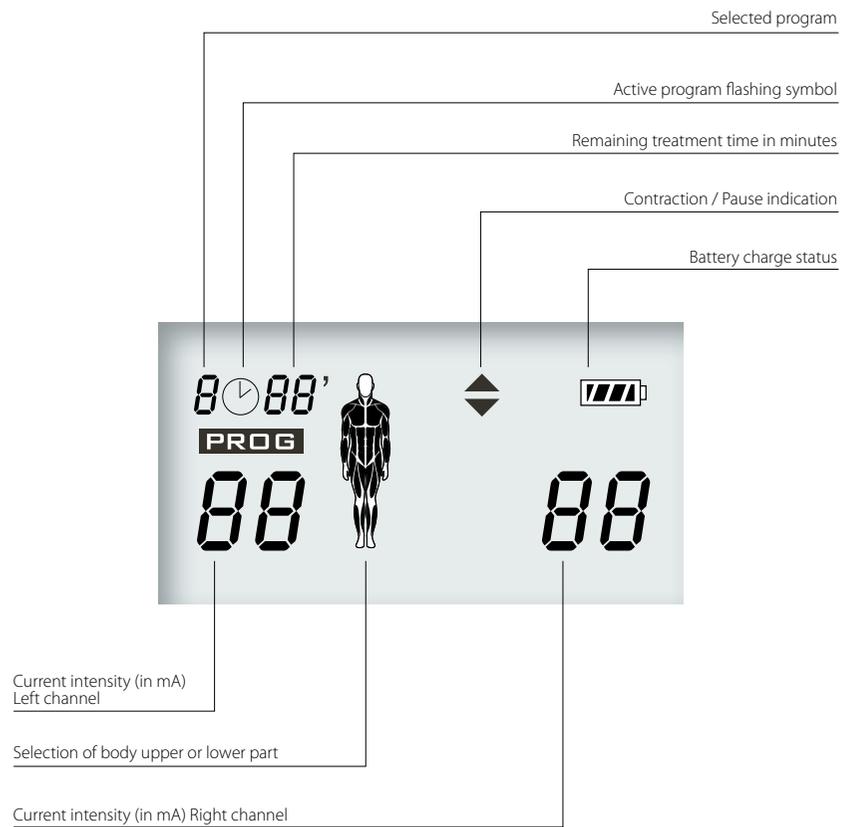
#### 2 Tone (lower body)

Total time	30 min.			
Phase	<b>F1</b>	<b>F2</b>		<b>F3</b>
Phase time	10 min. Cont. stimulation	15 min. Intermittent stimulation		5 min. Cont. stimulation
		Contraction	Recovery	
Time / frequency	8 Hz	8sec - 50Hz	12sec - 1Hz	2 Hz
Ramp up time		1,5 sec.	1,5 sec.	0
Ramp down time		1,5 sec.	1,5 sec.	0
Pulse width	180 µsec.	200 µsec.	200 µsec.	180 µsec.



# USING TUA TRE'ND Body

## GRAPHIC DISPLAY

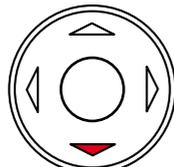
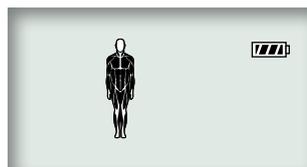


Before starting the appliance, position the electrodes on the muscle area selected for treatment as indicated in the **BODY APPLICATIONS** (positioning of electrodes).  
Now connect the leads to one or both outputs.

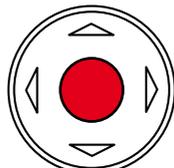
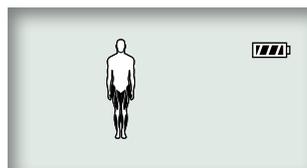


To start TUA TRE'ND Body, simply keep the central button  pressed for over 1 second; the display will light up and a beep will indicate the appliance is switched on (to optimise battery consumption, the display lighting switches off after about 5 seconds). If any key is pressed, the display lights up.

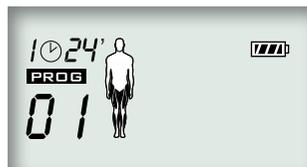
TUA TRE'ND Body section features 12 different treatment programs, 6 for the lower body and 6 for the upper body. Using the arrow up key  or arrow down key  first of all select the part of the body to be treated,  
**TOP:** chest, arm, shoulder, back.  
**BOTTOM:** thighs, legs, buttocks.



The example shows the lower body.

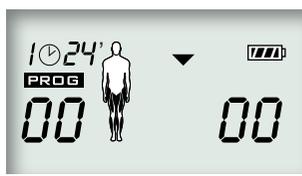
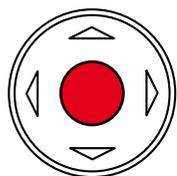


Now select the desired program using the right arrow key  (to move forward) or left arrow key  (to move back).

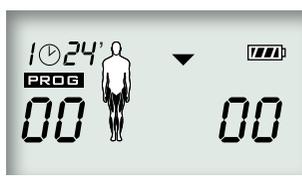
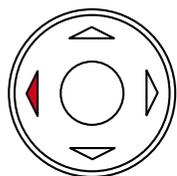


The example illustrates the program 1 selection procedures (lower body).

The display shows the number of the selected program (1), the selected part of the body (lower), the total treatment time expressed in minutes (in this case 24 minutes), and the battery charge.

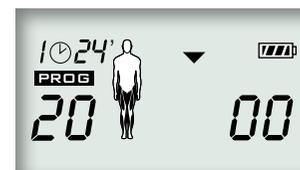
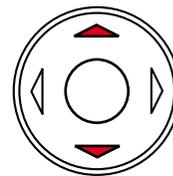


The selection procedure is now over and work can start. Start treatment by pressing the ENTER button.



TUA TRE'ND BODY generates a square-shaped biphasic wave on the two channels. The intensity of the current of each channel is expressed in milliamperes and is indicated on the display initially at 00.

Press the right arrow key  or left arrow key  to select the channel on which to set the current value (the selected channel flashes) and by means of the arrow up button  and arrow down button  set the desired value (with single step pressures of 1 mA, or by keeping the buttons pressed so forward movement is continuous and faster).



In the example, the value of the left channel is set at 20 milliamperes.

After a few seconds, the display stops flashing, the current intensity level is automatically stored.

The set value can also be confirmed by pressing ENTER  or selecting the current intensity of the other channel by means of the side arrow. Repeat the same operations for the second channel. The progress of the treatment time is indicated by the flashing clock icon and that of the minutes symbol.

## REGULATING THE INTENSITY

The pulses are alternated with intervals; intensity adjustment must only be made during pulses and not during the intervals to avoid undesired excessive stimulations.

The best results can be achieved with deep contractions, but without **ever reaching uncomfortable and troublesome** current levels.

The TUA TRE'ND Face&Body programs are automatic and pre-compiled to ensure utmost ease of use; the parameters such as frequencies, treatment times, phase times, and contraction and interval times are already set.

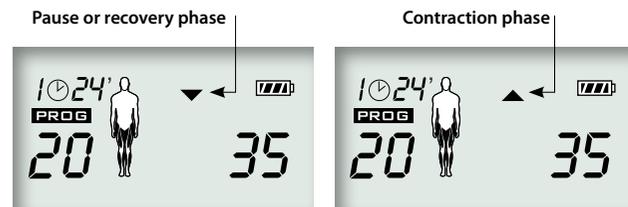
Most of the TUA TRE'ND Face&Body programs consist of 3 work phases: this means they start with a few minutes of low-frequency warm-up to prepare the muscles for treatment and continue with the actual work phase, before terminating with the cool-down phase.

Each phase consists of contraction periods alternated with relaxation or interval periods.

At the end of each work phase, TUA TRE'ND Face&Body automatically passes on to the next phase. This is indicated by an intermittent beep.

The duration of the programs is already set, as it is the duration of each phase.

The recovery or interval phase is shown on the screen by the lighting up of the arrow pointing downwards while the contraction phase is shown by the arrow pointing upwards.



The end of the execution of the work program is indicated by a long beep.

At the end of the treatment, switch off TUA TRE'ND Face&Body while keeping the ENTER button  pressed for about 2 seconds.

**IMPORTANT:** THE CURRENT VALUE IS SET AT THE FIRST PHASE OF THE PROGRAM.

During the treatment, this current value will automatically adjust itself through the next phases. This will make the workout more comfortable and effective. For instance, in Program N. 1, if you set the current at 50 mA, when the treatment moves to phase 2, the current automatically adjusts itself to 45 mA, and in phase 3 to 50 mA.

In Program 3, phase 1 is made by contraction and recovery, therefore if you set the contraction current at 30 mA, during the recovery phase the current will move to 33 mA.

In any case, while the program is running, both the contraction and recovery currents can be changed and TUA TRE'ND's microprocessor is able of handling them separately and storing in memories new set values.

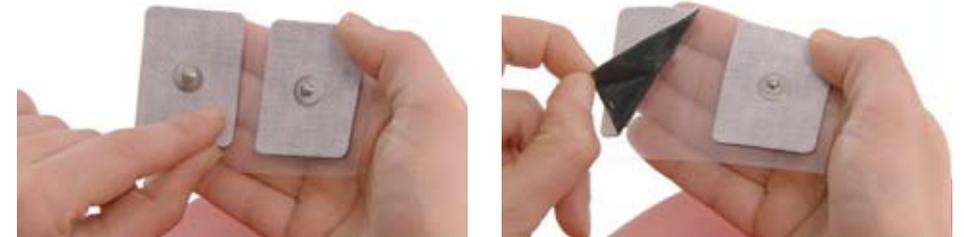
## POSITIONING AND CONNECTING THE BODY ELECTRODES

Remove the protective film from the adhesive electrodes being careful to put these aside for reuse. Position a pair of adhesive electrodes on each muscle group involved in the treatment. Connect the electrodes to a lead and fit this in the socket of an appliance channel. Generally speaking, the electrodes must be positioned following the general instructions described in the part of the manual relating to the applications.

**These points are subjective;** after a few tests, it will nonetheless be easy to identify the positions that ensure best stimulation.

**Respect the polarity of the leads.**

**Adjust the position of the electrodes only after having reduced the stimulation current of the relevant channel on the appliance.**



### ELECTRODE POSITIONING

see the [BODY APPLICATIONS](#) (positioning of electrodes).

## TECHNICAL DETAILS

Parameters	Body program
No. of outputs	2
Wave shape	Symmetrical biphasic rectangular
No. of programs	12 (6 + 6)
Pulse width	from 150 µSec. to 200 µSec.
Frequency range	from 1 Hz to 80 Hz
Contraction time	1÷12 sec.
Recovery time	1÷25 sec.
Current intensity	60 mA (peak on impulse, load 1Kohm)
Supply	4 x batteries 1.2V 750mA rechargeable AAA type (code VABA07) or 4 alkaline batteries 1.5 V AAA type
Weight	120 g (including batteries)
Dimensions	90 x 60 x 18 mm
Operating conditions	Temperature: from 0 to 35 °C Humidity: from 20 to 65% RH
Storage	Temperature: from 0 to 50 °C Humidity: from 10 to 85 % RH
Battery charger	VUPIESSE mod. AD075020 (Vupiesse Italia reorder code: VATR11) Input: AC 230V~ 50Hz 4W Output: DC 7,5V - 200mA 1,5VA

**If adhesive gel electrodes of a different brand are used, carefully follow these instructions: electrode measurement (body section only) 3.5x4.5 cm or 9x4 cm minimum electrode surface 15 sq cm.**

## RECHARGING THE BATTERIES

Use the battery charger provided to recharge the battery set supplied with the appliance. The batteries must be recharged when ample and deep muscle contractions are no longer achievable.

By means of the graphic display icon, TUA TRE'ND Body indicates the battery charge condition. When the battery is completely down, the appliance switches off and can only be switched on again after changing or recharging the batteries.

To recharge the batteries, fit the battery charger plug in the socket and connect the battery charger to a power mains supply point.

The battery condition icon starts flashing on the display screen. After charging the battery charger automatically disengages and the battery condition icon remains on the display screen.

If correctly used, battery life expectations are around 300 charge/discharge cycles.

**For safety reasons, during battery recharging, appliance operation is deactivated.**



If the appliance is not used for long periods of time, remove the batteries from their housings.

## REPLACING THE BATTERIES

Remove the batteries from their housings and fit the new ones, type AAA, always alkaline, respecting the polarities shown on the bottom of the housing.

If the machine is not used for long periods of time, remove the batteries from their housing.

## CLEANING THE APPLIANCE

To clean the appliance only ever use a soft cloth, if necessary sprayed with a neutral detergent product. Do not use alcohol, thinners, solvents or other chemical products.

## CHANGING THE ADHESIVE GEL ELECTRODES

The adhesive-gel electrodes last for 10-15 applications, after which, when these are no longer able to stick to the parts of the body to be treated and are no longer able to produce good contractions, they must be changed.

## DISPOSAL

TUA TRE'ND is an electronic device and as such contains electronic components that could be harmful for the environment and for human health if disposed of in a way not in conformity with applicable legal provisions.

Discard TUA TRE'ND, the parts it contains and the accessories in compliance with local regulations on waste disposal.

In particular, always discard old batteries into special containers.

Directive No. 2002/96/EC requires product owners to dispose of it by delivering it to a local Waste Electrical and Electronic Equipment (WEEE) Collection centre or giving it back to the dealer on making a new purchase and in any case forbids discarding the product as domestic waste.

The directive establishes fines for the unlawful discarding of such wastes.

The symbol shown below (crossed waste basket on wheels) and on the TUA TRE'ND data plate indicates that the waste of electrical and electronic equipment must be collected separately.



## CLASSIFICATION

- TUA TRE'ND is a BF type internally powered appliance; Class II when connected to the battery charger BF type applied part.
- Degree of protection against the penetration of liquids: IPX0.
- Not suitable for use with anaesthetic mixtures inflammable with air, oxygen or nitrous oxide.

## CONFORMITY WITH REGULATIONS

TUA TRE'ND bears the CE mark.

TUA TRE'ND has been designed and manufactured in conformity with the requirements of the company quality system certified according to UNI EN ISO 9001:2000 and UNI EN ISO 13485:2004 standards.

For product audit, the EN60335-2-32:2003 electrical safety standard has been applied.

Conformity with electromagnetic compatibility has been determined by applying standards EN50366:2003

EN55014-1

EN55014-2

EN61000-3-2

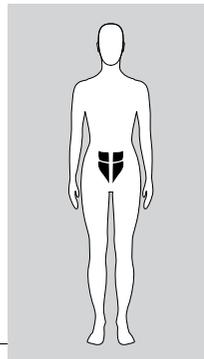
EN61000-3-3

# 1 • LOWER ABDOMINALS

Toning, slimming and shaping the tummy: in this position, most work is done on the lower abdominals and treatment is targeted on the lower tummy.

**Programs:**  
**1 SLIM**  
**2 TONE**

**Muscles involved:**  
**LOWER ABDOMINALS**



Take up the position shown in the illustration.  
**Supine position**



Position of the electrodes on the body as shown in the photo.

**2 channels - 4 electrodes**

Always keep to the indicated polarity (GREY AND BLACK).



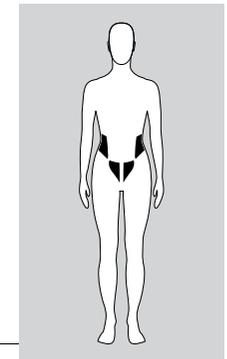
# 2 • TRANSVERSE ABDOMINALS

Slimming and firming the transverse abdominals and sides; this application concentrates mainly on the transverse abdominals and sides.

During treatment, the muscle must not be contracted due to a bad position.

**Programs:**  
**3 LIPOCELL**  
**1 SLIM**  
**2 TONE**

**Muscles involved:**  
**TRANSVERSE ABDOMINALS**



Take up the position shown in the illustration.  
**Supine position**



Position of the electrodes on the body as shown in the photo.

**2 channels - 4 electrodes**

Always keep to the indicated polarity (GREY AND BLACK).



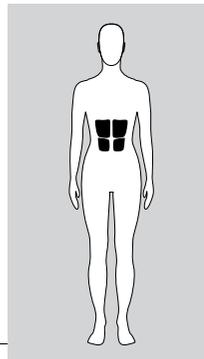
### 3 • UPPER ABDOMINALS

Strengthening of the upper abdominal muscles; this application, together with the 2 previous ones completes the successful treatment of all the abdominal muscles.  
During treatment, the muscle must not be contracted due to a bad position.

**Programs:**  
**2 TONE**

**Muscles involved:**  
**UPPER ABDOMINALS**

Take up the position shown in the illustration.  
**Supine position**



Position of the electrodes on the body as shown in the photo.

**2 channels - 4 electrodes**

Always keep to the indicated polarity (GREY AND BLACK).



### 4 • BREASTS – PECTORALS

**Breasts:**  
Toning supporting muscles to model, harden and lift the breasts.

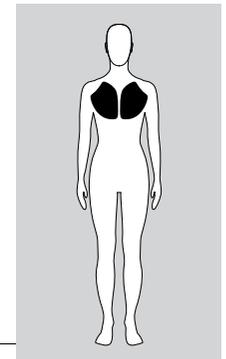
**Pectorals:**  
Strengthening and defining pectorals. The muscles must work isometrically; if contraction produces limb movement, slightly move the electrodes until appropriate stimulation is achieved.

**WARNING :**  
Do not apply the electrodes directly on the breasts but rather on the muscles that support the breasts.

**Muscles involved:**  
**PECTORALIS MAJOR**

**Programs:**  
**4 MASS**  
**2 TONE**

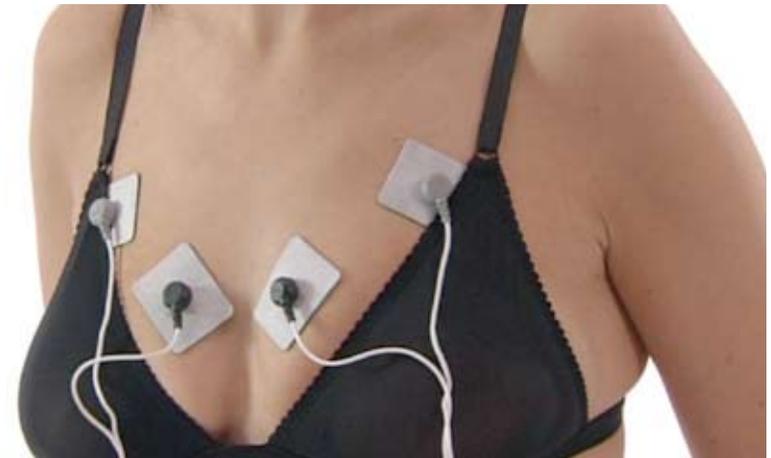
Take up the position shown in the illustration.  
**Seated or supine position**



Position of the electrodes on the body as shown in the photo.

**2 channels - 4 electrodes**

Always keep to the indicated polarity (GREY AND BLACK).



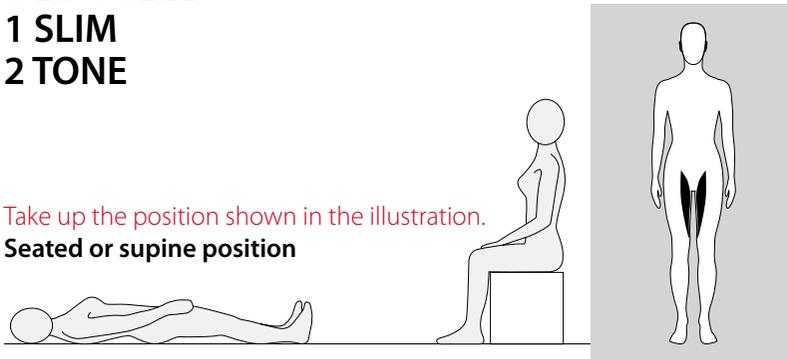
## 5 • INNER THIGHS

Slimming and toning the internal and external part of the thighs.  
 The muscles must work isometrically:  
 if contraction produces excessive limb movement, it is best to keep these blocked to prevent muscle shortening and to make stimulation comfortable and safe.

**Programs:**  
 3 LIPOCELL  
 1 SLIM  
 2 TONE

**Muscles involved:**  
 ADDUCTORS

Take up the position shown in the illustration.  
 Seated or supine position



Position of the electrodes on the body as shown in the photo.

**2 channels - 4 electrodes**

Always keep to the indicated polarity (GREY AND BLACK).



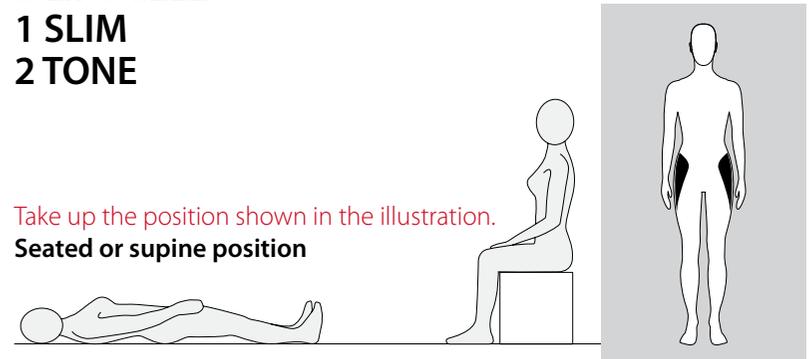
## 6 • OUTER THIGHS

Slimming and toning up the outer thighs.  
 The muscles must work isometrically: if contraction produces excessive limb movement, it is best to keep these blocked to prevent muscle shortening and to make stimulation comfortable and safe.

**Programs:**  
 3 LIPOCELL  
 1 SLIM  
 2 TONE

**Muscles involved:**  
 ABDUCTORS

Take up the position shown in the illustration.  
 Seated or supine position



Position of the electrodes on the body as shown in the photo.

**2 channels - 4 electrodes**

Always keep to the indicated polarity (GREY AND BLACK).



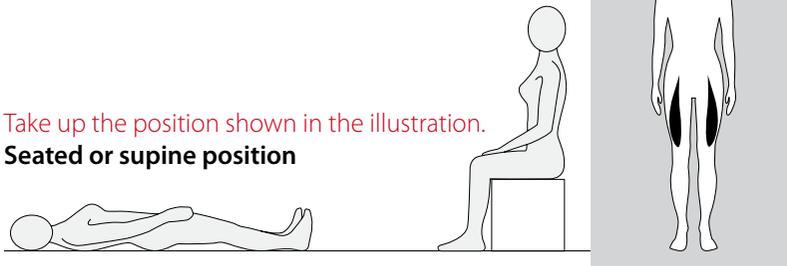
## 7 • FRONT OF THIGH (thigh biceps)

Slimming and toning of the front part of the thighs.  
 The muscles must work isometrically: if contraction produces excessive limb movement, it is best to keep these blocked to prevent muscle shortening and to make stimulation comfortable and safe.

**Programs:**  
 1 SLIM  
 2 TONE  
 4 MASS

**Muscles involved:**  
 THIGH BICEPS

Take up the position shown in the illustration.  
**Seated or supine position**



Position of the electrodes on the body as shown in the photo.

**2 channels - 4 electrodes**

Always keep to the indicated polarity (GREY AND BLACK).



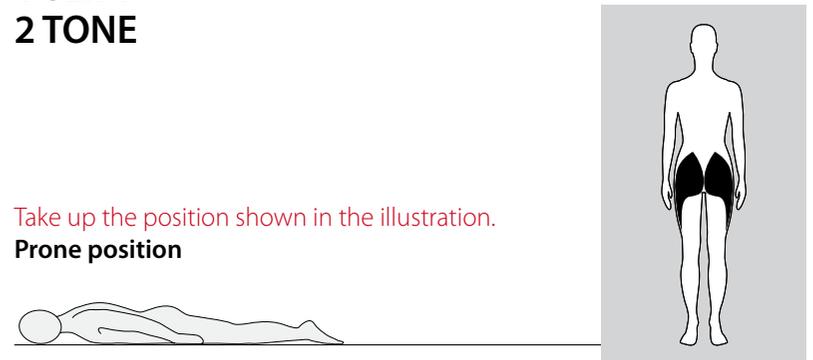
## 8 • BUTTOCKS

Firming, shaping, lifting and slimming of buttocks.  
 The muscles must work isometrically: if contraction produces excessive limb movement, it is best to keep these blocked to prevent muscle shortening and to make stimulation comfortable and safe.

**Programs:**  
 1 SLIM  
 2 TONE

**Muscles involved:**  
 LARGE GLUTEUS

Take up the position shown in the illustration.  
**Prone position**



Position of the electrodes on the body as shown in the photo.

**2 channels - 4 electrodes**

Always keep to the indicated polarity (GREY AND BLACK).

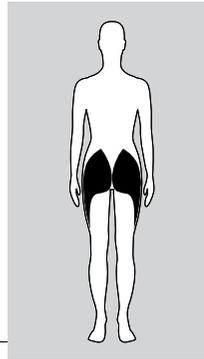


## 9 • BUTTOCKS

Firming and toning, lifting and slimming of buttocks.  
 The muscles must work isometrically: if contraction produces excessive limb movement, it is best to keep these blocked to prevent muscle shortening and to make stimulation comfortable and safe.  
 The use of 4 electrodes on a single gluteus is recommended when treating very voluminous buttocks.

**Programs:**  
 1 SLIM  
 2 TONE

**Muscles involved:**  
 LARGE GLUTEUS



Take up the position shown in the illustration.  
**Prone position**



Position of the electrodes on the body as shown in the photo.

**2 channels - 4 electrodes**

Always keep to the indicated polarity (GREY AND BLACK).

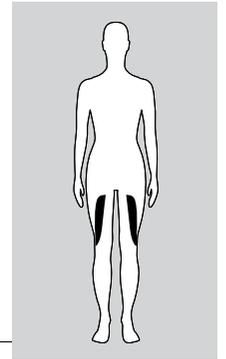


## 10 • BACK OF THIGHS

Firming and toning the back part of the thighs.  
 The muscles must work isometrically: if contraction produces excessive limb movement, it is best to keep these blocked to prevent muscle shortening and to make stimulation comfortable and safe.

**Programs:**  
 1 SLIM  
 2 TONE  
 3 LIPOCELL

**Muscles involved:**  
 THIGH BICEPS, PARTIALLY GLUTEUS



Take up the position shown in the illustration.  
**Prone position**



Position of the electrodes on the body as shown in the photo.

**2 channels - 4 electrodes**

Always keep to the indicated polarity (GREY AND BLACK).



## 11 • CALVES

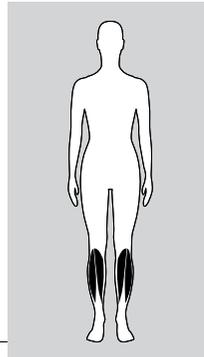
Firming and toning of calves.

The muscles must work isometrically: if contraction produces excessive limb movement, it is best to keep these blocked to prevent muscle shortening and to make stimulation comfortable and safe.

**Programs:**  
**1 SLIM**  
**2 TONE**

**Muscles involved:**  
**CALVES**

Take up the position shown in the illustration.  
**Prone position**



Position of the electrodes on the body as shown in the photo.

**2 channels - 4 electrodes**

Always keep to the indicated polarity (GREY AND BLACK).



## 12 • TRAPEZIUS AREA

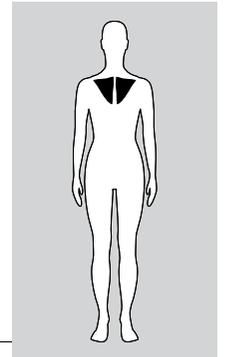
De-contraction of upper trapezius, of cervical area and muscles alongside the top part of the spinal column.

The muscles must work isometrically: if contraction produces excessive limb movement, it is best to keep these blocked to prevent muscle shortening and to make stimulation comfortable and safe.

**Programs:**  
**6 RELAX**  
**2 TONE**

**Muscles involved:**  
**TRAPEZIUS**

Take up the position shown in the illustration.  
**Seated or prone**



Position of the electrodes on the body as shown in the photo.

**2 channels - 4 electrodes**

Always keep to the indicated polarity (GREY AND BLACK).



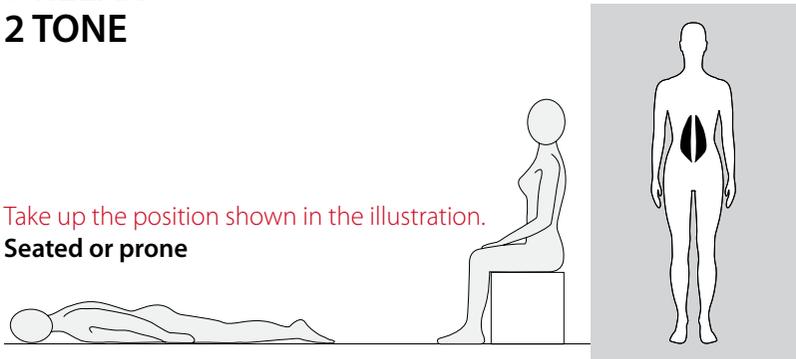
## 13 • DORSAL AREA

Relaxation and toning of back muscles.  
The vertical movement of the electrodes to adjacent positions makes it possible to successfully exercise all the back muscle.

**Programs:**  
**6 RELAX**  
**2 TONE**

**Muscles involved:**  
**LATISSIMUS DORSI**

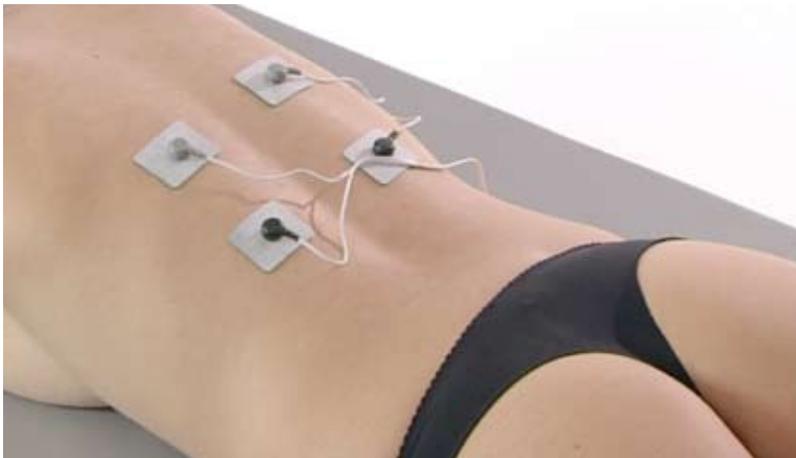
Take up the position shown in the illustration.  
**Seated or prone**



Position of the electrodes on the body as shown in the photo.

**2 channels - 4 electrodes**

Always keep to the indicated polarity (GREY AND BLACK).



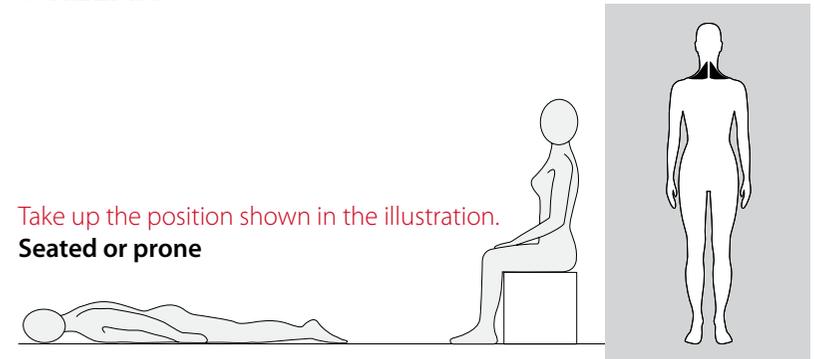
## 14 • CERVICAL AREA

De-contraction and relaxation of the cervical area.

**Program:**  
**6 RELAX**

**Muscles involved:**  
**CERVICALS**

Take up the position shown in the illustration.  
**Seated or prone**



Position of the electrodes on the body as shown in the photo.

**2 channels - 4 electrodes**

Always keep to the indicated polarity (GREY AND BLACK).



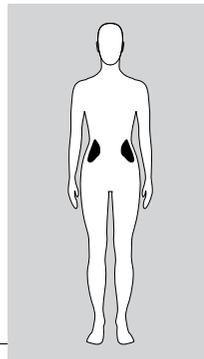
## 15 • PELVIS AND HIPS

Treatment of the lumbar area and slimming of hips.  
The muscles must work isometrically.

**Programs:**

- 1 SLIM
- 2 TONE
- 3 LIPOCELL

**Muscles involved:**  
PELVIS AND HIPS



Take up the position shown in the illustration.

**Prone position**



Position of the electrodes on the body as shown in the photo.

**2 channels - 4 electrodes**

Always keep to the indicated polarity (GREY AND BLACK).



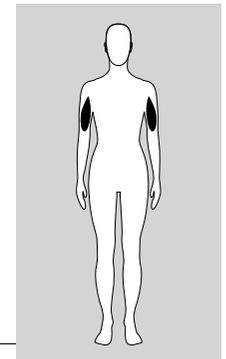
## 16 • BICEPS

Firming and toning of biceps.

**Programs:**

- 1 SLIM
- 2 TONE
- 3 MASS

**Muscles involved:**  
ARM BICEPS



Take up the position shown in the illustration.

**Seated position**



Position of the electrodes on the body as shown in the photo.

**2 channels - 4 electrodes**

Always keep to the indicated polarity (GREY AND BLACK).



# 17 • TRICEPS

**Firming and toning of triceps.**

The muscles must work isometrically; if contraction produces excessive limb movement, it is best to keep these blocked to prevent muscle shortening and to make stimulation comfortable and safe.

**Programs:**

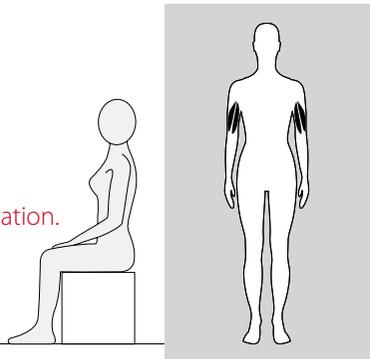
- 1 SLIM**
- 2 TONE**

**Muscles involved:**

**ARM TRICEPS**

Take up the position shown in the illustration.

**Seated position**



Position of the electrodes on the body as shown in the photo.

**2 channels - 4 electrodes**

Always keep to the indicated polarity (GREY AND BLACK).

