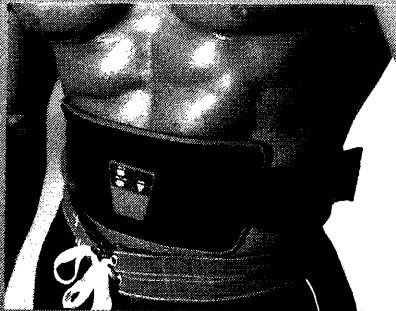


ABRONIS

The Future of Fitness™



Instruction Manual

IMPORTANT! SEE RESULTS QUICKLY!!


Please read the complete instruction manual before you use the AbTronic™ System. Your Fitness System comes with the effective **Extra Strength Firming Toning Gel**, located underneath the black velvet inside your bag. It is specifically designed to enhance the effects of your workout and it contains a lot of valuable ingredients in an Extra Strength Formula to be most efficient.

1. HOW IT WORKS

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 plenty of 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.

Adjust intensity by pressing the High/Low buttons several times each pushing increases or decreases the intensity by one notch.

 **HINT!** In order to obtain proper muscle contractions, you need to use plenty of conductive AbTronic™ gel on the two areas to the left and right of the insulation sticker on the inside of the AbTronic™ neoprene belt. **For maximum effectiveness and comfort always put a generous dab of the FIRMING TONING GEL onto the two contact areas.**

- **DO NOT USE WATER ONLY**
- **DO NOT BEND your Neoprene Center Piece**
- **Do your first exercise on your UPPER Abs, closer to your ribcage, NOT over your belly button.**

2. 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. 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.

AbTronic™ Instruction Manual

Congratulations, on purchasing the one and only **Original AbTronic™**, the smart Electronic-Exercise System specifically designed to support Body Toning, Athletic Enhancement and Body Building.

You have chosen the most advanced and best quality unit that will last you to enjoy many years to come. Unlike any other system on the market today only the original AbTronic™ has the unique patent pending Neoprene Centre Piece that was designed in Germany. It is made from a graphite silver silicon compound so it can not peel, crack or tear like those other belts that only have a conductive surface painted on or cheap aluminum foil glued on.

Thanks to its unique space age compound **the AbTronic™** is the most comfortable to wear and it will save you a lot of money and aggravation because you don't have to buy new belts again and again as you would be forced to by these other systems.

With your new original **AbTronic™** you can rest assured that you own the best and safest system for your body and health. Thanks to its smart compatible design you can also choose from the many accessories available to customize your AbTronic™ system. Without the need to buy any new electronic unit, you can inexpensively convert your original **AbTronic™** to a totally wireless massager, to the most advanced system to target cellulite or to a therapeutic tool similar to the ones used by many Chiropractors and Clinics.

The abdominals are one of the hardest muscle groups to shape and **AbTronic™** is ideally suited to assist in this difficult task. In 10 minutes you can exercise your abdominal muscles with up to **3000 contractions** if you select program mode 1 - can you imagine how many sit ups you would have to do to achieve the same results?

With the normal recommended use of 30 minutes per day and depending on the amount of work-out routine, **AbTronic™** will show the way to noticeable improvement after 3 - 4 weeks of regular treatment. We recommend regular physical exercise as well as a healthy diet in conjunction with the treatment. Regular exercise and a healthy diet combined with the modern technology of the AbTronic™ are the best way to achieve total health.

How does the AbTronic™ work?

The **AbTronic™** generates small, gentle pulses that are delivered inside the belt placed on your skin. These safe pulses activate your underlying motor nerves, resulting in muscle contractions. The **AbTronic™** sends a signal to your muscle and causes it to contract and then relax. These impulses are designed to copy the natural nerve signal and to obtain efficient, pleasant muscular contractions, which repeat again and again to simulate normal exercise. This is the same technology as used by many professional athletes and Olympic gold medallists now you can enjoy the benefits of this passive exercise in the comfort of your own home. And the best: It is easy to use!


The **AbTronic™** requires one CR 2032 battery (included). Please make sure to insert it in the right direction with the "+" marking facing towards you. (Do not touch the polarities of the battery directly, but only the edges)

Important Guidelines

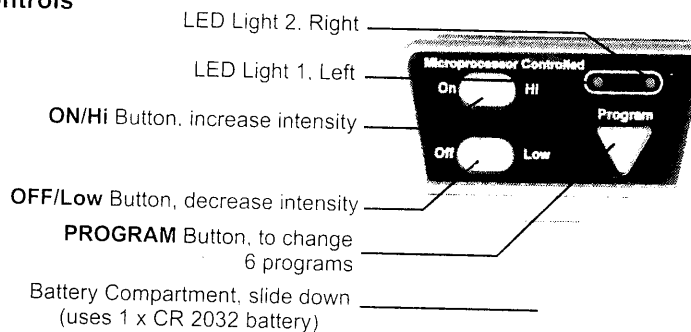
AbTronic™ is extremely safe and simple to use. However, **AbTronic™** does not take any responsibility for any harm caused due to misuse of the product. As a safeguard we suggest you read the entire manual and that if you have the following conditions, seek advice before using the machine:

- * After childbirth (see heading After Childbirth).
- * Persons using a heart pacemaker or with cardiac condition.
- * Epilepsy.
- * Multiple Sclerosis.
- * Phlebitis in its active phase (Inflammation of a vein).
- * Where tissue is inflamed through disease or injury.
- * Recent scar tissue.
- * Varicose veins in its later stages.
- * During the heavy days of your period do not use the unit on your abs.

If in doubt, consult your physiotherapist, osteopath or medical practitioner. Unsupervised children should not use this machine.

 **Hint:** The AbTronic™ Microprocessor unit clips onto the neoprene belt or any other original AbTronic™ accessories with two snap on buttons. You can detach the unit from the belt if you want to clean the belt. To reattach the unit just snap it on. The polarity of the two contacts does not matter. You can snap the unit on also "upside down" which makes it easier to read the dials, when looking downwards.

Controls



The **AbTronic™** is very easy to use. There are only three controls on the unit and the programs will run automatically. Additionally a self timer switches the unit off after 10 minutes.

1. **ON/HI:** Turns the unit on and increases the output intensity. Each pressing of this button increases the intensity by one step up to 12 levels. The higher the intensity, the larger the contraction. To adjust to maximum output you need to push this button 12 times.

Remark: When you push the ON/Hi button only once you switch the unit on. No output will be generated and the LEDs will light up continuously. They are not flashing. This setting is used to select one of the six desired exercise modes with the "PROGRAM" button.

2. OFF/LOW: Each pressing of this button decreases the intensity by one step down to 12 levels. Turns the unit off.

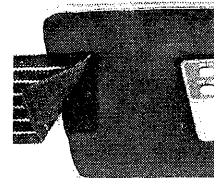
3. PROGRAM: This button is used to select one of the 6 preprogrammed exercise programs. The setting is indicated by the color and location of the two LED lights on the unit. The **AbTronic™** has the following 6 programs:

Program	Name	Left LED 1	Right LED 2	Description
1	Karate Chop	RED	Off	very fast. 5 pulses / second
2	Tap Massage	Off	RED	fast exercise, 1 pulse / second, also tapping massage
3	Work Out	RED	RED	general exercise, 3 sec. On - 2 sec. Rest. deeper massage
4	Crunch Craze	GREEN	Off	Full exercise routine with slow and fast elements
5	Iron Man	Off	GREEN	Pro exercise routine, mixed mode but many fast elements
6	Fat Blaster	GREEN	GREEN	constant on, low frequency

While Programmes 1, 2, 3, 6 are repetitive, Modes 4 and 5 consist of a large variation of different elements of a training program. The length and pulse changes consistently. By confusing the muscle grouping you can gain more benefit. Short pulses are used for reflex action and long pulses for endurance toning and massage. However we recommend these full exercise Programs only after you have used the **AbTronic™** in the regular Work Out Program (Mode 3) for at least 1 week. As a beginner you should always use the Program and intensity that feels most comfortable.

Operation

1. Open the battery door by sliding it gently downward.
2. Insert the 1 pc CR 2032 Lithium Battery into the battery compartment. The positive "+" pole of the battery should be facing you. You can read the "+" symbol on the battery. Close the battery door and plug the unit onto the Neoprene Center Piece.
3. Attach the Velcro flexible belt male part (the rougher Velcro material that is only once on the flexible belt) to the Neoprene center piece Velcro female part (the softer Velcro material on the Neoprene centre piece).




This is on the left side of the neoprene center piece when you look onto it. If the belt is not long enough, you can use the second shorter belt as an extension. The **AbTronic™** can be used for any size waist from 22cm (8 5/8") (around arms with the short belt) up to 220cm (86 5/8") (around waist with long + short belt extension).

4. Turn the Neoprene center piece on its face and place a generous dab of the **AbTronic™** slimming firming gel onto each of the two areas to the left and right of the white insulation sticker of the Neoprene belt.



NOTE: The unit will not work without a conductive medium between your skin and the conductive area of the belt ! To guarantee the best results in the fastest time only use the specially formulated **AbTronic™ slimming gel. When you are out of gel you can also use other toning gels that are water based. However they might give you not the same comfortable feeling and enhanced results as using the specially designed **AbTronic™** extra strength formula.**

 **Hint:** If you don't use the original **AbTronic Gel** read the ingredient list on the toning gel that you are using. You should find "Water" or "Aqua" on it. DO NOT USE gel or creams that contain oils. The gel MUST be water based. If you use other gels they might also contain ingredients that react aggressively with the conductive area of your belt thus reducing the lifespan and efficiency of the belt significantly.

5. Make sure the unit is switched off = no LED light is lighted up. If you have switched on the unit accidentally, than switch it off by pushing the "OFF/LOW" so that the LED light goes off.

6. Place the **AbTronic™** belt around your stomach or any other area you want to exercise and close the belt to a comfortable fit with the Velcro belt (not too tight).

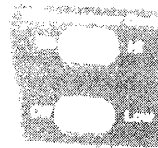
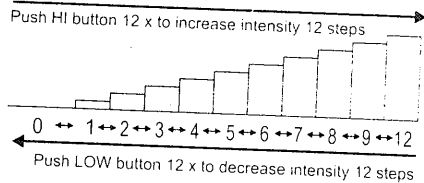
7. We recommend to start with the upper Abs, placing the belt above your belly button.

8. Switch the unit on by pressing the ON/HI button **once**. The LED light will come constant on. When you push the ON/HI button only once, no output will be generated and the LEDs will light up continuously. They are not flashing. This setting is used to indicate and select one of the six desired exercise Programs.

9. Select Programme by pressing the "PROGRAM" button repeatedly. Every time you press the "PROGRAM" button a different color LED or combination will light up indicating one of the 6 preprogrammed exercise routines (see pg.4). Choose the Program as desired (for beginners we recommend Program 3: **Both** LEDs are **RED**).



10. Push the ON/HI button several times to carefully increase the intensity. You will notice a tingling sensation prior to the muscle contracting. Once the muscle is contracting it will be pleasant and relaxing. Adjust the intensity according to your comfort level. You should feel a strong but comfortable contraction of the muscles.



The intensity has 12 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.

11. To switch the unit off, press the OFF/LOW button several times, until the LED lights go off.

Auto Functions


When the conductive area of the belt 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 unit has an auto-timer. It will shut off after 10 minutes of exercise. If you change the exercise program within the 10 minutes, the timer will count-down from the original leftover time.

What to do if you do not feel the contraction

Should no contraction be felt, move the belt slowly around the area where you want to work on. Make sure you have enough Toning Gel placed on the inside of the neoprene belt. Gradually increase the PULSE INTENSITY by pushing the ON/HI button several times.

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

 *Hint: If you don't put gel on the belt or the belt is not placed tightly against the skin then an uncomfortable tingling sensation will occur. The same will happen if your belt is worn and has lost good conductivity.*

Exercise Guidance

Within the first week you should give your muscles time to adjust to the new work-out. Use the unit only once or twice (with a minimum of 4 hours resting time in between) a day for a maximum of 10 minutes per muscle group. We also recommend to only use Program 3 (Work-Out-Mode) for the first week.

After that, you can use the AbTronic for a maximum of 30 minutes per muscle group - 3 times a day with at least 4 hours resting time between the sessions. Of course you should adjust your exercise routine to your personal fitness level and you should always feel comfortable.

Important Notes

If no or not enough Toning Gel is applied to the neoprene belt, or the belt is not placed tightly against the skin, an uncomfortable tingling sensation could occur. This could also happen if the body has built up excessive oils on the skin. Both sides of the belt have the exact same current and work equally. If it appears to you that one side is stronger than the other, than you have not placed the belt correctly. Simply move the belt to find your right trigger point for the muscle you want to contract. Before use ensure that the contact points are thoroughly covered with gel. The conductive area should be cleaned regularly with warm water. **Do not wash the belt in the washing machine or apply fabric conditioner. DO NOT BEND the Center Piece.** If there is a localized redness

or irritation on removal of the belt from your skin, this could be caused by the belt drying out during a session. Ensure that it is kept moist at all times and that you use plenty of the original AbTronic slimming gel.


☺ *Hint: VERY IMPORTANT: You MUST apply a conductive medium to the contact area inside the Neoprene Belt. The Belt must make contact with your skin. It will not work through clothing.*

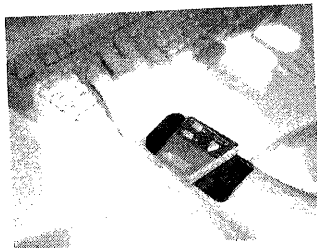
Exercise Points - Women

- A. NECK/SHOULDER - Gives soothing massage and relaxation to back of the neck and shoulder area.
- B. BREASTS - For improved breast contours.
- C. DIAPHRAGM - Upper abdomen, helps tighten up the flabby tissue around the stomach. Similar as the exercise which pulls the diaphragm up under the rib cage.
- D. ABDOMEN - Exercises the main abdomen similar to sit ups; 10 minutes in Program 2 gives 600 muscle contractions.
- E. LOWER ABDOMEN - Helps tighten up the stomach muscles; similar as leg lifts.
- F. WAIST - The equivalent to side bends. can help with waist measurements.
- G. UPPER MIDDLE BACK - Exercises the muscles around the middle of the back. works on the stomach area and also helps with tension.
- H. BACK - Back muscles are important for posture; this also helps with tension in this area.
- I. ARMS - Tightens the tissue in the upper arms.
- K. BUTTOCKS - These muscles untuned cause spreading hips and thighs. Exercise and tighten this very large muscle group.
- L. UPPER THIGH, HIP - For the muscles on the outside front of the upper thigh and hips.
- M. UPPER OUTER - To work on cellulite and orange peel look.
BACK THIGH
- N. UPPER FRONT THIGH - For the muscles on the upper front thigh.
- O. THIGH AND THIGH KNEE - Exercises both the main muscle and the knee muscle. reducing the size of roll over knee. The point behind the knee can be found about 4cm above the joint.
- P. INNER THIGHS - For undeveloped inner thighs. helps tightening inside.
- Q. CALVES - Exercises and defines the calves. By using the front point it will help the foot arch muscle and outside shin.

Exercise Points - Men

- A. SHOULDER/NECK - Gives soothing massage and relaxation to back of the neck and shoulder area.
- B. CHEST - A similar action as pushing the fist into the palm of another, exercises the pectorals.
- C. DIAPHRAGM - Similar effect as pulling the stomach under the rib cage. This also helps with the spread and definition.
- D. RECTUS ABDOMINUS - Works the whole of the main abdominal area as in sit ups. Helps tighten and flatten the abs.
- E. LOWER ABDOMEN - Similar as laying down, lifting legs slowly and then lowering them slowly. Exercises the lower abdomen.
- F. WAIST - Similar as doing side bends, tucks in the girth. Great to work on the love handles.
- G. BACK - Helps the posture muscles and relieves tension; helps with the spread.
- H. LATISSIMUS DORSAE - Similar effect as horizontal lifts; adds to posture.
- I. BICEP & TRICEP - Exercises and defines these important lifters.
- J. LOWER ARM - Helps strengthen the lower arm.
- K. BUTTOCKS - The most important of the posture muscles.
- L. UPPER THIGH - Gives a similar effect as cycling exercises the upper and outer thigh muscles.
- N. UPPER FRONT THIGH - For the muscles on the upper front thigh.
- O. KNEE & FRONT THIGH - Exercises both the main muscle and the knee muscle, reducing the size of roll over knee. The point behind the knee can be found about 4cm above the joint.
- P. INNER THIGH - For undeveloped inner thighs, helps tightening inside.
- Q. CALVES - Exercises and defines the calves. By using the front point it will help the foot arch muscle and outside shin.

 **NEW:** Available as an option is this exclusive "Butterfly" Gel pad that converts your AbTronic™ to a totally wireless massage system. Just snap the AbTronic™ unit directly onto this butterfly pad and place the self adhesive Gel Pad on any area you want to treat. Enjoy a relaxing and soothing personal massage.

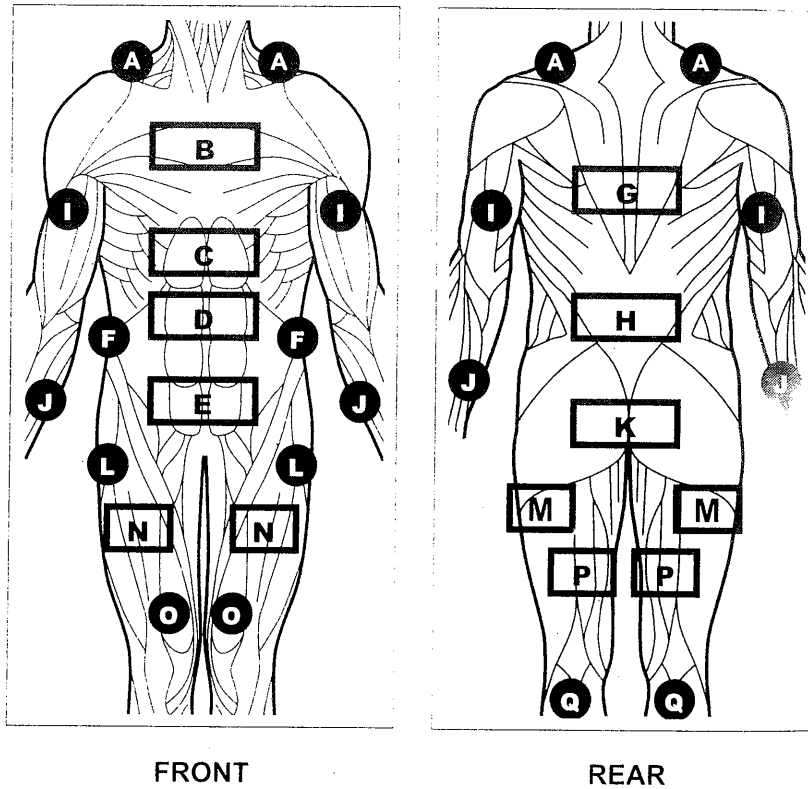


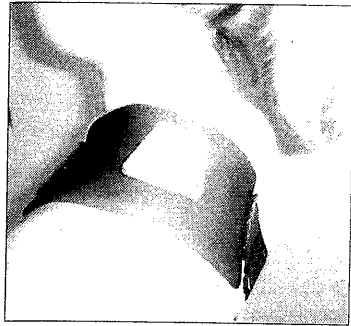
BELT PLACEMENT

As everyone is created differently, exact positioning of the belt will vary from person to person. The ideal positioning is adjacent to the motor nerve and while the machine is operating you will be able to move the belt on the muscle to find the most effective placement. As you move the belt by small amounts you will notice contractions becoming either stronger or weaker. The best position is when the strongest contraction is felt. Both sides of the belt have the exact same current and work equally. If it *appears* to you that one side is stronger than the other, then you have not placed the belt correctly. Simply move the belt to find your right trigger point for the muscle you want to contract.

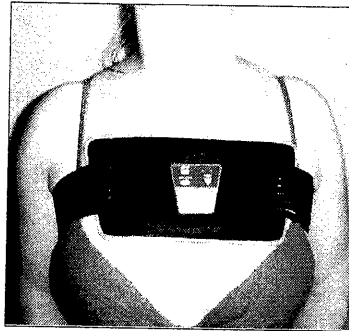
The diagrams in this booklet are provided as a starting recommendation only.

AbTronic™ is a training and toning tool and can be adapted to suit the individual. Its intended use is for general physical conditioning. The diagrams shown, more often than not have just a letter shown for belt placement. If the contractions are not effective then place the belt over the area closest. We do not recommend placing the belt over the heart. However as no effective muscle grouping is in this area, there is no need.

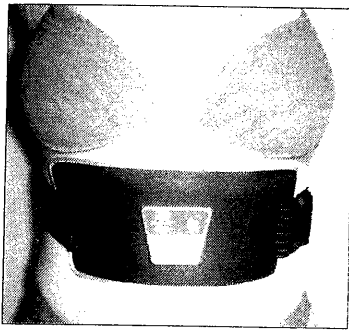




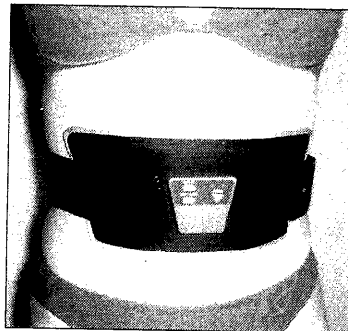
A. NECK AND SHOULDERS
Gives relaxation and soothing massage to neck and shoulder area



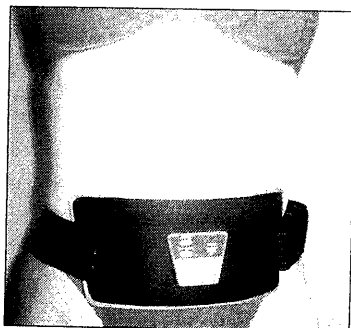
B. CHEST
Women: For improved breast contours.
Men: similar as pushing the fist into the palm of the hand. Exercises Pectorals



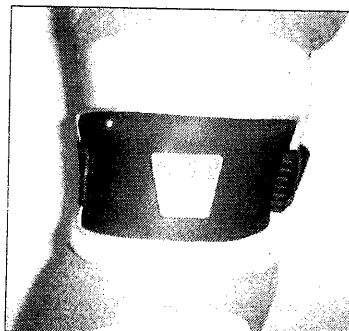
C. UPPER ABS
Similar as pulling the stomach under the rib cage



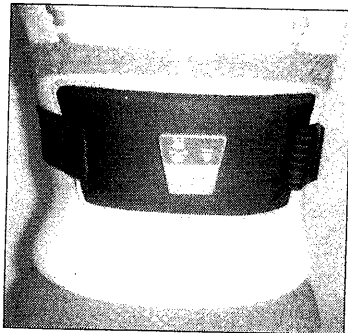
D. MAIN ABS
Tightens and flattens the abs similar to sit ups. Attacking spread and giving definition



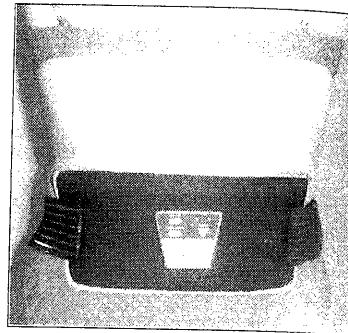
E. LOWER ABS
Similar as laying down, lifting legs slowly and than lowering them. Exercises lower abs.



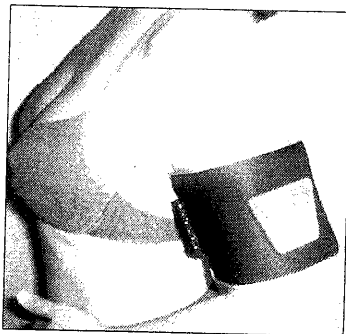
F. LOVE HANDLES/WAIST
Comparable to doing side bends, tucks in the girth.



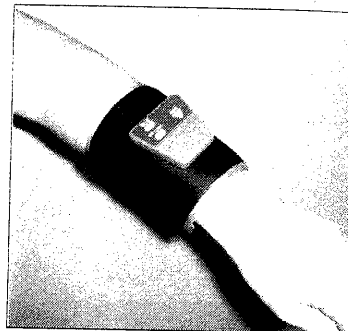
G. UPPER/MIDDLE BACK
Relaxes muscles and helps posture.



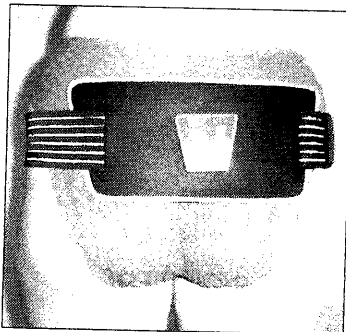
H. LOWER BACK
Helps with posture. Similar effect as Horizontal lifts.



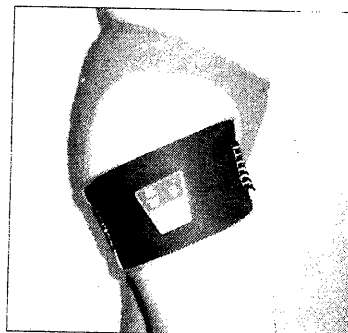
I. ARMS
Helps with flabbiness. Tightens the upper arm. Exercises and defines Biceps and Triceps.



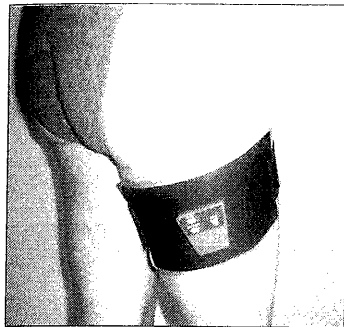
J. LOWER ARMS
Strengthens lower arms and grip power.



K. BUTTOCKS
Helps with definition. Very important posture muscles.

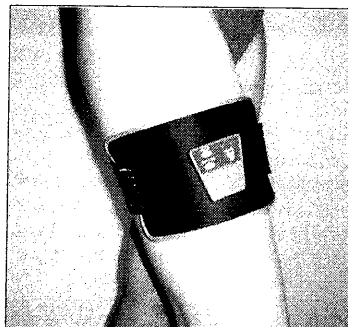


L. UPPER THIGHS
Exercises the muscles on the outer and upper thigh. Similar to cycling.



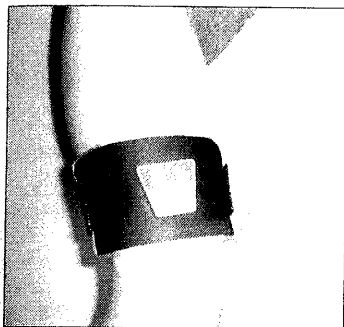
M. UPPER OUTER BACK THIGH

Work on Cellulite. Reduce the appearance of "orange peel" look.



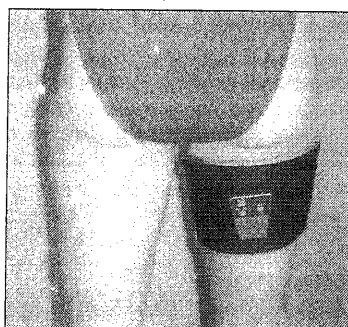
N. UPPER FRONT THIGH

Reduce the appearance of a "dimpled Look". Improves body and skin tone.



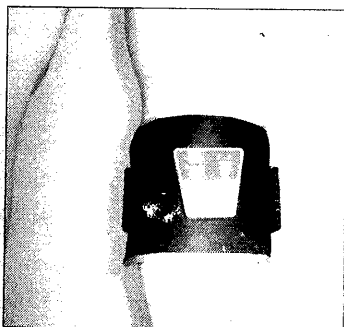
O. KNEE AND FRONT THIGH

Exercises the knee muscles as well as the main muscle.



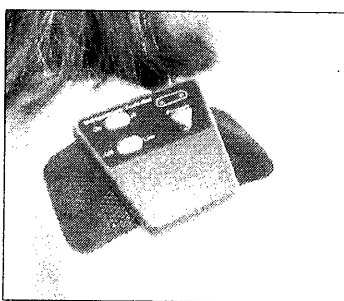
P. UPPER BACK THIGH

Reduce the appearance of cellulite, tones and strengthens the biceps femoris.



Q. CALVES

Similar to biking. Tightens thre calves and helps the foot arch muscles.



AbTronic™

- Butterfly Gel Pad (optional)
- totally wireless, self adhesive
- the most versatile system
- many more accessories available

DIFFERENT MODES AND AUTOMATIC PROGRAMS

One of the greatest benefits of your advanced AbTronic™ System is, that it is microprocessor controlled and has several automatic work out programs that simulate different exercise routines. They are specifically designed to work on fast twitching fibers as well as on bigger "lazy" strength muscles. This is achieved by using many different kind of frequencies and intensities and by addressing all of your muscle fibers with changing routines. If you use one of these automatic programs, not only is it more convenient, because you don't have to adjust several different dials and frequencies like in other units, but you also enjoy optimum training conditions and gain the best possible results in the least amount of time.

So sit back and relax and enjoy what the AbTronic™ System can do for you, whether it is tightening your abs, working on some problem areas like cellulite or love handles or giving you a deep relaxing, soothing massage.

WARM UP

select (Program 3, Work out)

If you start to train in any sport or activity performance and safety is improved by using a suitable warm up routine. Warming up correctly will increase the elasticity of the muscles, tendons and ligaments and will be reducing risks of injury. Your AbTronic™ can be used to gently start a warm up. Simply attach the Belt to the muscles to be warmed up and start with a low intensity contraction. Every 2 minutes increase the pulse intensity slightly. Do this for one session of 10 minutes until you reach your maximum comfort level. This helps improve muscle tolerance to rapid flexible movements and prepares the muscles for top performance.

WARM DOWN

select (Program 3, Work out)

When the body has had a hard workout muscles produce waste products that can hinder performance and reduce times between training. If you use the AbTronic™ in Program 3 for approx. 5 minutes, you can do a warm down cycle that helps the muscles to regain their top performance in the fastest time. By doing so you can do harder training with shorter rest periods between training sessions.

ABDOMINALS AND WAIST LINE

select (Program 4, Crunch Craze)

The abs are the toughest area to work on and the AbTronic™ is the most convenient way to do it. The AbTronic™ is very suitable to strengthen the abdominal wall by regular use. You can successfully train your abs EVERY DAY with the AbTronic™. For the first week only use the AbTronic™ in PROGRAM 3. Once you are comfortable with the unit and your abs are used to it, you can step up to PROGRAM 4 Crunch Craze, which is perfect to tone the upper abs, lower abs and the love handles. Move the belt around to find the best position that gives you maximum contraction. As your ab muscles become stronger, gradually increase the intensity with every session to the maximum for your comfort level. The AbTronic™ has an auto timer that turns the unit off after 10 minutes, which makes it easy to keep track of your workout routines.

The maximum you should use the **AbTronic™** is for 30 minutes per muscle group up to 3 times per day with at least 4 hours resting time between the sessions.



*Hint Just because it is so easy to contract your muscles with the **AbTronic™** unit, still don't over do it. Use common sense and discretion.*

Once you have obtained your desired results, you don't need to use the **AbTronic™** every day, but only twice a week, two times a day to maintain your shape.

For maintenance use either PROGRAM 4 Crunch Craze, or PROGRAM 2 Tap Massage.

BODY TONING

Select (Program 4, Crunch Craze)

With the **AbTronic™** you can target and tone each muscle group effectively. This will be enhancing your body's shape, definition and muscle hardness. The **AbTronic™** can be used on any muscle group in the body. Abdominal, triceps, biceps, quadriceps, latissimus dorsae, deltoid & calf muscles are the main muscles responsible for your body's shape. Follow the placement diagram on page 9 and work on any problem area you want to improve. Relax while you train and let your **AbTronic™** do the workout, just 30-minutes a day will make a real difference. Your muscles will become harder as they work, this will encourage greater definition and improve your body's shape. Working on more difficult areas such as the abdominal and love handles is made both easier and safer when you use your **AbTronic™**. The unique frequencies of the **AbTronic™** allows deep contractions that exercise all muscle fibers, every fiber becomes thicker and tighter as the muscle shapes up.

AbTronic™ is the ideal way to tone up the body and keep those sagging muscles where they are supposed to be. We do not say that **AbTronic™** will reduce weight, although obviously you will burn calories while your muscles are contracting, but it will definitely give your body tone and muscle definition which also improves skin tone.

AbTronic™ along with a calorie controlled diet, will help in the reduction of fat. You will feel relaxed and confident because you will feel good and look your best.

BODY BUILDING AND STRENGTH

Select (Program 4, Crunch Craze)

Muscle growth is encouraged when muscles react to being progressively overloaded, when i.e. when you are in a Gym and increase weight and repetition with free weights progressive muscle overload is created. Whilst you sleep your bodies' neural transmitters (Amino Acids) then signal for regeneration and growth hormones, causing muscles to begin to grow and add bulk. You can create these conditions with your **AbTronic™** by the use of 'Resistive training'. I.e. if your **AbTronic™** is being used on your biceps & triceps, your arm will want to bend. Simply resist this movement. If the power of the **AbTronic™** is increased the joint will bend more profoundly, if this is resisted and you straighten your arm, you will resist the contraction of the biceps. In this way you can replicate the same conditions as weight training, but you can do so with your **AbTronic™** System in the comfort of your own home and without the need for weights or a multi-gym.

AbTronic™ is basically another form of exercise using Dynamic tension or Isometric exercise and it is up to you how to incorporate it into your routine. It can be used prior to work out to pre-exhaust muscles or it can be used afterwards to aid the recovery period. You can even use **AbTronic™** while pumping to increase the load.

AbTronic™ is not a substitute for heavy training with free weights. However, **AbTronic™** is the most beneficial and scientific training aid recommended for people training to increase muscle size, strength and definition. After working out we would recommend that you use **AbTronic™** within 2 to 3 hours on the same groupings that were worked on in the gym. Use **AbTronic™** approximately 20 minutes gradually increasing the intensity until a very intense contraction is felt.

SPEED & ENDURANCE

select (Program 5, Iron-Man)

Reaction time, speed and some endurance involves the development of different motors or fibers that make up the muscles. Some fibers provide high strength but only last a few seconds at maximum strength then power rapidly decreases. Other fibers are designed to deliver a lower power for longer periods. The Iron-Man Program, select Program # 5, delivers signals that can work on all or selected motors or fibers so that muscle response time and endurance can be refined to suit your requirements.

INCH LOSS & FIGURE SHAPING

select (Program 5, Iron-Man)

Your **AbTronic™** will work through fat and work on any muscle group of your choice. Muscle will develop effectively in shape and performance when you use the **AbTronic™**. Weight loss will mean reshaping your body. This can be done in a reasonable time frame in a combined hybrid regime taking full advantage of aerobics, diet and your **AbTronic™**. Removing body fat will reveal your defined muscular appearance and fit body. Any aerobic exercise will allow development of breathing and heart muscles, which will maintain overall health and burn energy. Immediately after any workout (jogging, cycling or even walking) when blood energy levels are low use your **AbTronic™**. The muscles will be looking for energy and if it is low the body will be encouraged to use stored energy (fat). Your diet is another necessary way of reducing energy intake and promoting the use of stored energy and reduction of fat.


CELLULITE TREATMENT

select (Program 6, Fat & Cellulite Blaster)

AbTronic™ is an ideal tool to help tone up the body and keep those sagging muscles where they are supposed to be. We do not say that **AbTronic™** will reduce weight or eliminate cellulite but it will definitely help to give your body tone and muscle definition, which also improves skin tone. Some doctors recommend the **AbTronic™** after Liposuction to improve definition. If you want to concentrate to improve this area please also look for the specific original **AbTronic™** accessories that connect to your Microprocessor unit, like the **AbTronic™ Wonder Pants** and others.

What is Cellulite? Cellulite is the term used to describe the lumpy, irregular fatty deposits that appear as dimpled skin around women's hips, buttocks and thighs. Cellulite forms because a large number of women's fat cells are located in pockets within the connective tissue of the skin where there is generally poor circulation. Over time, as fluids and fat build up and get trapped, the pockets bulge and press against the connective tissue. As women's connective tissue is looser and differently build than men's tissue, it will sag and the end result is unattractive "orange-peel skin". If you want to use the **AbTronic™** for Cellulite treatment, to reduce the appearance of a

"dimpled look", use it in conjunction with the specially formulated **AbTronic™ Thigh Lotion** (not incl.). Its advanced formula utilizes an effective combination of Caffeine, Retinol and ground Ivy to penetrate the skin deeper than any other product of its kind. It is perfectly matched to give you maximum effectiveness to work on the orange peel look. Place the belt around the inner thighs, outer thighs and buttock area, or any other area you want to fight Cellulite, and select the "Cellulite Buster" Program 6. **Use a low intensity setting, only up to that level, that you feel a tingling sensation, but no hard contractions. DO NOT INCREASE INTENSITY** in Mode 6 to a level that you actually get a muscle contraction.

 **Hint:** ONLY use low intensity, up to a maximum level where you feel a tingling sensation or just below that. Actual contractions in PROGRAM 6 will over exhaust your muscle, because this is a "constant on" Mode, designed to work on the fat cells, not on the muscles. If you want to exercise your thigh muscles, you can do so in PROGRAM 3, work-out, which you can adjust to a higher intensity level that gives you actual contractions. But when you use PROGRAM 6 use low intensity settings ONLY!

AbTronic™ along with a controlled calorie diet, will help in the reduction of fat. Recent research has now shown that the best weight reducer has been available to us since the beginning of time: water. Your ideal fitness and toning program should include a healthy diet, lots of water (8 glasses per day), regular aerobic exercise or walking for fat control and cardiovascular fitness, stretching exercises for suppleness and regular **AbTronic™** treatments for fantastic muscle tone.

AFTER CHILDBIRTH

select (Program 3, Work out)

During pregnancy the muscles of the abdomen are severely stretched and after childbirth become very flabby unless strengthened again through exercise. If you start exercising as soon as possible after childbirth the muscles will come back into shape and you will regain your figure. **AbTronic™** is an ideal way to support this process. However treatment should wait for a period of about 3 month after a cesarean section. The actual period depends on the state of the abdomen and medical advice. After an uncomplicated childbirth, generally treatments can commence after 6 weeks. The contractions should be very gentle at first as the muscles will be very tender. After a few sessions you should be able to start increasing the intensity further until after a while you are back to normal vigorous movements.

During pregnancy DO NOT use the AbTronic™.

MARTIAL ARTS / BOXERS

select (Program 1, Karate Chop)

In sports or martial arts terms **AbTronic™** is the ultimate form of DYNAMIC TENSION, simply because it will contract the muscle more intensely than normally possible. The quicker you can contract your muscle, the more speed and explosive power you will generate. This is because speed and power are determined by the amount of fast twitch fibers versus slow twitch ones. **AbTronic™** acts directly on the fast twitch fibers, and helps to build greater contracting power.

For sports persons not actively involved in a weight lifting program we would recommend that in **Program 1** the **AbTronic** should not be used on the same muscle grouping more than 3 times in 24 hours. When using the machine gradually increase the intensity setting until an intense contraction is felt.

Upper Body Power And Speed

select (Program 1, Karate Chop)

To increase punching power and upper body speed you should work the triceps, biceps, front deltoids (shoulder) and the back (lats).

Lower Body Power And Speed

select (Program 1, Karate Chop)

To increase kicking power and leg speed you should work the thigh and hamstring muscles simultaneously. For high kicking or gymnastics the upper thigh should be trained. For flexibility, work the inner thighs and use Isometric or Dynamic tension exercises to increase the load.

BLOOD CIRCULATION

select (Program 2, Tap Massage)

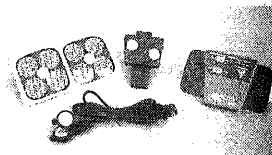
Blood is the body's way of transporting energy and nutrients around to maintain and feed it. **AbTronic™** contracts the muscle fibers that in turn increase blood flow, this is advantageous and provides various benefits. Throughout any layoff that prevents activity it is important to keep the muscles active to ensure that your original performance can be achieved in a shorter time. In any hard session in sports the muscles produce waste products, but by supplying fresh blood (more oxygen and glucose) through the muscle it enhances the natural recovery process and also maintains performance. Keeping your body at peak efficiency with your **AbTronic™** will allow shorter rest periods and keep muscles at optimum performance during layoffs.

MASSAGE AND RELAXATION

select (Mode 2 "Tap Massage", Mode 3 "Work out" or Mode 4 "Crunch Craze")

The **AbTronic™** also can be used as a great personal massaging device for very pleasant muscle relaxation. You can use it on your shoulders and neck, on the chest and the upper and lower back (see exercise points A, B, G & H). Strenuous working of these muscles in the back and shoulder in many sports lead to various symptoms. Then muscles become tired and tense they may begin to ache, this discomfort and muscular stiffness can restrict movement and sports activities. The **AbTronic™** can be used to massage and give passive exercise to increase circulation, exercise and exhaust muscle for complete relaxation to provide relief of these symptoms. According to your comfort use either Program 2, 3 or 4 with medium to low intensity levels to melt away tension and enjoy a deep relaxing personal massage with your **AbTronic™** System, whenever you wish. Unlike regular massagers that merely vibrate and are quite noisy, the **AbTronic™** is absolutely quiet and your own muscles provide the massage, stimulating increased blood flow in the area resulting in a natural pleasant warmth and deep relaxation.

If you want to use your **AbTronic™** more for massage purposes, please look for the many smart original **AbTronic™** accessories, like the wireless Butterfly stick on Gel Pad or the cleverly designed **AbTronic™** Therapy Adapter Kit that converts your **AbTronic™** to a Therapeutic Tool with stick on Gel Pads.

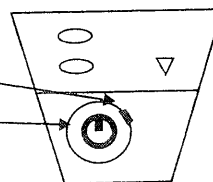


TAKING CARE OF YOUR UNIT

AbTronic™ is made of quality materials. The only maintenance required with the **AbTronic™** is to clean the neoprene belt gently from time to time with soft soapy, warm water (Woolite) and to replace the battery. Do not rub hard on the conductive grey area. **Do not wash the belt in the washing machine or apply fabric conditioner NEVER BEND the center piece!** If several people want to share the AbTronic™ you can easily detach the computer unit by unsnapping it from the neoprene center and use it on your own personal center piece for hygienic reasons. Just pull the unit off and put it on a new belt. The **AbTronic™** is extremely energy efficient. The Battery (1 x CR 2032, 3V Lithium) lasts for approx. 1000 minutes of continuous use. 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). The electronic computer unit is built very reliable and uses SMD technology. It is maintenance free and will give you many, many years of trouble free usage.



Hint: POWER RESET: *If the unit does not switch on, or if you can't change to different programs probably the microprocessor is "hang up". You can perform a simple RESET. Remove battery and use a small coin to shortcut the two battery contacts inside the battery compartment. Re-insert battery.*



Some Commonly Asked Questions

- Q. How does the **AbTronic™** really work?
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. 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™** 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 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 pleasant contraction. Start using it on your upper Abs first, not directly over the belly button where most people are most sensitive.
- 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 belt 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 find increases in strength within 1-2 weeks. 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. Move the belt 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 belt lack toning gel (water based !!) or is not tightly placed against the skin. Failing this remove belt and wash inner surface with mild soap and water to remove body oils.
- 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.
- 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™** is normal. It is partly caused by an increase in blood flow under the skin and should fade quickly. Some pressure to the skin from the stretched belt may also cause it. You should not be concerned about this. If the redness is excessive you may not have used enough conductive toning gel or it may have dried out during a longer session. Try using more toning gel the next time. replenish it after each 10 minute session and use a lower intensity level.
- Q. I have trouble fitting the belt around my waist. What can I do?
 A. Connect the Velcro Belt male part (the rougher Velcro material that is only once on the flexible belt) to the Neoprene center piece Velcro female part (the softer Velcro material on the Neoprene center piece) first. Stretch the belt as far as you can around your waist and close it on one of the 4 female Velcros. If the belt is not long enough, you can use the second shorter belt as an extension. The **AbTronic™** can be used for any size from 22cm (8 5/8") (around arms with the short belt) up to 220cm (86 5/8") (around waist with long + short belt extension).
- Q. Why is the original **AbTronic™** better than other systems?
 A. Because you get Quality, Durability, Comfort and Safety from A-Z from the original manufacturer that invented this product and has the most experience. Of course there is also technical supremacy, like more power, a faster microprocessor with larger memory, non repetitive programs for faster results, a smarter energy saving circuit for longer lasting batteries and the patented Centre Piece molded from silicon graphite silver compound that feels the most comfortable on your skin and will last you a lifetime.

Accessories and Spare Parts

Replacement Neoprene Center Piece: Unsnap the blue unit from the Neoprene Center.

Article	Part No.	Cost
Butterfly Pads (2 pack)	ZATPUB	\$19.95
Neoprene center piece, wide (10")	ZATBELT2	\$29.95
AbTronic Extra Strength Firming Gel, .1 oz.	ZATGEL	\$29.95
Velcro flexible belt band, long (27")	ZATVEL1	\$ 8.95
Velcro flexible belt band, short (12")	ZATVEL2	\$ 7.95
AbTronic Therapy Upgrade Kit	ZATU	\$59.95
Shipping & Handling		\$ 6.00

Call your retailer where you bought from or email to: service@abtronic.net

What is the FIRM ABS CLUB?

If you are using your AbTronic™ System regularly or if you share the AbTronic™ with friends and family, we recommend you join the Firm Abs Club and save 60%. As a club member you receive 2 bottles of the Slimming and Firming Gel, 2 Batteries and 2 Butterfly Pads 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 in the Firm Abs Club is free too and you can cancel future shipments at anytime. If you want to join, please sent an email with your name, address, credit card number and expiration date to: absclub@abtronic.net

This is not a medical device! This unit is intended to be used only for general physical conditioning. No medical claims are implied or warranted by the use of this product.

INDICATIONS

1. General physical conditioning
2. Development of athletics abilities

CONTRAINDICATIONS

1. AbTronic™ is contraindicated for persons with cardiac demand pacemakers.
2. AbTronic™ should not be used on persons with cancer

WARNINGS

1. Long term effects of chronic electrical stimulation are not known.
2. Safety not determined for use during pregnancy.
3. Persons with heart problems: DO NOT USE.
4. Persons with suspected or diagnosed epilepsy: DO NOT USE
5. DO NOT stimulate over the carotid sinus nerves (or any part of the front of the throat) especially in persons with known sensitivity to the carotid sinus reflex.
6. DO NOT place over the front of the neck or mouth. Severe muscle spasms of the laryngeal and pharyngeal muscles may occur. The contractions may be strong enough to close the airway and obstruct or stop breathing.
7. DO NOT apply transcranially (through the head).
8. DO NOT apply current through the chest (transthoracic) as introduction of electrical current through the heart may cause arrhythmias.
9. AbTronic™ must not be used over swollen, infected or inflamed areas or skin eruptions, e.g. Phlebitis, Thrombophlebitis, Phlebothrombosis, Varicose Veins etc. Emboli in the calf or elsewhere can dislodge and cause pulmonary embolism or stroke.
10. AbTronic™ must be kept out of reach of children.

PRECAUTIONS DO NOT USE WHEN:

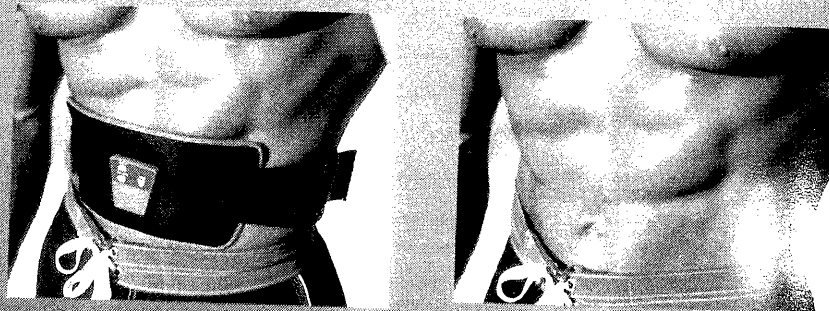
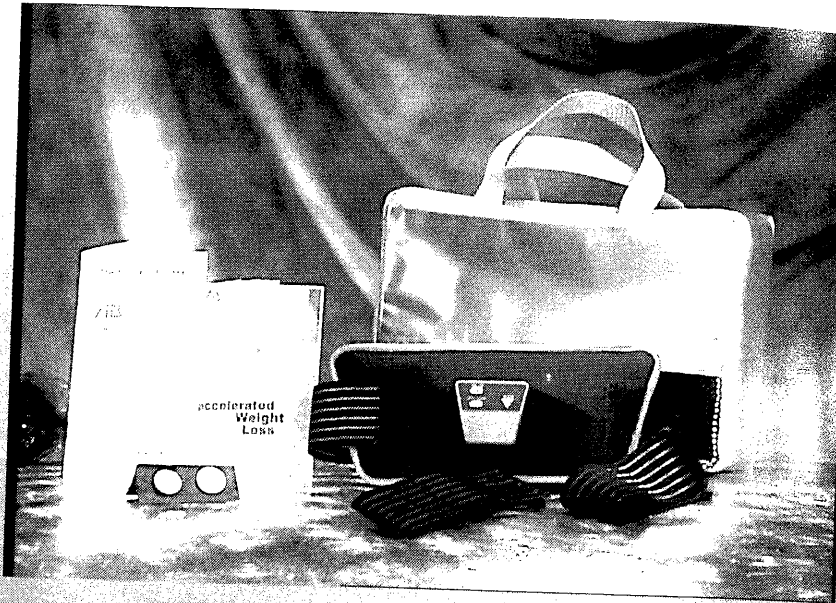
1. There is tendency to Hemorrhage (acute trauma or fracture).
2. DO NOT use following recent surgical procedure when muscle contraction may disrupt the healing process.
3. DO NOT use over the menstruating uterus.
4. DO NOT use where sensory nerve damage is present by a loss of normal skin. Some persons may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium used. The irritation can usually be reduced by use of an alternative conduction medium, or electrode placement.

ADVERSE EFFECTS

Skin irritation and burns beneath the electrodes has been reported with the use of electrical muscle stimulation if not used with sufficient conductive gel.

Trouble Shooting Guide

PROBLEM	POSSIBLE CAUSE	SOLUTION
LED Lights do not light up at all.	<ul style="list-style-type: none"> - Battery not installed - Battery installed incorrectly - Battery is dead 	<ul style="list-style-type: none"> - Install Battery - Check polarity "+" sign faces you. - Replace Battery
LED Lights light up but do not blink	<ul style="list-style-type: none"> - No skin contact - Unit not snapped on belt correctly - Intensity level at 0 - Microprocessor hang up - Battery is low 	<ul style="list-style-type: none"> - Use water based gel on conductive area and place belt directly onto skin. - Check that unit is connected firmly with both connectors to the belt. - Push ON/HI button to increase intensity - Perform a RESET (see page 18), remove Battery for 1 minute or full RESET - Change Battery
LED Lights function normal, but nothing occurs.	<ul style="list-style-type: none"> - Intensity set to low level - Not enough conductive gel on belt - used gel is not water-based - the belt is positioned incorrectly - Belt is worn or has oil deposits. - Battery is low 	<ul style="list-style-type: none"> - Push ON/HI button several times to increase. - Put more water based gel between belt and skin - Read label on the gel that you use. Make sure you find "water" or "active" on it. - Move belt around to locate your trigger points. - Clean Belt or replace. - Change Battery
LED Lights not functioning correctly, all buttons do not work	<ul style="list-style-type: none"> - Microprocessor hang up - Battery is low 	<ul style="list-style-type: none"> - Perform a RESET (see page 18), remove Battery for 1 minute or full RESET - Change Battery



ABRONIC[™]
The Future of Fitness[™]