

Abs Stimulator User Manual Model No. MH1081/MH1082





Caution: Please do not use the Abs Stimulator simultaneously with the following kinds of medical equipment to avoid any adverse effects to your body.

1. Heart Rate Regulators or Transplanting Medical Electronic Devices, etc.
2. Life-supporting medical electronic devices such as artificial heart or lung
3. ECG scanners or other electronic medical devices

Caution: People with following conditions should not use the device. Otherwise, adverse effects or skin/physical problems may occur

1. People with heart disease
2. People during pregnancy or immediately after childbirth
3. Do not use this product on neck or surrounding areas (head, face, etc.); Do not use this product on spine, heart and shoulder blades or other areas around the heart
4. Do not use the product at wounded areas.

Caution: Sensitive skins

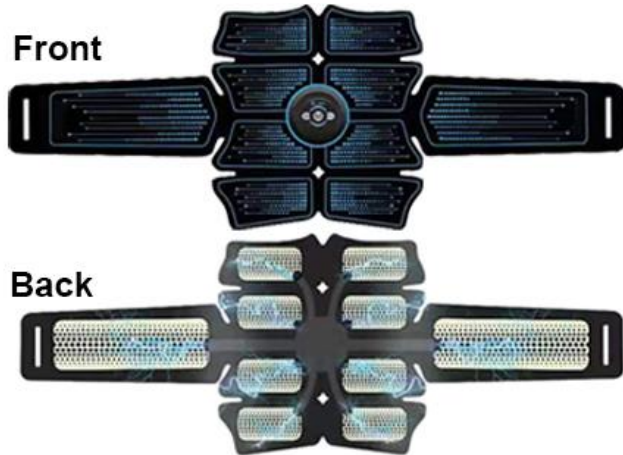
The Abs stimulator utilizes unique micro-magnetic wave technology and electro-acupuncture technology to provide muscle tuning function. In certain operating modes, people may experience gentle pinch feeling which is normal. However, if the pinch feeling is too strong at even the lowest intensity level, please stop using the device and contact us.

Independent Lab Tests and Certifications:

FDA Operator No.:	10056886
FDA 510 (K) premarket No.:	K171381
SGS Skin Sensitization Tests	
SGS Skin Irritation Tests	
MTT Cytotoxicity Tests	

What are included in the package: Please carefully examine all the components presented in the package. Contact us instantly if anything is missing.

Midsection stimulation pad with full set of gel pads pre-installed (1)



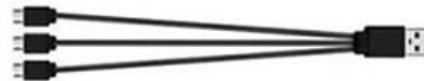
Universal fit secure belt (1)



Arms/legs stimulation pads with gel pads pre-installed (2)



3 in 1 USB charging cable (1)



Stimulation controllers
A - midsection (1)
B - arms/legs pads (2)



Extra gel pads for replacement
(refer to page 8 for gel pads replacement)



Charging:

The device comes with a 1-3 USB charging cable and it could charge 3 controllers at the same time (one (A) for midsection and two (B) for arm/leg pads). Plug one end of the charging cable (the smaller end) into the controller and plug the other end into your PC or any adapter working with USB charging. The controller will start to charge. When the controller is being charged, the LED light will turn red. The LED light will go off when the controller is fully charged.

Tips: As the controllers are pre-charged when exit factory, it is not necessary to charge the controllers before the initial use. However, due to storage time and transit time before the product reaching the customers, one could feel the controllers are not in full power. Under that situation, a full charge before usage is recommended.



Operating Instructions:

- **Skin preparation:**

Before use the Abs stimulator, please make sure the areas of skin for pads to be attached to are clean. For people with heavy skin hair, please shave so the gel pads can stick to the skin properly

Tips:

- Before applying the Abs stimulator, apply some lotion on skin to enhance the stickiness.
- Avoid heavy sweat on the skin
- Apply conductive gel can significantly increase the stickiness and effectiveness of the Abs stimulator
- The device was tested for skin sensitization, skin irritation and MTT cytotoxicity. However, for people with super sensitive or allergic skin, STOP use the device if you notice significant skin reaction.

- **Peel off protective tape on the stimulating pads:**
Each stimulating pad has multiple pieces of hydrogel on the inner side of the pad, which are covered by the transparent protective tape. Gently peel off the protective tape and put aside for reuse after each stimulating session.

Tips:

- Please do not remove the protective tape exaggeratedly or grasp only a small part of the tape, which could cause damage to the hydrogel or the tape
 - Never allow the pieces of the hydrogel to touch each other, such as folding over the product
 - Do not press the protective sheet too hard on the hydrogel, which could damage the gel surface
 - Please do not bend the hydrogel sheet which could cause the gel deformation and not functional
- **Operate Abs Stimulating Pads**

Midsection Pads

After the protective tapes removed, gently apply the midsection pads between your ribs and hipbone.



Extra Secure Waist Pack

An extra waist pack is provided for secure the midsection pads

Arms/Legs Pads

The arms/legs pads are very handy in terms of where you want to put them. You can literally use them to enhance any area of muscles you want to!



Arm



Thigh



Wrist

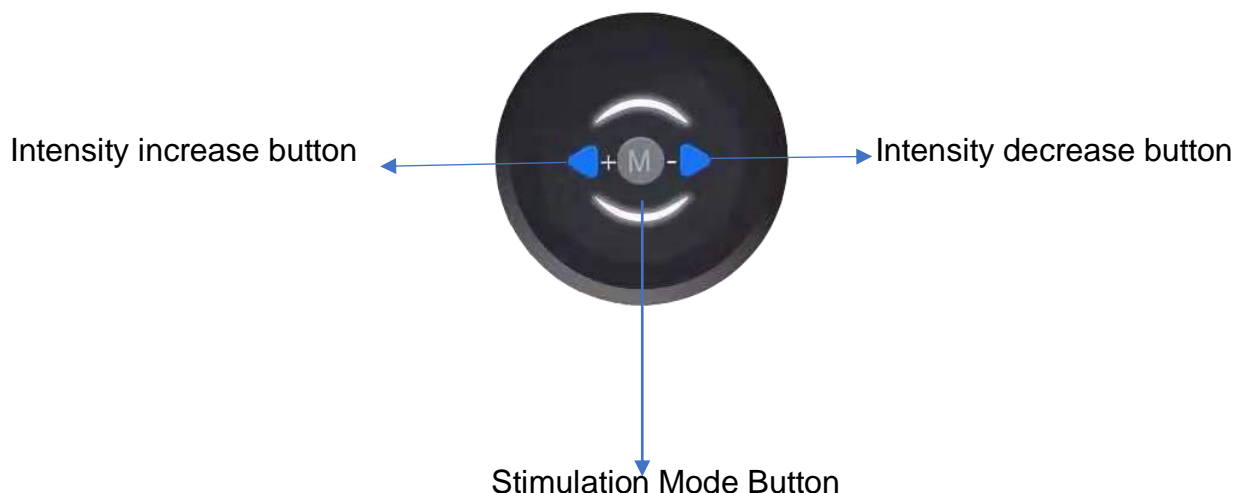


Calf

Stimulation controllers

There are 3 stimulation controllers enclosed in the package.

- **Controller A (1) is for midsection pads and controllers B (2) are for arm/leg pads.**
- **Assemble the controller to the stimulating pads:** Gently push the controller into the corresponding position of each stimulating pad until a “click” sound is heard. Gently move shift the controller to make sure it is snugged in.
- **Adjust stimulation modes:** Push the Mode button in the middle of the controller to set stimulation mode (6 different stimulation modes). Different stimulation modes remit different electromagnetic wave patterns, which could provide customized sensation based on individual preference or physical condition. Please refer to “Stimulation Modes” section for detailed information. At each operating mode, different LED lights pattern will show up.
- **Turn on/Turn off stimulation and adjust operating intensity:** Each operating mode has 9 intensity levels. By default, the controller starts at intensity level 0 (no stimulation). After a stimulating mode is selected, press the intensity button with “+” sign to increase intensity level, while press the intensity button with “-” sign to decrease intensity level. When the intensity reaches level 1, one more press of the “-“ button will turn the stimulation off.
Tip: Whenever a new stimulation mode is set, the intensity level will be reset.



Length and frequency of stimulating sessions

It depends on personal preference and physical conditions. Generally speaking, 1-2 times a day and 15-20 minutes each time will work for most people. Please do not use the stimulator more than 25 minutes per session to avoid causing damages to the stimulator as well as the skin.

Remove the simulating pads from body

- Make sure the stimulating pads are turned off.
- Use both hands to gently pull the pads off the body
- Do not forcibly pull the pads off
- Do not pull off the pads by one hand or by hold only a small part of the pads. It may damage the product

- Recover the protective tape on the hydrogel pads and put the stimulating away for next use

Use both hands to peel off the stimulating pads
(images are for illustration only, not the same model)



Correct



Incorrect

- **Stimulation Modes**

Different stimulating modes remit different Electromagnetic wave patterns, which could provide customized sensation based on individual preference or physical condition. Please refer to below chart for detailed description of each stimulation mode.

6 stimulation modes
(each mode with 9 intensity levels)



Mode 1 Basic
Point contraction
app. 80 cycles per minute
low impulse frequency



Mode 2 Intense
Long contraction
app. 5 cycles per minute
mid impulse frequency



Mode 3 Medium
Medium contraction
app. 20 cycles per minute
mid impulse frequency



Mode 4 Intense
Fast contraction
app. 96 cycles per minute
high impulse frequency



Mode 5 Medium
Short contraction
app. 60 cycles per minute
mid impulse frequency



Mode 6 Intense
The combination of
the prior 5 stimulation
modes

- **Storage**

- Please store the product in places not hot or humid (such as inside a car), and store away from direct sunlight
- Please keep the product in a safe place to avoid tripping on it and getting injured
- Keep out of the reach of children and store away from pets
- Please do not place it near fire
- When the unit is not used for a long time (1 month or longer), please make sure to charge the pads at least once a month to avoid shortening the battery life

- **Replacement Hydrogel Pads**

Hydrogel pads are the clear sticky gel sheets. On your stimulation pads, a full set of hydrogel pads was pre-installed, so your stimulators are ready to go. In addition, complimentary gel sheets were included in the package for your initial replacement. Depending on the good maintenance and proper handling, a hydrogel pad has a life span of 20-30 sessions. After that, it was recommended to replace the hydrogel pads to achieve its best stickiness and effectiveness. We have matched replacement gel pads for our Abs stimulator. Please contact anj@anjinternational.net for more detailed information.

Steps to replace hydrogel pads

Step 1. Peel off the blue plastic film



Step 2. Stick the clear gel on the stimulation pad



Step 3. Smooth the gel sheet



Step 4. Remove the transparent film





FAQs and Trouble Shooting Tips:

What material is the Abs Pads made of?

Answer: The material used for the Abs Pads is artificial leather, also called synthetic leather. It is environment friendly material and widely used as substitute for leather in clothing, footwear, furniture and other uses where a leather-like finish is desired but the actual material is cost-prohibitive or unsuitable. On the other hand, just like caring genuine leather, use some protective gel or leather conditioner will be able to prevent it from drying out or cracking.

What tests have been done on the material?

Answer: Product safety is our #1 goal. The product has been through vigorous independent 3rd party tests, including SGS skin irritation testing, SGS skin sensitization testing, MTT cytotoxicity testing, Material Safety Data Report, and etc.

Is the Ab Stimulator safe? Is it FDA approved?

Answer: Yes, the Ab stimulator is FDA approved. Please feel free to validate on FDA medical device database. FDA operator #: 10056886; FDA Device Premarketing Authorization 510(K) #: K171381

Why sometimes I have a pinch feeling when I use the stimulator?

Answer: The pinch feeling comes from the unique technology we used to stimulate the body circulation. On top of micro magnetic wave technology, we integrated electro-acupuncture technology into the stimulation. It will enhance the body circulation and improve muscle stimulation effect. It is a safe technology and approved by FDA. Moderate pinch feeling is normal, however, if you feel it is too intensive to bear, please contact us:

anj@anjinternational.net.

How can I know if the controller is being charged?

Answer: With the enclosed 1-3 USB charging cable, you can charge the controllers wit PC or any other outlets compatible with USB charging. While the controller is being charged, its LED light will come on and stay on. When the controller is fully charged, the red LED light will go off.

How do the different stimulation modes work?

Answer: Different stimulation modes remit different electromagnetic wave patterns, which could provide customized sensation based on individual preference or physical condition. Please refer to "Stimulation Modes" section for detailed information.

Can I use the pads on other muscles?

Answer: absolutely. The midsection stimulating pads are mostly designed for your 8 Pack. However, you can use the other 2 smaller pads anywhere on your body - arms, legs, thighs, back, and etc., except for the areas highlighted in "Caution" section. They are very handy to give you more flexibility for any muscles you intend to tune!

How often should I use it?



Answer: It depends on personal preference and physical conditions. Generally speaking, 1-2 times a day and 15-20 minutes each time will work for most people. Please do not use the stimulator more than 25 minutes per session to avoid causing damages to the stimulator as well as the skin.

What are the best practices on maintaining the gel pads?

Answer: several ways will help you prolong the life span of the gel pads

1. Clean skin before applying the gel pads
2. Gently peel off the transparent protective tape from the gel pads, leave it at a safe place and gently put it back when the session is done.
3. Never allow the hydrogel pads to touch each other like folding
4. Apply some conductive gel or lotion on the skin before starts the session
5. Use the enclosed extra waist pack to enhance the effectiveness

Do I need to replace gel pads? Where can I get the specifically matched gel pads?

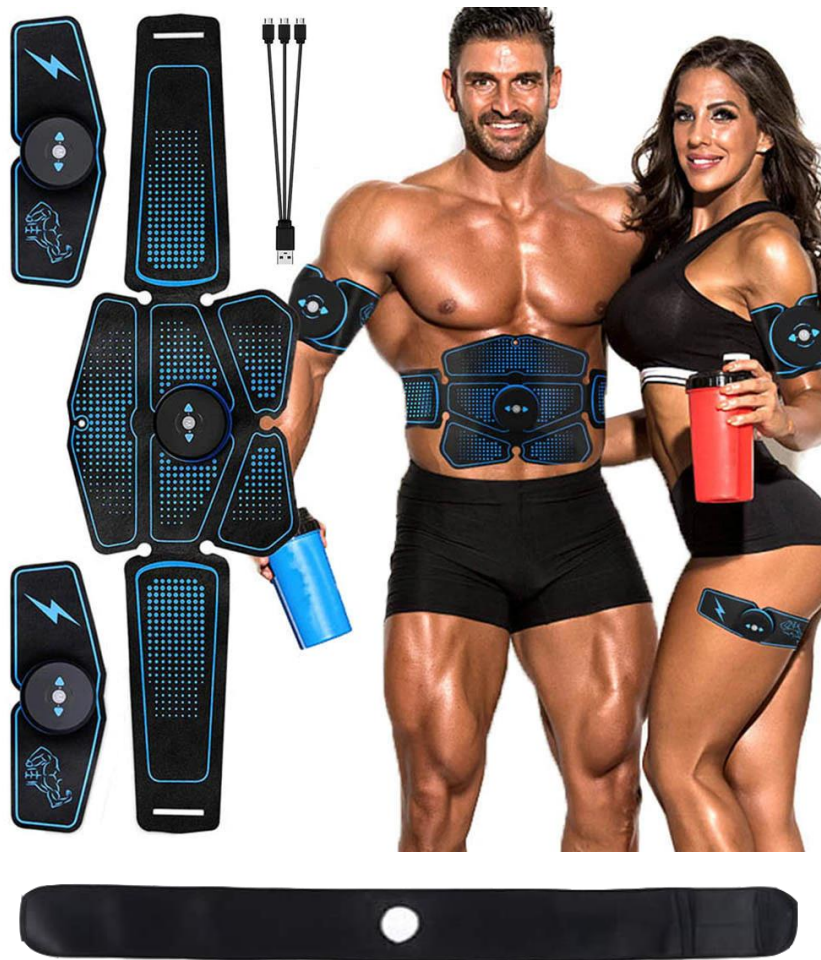
Answer: Typically for the gel pads on the market, it can be used 20-30 session. After that, the gel pads need to be replaced to maintain its optimal stickiness and effectiveness. Good practice will help to prolong the life span of the gel pads.

We have matched replacement gel pads available in major marketplaces as well as our website. Please contact us for more details.

For the midsection pads, how come I feel strong stimulation in the central area, but less sensible in the surround areas, specifically for oblique muscles?

Answer: This has to do with how the stimulation circuit works. The DC (Direct Current) from the stimulating controller travels through the circuits buried in the belt and weakens gradually. The further it travels, the more it is weakened. As our stimulating controller is placed at the center of the belly area, there is a balance between how strong the center area gets and how much strength the surrounding waist areas get. Right now, our design is to give appropriate stimulating power in your 8 Pack abdominal muscle area, while unfortunately the strength in the outside area is much weaker. In another word, if we add more power to increase the strength of the surrounding area, the central section will be too strong and overwork your belly muscle.

If you want to increase the stimulating effects on the oblique muscles, our 2 arms/legs pads come in handy. Actually you can use those 2 smaller pads on any areas of your body. You can apply these 2 patches together with your midsection patch in the oblique muscles area, which will surely help you to work out more!





Please do not return this product to stores. If you have any issues or questions regarding the Abs stimulator, and are looking for,

- **Customer support**
- **Technical support**
- **Product returns**
- **Product replacement**
- **Refund**

Please contact us at anj@anjinternational.net and we would be happy to assist you.