

# FlexxiCore Passive Exerciser

## Technical details



**Front view**



**Hand control module with speed dial, timer and manual / auto mode buttons, with LED screen**

### The LED screen displays several functions:

**ON/OFF button** lights up screen

**Current speed** (80 RPM at start) shows on screen, and as the users increases the speed by turning the dial, the speed on screen increments one by one. A high tone sounds on increasing speed by one, while a low tone sounds on reducing speed. Maximum speed is 160 RPM.

The precise manual dial allows subtle speed increases & decreases, to accurately match the user's intuitive feeling.

**Timer button:** allows you to set the time of session to 5, 10 or 15 minutes. (15-minute default)

**Running rhythm symbol:** indicator at top left of display

**Running time check display:** the timer display changes to show the unexpired session time, minute by minute (it decreases by 1 as each minute passes).



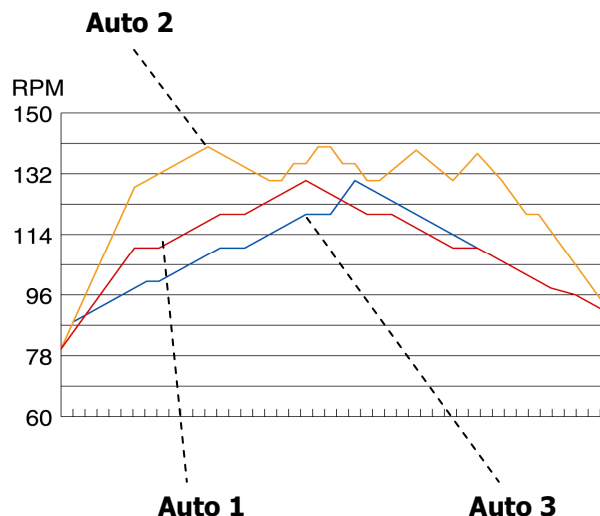
**Auto-Mode display:** selected auto-mode shows at bottom of screen (see below for Auto-Mode usage)

**Three pre-programmed Auto-Modes:** allowing the user to enjoy variable speeds during the course of a 15-minute session without needing to use any manual controls. *By pressing the dial the user can go back to manual mode at any time.*

The 3 Auto-Modes are each timed to last 15 minutes. The speed varies gradually at preset timings over 15 minutes (as shown in the graph). The current speed shows on the display at all times.

Auto 1 is Leisure Time Mode, Auto 2 is Oxygen Mode & Auto 3 is Sleep Mode - especially good for helping to relax before sleep.

The Display shows Auto 1, Auto 2 or Auto 3 at the bottom of the screen.



The FlexxiCore has a DC motor and a low friction engineering design, offering distinctive benefits over the early models which had AC motors. These benefits include a smoother ride, lower noise levels, a longer life (Tests based on 3000+ hours constant use under 20kg load), greater temperature resistance (capable of use even in cold temperatures), and the capability for precise speed adjustment (which is technically difficult to with an AC motor).

#### **Other features include**

- Padded ankle rests – which can be reversed to suit individual preferences
- Slightly elliptical travel (rising toward the outside of each swing) as compared with the flat travel of early models; this helps rotation of the hips
- Good width of travel (4.5cm / 1.75 inches) to thoroughly mobilize the hips and back
- Hand-operated controller on 1.6 metre lead, allowing easy control mid-session while the user is lying down
- Sturdy integral carry handle at rear
- Power lead – 3 metres in length

The FlexxiCore Passive Exerciser is designed for use with either 110-volt or 220 – 240 volt power supplies, but you must order the correct version depending on your country of residence.

The North American model is suitable for use anywhere with a 110-volt power supply. It is supplied with a standard USA-style plug.

The European model is not suitable for use with a 110-volt power supply but can be used anywhere with a 220 – 240 volt power supply including Europe, Australia, New Zealand and most countries in Asia and Africa. It is supplied with a pre-fitted 2-pin European-style plug and for customers in the UK with a 3-pin adapter plug that fits over the 2-pin plug.

#### **Safety:**

The FlexxiCore can be used safely by all age groups, so long as the User Guidelines are followed. The gentle starting speed and precise controls mean that everyone can find a speed to suit their body's needs and their feeling at the time of use. **It is important that all users understand the contraindications and cautions given in these User Guidelines.**

The hand operated control module is on a long lead, which allows users to adjust the speed and to stop the machine at any time, while lying down enjoying the movement. There is also an automatic cut-off at 15 minutes, so no-one can exceed the recommended session limit.

#### **Size and weight:**

##### **Dimensions:**

**Machine:** 18.5 in x 13.8 in x 10.2 in overall; **Box:** 21.7 in x 16.9 in x 10.6 in

**Weight:** 15.65 lbs / 7.1 kgs without packaging | 18.75 lbs / 8.5 kg with packaging