

# ***Bodi-Tek®***



## ***AB-TEK BELT***

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## **Warnings**

Please read the instructions carefully before using the unit.

Please do not use the Ab-Tek Belt if:

- You have a heart pacemaker or suffer from any other heart problems
- You suffer from epilepsy
- You have diabetes, multiple sclerosis, skin disorders or if you are recovering from an operation
- You are pregnant

Please do not place the electrodes:

- Over the carotid sinus located on the front of the neck
- Across the head or trans-cranially
- Across the chest or anywhere near the heart
- Over an open wound, 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.

## **General Precautions**

- Never get the electronic unit wet
- 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

**The Ab-Tek Belt is not a medical device. This unit is intended to be used only for general physical conditioning! No medical claims are implied or warranted by the use of this product.**

## **Welcome to your Bodi-Tek Ab-Tek Belt**

### **MODE KEY**

- Pressing the key once takes you to the next 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

**Control unit**



### **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

### **DISPLAY**

- Shows various information when the unit is in use



**Magnetic contacts underneath**

## **Important**

Do not dismantle control unit and keep away from direct heat.



Please ensure that at the END OF THE LIFE of this product the CONTROL UNIT and BATTERIES are disposed of in the correct manner in accordance with local authority requirements, or, returned to The Dezac Group Ltd., PO Box 54, Cinderford, GL14 2WW, UK. They must NOT be disposed of with household waste.

## **Ab- Tek Belt**

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.



## **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.



### **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.



### **Wearing the Belt**

The Ab-Tek belt is designed to fit a wide range of waist sizes from 24" to 44". The special material ensures the belt sits comfortably and discreetly around your waist.

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* on page 7 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.

## **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
- Always have a resting period of at least 5 hours between work-outs

## **What if you get an uncomfortable feeling?**

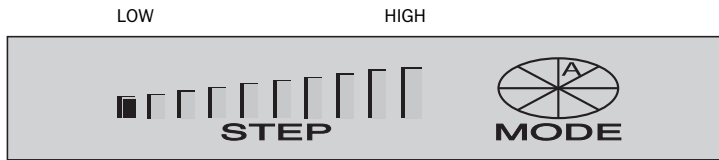
If you feel a prickling sensation rather than muscle contractions, stop the program and follow these guidelines

- Remove the belt and make sure that the electrode area is well covered with Conductive Gel
- Check to see if the electrodes are damaged
- 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

## **To clean**

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

## **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.

### **Mode**

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

## **Auto Functions**

When the conductive area of the four electrodes (four black rubber areas on back of belt) does not touch the skin, the intensity CANNOT be set after the unit is turned on. If the electrode is removed for more than 60 seconds during use and is not placed back into contact with the skin, the unit will turn off. 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.

## **What to do if you do not feel the contraction?**

Should no contraction be felt, move the belt slowly around the area you want to work on. Make sure you have enough Conductive Gel placed on the inside of the electrode. Gradually increase the PULSE INTENSITY by pushing the ON/HI button several times. The Ab-Tek is a great way to exercise your muscles; it may take a few moments of practice for locating the belt correctly and applying the ideal pressure that provides the best results for you.

### **HINT**

If you don't put gel on the electrode or the electrode is not placed tightly against the skin then an uncomfortable tingling sensation will occur. The same will happen if your pad is worn and has lost good conductivity.

## **Exercise guidance**

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. Programs with larger pulses/second figures give more intense muscle workouts. We suggest that you start with a mild workout and change to more intense programs later.

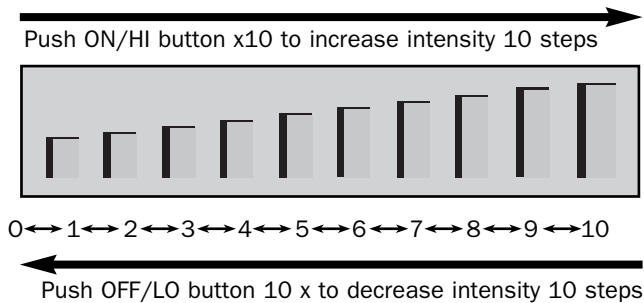
*After that, you can use the Ab-Tek for a maximum of 30 minutes per muscle group, 3 times a day, with at least 4 hours resting time between the sessions.*

Of course you should adjust your exercise routine to your personal fitness level and you should feel comfortable.

MODE	NAME	DESCRIPTION
A	Toning	4 pulses/second
B	Massage	8 pulses/second
C	Warm up	20 pulses/second
D	Enhance	14 pulses/second
E	Athlete	26 pulses/second
F	Body trim	37 pulses/second



As a beginner you should always use the mode and intensity that feels most comfortable to you.



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, until the unit powers off.

# 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 $\mu$ s
Power Supply	2 x 1.5V AAA batteries - Type LR033

## Output Ratings

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.



# ***Bodi-Tek***<sup>®</sup>

## **Your Guarantee**

On receipt of the completed guarantee registration slip,  
The Dezac Group Ltd will guarantee your Ab-Tek Belt for one year against  
failure due to faulty workmanship or components.

This Guarantee does not affect your statutory rights.

To ensure your guarantee is registered complete  
the form on the back of this page, cut out and send to:

*The Dezac Group Ltd*

*PO Box 17*

*Cheltenham*

*Gloucestershire GL53 7ET*

*United Kingdom*

**Guarantee Registration**

Please complete in block capitals

Product            PINK AB-TEK BELT

Date of Purchase

Purchased from

Title: Mr/Mrs/Miss/Ms

Initials

Surname

E-mail address

Postal Address

Town/City

County/State

Country

Post/Zone Code

☐ Please tick this box if you do not wish to be sent information on other Bodi-Tek products.



## **Troubleshooting Guide**

<b>PROBLEM</b>	<b>POSSIBLE CAUSE</b>	<b>SOLUTION</b>
No LCD Display	Batteries not installed Batteries installed incorrectly Batteries are dead	Install Batteries Check Polarity matches Replace batteries
LCD Display shown but no function	No skin contact Unit not snapped on belt correctly Intensity level at minimum Microprocessor hang up Batteries are low	Use Conductive Gel on conductive area of belt and directly onto skin Check that the unit is connected firmly with both connectors to the belt Push ON/HI button to increase intensity. Replace batteries Reset by pressing RESET button or removing batteries for 1 minute. Re-insert batteries Change batteries
LCD Display function normal, but nothing occurs	Intensity set too low Not enough Conductive Gel on the belt Used gel is not water based The belt is positioned incorrectly Belt is worn or has oil deposits Batteries are low	Push ON/HI button several times to increase Put more Conductive Gel between belt and skin Read label of the gel used. Make sure you find 'water' or 'aqua' in the ingredients Move belt around to locate your trigger points Clean the belt or replace. Contact Bodi-Tek for a new belt on 01242 702360 Change batteries
LCD Display not functioning correctly, all buttons do not work	Microprocessor hang up Batteries are low	Reset by pressing RESET button or removing battery for 1 minute. Re-insert battery Change batteries

## **Did you know?**

Apart from the Ab-Tek Belt, Bodi-Tek has a wide range of other EMS equipment.

Please check out **www.bodi-tek.co.uk**

We offer special deals to our existing customers who wish to upgrade, please call **01242 702360** during office hours, and ask for "Priority Customer Sales".

We now have a new line of exercise equipment including the amazing "Ab Builder" and we have a comprehensive range of vitamins and supplements that will complement your exercise routine.

Would you like to be kept informed of new products? If so, give us a ring, or drop us an e-mail and you will be put on our "Priority Customer List" and will get offered a discount on new lines, normally before its even in the stores!



Elite 3



Elite 2



Micro System



Ab Builder

If you require any information about any of our Bodi-Tek products, please call our

customer careline on **01242 702360**  
or email us at **online@bodi-tek.co.uk**

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