fitness

Ab-Tek Belt™



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Bodi-Tek®

User Guide

Warnings

Please read all instructions thoroughly before use and retain for future reference.

If exercise is inadvisable due to ill health, then a medical practitioner should be consulted before undertaking exercise, using this unit or any other device.

NOT for use:

- On areas of skin with disorders such as rosacea, pustular acne, abraded skin, sensitive skin, or over scars, moles or varicose veins.
- In the following cases: benign and malignant tumours, hemorrhages, inflammations of the skin, open and fresh wounds, bruises or broken skin.
- If you have an electronic implant (e.g. heart pacemaker)
- If you suffer from high/low blood pressure or from any other heart problems
- If you are pregnant
- Over the abdominal area during your menstrual cycle.
- On persons, including children, with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Get your doctor's permission before using the Ab-Tek Belt if:

- You have a history of heart disease or cardiac condition.
- You have an orthopedic implant.
- You suffer from epilepsy, multiple sclerosis, phlebitis in its active phase (inflammation of a vein), inflamed tissue through disease or injury or varicose veins in its later stage.
- You have suffered acute trauma, fracture or are recovering from recent surgery.
- You have swollen, inflamed or injured parts of the body
- You have diabetes and it affects the sensory perception of your extremities.

If you are in any doubt about using the Ab-Tek Belt for any reason, please consult your doctor before use.

Do NOT place the Ab-Tek Belt:

- Over sore or broken skin, scars, moles, infected areas or parts of the body where normal sensation is limited. In very rare cases, skin irritation occurs around the electrode area. If this happens discontinue use.
- Over any conductive body jewellery

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Precautions

- Keep out of reach of children and pets.
- NOT for use on or by children under 14 years old.
- Do NOT use if you are under the influence of alcohol
- Do NOT use whilst driving or operating machinery
- Do NOT touch the conductive side of the belt during operation.
- Do NOT drop, place heavy objects on the unit or immerse in water.
- Do NOT clean with solvents or abrasives
- If the gel comes into contact with the eyes, rinse thoroughly with water. If irritation persists, consult a doctor.
- Should you experience any discomfort, firstly reduce the intensity, if discomfort persists discontinue use and contact our Customer Care line.
- Always consult your doctor and obtain a diagnosis if you do not know what is causing your pain.
- Bodi-Tek will not accept responsibility if the guidelines and instructions supplied with the unit are not followed.

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General Care

- DO NOT immerse the unit in water.
- Never machine wash your belt, you can hand wash it with warm water.
- Do not place the unit close to excessive heat.
- Remove batteries from the unit if you do not plan to use it for a long period of time
- Always use the correct type of batteries (1.5V AAA) and make sure that the batteries are placed correctly as indicated in the battery compartment
- Do NOT dissemble or repair. Repair and service must only be undertaken by Bodi-Tek or an authorised distributor.
- There are no user serviceable parts inside the unit. If you have any problems using the product, contact our Customer Care Department.

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Introduction

Thank you for purchasing the Ab-Tek Belt, your personal Abdominal Muscle Toner. Your unit has been specially designed to help you tone your abdominal muscles safely and easily in the privacy and comfort of your own home.

The Ab-Tek Belt is extremely easy to use with automatic features, simple operation keys and an informative display to give you all the details on your exercise routine. The 6 programs take you through various levels of exercise and are optimized to give you a tighter, firmer stomach and tone your abs easily and effectively.

How does the Ab-Tek Belt work?

The Ab-Tek Belt works on the principle of EMS (Electrical Muscle Stimulation). It generates safe, gentle electrical pulses that are delivered onto your skin through the special electrodes placed on the inside of the belt. These electrical pulses activate the nerves which control the muscles. The pulses then contract and relax the muscle in a way similar to an exercise routine. The pulses generated have been designed to imitate natural muscular contractions, which are effective and comfortable. The programs send out the pulses at regular intervals, which contract and relax the abdominal muscles, similar to doing regular sit-ups.

How does it feel?

To begin with the pulses give a mild tingling sensation and as the intensity is increased you will start to notice muscle contractions. Contraction and relaxing periods vary depending on the program used. The muscle contractions are smooth and each contraction will start with a slow rise, hold itself in a contracted position for a few seconds and then gently relax.

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Welcome to your Ab-Tek Belt



Control Unit

MODE KEY

- Pressing the key once takes you to the Toning program

ON/HI

- Pressing it down briefly will turn the unit ON
- Single presses increase intensity

OFF/LO

- Single presses decrease intensity of the contractions until it turns off

RESET

- Holding the reset key down, restarts the unit

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Battery Compartment

- Sliding down the cover reveals the compartment. 2 x 1.5V AAA batteries should be placed in this compartment
- Insert correctly as shown in the compartment

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Display

- Shows various information when the unit is in use

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The Ab-Tek Belt Display



Step

The display shows how intense the contraction is by blackening the step segments from left to right depending on selection. This ranges from 1-10.

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Mode

The mode will display which programme you are using by highlighting the programme letter.

MODE	NAME	DESCRIPTION
A	Toning	4 pulses per second
B	Massage	8 pulses per second
C	Warm Up	20 pulses per second
D	Enhance	14 pulses per second
E	Athlete	26 pulses per second
F	Body Trim	37 pulses per second

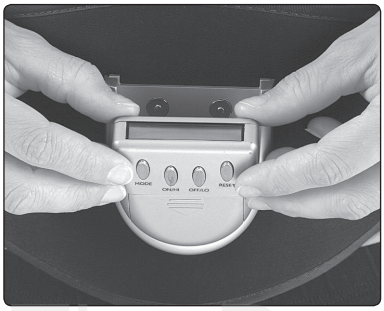
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Auto Functions

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- The unit will turn off if the electrode is removed for more than 60 seconds during use and is not placed back into contact with the skin.
- The unit has an auto-timer. It will shut off after approximately 12 minutes of exercise.
- If you change the exercise mode within the 12 minutes, the timer will count-down from the original leftover time.

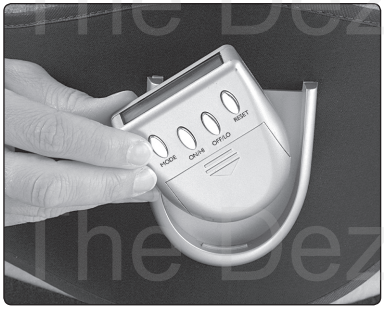
Getting Started



Detaching unit from Belt cradle

Once you have unpacked the Ab-Tek Belt, you will find the main unit sitting inside the cradle on the belt. To detach the main unit, push the top half of the unit firmly away from the cradle, once the unit has snapped out from the magnetic contacts on the cradle, just slide it out.

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Inserting the Batteries

Slide down the battery cover on the main unit to reveal the battery compartment. Insert 2 x 1.5V AAA Alkaline batteries in the compartment. The batteries should be placed with the correct polarity as shown in the compartment. Placing the batteries in the wrong direction can cause damage to the unit.

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Wearing the Belt

The Ab-Tek belt is designed to fit a wide range of waist sizes from 24" to 47". The special material ensures the belt sits comfortably and discreetly around your waist.

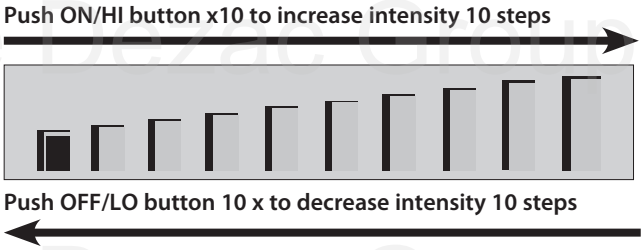
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1. Make sure the unit is switched off. If you have switched on the unit accidentally, then switch it off by pressing the OFF/LO button.
2. Lay the belt flat with the black electrodes on the inside of the belt facing you. Moisten the black electrodes and your skin over the stomach area with Conductive Gel. Make sure that a generous amount of gel is spread evenly over the whole area of each of the four electrodes. This will prevent any skin redness developing during use.
3. Now strap the belt around your waist with the electrodes pressed directly over your abdominal muscles. The belt should be strapped tightly so that the electrodes make good contact with your skin.
4. Once the belt is on, simply place the unit into the cradle until it slides over the magnetic contacts. The unit is correctly attached once you hear it click into place. Refer to Operating Guide for operating instructions.

Operating Guide

Operation

1. Switch the unit on by pressing the ON/HI button once. The LCD display will show the level.
2. Select mode A - F by pressing the MODE button repeatedly.
3. Push the ON/HI button several times to carefully increase the intensity.
4. You will notice a tingling sensation prior to the muscle contracting. Once the muscle is contracting it will be pleasant and relaxing. Adjust the intensity according to your comfort level. You should feel a strong but comfortable contraction of the muscles.
5. The intensity has 10 steps. With every push of the button ON/HI you increase the intensity by one step, with every push of the button OFF/LO you decrease the intensity by one step.
6. To switch the unit off, press the OFF/LO button until the display goes blank.



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Important Tips

- Always make sure that the conductive electrodes are well covered with Conductive Gel before use.
- If your skin turns red or there is irritation, stop using the belt for a little while until the irritation goes away. Sometimes this is caused by moist electrodes drying up.
- Occasionally the body develops excessive oils on the skin and this could inhibit pulse conduction. Cleaning the skin area with a warm damp cloth before using the belt is a good solution.
- When you put the belt on, make sure that the electrodes are in good contact with your skin and the belt is firmly placed around your stomach.
- Always have a resting period of at least 5 hours between work-outs.

Exercise Guidance

We suggest that you start with a mild workout and change to more intense programs later. Within the first week you should give your muscles time to adjust to the new work-out. Use the unit once or twice (with a minimum of 4 hours resting in-between) a day for a maximum of 12 minutes per muscle group. After that, you can use the belt for a maximum of 30 minutes per muscle group, 3 times a day. Programs with larger pulses/second figures give more intense muscle workouts.

Adjust the exercise routine to suit your personal fitness level and you should feel comfortable.

Troubleshooting Guide

PROBLEM	POSSIBLE CAUSE	SOLUTION
No LCD Display	Batteries not installed	Install Batteries
	Batteries installed incorrectly	Check Polarity matches
	Batteries are dead	Replace batteries
LCD Display shown but no function	No skin contact	Use Conductive Gel on conductive area of belt and directly onto skin
	Unit not snapped on belt correctly	Check that the unit is connected firmly with both connectors to the belt
	Intensity level at minimum	Push ON/HI button to increase intensity. Replace batteries
	Microprocessor hang up	Reset by pressing RESET button or removing batteries for 1 minute. Re-insert batteries
	Batteries are low	Change batteries
LCD Display function normal, but nothing occurs	Intensity set too low	Push ON/HI button several times to increase
	Not enough Conductive Gel on the belt	Put more Conductive Gel between belt and skin
	Used gel is not water based	Read label of the gel used. Make sure you find 'water' or 'aqua'
	The belt is positioned incorrectly	Move belt around to locate your trigger points
	Belt is worn or has oil deposits	Clean the belt or replace by contacting the supplier
	Batteries are low	Change batteries
	Microprocessor hang up	Change batteries
LCD Display not functioning correctly, all buttons do not work	Batteries are low	Reset by pressing RESET button or removing battery for 1 minute. Re-insert battery
		Change batteries

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Troubleshooting Guide

PROBLEM	POSSIBLE CAUSE	SOLUTION
No stimulation felt	Exhusted battery	Use a new battery
	Wrong battery polarity	Remove and insert correctly
	Incorrect pad placement	Move the pad until you feel a stong contraction
	Defective unit	Contact Bodi-Tek
Prickling sensation but no contraction	Incorrect pad placement	Move the pad until you feel a stong contraction
	Not enough Conductive Gel on the belt	Put more Conductive Gel between belt and skin
	Intensity too low	Increase intensity
	Electrode not placed tightly against the skin	Tighten the belt
	Belt is worn or has oil deposits	Clean the belt or replace by contacting the supplier

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Maintenance

To clean disconnect the electronic unit and put in a safe place. Use a soft damp cloth to throroughly wipe clean the four electrodes - all residue of conductive gel should be removed.

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Warranty

If you have any questions, or if you experience any difficulties with this product, please call our customer care line on **+44 (0)1242 702360** or email us at **online@bodi-tek.co.uk**

To register your two year guarantee online visit:
www.bodi-tek.co.uk/warranty

Disposal



The Waste of Electrical and Electronic Equipment (WEEE) Directive (2002/96/EC) has been put in place to recycle products using best available recovery and recycling techniques to minimise the impact on the environment, saving energy and resources and avoiding hazardous materials from going to landfill.

This product is classed as Electrical or Electronic equipment so please ensure that at the end of the life of this product it is disposed of in the correct manner in accordance with your local authority requirements. It must NOT be disposed of with household waste.

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Technical Specifications

Program Details

OUTPUT VOLTAGE	90V p-p across 500 ohm load
OUTPUT CURRENT	180mA across 500 ohm load
OUTPUT FREQUENCY	4 - 37Hz
PULSE WIDTH	50 µs
POWER SUPPLY	2 x 1.5V AAA batteries - Type LR033

Environment

Operating Conditions: 0 - 40°C 20 - 65% RH
Storage Conditions: 0 - 55°C 10 - 65% RH



Read these instructions carefully before use and then retain for future use.

CE This means that the unit complies with current product legislation

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