


The Body shaper utilizes the body's own reflexes to exercise your muscles in a convenient manner that does not require you to get out of breath. The Body shaper accomplishes this best when you are in a stress position, such as a squat posture, and your muscles are working to keep you in that position. When the oscillating plate moves quickly, your muscles automatically move a small amount to keep you in that posture, hence exercising your muscles really efficiently. You will find the Body shaper extremely effective, but only if you use it whilst in one of the positions shown, but you will only get the best results if you bend your knees or arms (depending which is pressing on the oscillating plate) so your muscles adopt the automatic motion described. You can also use the Body shaper as a general massager to ease muscle pain and improve circulation, and here you would not press so hard on the plate, rather let the plate do the work for you. Use several different postures for a few minutes each for a complete workout.

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| <p>Whole-body-exercise posture: Stand on the plate and stretch your feet like as wide as your shoulders. This will help improve overall circulation and muscle tone.</p> | <p>Squat posture: Stretch your legs as wide as your shoulders when squatting and bend your knees down to 90 degrees if you can and hold the position. This is great for a thigh workout.</p> | <p>Press-Up posture: Stretch your arms as wide as your shoulders. If you wish to exercise the muscles more, bend your elbows to 90 degrees and hold this position.</p> | <p>Lower legs posture: Put your lower legs as shown on the plate with your hands supporting behind you on the ground. For a deeper exercise, raise your seat off the floor and press down on your calves.</p> |
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| <p>Waist Bend posture: Stretch your legs, bend at the waist and put your hands on the plate. Bend your elbows for a deeper exercise.</p> | <p>Single-foot posture: Put one foot on the pedal and relax yourself. For a deeper exercise, lunge forward, placing more body weight on the plate.</p> | <p>Sitting posture I : Sit with your buttocks on the oscillating plate. Sit comfortably, keeping your back straight.</p> | <p>Sitting posture II : Put your legs on the plate when sitting on a chair. This is a great way to ease tension and can help to improve circulation in the legs.</p> |

1. **Emergency stop:** Led on console shows "Er-3", Led on PCB flashes three times.
2. **Connection error:** Led on console shows "Er-4", Led on PCB flashes four times.
3. **Electron power tube damage:** Led on console shows "Er-5", Led on PCB flashes five Times.
4. **Current Overload:** Led on console shows "Er-6", Led on PCB flashes six times.
5. **Engineer abnormality:** Led on console shows "Er-7", Led on PCB flashes seven times.
6. **Blocked Engineer:** Led on console shows "Er-8", Led on PCB flashes eight times.
7. **Low voltage:** Led on console shows "Er-9", Led on PCB flashes nine times.