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The AbTronic[™] tones and tightens your upper abs, lower abs and love handles with no sweat at all!



The simplest, smallest and most comfortable toning and the simplest, smallest and most comfortable toning and the simplest and the simplest and the simplest and most comfortable toning workouts. With the AbTronic[™], your muscles are moving but you are not.

AbTronic[™] will work you out while watching TV, shopping, working, and walking. Anyplace. Anytime.

AbTronic[™] is great to target your arms, chest, buns or thighs.

Ten minutes on the AbTronic[™] is the equivalent of 600 sit-ups!

The AbTronic[™] is not your ordinary massager. This advanced unit uses gentle electronic stimulation to contract and release ("exercise") your muscles. You will see your own muscles moving. Do NOT expect any vibration or sound from the unit at all. When you switch the unit on, the LED light will come on, indicating that your AbTronic[™] is working properly. After you have placed the belt and the gel directly onto the area you want to work on, you should switch the unit on. When the LED light starts flashing, the stimulation will be on. You will feel a slight tingling sensation. Without any effort on your part, you will be able to exercise your muscles. Adjust intensity with the High/Low buttons to a comfortable level.

HINT! In order to obtain proper muscle contractions, you need to use a conductive medium on the two gray colored areas on the inside of the AbTronic[™] neoprene belt. Before placing the AbTronic[™] on your skin, always put a generous dab of the FIRMING TONING GEL onto the two contact areas. Your Fitness System comes with the effective Firming Toning Gel specifically designed to enhance the effects of your workout. It contains a lot of good ingredients and also in a strong enough concentration to be efficient.

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The silver containing electrodes of the centerpiece will wear over time. (This is based on physical law, as the silver will deteriorate with use). Although our electrodes are of the newest generation and designed to last five times longer than the so far only available "stick-on" gel pads, we recommend replacing the centerpiece after approx. 500 applications (which equals a daily use of 6-9 10-minute sessions = 11/2 hour constant daily use for 2 month!). The neoprene belt is a consumable item and wears with use, depending on the gel you are using, your own body fluids and how often you use the belt. A worn belt can reduce the performance of the unit or cause the belt to feel erratic. If the belt is worn out it will not be conductive anymore. This can be recognized as the AbTronic[™] unit will switch on, but the LED's will not be flashing. A discoloration of the conductive area of the belt however is normal. Wear and tear is not covered by the guarantee.

The belt could be used with water only, however we do NOT recommend the use of water, as the conductive distribution to the skin is not even and the water dries off quickly. This can result in an uncomfortable feeling, and skin irritations have been reported with the use of water. We recommend a generous application of the original AbTronic™ Firming and Toning Gel in order to achieve fast results.

Consider to become a member of the Firm Abs Club and SAVE.

You can easily detach the unit by unsnapping it from the neoprene belt. Just pull the unit off and put it on a new belt. The Battery (1 x CR 2032, 3V Lithium) lasts 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 battery (even if the LED's light up). If the battery is not going to be used for long periods, please remove it to prevent corrosion.

Although the electrode centerpiece needs to be replaced from time to time, the Microprocessor Unit will last you a lifetime.

3. HOW TO ACHIEVE MAXIMUM RESULTS

The AbTronic™ will work on some muscles that probably have never been exercised before. The AbTronic™ really works and delivers on its promise what it can do for you. However, consistency is the key to a younger looking you. So for the next 30 days don't forget to use your AbTronic™ every day. Same like you can't go to the Gym for the first time and expect to have rock hard abs the next day, it will take a little time to reclaim that proper muscle tone. Most people will see noticeable results within 4 weeks, you will achieve the optimal improvements within approximately 10-12 weeks. So keep at it, sit back, relax and let the AbTronic™ do the work for you. It is good for you, it's easy, very pleasant and most effective.

4. WHAT IS THE FIRM ABS CLUB?

If you are using your AbTronic™ System a lot, we recommend you join the Firm Abs Club. As a club member you receive 2 bottles of the Firming and Toning Gel, 2 Batteries and 1 Neoprene Center Piece automatically every 60 days for only \$39.95. This is a 60% discount over the regular price, and shipping and handling rushed to your front door is free. Membership of the Firm Abs Club is free too and you can cancel future shipments at anytime. If you want to join, please send an email with your name, address, credit card number and expiration date to: absclub@abtronic.net

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"When I looked at the AbTronic™ System I thought, "Gosh, is this going to give me a good workout?" And then as soon as I tried it, it was awesome. It was just... it gave me a great workout. I saw muscles that I never knew I even had and I just love it. It's great!"





or audio on this site? Click Here SANDRA LOPEZ, Certified Fitness Trainer

"I got into a car accident about 3 months ago and was unable to go workout at the gym. Since then I have found the AbTronic™ System. I've used the AbTronic™ System now for about 2 and a half months. I've lost 5 inches on my waist and another accelers on my hips." LISA LUNDY, Real Estate Sales

"After 3 weeks of using the AbTronic™ System I noticed fantastic results. I have lost 3 inches in my waist and 2 inches in my hip area. And I was just very happy with it." ANITA VACCARO, Hotel Beverage Dept.

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A: AbTronic[™] is designed to copy the messages sent from your brain to the muscle during exercise. This message causes the muscle to contract and relax.

Q: How does the AbTronic[™] really work?

- 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.

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skin irritations have been reported with the use of water. We recommend a generous application of the original AbTronic™ Firming and Toning Gel in order to achieve fast results. Consider to become a member of the Firm Abs Club and SAVE. Although the electrode centerpiece needs to be replaced from time to time, the Microprocessor Unit will last you a

- Q: Can this machine be used for all ages?
- A: Yes absolutely. AbTronic[™] 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.

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lifetime.

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- Q: What is the maximum waist size the belt can fit?
- A: The AbTronic[™] can be used for any size waist from 8 5/8in (22cm) -around arms with the short belt, up to 86 5/8in (220cm) -around waist with long + short belt extension.
- Q: Will I find it uncomfortable?
- A: As long as the belt is moist and 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 contraction.
- Q: Should the intensity settings be the same for each muscle?
- A: Each muscle will respond differently, so intensities will accordingly be different.
- 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 first page carefully!
- Q: When should I notice any effect?
- A: Depending on the frequency of use and body fat, you should find increases in strength within 2-3 sessions. Muscle tone and definition will show with in app. 3 weeks after incorporating the AbTronic[™] into your program.
- Q: I am getting a prickling sensation but no contraction.
- A: Try increasing the intensity. If that does not work, remove belt and wash the inner surface with soap and water to remove body oil. This problem could also be because either the belt lacks toning gel or is not tightly placed against the skin.
- Q: How should I use AbTronic[™] to speed up my recovery rate?
- A: AbTronic[™] can be used every four to five hours to promote increased recuperation of a muscle after intensive work out. Use a low intensity setting with small contractions.

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• The batteries used in the AbTronic[™] are CR 2032 Lithium batteries, and can easily be obtained at your local drugstore if you don't wish to order them. They should last for 100





sessions of 10 minutes each. This is more than 60,000 CONTRACTIONS or more than one month use!

- It is important that you eat a good healthy diet and try to cut down on some fatty foods. Follow
 our easy eating tips in the Accelerated Weight Loss Booklet you received together with your
 AbTronic[™] system to achieve the best results.
- It is also a good idea to combine the AbTronic[™] system with regular aerobic exercise to keep your cardio-vascular system in good shape. However, AbTronic[™] can enable people to enhance their body shaping routine by targeting and toning specific areas of their body which they may not have been able to do with regular exercise or diet. By narrowly targeting particular areas of your body for toning AbTronic[™] gives you greater control over your body shaping effort. AbTronic[™] also allows you to exclude those parts of your exercise routine which you find too time consuming or uncomfortable, like sit-ups. The strong appeal of AbTronic[™] is that it is "passive exercise": exercise without the physical effort! It is best used as a complement to existing exercise routines.

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Battery is low

RESET

- Change Battery

correctly, all

work

buttons do not

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Trouble viewing video or audio on this site? Click Here Hint: You can determine whether your belt is used up or whether the electronic unit does not generate sufficient output power. Simply unsnap the unit from the belt. Place a little bit of conductive gel on the tip of the pointing and ring finger of one hand and press your fingers against the two contacts of the unit. Switch the unit on and carefully increase intensity to level one or two. If the unit is working properly you will feel a tingling sensation in your fingers which indicates that you need to get a new neoprene center piece belt.

The silver containing electrodes of the centerpiece will wear over time. (This is based on physical law, as the silver will deteriorate with use). Although our electrodes are of the newest generation and designed to last five times longer than the so far only available "stick-on" gel pads, we recommend replacing the centerpiece after *approx*. 500 applications (which equals a daily use of 6-9 10-minute sessions = 1½ hour constant daily use for 2 month!). The neoprene belt is a consumable item and wears with use, depending on the gel you are using, your own body fluids and how often you use the belt. A worn belt can reduce the performance of the unit or cause the belt to feel erratic. If the belt is worn out it will not be conductive anymore. Consider to become a member of the Firm Abs Club and SAVE.

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