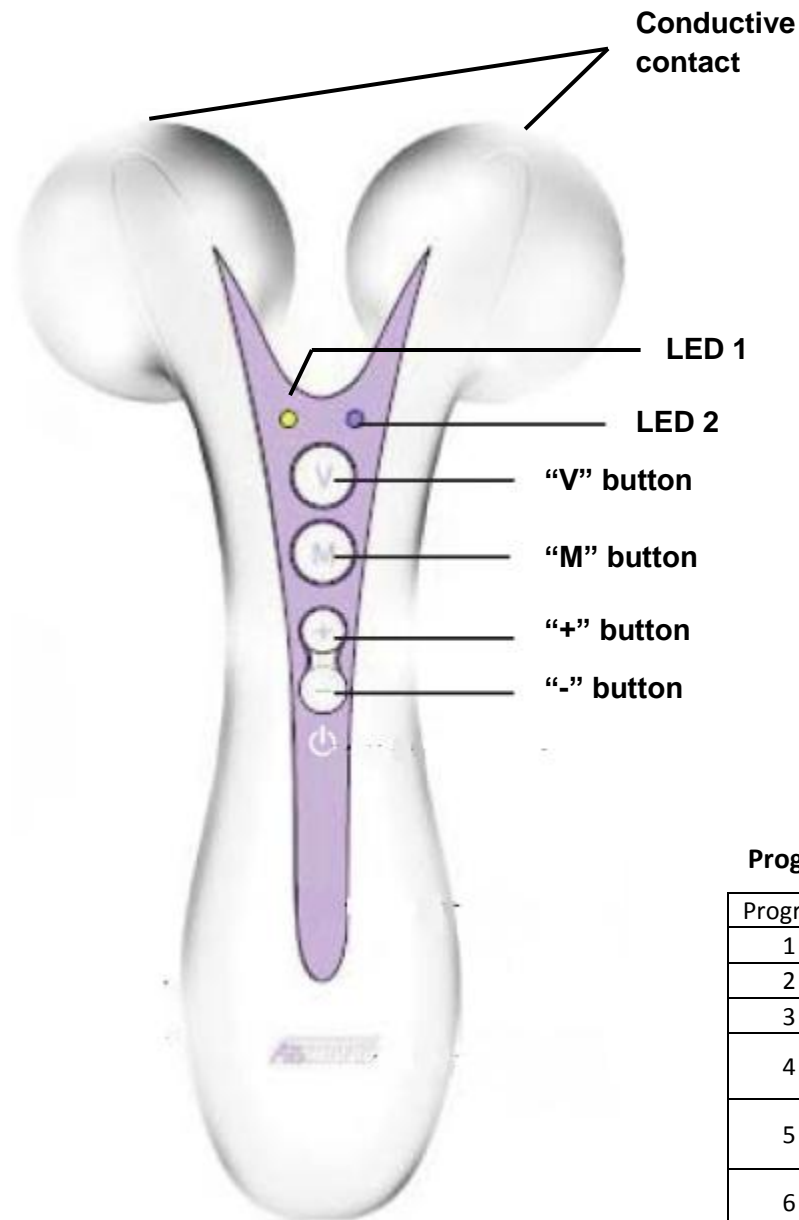


KEYS AND CONTROLS



Program 1-6 for EMS mode

Program	LED 1	LED 2	Description
1	Yellow	Off	Fat Blaster
2	Off	Yellow	Fast exercise
3	Yellow	Yellow	General exercise
4	Green	Off	Full exercise routine with slow & fast
5	Off	Green	Pro exercise routine, mixed many fast elements
6	Green	Green	Constant with low frequency

“M” button – 6 EMS programs selection

“V” button – 5 vibration programs selection

“+” button – adjust intensity level up to 20, Press and hold for 1.5 seconds to enter fast scroll mode

“-” button – adjust intensity level down to 1

Key Lock toggle ON/OFF – press and hold “M” and “+” for 2 seconds

Mute toggle ON/OFF – press and hold “M” and “-” for 2 seconds

Power OFF – press and hold “-” button for 3 seconds

Low battery indicator – “+” and “-” buttons light will be flashing simultaneously

Auto OFF – unit off after 15 minutes of the last program

Tone Firm and Lift your Bum!

ABTRONICTMSLIM

QUICK START GUIDE

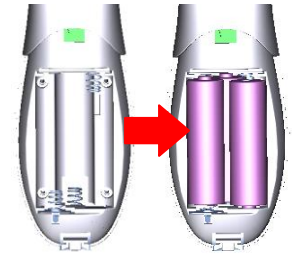


QUICK START GUIDE for AbTronic™ SLIM

Tip! Press and hold “-“ button for 3 seconds to turn the unit off.

Step 1 – Battery Insertion

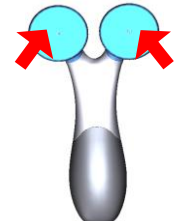
Release the clip and open the battery cover downward. Place and connect 3 x AA batteries in correct polarity in the battery compartment.



Step 2 – Gel Application

Apply the given gel to each conductive surface and spread it all over. Additional gel can be applied on the skin to maximize the conductive contact.

Tip! If the surface of the conductive contact does not have enough gel, or the skin contact is not sufficient, you may experience an uncomfortable tingling sensation.

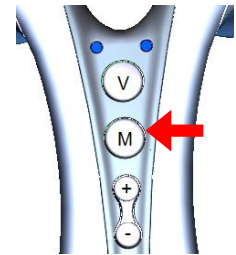


Step 3 – EMS Mode

Turn the unit on by pressing the “M” button. Button light is on.

Select program 1-6 by pressing “M” button with corresponding combination of LED indicator shown.

Program	LED 1	LED 2	Description
1	Yellow	Off	Fat Blaster
2	Off	Yellow	Fast exercise
3	Yellow	Yellow	General exercise
4	Green	Off	Full exercise routine with slow & fast
5	Off	Green	Pro exercise routine, mixed many fast elements
6	Green	Green	Constant with low frequency

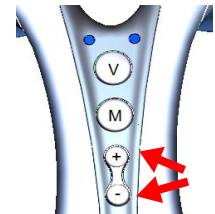


Step 4 – Intensity

Select the intensity level for EMS mode ONLY from 1-20 by pressing “+” or “-” button carefully. Button light will flash once for every push. Adjust the intensity according to your comfortable level.

Pre-set value is 1 after the mode is changed. Press and hold “+” button for 1.5 seconds to enter fast scroll mode.

Hold the unit in position for a maximum of 3 minutes depending on intensity level & comfort.

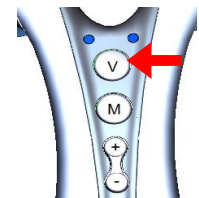


Step 5 – Vibration Mode

Meanwhile / separately, you can turn on the vibration massage option by pressing “V” button and this button will light on. Select program 1-5 by pressing the “V” button.

Hold the unit in position for a maximum of 3 minutes depending on comfort.

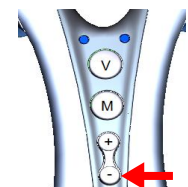
Tip! EMS mode and vibration mode can work simultaneously or individually.



Step 6 – Unit OFF

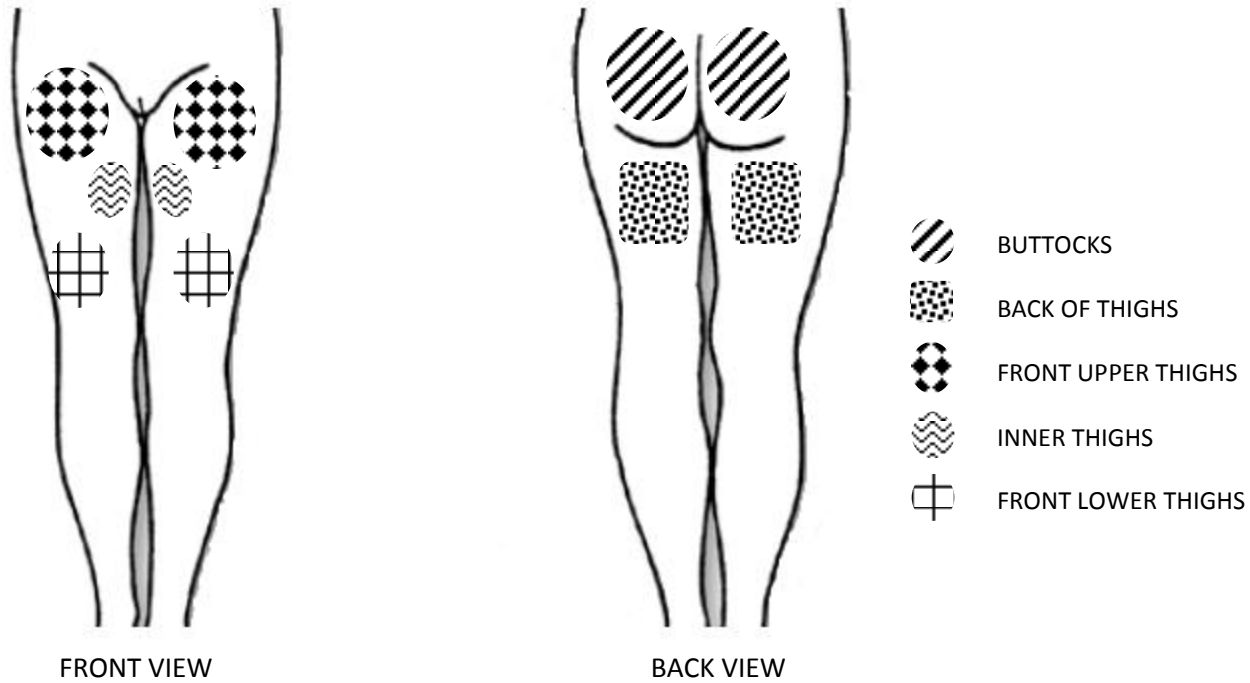
Press and hold “-“ button for 3 seconds to turn the unit off. **OR**

A self timer switches the unit off after 15 minutes of the last program. All light indicators will switch off.

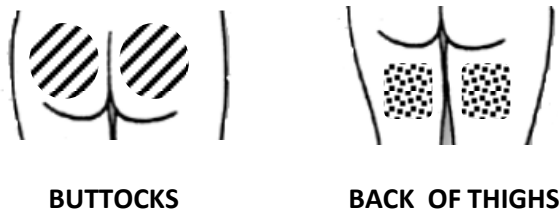


APPLICATION AREA

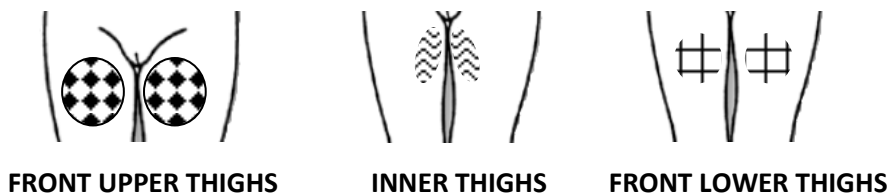
AbTronic™SLIM will work on muscles that have never been stimulated before. AbTronic™SLIM really works and delivers results. Consistency is the key. We recommend you use AbTronic™SLIM for 15 minutes a day on the area you want to stimulate.



Tip! Trigger points may vary slightly among individuals.



Tip! Standing position for the treatment as weight distribution is equal through both legs.



Tip! Seated position for the treatment as the legs can be relaxed.