



**ABTRONIC<sup>TM</sup>X**

**USER MANUAL**

## **Congratulations on your choice of the ABTRONIC™X Fitness Belt.**

Please read this manual before first use.

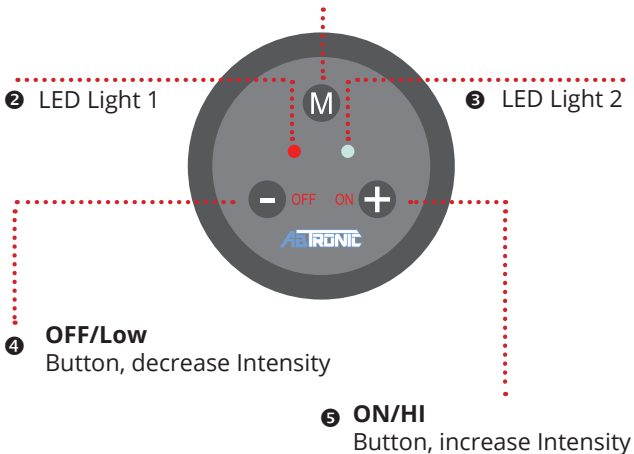
### **CONTROLS**

A self-timer switches the unit off after 10 minutes.

- 1. ON/HI:** Turns the unit on and increases the output intensity. Press once to increase the output intensity. The higher the intensity - the larger the contraction. To adjust to maximum output power you need to push this button 10 times.
- 2. OFF/LOW:** Each pressing of this button decreases the intensity by one step down until the unit turns off.
- 3. MODE:** This button "M" is used to select one of the 6 preprogrammed exercise modes. The setting is indicated by the color and location of the two LED lights on the unit.

## PROGRAM

- 1 Button to change 6 programs



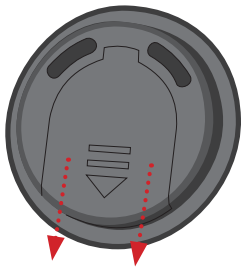
The AbTronic™X unit has the following 6 exercise modes:

Program	LED 1	LED 2	Description
1	RED	Off	Fast Blaster, very fast, 5 pulses per second
2	Off	RED	Fast exercise, 1 pulse per second, also tapping massage
3	RED	RED	General exercise, 3 sec. on – 2 sec. rest time, deeper massage
4	GREEN	Off	Full exercise routine with slow and fast elements
5	Off	GREEN	Pro exercise routine, mixed mode but many fast elements
6	GREEN	GREEN	constant on, low frequency

## OPERATION

### BATTERY

1. Open the battery door by pushing it in the direction of the arrow:



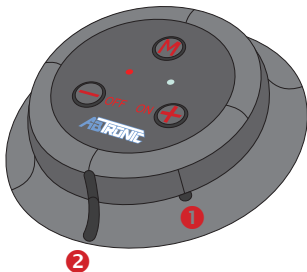
2. Insert one piece CR 2032 Lithium battery into the battery compartment. The positive "+" pole of the battery should be facing you.

## BASIC USE

1. Attach the **Abtronic™X** control unit onto the X silicon pad holder. Insert the controller by aligning the marking on the controller case with the holder:



Insert the control unit aligning it with the shorter marking on the holder at position (1) and turn it clockwise until it aligns with the longer marking on the holder at position (2):



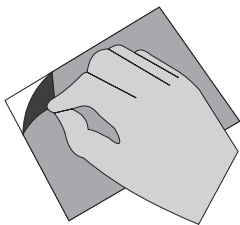
## APPLYING GEL SHEETS



### Precautions

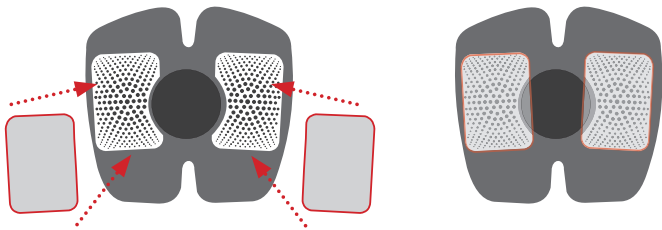
- Do not use damaged, worn or dirty gel sheets as this might result in burns.
- Always, stick gel sheets to all electrodes while using the product. Don't apply the product directly to skin, this may be painful or cause irritation or burns.

1. Take the gels sheets out of the bag and peel off one side of the protective film from the gel sheet.



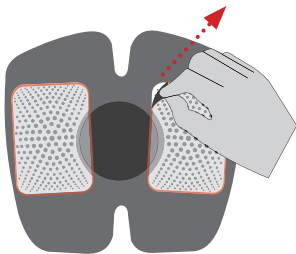


2. Stick the gel sheets onto each of the 2 conductive areas on the rear side of the X stimulation pad.



If there is an air bubbles under the gel sheets use a finger and press the air to the side of the sheet to escape.

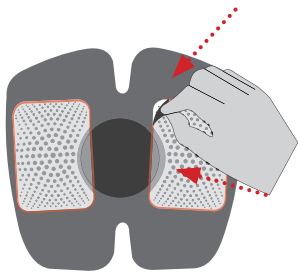
3. After affixing all gel sheets properly, peel off the remaining film.



Do not peel off the gel sheet affixed to the electrode, until you need to replace them with new ones!

#### 4. Gel Sheet Storage

After use, do NOT remove the gel pads, but put the films back onto the gel pads, this prevents the gel sheets getting dirty, while not in use.



## Removing Gel Sheets

1. Only remove the gel sheets if you need to replace them with new ones.
2. Turn off the product before removing the gel sheet. Otherwise this may cause pain or irritation.
3. Peel off the complete gel sheet slowly in one piece.
  - Remove any remaining gel on the electrodes.

## ABTRONIC™X PLACEMENT:

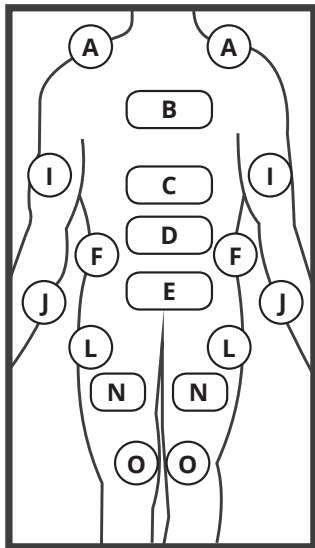
ABTRONIC™X was design to be used to effectively target individual muscle groups on your abs, legs and arms and other positions. Please see below diagram with recommended exercise points. However, the AbTronic™X is a personalized training tool and

can be adapted to suit the individual. If the below contractions are not effective, please the unit over the area closest.

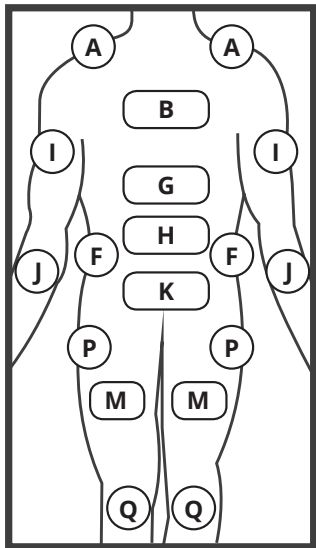
Use the optional provided elastic belt for additional support to hold the unit in position, if needed.

AFTER you have placed the unit onto your skin, switch the control unit on.

## FRONT



## BACK



## Control Unit:

1. Press the ON/HI button to power up the ABTRONIC™X control unit.
2. Select the Mode by pressing the “Mode” button repeatedly. Every time you press the “Mode” button a different LED or combination will light up indicating one of the 6 preprogrammed routines.

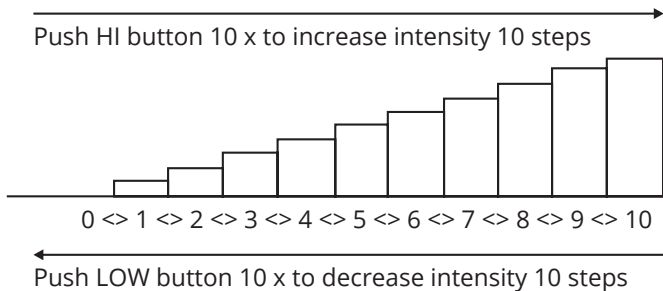
If you do not feel any stimulation reposition the product 1-2 cm at a time up or down, until you find the trigger points for the muscle stimulation. Please turn the unit off before repositioning!

😊 **Hint:** DO NOT USE gel or creams that contain oils with the product.



3. Push the ON/HI button several times to carefully increase the intensity. Adjust the intensity according to your comfort level. You should feel a light tingling.





- 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/LOW you decrease the intensity by one step.  
To switch the unit off, press the OFF/LOW button several times, until the LED lights go off.  
The unit has an auto-timer. For your convenience it will shut off after 10 minutes of operation.

However please use the system for 4 to 6 consecutive cycles/day for best results.

## **Auto Functions**

When the conductive area of the belt (silver colored area) does not touch the skin, the intensity can only be set up to "1".

If the belt is removed during use, the intensity is automatically reset to "1". If the belt is not placed back into contact with the skin, the unit will turn off after 20 seconds.

The auto timer will shut off after 10 minutes of exercise.

If you change the exercise mode within the 10 minutes, the timer will continue to countdown from the original leftover time.

## **What to do if you do not feel the stimulation**

Should no stimulation or contraction be felt, move the belt slowly around the area on your stomach. Please turn the unit off before moving it to a new position.

The AbTronic™X is a great way to exercise your muscles. It may take a few moments of practice for locating it correctly and applying the ideal pressure that provides the best results for you.

## **Important Notes**

If there is no gel sheet on the ABTRONIC™X, or if it is not placed tightly against the skin, an uncomfortable tingling sensation can occur. This can also happen if the body has built up excessive oils on the skin. Before each use please ensure that the contact points are thoroughly clean and the gel sheet is not worn or

dirty. A discoloration of the conductive area is normal. Do not wash or immerse the product in water or use fabric cleanser. If there is redness or irritation on applied area after removal of the ABTRONIC™X from your skin, this could be caused by the gel sheet been worn our already.

For safety, and to avoid unnecessary discomfort, please ensure that the intensity settings are set to zero before placing and removing the machine.

☺ **Hint:** VERY IMPORTANT: You MUST apply a gel sheet to AtrobixX that is not worn or dirty. The ATronicX must make contact with your skin. It will not work through clothing.

## TAKING CARE OF YOUR UNIT

The **ABTRONIC™X** is made of quality materials. The only maintenance required with the **ABTRONIC™X** is to clean the conductive area gently, while you are replacing the gel sheets, with a wet cloth and soapy water, further the battery needs to be replaced. Do NOT immerse it in water or other liquids. Do not rub hard on the conductive areas. **Do not wash it in the washing machine or apply fabric conditioner. NEVER BEND the conductive pads!** A discoloration of the conductive area and a “crumbled look” after many uses however is normal. Wear and tear is not covered by the guarantee. It should be noted however that this is the most advanced generation design and that lasts much longer than comparable products. The **ABTRONIC™X** is extremely energy efficient. The Batteries, last for approx.100 sessions of ten minutes.

If the output becomes weak or the unit switches off automatically in less than 10 minutes, it is time to change the batteries (even if the LED is still lit up). The electronic control unit is built very reliable and uses SMT technology. It is maintenance free and will give you many, many years of trouble free usage.

## CARE AND CLEANING

- Do not wash the unit in the washing machine or chemical cleaners as this can damage the unit
- Do not dry clean
- Do not use bleach
- Clean the unit with a slightly wet sponge with detergent and wipe with a cloth.

## **IMPORTANT – PLEASE READ**

If the gel sheets are worn out, or dirty, an uncomfortable tingling sensation can occur. This can also happen if the body has built up excessive oil on the skin.

### **DO NOT bend the conductive areas.**

Worn or dirty conductive gel sheets can reduce the performance of the unit or cause the belt to feel erratic. **The conductive gel sheets are a consumable item** and do wear out eventually. Wear and tear is not covered by the guarantee.

## FREQUENTLY ASKED QUESTIONS

**Q.** How does the **ABTRONIC™X** really work?

**A.** **ABTRONIC™X** is designed to copy the messages sent from your brain to the abdominal muscle during exercise. This message causes the muscle to contract and relax.

**Q.** Can muscles become over-developed or strained?

**A.** No - the principle is the same for general training of muscles- the more exercise, with suitable periods of rest, the stronger the muscles become.

**Q.** Can this machine be used for all ages?

**A.** Yes - absolutely. **ABTRONIC™X** is not age dependent and can be used at any age. However, the very elderly and children should use it under supervision and, keep the intensity low.



**Q.** Will I find it uncomfortable?

**A.** As long as the gel sheets are not worn or dirty and are kept firmly against the skin you will not feel any unpleasantness. At low intensity you will feel a slight tingling sensation but as the intensity gets higher you will only feel the pleasant contraction. Start using it correct position on your body between the rib and hipbone.

**Q.** Should the intensity settings be the same for each muscle?

**A.** Each muscle will respond differently, so intensities will accordingly be different. Move the AbstronicX around to find the right trigger point that gives you maximum contraction.

**Q.** Are there any contra-indications to use of the machine?

**A.** Yes - If exercise is inadvisable due to ill health, then a medical practitioner should be consulted before using this or any other device. Read all contra-indications on the last page carefully!

**Q.** When should I notice any effect?

**A.** Depending on the frequency of use and body fat, you should notice increases in abdominal strength within 2-4 weeks.

Abdominal muscle tone will show within approximately 4 weeks after incorporating the **ABTRONIC™X** into your program.

**Q.** I am getting a prickling sensation but no contraction.

**A.** Move the **ABTRONIC™X** slightly to find the right trigger points that give maximum contractions and the most pleasant feeling. Try increasing the intensity. This could also be caused because either the gel sheet worn or dirty, or is not tightly placed against the skin.

**Q.** I noticed a redness of the skin after the exercise. Is this a problem?

**A.** A slight redness of the skin after a session with the **ABTRONIC™X** is normal. It should fade quickly. Some pressure to the skin may also cause it. You should not be concerned about this. If the redness is excessive, that means the gel sheets are worn or dirty. Replace the gel sheets with the new ones.

## CONTRAINDICATIONS

- ABTRONIC™X should NOT be used by people, with cardiac pacemaker, defibrillator or other implanted electronic or metallic devices.
- ABTRONIC™X should NOT be used by pregnant women, and during first 6 weeks after their baby's birth.
- ABTRONIC™X should NOT be used by people with undiagnosed pain syndromes and hemorrhagic diseases.
- ABTRONIC™X should NOT be used on injured or otherwise impaired muscles
- ABTRONIC™X should NOT be used on the heart area.

## WARNINGS

1. The long-term of chronic electrical stimulation are unknown.

2. Apply electrodes ONLY to normal, intact, clean skin.
3. DO NOT APPLY STIMULATION:
  - Over the carotid sinus nerves.
  - Over the neck or mouth. Severe spasms of the laryngeal and pharyngeal muscles may occur with contractions strong enough to close the airway and/or cause difficulty in breathing. Stimulation over the neck can also have an adverse effect on the heart rhythm or blood pressure.
  - Transcerebrally (through the head)
  - Over swollen, infected or inflamed areas of skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins, etc.)

- Transthoracically; introduction of electrical current into the heart may cause rhythm disturbances, which could be fatal.
  - Over or in proximity to, cancerous lesions.
  - If you are epileptic
  - After experiencing acute trauma or fracture
  - Following recent surgery
  - If you have a hernia (abdominal or lingual)
  - To the frontal, laryngeal and temporal regions of the neck.
4. Never use the **ABTRONIC™X** while driving, operating machinery or during activities in which involuntary muscle contractions may endanger the user or others.

5. Do not use the **ABTRONIC™X** in the bath or shower
6. Persons with suspected heart problems or epilepsy should obtain appropriate medical advice.
7. The **ABTRONIC™X** should never be used while sleeping
8. Do not immerse the **ABTRONIC™X** unit or belt in any liquid.
9. The **ABTRONIC™X** must be kept out of reach of children.

## **PRECAUTIONS / DO NOT USE WHEN:**

1. DO NOT use if there is tendency to Hemorrhage (acute trauma or fracture).
2. DO NOT use following any recent surgical procedure when muscle contraction may disrupt the healing process.
3. DO NOT use over the menstruating uterus.
4. DO NOT use if you have skin areas that lack normal sensation
5. Place the product in accordance with the instructions

### **PRECAUTIONS:**

1. The safety of neuromuscular stimulation during pregnancy has not been established.
2. Place electrodes in accordance with illustrations in the User Manual.
3. Users should start all sessions in a sitting or prone position (minimum for the first 5 minutes)
4. This unit should not be used while driving, operating machinery or during any activity in which involuntary muscle contractions may place the user at undue risk of injury.



## **ADVERSE EFFECTS**

Skin irritation and burns beneath the electrodes has been reported with the use of electrical muscle stimulation.

## **Recommended Age**

The ABTRONIC™X is not suitable to use for infants or toddlers, it is suitable to use at any other age, however, the very elderly and children should use it under supervision and, keep the intensity low.

## TROUBLE SHOOTING GUIDE

PROBLEM	POSSIBLE CAUSE	SOLUTION
<b>LEDs do not light up at all</b>	<ul style="list-style-type: none"><li>■ Batteries are not installed</li><li>■ Batteries are installed incorrectly.</li><li>■ Batteries are empty</li></ul>	<ul style="list-style-type: none"><li>■ Install batteries</li><li>■ Check polarity “+” sign</li><li>■ Replace batteries</li></ul>

**LEDs light up,  
but nothing  
happens**

- No skin contact
- Control unit not connected to the pad correctly
- Microprocessor hang up
- Battery is low
- Use gel sheet on conductive pads and place it directly onto skin.
- Check that control unit is connected firmly with AtronicX pad.
- Increase intensity by pushing the up button
- Perform a RESET, remove Batteries for 1 minute for full RESET
- Replace Battery

**LEDs light up,  
but nothing  
occurs**

- Intensity set to low level
- Worn or dirty gel sheets.
- AbTronic™ is positioned Incorrectly
- gel sheets are worn or have oil deposits.
- Battery is low
- Increase intensity by pushing the up button
- Make sure the gel sheets are still adhesive
- Otherwise use new gel sheets.
- Move the AbTronic™ around to locate your trigger points. (switch off when moving)
- Replace gel sheets.
- Replace Battery

**LEDs light up,  
but all buttons  
do not work**

- Microprocessor hang up
- Perform a RESET, remove batteries for 1 minute for full RESET
- Battery is low
- Change Battery

## **IMPORTANT: POWER RESET**

If the unit does not switch on, or if you can't change to different programs, the microprocessor may have "hanged". Please perform a simple **RESET** by removing batteries and replace them after one minute.

## SPECIFICATION

Channel:	Single Channel
Program Modes	6 Program Modes
Intensity Control:	Adjustable 0-28uA, Max output 28uA peak to peak into 10k ohm load each channel.
Wave Form	Asymmetrical Bi-Phase Square Pulse
Out Voltage	Adjustable 0-168V, Max output 168V peak to peak into 10k ohm load each channel.
Power Supply	3V CR2032 battery
Frequency	Adjustable, due to different modes.
Pulse Width	Adjustable, due to different modes.
Contraction Time	Adjustable, due to different modes.
Relaxation Time	Adjustable, due to different modes.
Ramp Time	Adjustable, due to different modes.
Timer	Default time is 10 minutes,

Max. Charge per pulse	Adjustable, due to different modes.
Battery Life	Approximately 16 hours at nominal settings
Environment for operating and storage:	Temperature: 10° C ~40° C (50° ~140° F), Humidity rate: ≤ 85%, Pressure: Normal atmospheric pressure.

This product is brought to you by:



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