

Table of Contents

Important Note	2
How to inflate the Belt	3 - 12
Usage : Inflated Belt	13
Usage : Non-Inflated Belt	14
How long to use the Belt	15 - 16
Special Notes	17
Precautions & Contraindications	18
Care Instructions	19
Customer Support	19

Important Note



Note: This is our latest model Belt and Air Pump. This may look different than our other versions.

How to inflate the Belt



Figure 1. Deflate Belt with Air Release Key.

Step 1. Before putting the Belt on, you must completely deflate the Belt first. To deflate, press the Air Release Air against the air valve stem until all air is released.

How to inflate the Belt



Figure 2. Deflated Belt sitting on hip.

Step 2. Put the deflated Belt around your waist with the bottom edge of the Belt sitting just above your pelvic crest (hip). Some ladies may find it more comfortable to place the Belt lower such that it wraps around the pelvic crest (hip).

How to inflate the Belt



Figure 3. Support Strap through loop.

Step 3. Weave the Support Strap through the metal loop and fasten the Belt loosely on your waist.

How to inflate the Belt



Figure 4. Shift the Belt to position the two (2) black markers equally on both sides.

Step 4. For best results, adjust the Belt so the two (2) black markers are positioned equally on both sides before your tighten the Belt further.

How to inflate the Belt

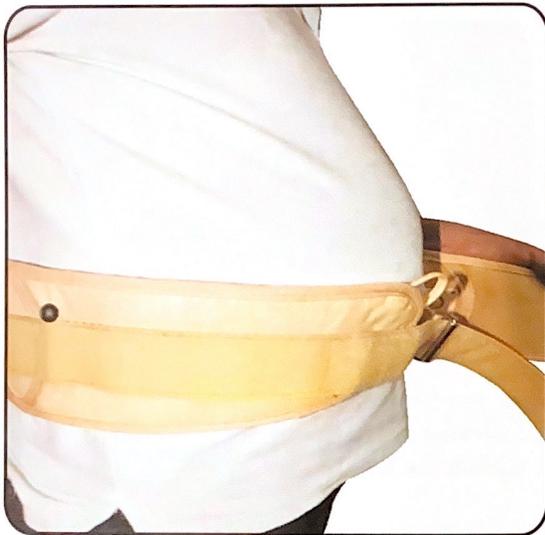


Figure 5. Tummy before it is sucked in.

Step 5. To tighten the Belt, suck in your tummy first to make sure your waist is as small as possible.

How to inflate the Belt

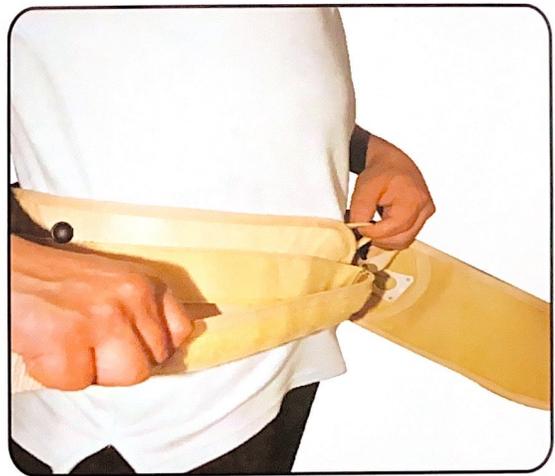


Figure 6. Hold tummy in while tightening.

Step 6. Hold your tummy in to keep your waist as small as possible while you are tightening the Belt. The Belt must be tight on your waist to be effective.

How to inflate the Belt

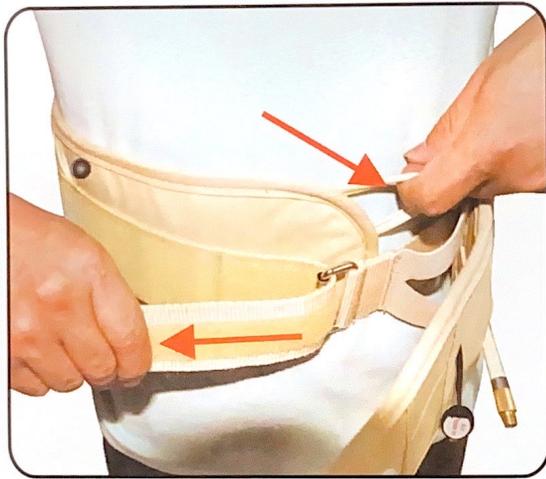


Figure 7. Tightening the Belt with the Secure Strap and Loop

Step 7. Tighten Belt by pulling Secure Strap while HOLDING Loop in opposite direction. The Belt must fit tightly around your waist to be effective.

How to inflate the Belt

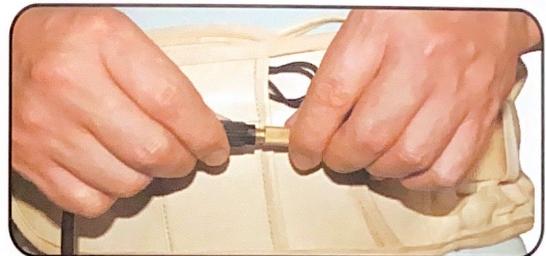


Figure 8. Secured Air Valves.

Step 8. Screw the two valves together until it is secure. Do not over tighten.



Figure 9. Pump up the Belt while standing up.

Step 9. For best results, inflate the Belt while standing. Pump at a SLOW pace using FULL strokes. For size A Belts, pump approximately 28 times to fully inflate the Belt. For size B Belts, pump approximately 38 times.

How to inflate the Belt

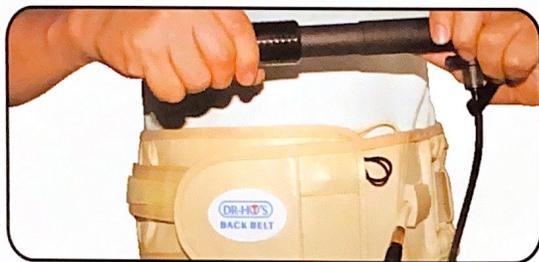


Figure 10. When to stop pumping.

Step 10. Stop pumping when the Belt is fully inflated. When the Belt is fully inflated, you will hear a small hissing sound from the Hand Pump and you will feel the Belt stop rising up against your back.

NOTE : The Hand Pump has a safety release valve that allows air to escape when the pressure inside the Belt has reached the correct level. When you hear the hissing sound of air releasing from the Hand Pump, stop pumping to prevent over inflating the Belt.

How to inflate the Belt



Figure 11. Removing the air pump.

Step 11. Once the Belt is fully inflated, always remove the Air Pump from the Belt. When removing the air valve from the Belt, unscrew the air valve quickly from the Belt to prevent air loss.