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# BetaFlex<sup>®</sup>

## Spin-To-Slim Motorized Hula Exerciser



Instruction Manual

Model: KH496

This user manual provides both operation information of this product and its detailed specifications. Please read this manual carefully and understand it thoroughly before operation. Keep this manual for future reference.

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## **READ AND SAVE IMPORTANT SAFETY INSTRUCTIONS**

Please read the following safety instructions carefully before using this product. If you suffer from any of the medical conditions listed below, consult with a doctor before using this product.

### **If you:**

- suffer from a heart condition.
- have a sensory disorder or pacemaker
- suffer from osteoporosis or diabetes
- are pregnant
- have a malignant tumor
- are undergoing medical treatment
- are physically disabled
- have high blood pressure, suffering from acute diseases
- are osteoporosis, vertebral fracture patients, such as muscle disease.
- have the gout, arthritis, joint deformation.
- have symptoms of dizziness, tinnitus

we advise you to consult with your doctor before using this product.

## **SAFETY WARNING**

1. Always remove the plug from the power outlet after use. Never leave this device unattended while power is connected.
2. Never use the device close to heater, fireplace, stove or heat source, and avoid smoking when using this massager.
3. Always escort and pay attention while patients, disabled and elderly people are using this device.
4. Never use the device if the plug or wire is damaged, not in a smooth operation as it should be, broken or wet.
5. Always plug in the power source only when the power key is in OFF position.
6. People with heart disease or prohibited to have excited exercise should not use this device unless you have consulted with your doctor.
7. People with skin allergy, wounded or after surgery and not well recovered should not use this device unless you have consulted with your doctor.
8. Unauthorized person is not allowed to reconstruct or replace the component of this device.
9. This product is designed for home use only.
10. Do NOT use this device in sauna room or bath room, or in area with high humidity.
11. Never stand up on the seat of this product either during exercise or power off.
12. Never lift up your legs in air while you are exercising on the product. Always put your legs on floor.
13. Close supervision is necessary when this appliance is used by, close or next to

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children, invalids, or disabled person.

**NOTICE:**

1. Never use this device while body or target area is wet.
2. Never let children, mental retarded and people with difficulty in action to operate this device and to reach the power source.
3. To avoid over contact with skin, always wear comfortable dressing for exercise.
4. Never dress with hard materials when exercising, which may be less comfortable and may cause unwanted noise.
5. If the device was not use for a long time, check it first before use again.
6. Not to use this device right after meal. Suggested use of the device at least 60 minutes after meal.
7. This product is not intended for medical use. It is intended only to provide a relaxing exercise at home.
8. Do not use this product for more than 30 minutes at a time. Always take a break of 5 to 10 minutes if you want to use for more cycles.
9. Extensive use could lead to the product's excessive heating and shorter life. Should this occur, discontinue use, unplug the power source and allow the unit to cool before operating.
10. Never leave the device unattended, especially if children are present.
11. Never cover the device with blanket or other subjects when it is in operation.
12. NEVER use this product while sleeping.
13. Close supervision is necessary when this product is used by, or near children, invalids, or disabled persons.
14. DO NOT use this product as a substitute for medical attention or treatment.

**MEDICAL NOTES:**

1. To avoid excessive stimulation of the muscles and nerves, the exercise time should not exceed the recommended 30 minutes at a time (its default time is 15 minutes).
2. If your doctor / orthopedist does not particularly forbidden joint exercise, you can enjoy the exercise following your doctor's instruction.
3. A hula exercising should never feel unpleasant.
4. Over exaggerated exercising can also harm the body.
5. Pregnant women, the ill persons and children should not use this device. In case of injuries to the spine or after surgery, using this device can be dangerous. If in doubt, talk to your doctor beforehand.

**WARNING — TO REDUCE RISK OF BURNS, FIRE, ELECTRIC SHOCK, OR INJURY TO PERSONS:**

1. This device should never be left unattended when plugged in. Unplug from outlet when not in use.
2. DO NOT operate under blanket or pillow or cover material. Excessive heating can occur and cause fire, electric shock, or injury to persons.

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3. Close supervision is necessary when this device is used by, on, or near children, invalids, or disabled persons. **THIS DEVICE IS NOT A TOY.**
  4. Use device only for its intended use as described in this manual.
  5. Never operate this unit if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water.
  6. **DO NOT** carry this unit by the supply power cord or use the power cord as a handle.
  7. Keep the cord away from heated surface.
  8. **DO NOT** use outdoors.
  9. Never drop or insert any object into any opening of this device.
  10. **DO NOT** operate where aerosol (spray) products are being used or where oxygen being administered.
  11. Turn all controls to OFF position, before removing plug from outlet.
  12. Never use while sleeping and avoid falling asleep while the product is operating.
  13. Use only original adaptor / power cord that comes with the device.

**CAUTION:** this product should not be used in the following cases:

- If you have any concerns regarding your health, consult your doctor before using this product.
- **DO NOT** fall asleep while using this product.
- Spin exercise should be comfortable and pleasant. Should pain or discomfort result, discontinue use and consult your doctor.
- Avoid the use of an extension cord because the extension cord may overheat and cause a risk of fire.
- This product should never be used by an individual with a medical condition that would limit the user capability to operate the controls.
- Do not operate after taking pain killers, sedatives or alcohol. Consult your doctor if under these medications.

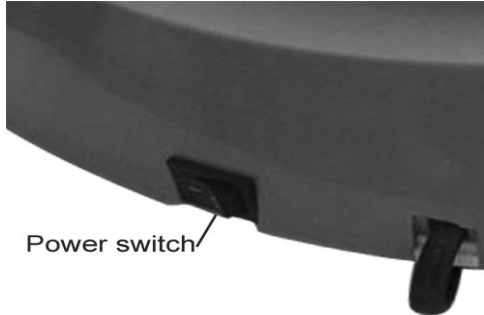
## **CARE & MAINTENANCE**

1. Store unit in a moisture-free, dry place when not in use.
2. **DO NOT** wrap the power cord around the unit.
3. **DO NOT** hang the unit using the power cord.
4. Unplug the unit and allow it to cool before cleaning. Wipe with a soft, dry cloth. Never submerge the unit in water or liquid solutions.
5. **DO NOT** use abrasive cleaners, brushes, gasoline, kerosene, glass/furniture polish, or paint thinner to clean the product.
6. The maximum weight capacity of this product is 240 lbs.

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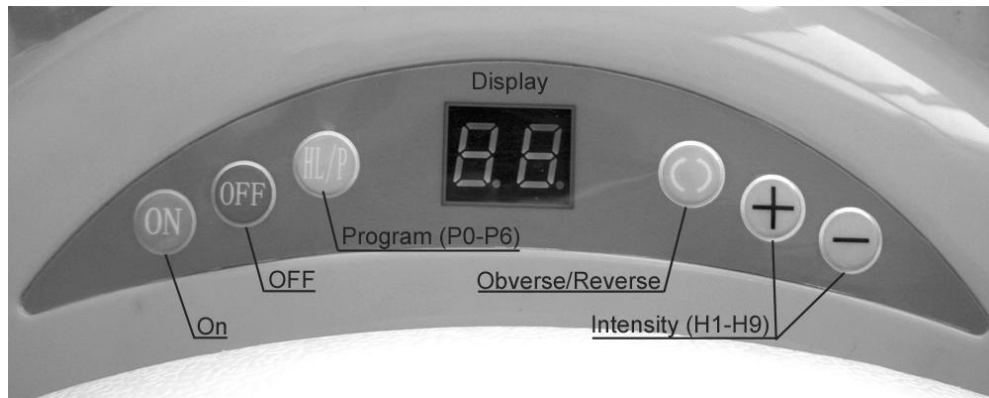
## OPERATION GUIDE

### Main Power Switch:




- There is a Main Power Switch on the back of product.
- Make sure the Main Power Switch is in "O" Off position before trying to plug in power cord or unplug the power cord from wall outlet.
- Make sure you turn off all functions on the control panel before turning on or off the Main Power Switch.

### Control Panel:



### Function Keys on Control Panel:

Power	<ul style="list-style-type: none"><li>• Plug in power source.</li><li>• Switch the Main Power Switch to ON position.</li><li>• Turn on controller: press the "On Button" once on controller to turn on function keys and LED display.</li><li>• The device starts exercise automatically under its default program "P0".</li><li>• Turn off controller: press the "Off Button" once to turn off controller, all lights on controller will be off. It is recommended to turn off controller before turning off the Main Power Switch.</li></ul>
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Program "P0"	<p>Under exercise program "P0":</p> <ul style="list-style-type: none"> <li>• Its preset speed is H2 and its preset work time is 15 minutes.</li> <li>• Under "P0", you can change speed from H1 to H9 by pressing "+" / "-" buttons.</li> </ul>
Programs	<ul style="list-style-type: none"> <li>• There are 6 exercise programs: P0 to P6</li> <li>• Press "HL / P" button to choose different exercise programs (P0 to P6). The LED screen displays the program you choose.</li> <li>• P0: Manual operation; under P0, speed can be manually set according to individual's preference.</li> <li>• P1 to P5: preset workout programs.</li> <li>• Note: from P1 to P5, its speed cannot be changed. And its default time is 15 minutes.</li> </ul>
Speed	<ul style="list-style-type: none"> <li>• There are 9 speed levels: H1 to H9.</li> <li>• Under P0 (manual operation mode), press "+" or "-" to adjust speed levels</li> <li>• Always start exercise with the low speed (H1-H2). Increase speed only if you feel comfortable.</li> <li>• Note: You can only adjust Speed under P0.</li> </ul>
Time	<ul style="list-style-type: none"> <li>• Its default workout time is 15 minutes. It'll turn off automatically after 15 minutes.</li> </ul>
Reverse	<ul style="list-style-type: none"> <li>• When the unit is turned on and running in any exercise program, press  reverse button once to change the rotating direction.</li> <li>• It has clockwise and anti-clockwise directions.</li> </ul>

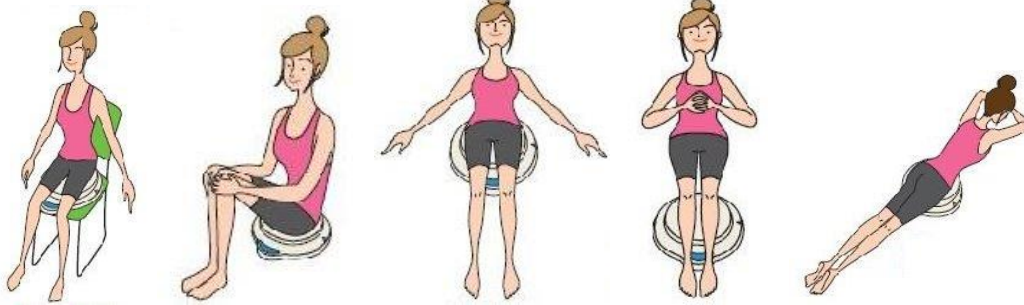


**Warning:**

- When using the unit, the waist, legs and arms must be fully relaxed so that proper physical exercise can be carried out on the waist, legs and arms.
- Do not try to stop spinning by using external force or performing reverse-direction exercise because it can cause harm to the waist and legs.
- Always turn off the power on the controller first whenever you want to stop spinning on the product.
- Never try to put your hands underneath of the seat (spinning board) or put your hands into the space between the seat and the bottom case. It can cause danger or hurt your hands during spinning.
- Make sure your body (specially your hands, waist, pocket) is free of ornamentation (necklaces, bands, watches, belts, cell phones, etc.) before using this product.
- Always wear comfortable dress and make sure no dress will be twisted into the spinning board.
- Always start exercise with the low speed (H1-H2).
- This product is not a toy, not a pillow or cushion. Children are not allowed to operate this product.

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- Make sure you use the product in surrounding where is empty within 2 meters, and make sure there is no obstacle behind the product.

### Exercise with different postures:



Upper body

hip

Full body

Leg

Abdomen

### Pay attention before using:



- \*The weight of user should not be heavier than 110kg (240 lbs).  
Please choose the low speed mode H2 when you start to use,  
and only increase the speed level step by step, until you feel comfortable.  
Please keep your upper body not move, feet should locate on the floor,  
and it would be much more effective if spinning with the product by your waist.  
please keep balance when using the product, you may get dropped if sitting slant.

### Clean and storage



- \* Before cleaning, ensure that the Main Switch is turned off and the power plug is disconnected from the electrical outlet.
  - \* Using soft cloth or neutral solvent to clean the surface.
  - \* Then clean up with dry cloth.
  - \* The product itself couldn't be cleaned with wet subject.
- ★Do not store the product beside electric heaters, stoves or under direct sunlight.  
★Do not use the product in place of temperature over 40°C.

### Specification

Name: Motorized Hula exerciser

Model: KH496

Powered with power cord, 120V 50Hz.

Output: 35W