

QUICK START GUIDE

Attaching the belt

- Ensure that your skin is clean and free of creams or oils
- Lay the belt down with the electrodes facing towards you
- Moisten both electrodes and your stomach with water. Make sure the electrode surfaces are evenly moistened to avoid high voltage points on your skin during subsequent training
- Place the belt around your waist so that the electrodes are positioned on your stomach
- Close the Velcro fastener ensuring good contact between the electrode and skin, but it does not constrict you

Switching on the device

- Press the On/Off switch
- Note that Program A is activated the first time the device is started

Selecting the program

- Start the first week's training with program A at a low level and gradually raise the level of your training with increasing muscle strengthening

OR

- Select the program by yourself according to your well-being and fitness level

Setting the intensity level

- Press the intensity selection key to increase the intensity and intensity selection key to reduce the intensity

For more details on using the device, stopping or avoiding strong pulses, or taking a break during the training session, please go through the user manual for Abdominal Toning Belt by Beurer Germany, available for download below

Note: If the belt is pulled away from the stomach so the skin contact in the electrode region is interrupted, the intensity level automatically returns to zero

Avoiding unwanted pulse changes

- Switch on the key lock by pressing the program selection key for around 3 seconds
- Note the symbol appearing on the display after a sound signal
- Press the key lock once more to deactivate

Reacting to unpleasant sensations

- Switch off the device in case any sensation of itching or prickling is felt while using the device
- Check whether the electrodes are OK or if they are defective
- Check whether the round cover over the electrode connections is still in place
- Take the belt off and thoroughly moisten it again
- Ensure good skin contact and proper moistening the next time the belt is applied

Taking a break during the training session

- Briefly press the Pause key
- Note the pause symbol “II” symbol appears on the display following a sound signal
- Press the Pause key again to continue the program

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REMEMBER

- The device must not be used by pregnant women or those with cardiac pacemakers. Not recommended for use in cases cardiac arrhythmias, epilepsy, malignant diseases, abdominal injury, post abdominal surgery, low or high blood pressure, high fever, psychosis, abdominal swelling or inflammations, severe illness and acute or chronic diseases of the gastrointestinal tract
- The device should not be used near (less than 1 m) microwave ovens or microwave devices (eg. cell phones), which could cause fluctuation in the output parameters of the device
- The device must not be used:
 - On the head: here it can cause seizures.
 - On the neck / carotid artery: here it can cause cardiac arrest.
 - On the pharynx and larynx: here it can cause muscle spasms, which lead to suffocation.
 - Near the ribcage: Here it can increase the risk of ventricular fibrillation and lead to cardiac arrest.
- This device may be used by children over the age of 8 and by people with reduced physical, sensory or mental skills or a lack of experience or knowledge, only under strict supervision by an experienced person
- Rest for at least 5 hours between training sessions. In the first week, do not use the abdominal toning belt for more than once a day
- The device is only for private use and is not intended for medical or commercial purposes
- Should not be submerged in water or other liquids. Not recommended for use in shower

- Should be kept and used away from sources of heat
- Use of the abdominal toning belt thus cannot replace actual active training entirely
- In case of malfunctions, have repairs carried out only by the customer service department or an authorized dealer
- If your skin or eyes come into contact with battery fluid, flush out the affected areas with water and seek medical assistance

MORE ABOUT THE ABDOMINAL TONING BELT

1. Operating unit
2. LCD display
3. Program and lock key
4. On / Off / Pause key
5. Selection key - Increase intensity
6. Selection key - Reduce intensity
7. Battery compartment lid
8. Holder
9. Surface electrodes
10. Covers for electrode connection

