


# Bodi-Tek®

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Manufactured by The Dezac Group Ltd. Dezac House, Montpellier Street, Cheltenham, GL50 1SS, UK

**www.bodi-tek.co.uk** 1-IN-BT-ABBI-UK/1.1

# Ab Toning, Exercising & Firming Belt




## User Guide

**Bodi-Tek®**

# 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, haemorrhages, 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 Toning, Exercising & Firming 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 Toning, Exercising & Firming Belt for any reason, please consult your doctor before use.

**Do NOT place the Ab Toning, Exercising & Firming 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.

# 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.
- 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.

# 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 (3x 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.

# Introduction

**How does the Ab Toning, Exercising & Firming Belt work?**

The Ab Toning, Exercising & Firming Belt works on the principle of EMS (Electrical Muscle Stimulation). It generates safe, gentle electrical pulses that are delivered onto your skin through the pads placed on the inside of the belt. These electrical pulses activate the nerves which control the muscles. The pulses generated have been designed to imitate natural muscular contractions, which are effective and comfortable. The programmes send out the pulses at regular intervals, which contract and relax the muscles, in a similar way to doing regular exercise.

**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 programme used. There are 10 different programmes to choose from with 40 intensity levels. The workouts vary through each programme to optimise the workout.

# What is included

- 1 x Bodi-Tek Ab Toning, Exercising & Firming Belt
- 100ml water-based conductive gel

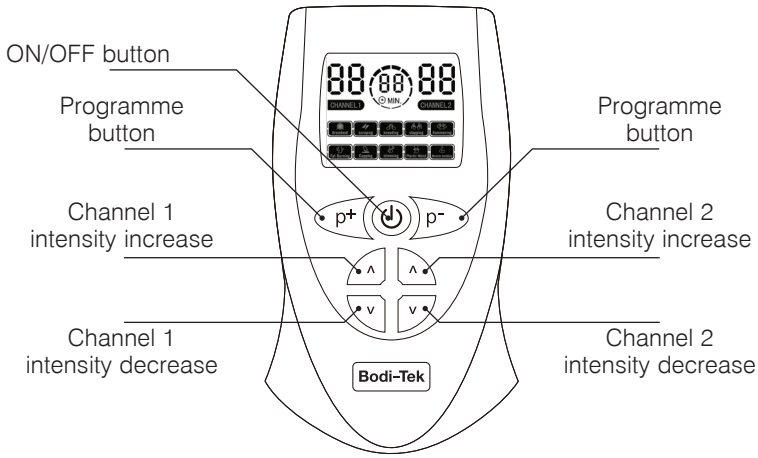
Ab-Belt




Gel



## Control Unit

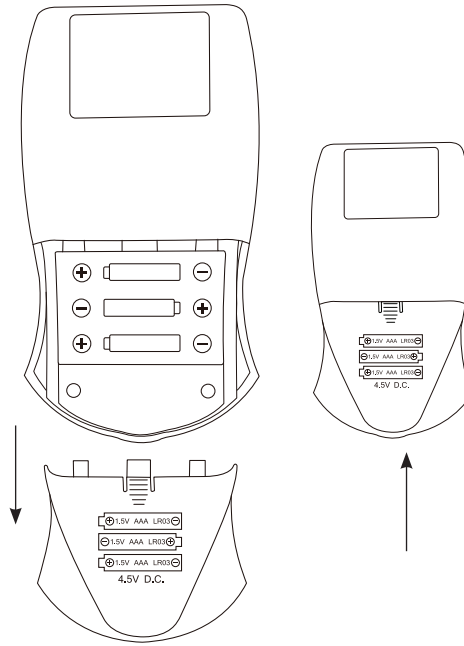



## Battery Compartment

Un-clip the battery cover on the main unit to reveal the battery compartment.

## Fitting Batteries

Insert 3 x AAA alkaline batteries in the compartment, with the correct polarity as shown in the compartment. Please note: placing the batteries in the wrong direction can cause damage to the unit.



# Display Information




## Programmes

There are 10 different programmes to choose from. As with going to the gym there are benefits to varying your workout. With 10 programmes you can alternate/vary your workout from session to session by selecting a different programme.

## Auto Functions

- The unit has a 10 minute auto-timer for each programme. After 10 minutes the unit will beep repeatedly and switch off.
- If you change the workout programme within the 10 minutes, the timer will count-down from the remaining time.

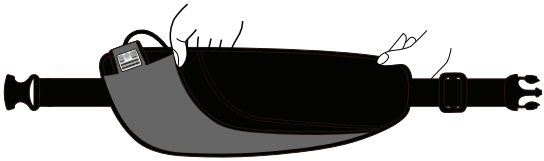
# Getting Started

## Putting the belt on

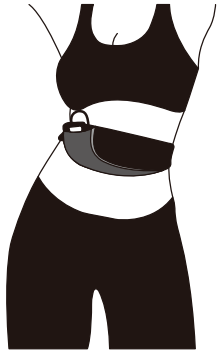
The belt is designed to fit a wide range of waist sizes from 29” to 63” (74 – 160 cm).

1. Make sure the unit is switched off.
2. Moisten the conductive pads with conductive gel. Make sure that a generous amount of gel is spread evenly over the whole area of each of the four pads. This will prevent any skin redness during use.
3. Place the belt around your waist with the pads pressed directly over the abdominal muscles. Tighten the belt to ensure the pads make good contact with your skin.









## Operation

- Turn on the unit by pressing the on/off button for three seconds.
- Select a programme by pressing the P+ or P– buttons.
- Increase the intensity for both channel 1 and channel 2 by pressing the ^ buttons. Adjust the intensity on each channel to give balanced contractions to both your left & right abdominal muscles. Each channel operates one side of the belt (left or right).
- The auto-timer will count downwards from 10 minutes and then switch off automatically.
- You can change the programme at any time. If the programme is changed, the intensity level will return to zero.
- To switch off, press the ON/OFF button for 3 seconds.
- The unit will switch off automatically after each 10 minute programme.

# Exercise Guidance

We suggest that you start with a mild workout. Within the first week you should give your muscles time to adjust to the new workout. Use the unit once or twice (with a minimum of 4 hours resting in-between) a day for a maximum of 10 minutes. After that, you can use the belt for a maximum of 30 minutes, 3 times a day.

# 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 | Ensure pads are covered with conductive gel. Ensure pads are in contact with the skin |
| | Intensity level at minimum | Increase intensity |
| | Batteries are low | Replace batteries |
| LCD Display not functioning correctly, all buttons do not work | Batteries are low | Replace batteries |
| No stimulation felt | Exhausted battery | Replace batteries |
| | Defective unit | Contact Bodi-Tek |
| Prickling sensation but no contraction | Incorrect pad placement | Move the pad/belt until you feel a strong contraction |
| | Intensity too low | Increase intensity |
| | Gel pad not in good contact with the skin | Ensure pads are covered with conductive gel. Ensure pads are in contact with the skin. |

# Maintenance

Use a soft damp cloth to thoroughly wipe clean the conductive pads - all conductive gel residue should be removed.

# Warranty

If you have any questions, 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 (2012/19/EU) 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.

The 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 local authority requirements. It must NOT be disposed of with household waste.

# Technical Specifications

| | |
|---|---|
| **PRODUCT NAME** | Bodi-Tek Ab Toning, Exercising & Firming Belt |
| **POWER SUPPLY** | 3 x 1.5V alkaline batteries type AAA |
| **FREQUENCY GENERATION** | 980.4mHz~208.3Hz |
| **MAXIMUM OUTPUT VOLTAGE** | 60V (500Ω load) per channel |
| **MAXIMUM OUTPUT CURRENT** | 120 mA (500Ω load) |
| **AUTO TIMER** | 10 minutes |
| **MAIN UNIT DIMENSIONS** | 130 x 70 x 28.5mm |
| **BATTERY LIFE** | Approx. two months, when used continuously for 10 minutes a day |

# 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