

Sleek and mobile design

The sleek and slim design of the eSlender allows you to store it under the bed or sofa when not in use and the wheel caster on the side allows you to move the eSlender effortlessly to where you want it.



Wireless control for greater convenience

With the remote control in your hands, you can select and customize your workout options easily and conveniently with the touch of a button.



Resistance cord system

Intensify your workout routine with the resistance cord system that allows for versatile strength and body conditioning.



High speed, high efficiency manual workout options

The versatile eSlender offers you the flexibility of customizing your workout the way you want it. Choose from a manual selection of 99 speeds for a high frequency, high efficiency calorie-burning workout.



Comprehensive range of benefits

- Simple, fast and effective shaping and toning of the whole body
- Increase metabolism to accelerate the break down of fat
- Low-impact all-in-one workout
- Strengthen muscles, improve balance and flexibility
- Reduce the appearance of cellulite
- Improve circulation
- Relieve stress, improve mood and soothe muscle tension
- Effective indoor exerciser in the convenience and comfort of your home



Grey



Black

Specifications

Model	: eSlender	Dimension	• 84.5x46.5x20 cm
Model Number	: HC 1003	Weight	• Gross 18.5/20 kgs
Power Consumption	: 80W	Colours	• White/Pink
Voltage	: 220-240V-50/60Hz	Design & Developed	• Japan

Complies with Safety and Quality Standards of International Certification Boards:

- RoHS Directive 2004/108/EC
- Low Voltage Directive EN 2014/30/EU Under EN Standards
- Electromagnetic Compatibility EMC Directive 2014/30/EU Under EN Standards
- Safety Test for household and Similar Electrical Appliances Under EN & GB Standards



Human Care

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Dealer

RAJASTHAN | DELHI NCR | PUNJAB | UP | MP | MAHARASHTRA

136
calories
10
minutes

HCL
Care Your Self



eSlender
Shape Your
Body with Ease

www.humancarei.com

Position/Auto programs	Circulation	Firm	Strengthen
<u>Horizontal Mode</u>	C1	F1	S1
<u>Oscillation Mode</u>	C2	F2	S2
<u>3D Mode</u>	C3	F3	S3

Circulation:
Gentle oscillation rhythms and lower speeds to get the circulation in the body going.

Firm:
Gradual increasing speeds and alternating fast and slow oscillation rhythms help to firm muscles.

Strengthen:
Intense high speeds and dynamic oscillation rhythms help to strengthen muscles.

Perfect for:

- Full-body Workout
- Stretch Training
- Spot Training
- Strength Training

Suits to:

- Indoor Exercise
- All age group
- Time Convenient
- Ease

Strength Training

Strength training not only builds lean muscles which burn calories more efficiently when working out, but also increases metabolism which helps to burn fat faster, even while you are at rest.

Stretch Training

Stretching boosts muscle flexibility, range of motion and improves circulation. Frequent stretching helps to keep your muscles from getting tight, allowing you to maintain proper posture.

Spot Training

By adopting various exercises postures that target specific muscles groups, you can now effectively tone and shape 'troubled' spots like the arms, tummy, butt and thighs the quick and easy way.

Tones arms and tummy

136 calories

10 minutes

Tones thighs and calves

Strengthen arms, thighs and butt

Tones arms and butt

Strengthen obliques and arms

Do not lock your joints and you should always keep your knees slightly bent for all exercises.

Horizontal Mode

The horizontal swing for machine The swing kinetic energy fully exercise the waist, It can effectively reduce the lower abdomen and stomach.



Oscillation Mode

The vertical direction under oscillation for machine Upper and lower oscillation can fully exercise the hip It can effectively carry buttock

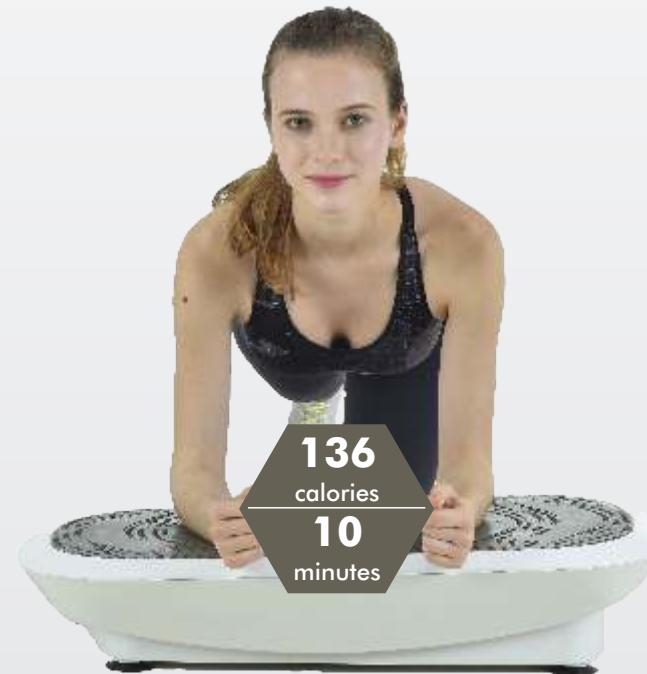


3D Mode

Upper and lower, left and right swing of machine Upper and lower, left and right swing like surfing, The latest 3D mode able to lose weight fast



Slender Whole Body Exercise Oscillation Training for Effective Toning and Shaping



Please consult a doctor before embarking on any new exercise routine.