

SLENDERTONE®

Abs8



Instruction Manual

www.slendertone.com

WELCOME

Congratulations on purchasing SLENDERTONE ABS8 to begin your journey to getting firmer and flatter abs. Please read the user manual that was supplied with your product carefully before using this product.

If you have any difficulty setting up your product or have any other questions or concerns, please send us an email or call the SLENDERTONE Careline on:

- UK: 0800 169 3919
- Ireland: 1800 719 833
- USA: 1-800-551-2443
- International: +353 94 902 9936
- Email: info@slendertone.com

INTRODUCING YOUR SLENDERTONE ABS8

PACK CONTENTS

1. Controller
2. Belt: Fits waist sizes 24"- 42"/61-107cm
3. Pack of three adhesive gel pads
4. USB Charging Cable
5. Instruction Literature



HOW THE CONTROLLER WORKS

1. On / Off / Pause Button (⏻)

Press this button to turn your controller on or off. You may also pause the exercise by briefly pressing this button during a toning session.

2. Intensity Up Button (+)

Press this button to increase the intensity of the exercise.

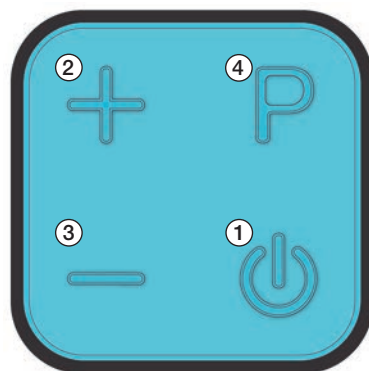
3. Intensity Down Button (—)

Press this button to decrease the intensity of the exercise.

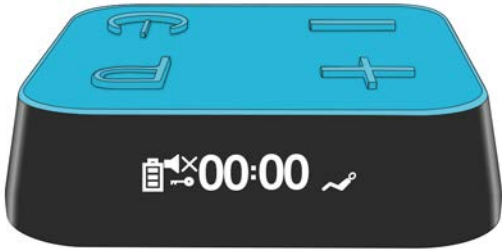
NOTE: To increase or decrease intensity quicker, press and hold either intensity up/down button.

4. Program Button (P)

Press this button to select the toning program you wish to use. There are 10 programs in total, which are explained later in this manual (page 7).



CONTROLLER DISPLAY (ICONS)



The following are the icons which may appear on the screen during the treatment session.

P 01	Programme number
49	Toning intensity level
23:49	Countdown timer
 	Session is paused
	Sound is muted
	Keylock is activated. You cannot change intensity levels or program whilst enabled.
	Load Sense Warning. Indicates a poor contact between the controller and belt or between the gel pads and skin
	Battery charging level
67	Intensity increasing
32	Intensity decreasing
56	This indicates each contraction/relaxation phase - Programmes 1-7
49	Activity indicator for cardio activity - Programme 8
64	Activity indicator for active abdominal crunches - Programme 9
53	Activity arrow for the left side abdominal crunches - Programme 10
57	Activity arrow for the right side abdominal crunches - Programme 10
0 01	Error message. Please see troubleshooting (page 10).

When you switch on your controller, the screen will cycle through the following start-up screens. These indicate **1.** Highest intensity reached in the previous session; **2.** Number of sessions completed in current programme; **3.** Total number of sessions completed. You may skip these by pressing the Programme button.

63 → **#03 25** → **# 50**

SETTING UP YOUR SLENDERTONE ABS8

Step 1 - Charge the battery.

Insert a suitably approved USB charger into a charging socket and then connect it to your controller using the USB charging cable provided (Fig. a). It'll take up to three hours to fully charge the battery. Your controller is fully charged when you hear a beep and the battery icon on the display is flashing with all three bars full.

Fig. a

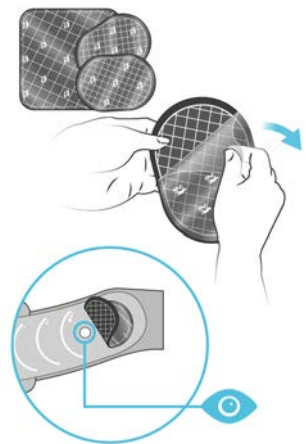


NOTE: Do not leave your controller connected to the charger when the battery is fully charged.

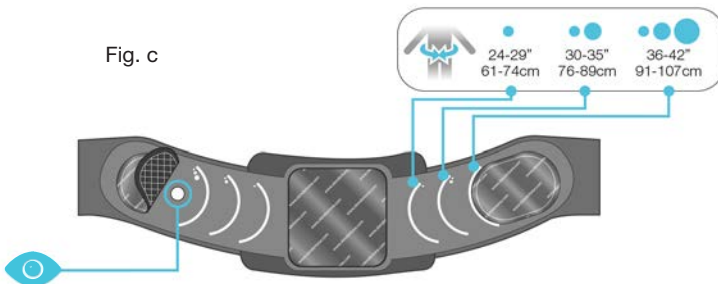
Step 2 – Place the gel pads on the belt.

- i) Remove the three adhesive gel pads from their pack. There is a large, square gel pad and two smaller oval gel pads. One side of each gel pad has a **grid pattern** while the other side is **black**.
- ii) Position the belt on a flat surface with the three metal studs facing upwards. Remove the plastic cover from the **grid pattern side** of the square gel pad and place the gel pad **grid pattern side** down within the blue square to cover the central metal stud. Press the edges of the gel pad firmly onto the belt.
- (iii) Then remove the plastic covers from the **grid pattern side** of the two oval gel pads and place them **grid pattern side** down either side of the square gel pad (Fig. b) in the positions best suited to your waist size. Press the edges of both gel pads firmly onto the belt.

Fig. b



NOTE: The location of the two smaller gel pads depends on your waist size. In the example below (Fig.c) we show the smaller gel pads placed farthest from the large, square gel pad. This signifies the position of those who have a larger waist (36"-42" / 91-107cm). Use the sizing guidelines below to help you choose which is suitable for you.



IMPORTANT: Ensure each gel pad is placed **grid pattern side down** and completely covering the metal studs. Press the edges of all three gel pads firmly onto the belt before use.

NOTE: The gel pads should be replaced every 25-30 sessions.

Step 3 – Attach controller and remove the plastic covers.

- i) Attach the controller to the belt ensuring you align the magnetic connectors on the rear of the controller to those on the holster, as shown in Fig. d.

Fig. d



- ii) Remove the plastic covers from the **black side** of all three gel pads as shown in Fig. e. Do not throw these plastic covers away as you will need to put them back onto the gel pads at the end of each session.

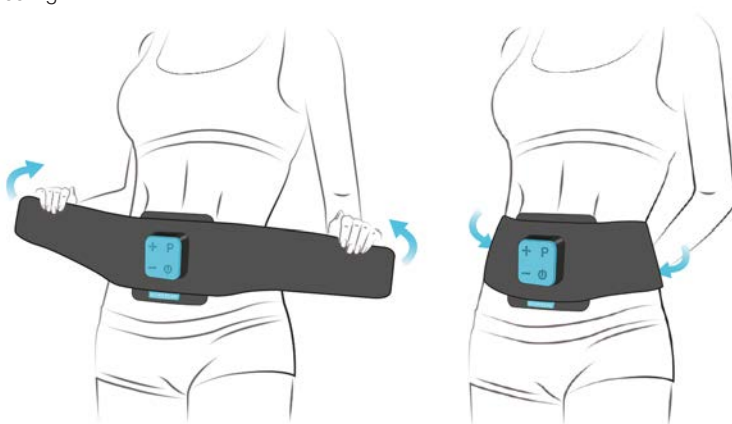
Fig. e



Step 4 - Position the belt on your body.

Wrap the belt around your waist so that the gel pads are pressed firmly against your skin, positioning the large square gel pad over your navel (belly button). Stretch the ends of the belt around your waist until the small gel pads are between your hip bones and ribs. Fasten the belt tightly around your waist, but not as tight as to cause discomfort. See Fig. f.

Fig. f



NOTE: You can adjust the belt for a smaller waist size by folding over the left end and securing it with the additional Velcro tab. Then securely fasten the belt around your waist as normal.



YOUR FIRST TONING SESSION

Muscle toning can be an unusual sensation, but a pleasant one. We recommend that you use the product while seated until you become accustomed to the sensation. To get started, follow these simple steps:

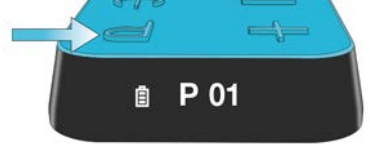
Step 5:

- i) Press and hold the on/off button briefly to switch your controller on, which will illuminate the display screen and is indicated by a rising tone. See Fig. g. The controller will cycle through its three start-up screens and then display the current programme.
- ii) Select the program you wish to use by pressing the Programme button (**P** Fig. h). Then, to start the programme, press and hold the increase intensity button (**+** Fig. i) until you feel your muscles contracting.

Fig. g



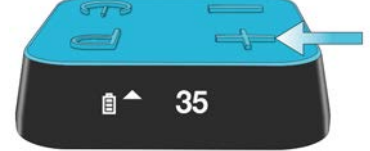
Fig. h



Step 6:

- i) Continue increasing the intensity to a level that is comfortable, yet suitably challenging. This will vary from person to person.
- ii) Continue increasing the intensity throughout the session if possible. You will feel the muscle contractions getting stronger, but always reduce the intensity if you feel any discomfort.

Fig. i



NOTES: You can pause your toning session at any time. Simply press the on/off button briefly. The display will show a (**||**) symbol, indicating that the programme is paused. Press this button again to resume the toning. If you want to stop your toning session before it is complete, press and hold the on/off button for at least two seconds. The controller will beep and switch off.

IMPORTANT: If you switch your controller off before a session is complete, that session and its maximum intensity will not be recorded. The three start-up screens will only display the values from the last completed session.

End of session

- i) When the time reaches 00:00 the session is over and your SLENDERTONE ABS8 controller will stop automatically.
- ii) **IMPORTANT:** When you have finished toning, make sure you switch the controller off before removing the belt. Press and hold the on/off power button for two seconds and the controller will switch off.
- iii) Remove the belt and put the plastic covers back on the **black side** of the gel pads. Store the belt in a safe place until your next toning session.

Well done on completing your first toning session!

PROGRAMME DETAILS

Your SLENDERTONE ABS8 has 10 toning programmes. The current programme number is displayed when you switch your controller on. Programmes are classed as “Core Training” or “Core Movement”, as follows:

Core Training

Programme Name	Duration	Intensity Range
1. Initiation	20mins	0 - 100
2. Beginner	25mins	
3. Intermediate	30mins	
4. Advanced	30mins	
5. Expert	30mins	
6. Pro	30mins	
7. Ab Power	30mins	

NOTE: Core Training programmes can be used with or without other physical activity.

Core Movement

Programme Name	Duration / Crunches	Intensity Range
8. Endurance	40mins	0 - 100
9. Beginner crunch	3 x 10 crunches	
10. Advanced side crunch	3 x 10 (side to side)	

PERFORMING CORE MOVEMENT PROGRAMMES

Programme 8:

Programme 8 can be performed while lightly jogging or doing a home exercise routine.

Step 1:

While wearing your belt, switch on controller and select Programme 8.

Step 2:

When you are ready to begin your exercise routine, press the increase intensity button to start the programme. A countdown will appear on the display to allow you to get ready (Fig. j). After 3 seconds the toning will begin.

Step 3:

Begin your light cardio routine while slowly increasing the intensity until you find a strong, comfortable level that allows you to continue your workout while toning your abs.

Step 4:

As you become more comfortable with the intensity, increase it as far as possible to maximise the workout.

Fig. j



Programmes 9 and 10 are performed while doing crunches in your own home.

Specific Ab Crunch precautions:

- Never do abdominal crunches if you suffer from neck or lumbar pain.
- Never exert yourself beyond your own comfort level. If in doubt, or if you have back pain consult your doctor before attempting these crunches.
- Programmes 9 and 10 are designed for use **ONLY** with the abdominal crunches specified. No other form of exercise should be attempted with these programmes.

Starting position (Fig. k):

Wearing your belt, lie on your back. Bend your knees to approx. 90°. Position your hands either side of your head. Your feet should be flat on the floor, shoulder width apart and your abdominal muscles fully relaxed. Switch your controller on and, choose Programme 9 or Programme 10 and then increase the intensity.



Fig. k

Programme 9

Beginner Crunch (Fig. k):

1(a). When the stimulation starts, draw your navel in towards your spine and hold until stimulation stops. Relax until the next cycle and repeat.

Standard Crunch (Fig. l):

1(b). When the stimulation starts, slowly curl your shoulders forward, making sure that your lower back stays on the floor. Ensure you do not jerk your head forward. When raising your head, avoid neck strain by keeping a space approximately the size of your fist between your chin and your chest.



Fig. l

2. Hold each contraction for three seconds, then return to the starting position and relax fully. The stimulation will stop.

3. After a three second relaxation period, the stimulation starts again.

4. When you have done 10 crunches, the product begins a 20-second relaxation period. The controller will beep for the last three of the 20 seconds to indicate the start of a new set of crunches. Repeat step 1(a) or 1(b) and steps 2-3 depending on the type of crunch you are doing.

NOTE: After three sets of 10 reps the programme will end.

Programme 10

Advanced Side Crunch (Fig. m) :

1. When the stimulation starts, slowly curl the left shoulder upwards and towards the midline/centre of your body to coincide with the contraction on the right side of your abdomen. Your shoulder should finish 3-4" from the ground. Always keep your lower back on the floor and never twist your upper body excessively.

2. Hold the contraction for two seconds, then return to the starting position and relax fully. The stimulation will stop.

3. Next, curl your right shoulder upwards and inwards when the stimulation begins on the left side of your abdomen. Again, hold for two-seconds before returning to the relaxation point.

4. When you have done 10 crunches on either side, the product begins a 20-second relaxation period. The controller will beep for the last three of the 20 seconds to indicate the start of a new set of crunches. Repeat steps 1-3.

NOTE: After three sets of 20 reps (10 each side) the programme will end.



Fig. m

ADDITIONAL FUNCTIONS

Mute Function on/off (Fig. n):

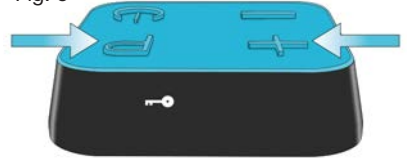
Press and hold the **P** button for two seconds to mute/unmute the controller.

NOTE: In the event of your product detecting an error, the controller will unmute to indicate the error. You must reset the mute manually if this occurs.

Fig. n



Fig. o



Keylock Function on/off (Fig. o):

If you find a comfortable exercise intensity, press and hold the Programme and Increase Intensity buttons for two seconds to lock that intensity. Repeat this to unlock.

Fig. p



Error Messages (Fig. p):

In the unlikely event of your product developing a problem, the warning symbol and error code will appear on your controller's display. If this occurs, you should switch the controller off and then switch it back on again. It should now operate properly. If the problem persists, please contact Customer Care for further assistance.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Display doesn't come on; No signal from the controller; The battery symbol is flashing	The battery is low	Recharge the battery
The display is on but there is no stimulation	The session may be paused	Press the on/off button briefly
	Intensity not increased	Increase the intensity
⚠ appears on the display* and/or the controller is beeping	Controller not properly connected to the belt	Ensure the controller and belt are properly connected
	The gel pads are on the wrong way around	Ensure the black surfaces of the gel pads are facing up
	The gel pads are worn	Replace your gel pads. Visit www.slendertone.com
	The gel pads are not covering the metal studs	Ensure each gel pad is covering the metal stud completely
	Poor gel pad contact with skin	Press the gel pads firmly against the skin. Refasten the belt tightly around your waist (see Quick Start Guide)
	Build up of gel on the metal studs	Clean the metal studs of any debris with a dry cloth. Re-attach the gel pads
	Plastic covers are still on the gel pads	Remove plastic covers from both sides of the gel pads
Unpleasant feeling beneath the gel pads	The gel pads are worn	Replace your gel pads. Visit www.slendertone.com
	The gel pads are not covering the metal studs	Ensure each gel pad is covering the metal stud completely
	Build-up of gel on the metal studs	Clean the metal studs of any debris with a dry cloth. Re-attach the gel pads
	Too many consecutive sessions	Break for the day, allow your muscles and skin time to settle
The contractions are very weak even when the toning intensity is high	The gel pads are worn	Replace your gel pads. Visit www.slendertone.com
	The gel pads are not covering the metal studs	Ensure each gel pad is covering the metal stud completely
	Poor gel pad positioning	Reposition the gel pads according to your waist size (see Quick Start Guide). Make sure belt is tightly fastened around your waist
⚠ and a number appear on the display	Error message	Switch the controller off and on. The controller should work without any problems. If the error message persists, call our customer care helpline (see Quick Start Guide)

* Whenever the ⚠ symbol appears in conjunction with the left/right arrows (◀ / ▶), the left arrow indicates a problem with the left gel pad. If the right arrow appears, there is a problem with the right gel pad. If both left and right arrows appear, there is a problem with either the middle gel pad or all three gel pads.

CONTRA-INDICATIONS, PRECAUTIONS & WARNINGS

Please do not use if:

- You have an electronic implant (e.g. cardiac pacemaker or defibrillator) or suffer from any other heart problem.
- You are pregnant.
- You suffer from cancer, epilepsy or are under medical supervision for cognitive dysfunction.
- The controller is in close proximity (e.g. 1m) to shortwave or microwave therapy equipment.
- You are connected to high-frequency surgical equipment.
- Wearing the device necessitates placement over areas at which drugs/medicines are administered by injection (short term or long term) e.g. hormone treatment.

Please wait before using your Slendertone product until:

- At least six weeks after the birth of your baby (you must consult your doctor first).
- At least three months after having a Caesarean (you must consult your doctor first).
- One month after an IUD contraceptive device (e.g. coil) has been fitted.
- The heavy days of your period have finished.

Please get your doctor's advice before using your Slendertone product if:

- You wish to use a Slendertone belt and have a bad back. You should also ensure the intensity is kept low.
- You have any serious illness or injury not mentioned in this guide.
- You have recently had an operation.
- You take insulin for diabetes.
- You want to use it on a young child.
- You suffer from muscle or joint problems.

When applying the gel pads and belt, always remember to:

- Place the gel pads and belt ONLY on the abdomen, as indicated in this manual.
- Never place the gel pads on the front or sides of the neck, across or through the heart (i.e. one gel pad on the front of the chest and one on the back), in the genital region or on the head.
- Application of gel pads near the thorax may increase the risk of cardiac fibrillation.
- Avoid any recent scars, broken or inflamed skin, areas of infection or susceptibility to acne, thrombosis or other vascular problems (e.g. varicose veins), or any parts of the body where feeling is limited.
- Avoid areas of injury or restricted movement (e.g. fractures or sprains).
- Avoid placing the gel pads directly over metal implants.
- Do not switch the controller on until it has been correctly inserted into the holster on the belt.

Possible adverse reactions:

- A small number of isolated skin reactions have been reported by people using muscle stimulation devices,


including allergies, a prolonged reddening of the skin and acne.

To reposition pads during a session:

- Always pause the programme currently running, unfasten the belt and then refasten it behind your back once the position of the pads has been adjusted.
- After strenuous exercise or exertion always use a lower intensity to avoid muscle fatigue.

General safekeeping:

- Keep your product out of the reach of children.
- The metal studs and gel pads must not be connected to other objects.
- Do not use your controller at the same time as any other device which transfers an electrical current into the body (e.g. another muscle stimulator).
- Cease using your product if you are feeling light headed or faint. Consult your doctor if this happens.
- Do not touch the gel pads or metal studs while the controller is switched on.
- Do not use while driving, operating machinery or cycling.
- For first time users, muscle stimulation can be an unusual sensation. We recommend that you begin with low stimulation intensities to familiarise yourself with the sensation before progressing to higher stimulation intensities.
- In rare situations, first time users may feel faint. We recommend that you use the product while seated or lying down until you become accustomed to the sensation.
- For hygiene reasons the belt is for use only by one person. Do not share your belt with anyone else.
- Do not over exert yourself when using muscle stimulation. Any workout should be at a level comfortable for you.
- Do not use your product if you are wearing a belly-button ring. Remove the ring before you begin a session.
- Slendertone will not accept responsibility if the guidelines and instructions supplied with this product are not followed.
- Although compliant with applicable EMC requirements, this device may still interfere with more sensitive equipment, please move away or switch off.
- Keep this device out of the reach of pets or pests.
- Always allow two hours for the controller to cool down between stimulation sessions. During normal use the controller generates a small amount of heat and tests have shown that in extreme conditions this can cause a temperature rise up to 3°C / 5.4°F under the belt at the controller location. At high ambient temperatures, close to 40°C / 104°F, care is needed to avoid prolonged exposure to this increased temperature.

 If you are in any doubt about using your Slendertone belt for any reason, please consult your doctor before use.

SLENDERTONE®



www.slendertone.com

Or call your local Customer Care Line:

United Kingdom: 0800 169 3919

Republic of Ireland: 1800 719 833

USA / Canada: 1-800-551-2443

France: 0805 542 814

Deutschland: 0800 100 2832

España: 900 994 467

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