



Waist Trimmer Belt

INSTRUCTIONS:

Wear the Waist Trimmer Belt for 1-2 hours at a time. It is recommended to wear this belt while exercising to maximize its effectiveness.

If possible, wear the Waist Trimmer under clothing to maximize body heat retention.

Ensure proper hydration during exercises, especially while wearing the Waist Trimmer.



USING YOUR WAIST TRIMMER BELT:

Once secure, carefully test moving your body to ensure that it is properly attached. The Waist Trimmer should be attached so that it is tight against your body, but not so snug that breathing becomes restricted or difficult.

Washing Instructions: Do not machine wash. Do not tumble dry.

To clean, hand wash with a mild solution of soap and warm water. Rinse thoroughly to remove all soap residue. Do not wring product while drying. Allow to fully air dry before beginning use.

Comments or Questions? Call Customer Service: 866-498-5269

PRODUCT WARNINGS

- Always consult with your physician before beginning any exercise program to determine your current level of fitness and health.
- Never sleep while wearing this product, or wear the Waist Trimmer for longer than 3 hours at a time.
- If you experience any redness, irritation or skin discomfort, cease use of this product immediately. Wash the affected area(s) with mild soap and rinse for 5 minutes with warm water.
- Always wash this product between uses to prevent skin irritation.
- Never allow a child to play with or to wear a Waist Trimmer.
- Never use this product in any manner not consistent with its intended use.
- If you experience any dizziness, faintness, or unusual discomfort, stop exercising and contact your doctor and/or obtain medical assistance.
- This product is only intended for use by individuals over the age of 13.
- This product is only intended for individual, home consumer use only.
- Keep this product away from children.