

Operating Instruction: QUICK SETUP GUIDE

OVERVIEW

The StressX[™] PRO Belt is the brains of the entire StressVest® system. It allows the Instructor to set the system to deliver a vibration or shock. The shock adjustment allows the instructor to adjust the pain penalty based on the students' level of performance from 1(Lowest) to 5 (Highest). Twelve AdvancedTraining Instruction Modes have been programmed into the StressX[™] PRO Belt to optimize the level of training for the students. Finally, it registers the number of hits to the StressVest®. The StressX[™] PRO Belt has a USB port that is used for charging and also for remote upgrading of the software if required.



StressX™ PRO Belt

STRESSX™ PRO BELT PARTS



- 1. Power On/Off Button
- 2. Sync Button
- 3. Shock Button
- 4. Select Button
- 5. Hits LED Indicator
- 6. Mode LED Indicator
- 7. Shock Level Indicator
- 8. LED Display
- 9. Up & Down Arrows
- 10. Sync Window
- 11. Belt Strap Holders

BASIC OPERATION

Turning On the StressX™ PRO Belt

Press the Power On/Off Button (1) once. The Power On/Off Button (1) should illuminate red.

Turning Off StressX™ PRO Belt

Press and hold the Power On/Off Button (1) for two seconds. The Power On/Off Button (1) should turn off.



SETTING TRAINING MODES & SHOCK LEVEL ------

There are 12 Advanced Training Modes and 5 Shock Levels (1-Low to 5-High) that the StressX[™] PRO can be set to.

- Press the Select Button (4) on the StressXTM PRO until the Mode LED Indicator is illuminated. Press the Up & Down Arrows (9) to move to the desired Mode. The mode number is displayed in the LED Display (8).
- Press the Select Button (4) on the StressX[™] PRO until the Level LED Indicator is illuminated. Press the Up & Down Arrows (9) to move to the desired Shock Level. The Shock Level is displayed in the LED Display (8).



StressX[™] PRO - Advanced Training Modes

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BELT PLACEMENT



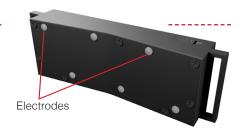
IMPORTANT!

- The StressX[™] PRO Belt should be placed directly on the abdomen above the belt.
- The belt MUST be tightened securely to ensure proper contact with the electrodes.
- It is designed to go through one layer of clothing.
- Wearing an under armour type shirt will dramatically reduce the energy delivered by the StressX™ PRO Belt.

CLEANING AND MAINTENANCE

Cleaning

Ensure the StressX[™] PRO Belt is turned off. Power On/Off Button (1) should not be illuminated. Use a cleaning wipe that has no more than 70% alcohol by volume to wipe clean the back of the StressX[™] PRO Belt including the six Electrodes. Allow to sit and dry for approximately 5 minutes to ensure all alcohol has evaporated.



Power Supply & Battery Charging

The StressVest® Transmitter and StressX[™] PRO Belt are powered by a 3.7 volt rechargeable battery that should last for approximately eight hours before needing recharging. Battery life may very depending on usage.



StressVest® Support Website for Software Updates

StressVest® releases important periodic software upgrades for the StressX™ Belt that are free, easily downloaded, and installed remotely. Software upgrades located at www.stressvest.com under Support. Detailed instructions are included, along with a direct contact at StressVest Inc. for additional support if needed.

Username: support_cmr Password: svcustomer1

ELECTRICAL SPECIFICATIONS

When in shock mode, the StressVest® will deliver a safe, localized shock, with the following specifications:

Electrical Safety Specifications

Power Source: 3.7 Volt Rechargeable Battery Shock/vibration Location: Belt Worn Externally on Stomach

Maximum Voltage: 4,500 Volts

Maximum Amperage: Less than 1mA over 150msec Activation

Maximum Joules: 0.092 Joules (92mJ)

Duration: Individual Discharge Pulse < 0.1msec

Safety Monitor Certification: Available Online

Instructor Training: StressVest® Reality Based Training

Instructor Certification

International Electro Technical Commission - Electrical Safety Standard

The effects of electrical current passing through the human body are covered at the length in the international Electro Technical Commission document IEC 479-2:1987. The Document states that a transient or capacitive discharge, as is the case with static electricity, requires energy in excess of 5 Joules (5000mJ) to produce a direct serious risk of health.

THE ENERGY LEVEL OF THE STRESSVEST® DISCHARGES LESS THAN 2% OF THE ENERGY LEVELS CONSIDERED SAFE.



CONTACT MAY CAUSE ELECTRICAL SHOCK OR BURN.
THIS UNIT TO BE SERVICED BY TRAINED PERSONNEL ONLY.





