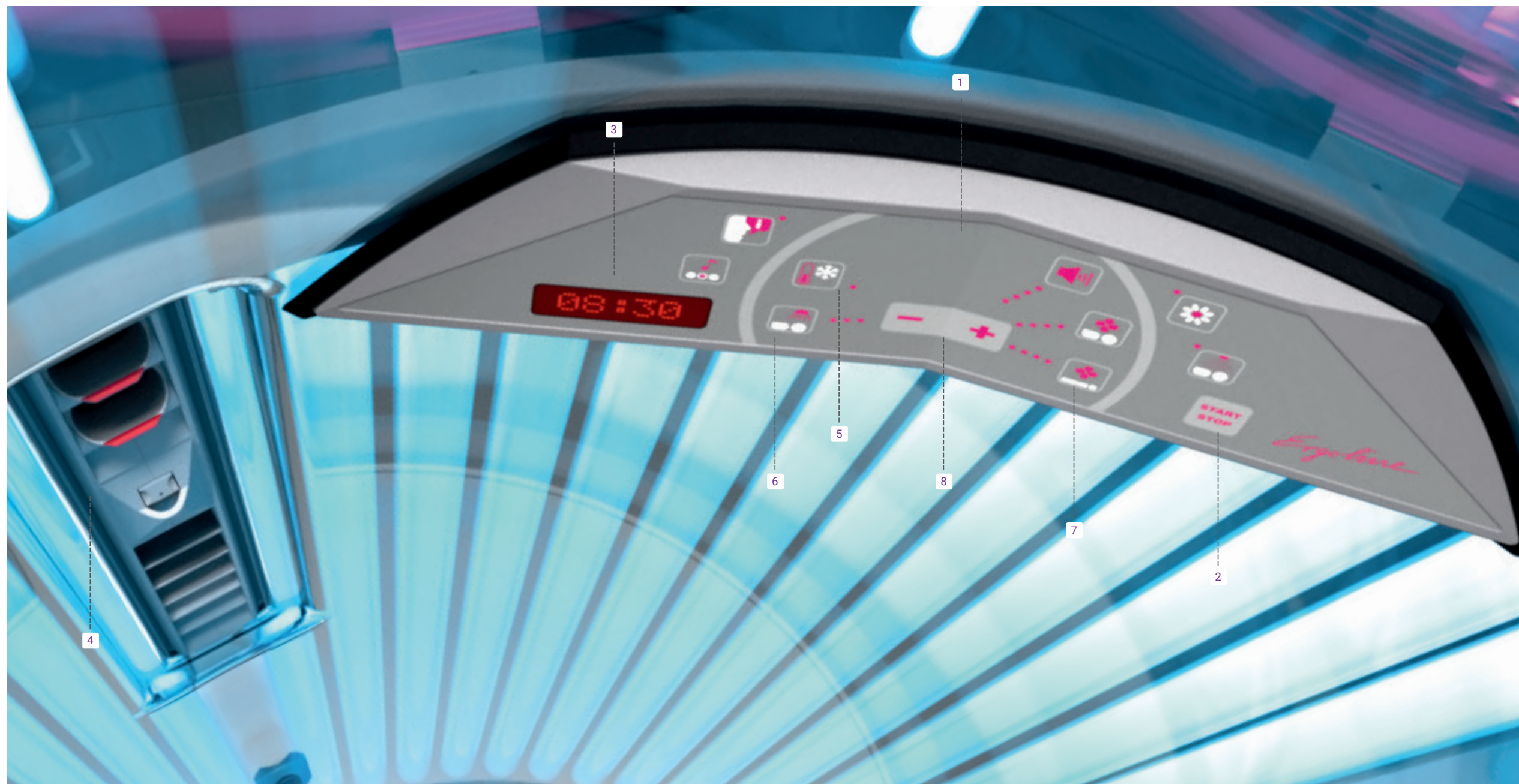




# ERGOLINE PLANET FITNESS 42/4



## PLANET FITNESS 42/4

MAXIMUM SESSION TIME: 12 MIN

### OPERATION

- To choose the individual functions please press that function on the control panel
- To set each individual function use the plus and minus buttons

#### 1 CONTROL PANEL

Select the icon you want to change. Once selected, the indicator for the feature will begin to flash. To adjust the selected function, press the plus or minus buttons to increase or decrease the setting. Continue to tap (do not hold) the plus or minus buttons until the desired intensity is reached.

#### 2 START/STOP

The lamps in the PF 42/4 sunbed are started by Planet Fitness Staff. If the unit is connected to a control system, the lamps automatically turn on at the end of the programmed delay period. You can also start the lamps immediately by pressing the Start / Stop button on the control panel. You can press and hold the Start / Stop button to turn off the lamps at any point during your session. Press the button again to restart the lamps. However, please note that depending on the salon, interruptions may count as part of your continuously running scheduled session time.

#### 3 LED DISPLAY

When a session starts, the display indicates the time that has elapsed. It also shows the current setting of the function selected.

#### 4 ADJUSTABLE LOUVERS

An adjustable outlet in the upper body area to allow you to direct the ventilation exactly where you want it.

#### 5 AIR CONDITIONING

To turn it off, use the minus button to decrease. To turn it back on, use the plus button to increase.

#### 6 FACIAL TANNERS

The facial tanning lamps on the PF 42/4 can be manually turned off or on. The tanning bed will always start with facial tanners turned on. To turn them off, select the facial tanner symbol on the control panel and then press the minus button. To turn them back on, select the facial tanner symbol and then press the plus button. Please note that the facial tanners require a brief cool down period before they start up again (indicated by a flashing LED).

#### 7 BODY VENTILATION

The PF 42/4 body ventilation system offers varying levels of intensity. Body ventilation can be adjusted to the desired setting by selecting the body ventilation symbol and then pressing the plus or minus buttons.

#### 8 VOLUME

If the PF 42/4 sunbed is equipped and connected to a central music system, you can change the music volume by using the plus and minus buttons to increase or decrease the volume. If the PF 42/4 if equipped with MP3, you may use your own MP3 music player, it is automatically detected.

#### 9 HEADPHONES / MP3 INPUT

In between the two stereo speakers, if equipped, the PF 42/4 sunbed has connections for an MP3 music player and personal headphones. To listen to your own music, insert the MP3 cable (stereo jack plug) into the location marked "MP3"; plug the cable into your MP3 player, then select the music from your player to begin. If using headphones or earbuds, please be aware that high volume can result in permanent hearing damage. Do not set the volume too high!

## TIPS FOR THE BEST TAN

### ERGOLINE TANNING BEDS

On Ergoline tanning beds you can relax and enjoy the sun, even if it's raining or snowing outside. However, the same rule applies as with tanning outdoors – don't rush it! In other words, never sunbathe more than once a day.

### INDIVIDUAL SKIN TYPE

Depending on skin type, people react differently to sunlight. When tanning in natural sunlight and on tanning beds, it is important to know your own particular skin type.

- Skin type I: pale white skin, blue or green eyes, red hair, many freckles, always burns and never tans.
- Skin type II: beige skin, blue or grey eyes, blonde or light brown hair, some freckles, strong sunburn tendency, but sometimes tans.
- Skin type III: light brown skin, brown eyes and hair, sometimes burns but always tans. Skin type IV: light brown or olive skin, dark brown eyes and hair, sometimes burns and tans readily.
- Skin type V: brown skin, dark brown hair and eyes, rarely burns and tans easily.

### INITIAL EXPOSURE TIME

The initial exposure time, which you should begin with, depends on your skin type, the tanning device and the type of lamps used. Always follow the recommended exposure schedule for your skin type and never exceed the maximum exposure schedule of the tanning device. This should be listed on the front of the tanning unit, or consult with Planet Fitness staff who will advise you on proper procedures. Non-pigmented skin type I should avoid the tanning process.

### SKIN CARE

Your skin needs care before and after tanning. Skin care products that are specifically formulated to work synergistically with the tanning process are recommended because they contain a special combination of ingredients that enhance the tanning process and nourish your skin. For more details inquire with your Planet Fitness Staff.

### PROTECTIVE EYEWEAR

Keep your eyes closed while tanning and always wear protective goggles that block out UV light. Contact lenses should be removed prior to tanning.

### COSMETICS

Before tanning, carefully remove all cosmetics from your skin and take off all jewelry. Do not use any sunscreen lotions during tanning, as these can detract from the tanning effect.

### MEDICATION

If you are taking medication or suffer from a skin disorder, please be aware that certain medicines may be photosensitive. These medications may cause an adverse reaction when the body is exposed to UV light. A list, which identifies many photosensitive medications, foods, and ingredients, should be on display at this location. Always consult your physician if you have any questions or concerns.

### EQUIPMENT HYGIENE

Proper equipment hygiene is of paramount importance to your health. The acrylic area must be cleaned with a special disinfectant before each session

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**Notice:** Read the mandatory FDA warning label on every tanning machine for important information on potential eye injury, skin cancer, skin aging and photosensitive reaction and proper use. Compliant, protective eyewear must be worn when using any indoor tanning device or system.

#### CONTRAINDICATIONS:

Follow Instructions. Avoid over-exposure as with natural sunlight. Over-exposure can cause eye or skin injury and allergic reactions. Repeated exposure may cause premature aging of the skin and skin cancer. ALWAYS WEAR PROTECTIVE EYEWEAR! Failure to do so may result in severe burns or long term injury to the eyes. Certain medications or cosmetics may increase your sensitivity to ultraviolet radiation. Consult a physician before using sunlamps if you are using medication, have a history of skin problems or believe yourself to be especially sensitive to sunlight. If you do not tan in the sun, you are unlikely to tan from the use of this product. Please refer to the recommended exposure schedule for your skin type and do not tan more than once in a 24-hour period. Attention: This sunlamp product should not be used on persons under the age of 18 years. Persons who should not use this device include anyone who is sunburned, has open wounds, is naturally pale, has discolored patches of skin, has an increased risk of skin cancer, is being treated for or taking medicine causing photosensitivity, is pregnant, has atypical moles or more than 16 moles on their body (2mm diameter or larger).

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