



HIGH EFFICIENCY Ab Toner & Stimulator



USER MANUAL

Save this manual for future reference.

WARNINGS!

- If you are in the care of a physician, consult your physician before using this device.
- DO NOT use this device if you have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic devices.
- DO NOT place this device over your neck.
- DO NOT place this device across your chest.
- DO NOT use this device during pregnancy.
- DO NOT use this device on children.
- DO NOT place this device over the carotid sinus nerves, the front of the neck, or around the mouth.
- DO NOT open unit. Opening will void warranty.
- DO NOT use this device over, or in proximity to, cancerous lesions.
- DO NOT place device over open wounds, sores, or rashes, or over swollen, red, infected, or inflamed areas or skin eruptions (e.g., phlebitis, thrombosis, varicose veins).
- DO NOT use this device when in bath or shower.
- DO NOT use this device while sleeping.
- DO NOT use this device while driving or operating machinery.
- DO NOT use this device in the presence of electromagnetic fields.
- DO NOT use this device if unit has been damaged.
- DO NOT use on children or pets.
- DO NOT use in an area where water or moisture can get on the unit, such as a bathroom or other places with high humidity.

PRECAUTIONS

- The long-term effects of electrical stimulation are unknown.
- Since the effects of stimulation of the brain are unknown, stimulation should not be applied across your head.
 - The safety of electrical stimulation during pregnancy has not been established.
 - Use caution if you have a tendency to bleed internally, such as following an injury or fracture.
 - You may experience skin irritation or hypersensitivity.
 - If you have suspected or diagnosed heart disease, you should follow precautions recommended by your physician.
 - Keep this device out of the reach of children.
 - If you have suspected or diagnosed epilepsy, you should follow precautions recommended by your physician.
 - Consult with your physician prior to using the device after a recent surgical procedure, because stimulation may disrupt the healing process.
 - Use caution if stimulation is applied over the menstruating or pregnant uterus.
 - Use caution if stimulation is applied over areas of skin that lack normal sensation.
 - Use this device only with the electrodes and accessories recommended by the manufacturer.
 - Avoid placing the pads over metal implants

SPECIFICATIONS

Battery	Requires 2xAAA batteries (not included) per control device
Modes	6 modes: A-F
Frequency	1~100Hz
Working Time	12 minutes per session
Output	Maximum 9.8mA

ADVERSE EFFECTS

- Skin irritation and burns beneath the stimulation electrodes applied to your skin can occur.
- On very rare occasions, first-time users of EMS have reported feeling light-headed or faint. We recommend that you use the product while seated until you become accustomed to the sensation.

You should stop using the device and consult with your physician if you experience adverse reactions from the device.

CLEANING & MAINTENANCE

- Store unit in a cool, dry place away from dirt or dust.
- Clean the control unit with a damp cloth. Do not use harsh chemicals.
- Keep out of direct sunlight, high temperature and high humidity environments.
- Only use the provided plastic sheet for storing the gel pads.
- The lifespan of the gel pads will vary depending on the use frequency and care taken. Keeping gel pads clean and stored properly on the provided plastic sheet will extend their lifespan. Replace the gel pads when they lose their adhesiveness.

HOW TO OPERATE

CONTROL DEVICE

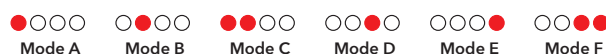


POWER ON
INCREASE INTENSITY

POWER OFF
DECREASE INTENSITY

PRESS TO SWITCH
BETWEEN 6 MODES

Lamp LED Indicator Lights



1. Press ON/INC button and press again to start increasing the intensity.
2. There are 10 intensity levels from which to choose.
3. Press the OFF/DEC button to gradually decrease the intensity levels until the unit shuts off.
4. Press PROGRAM to select between the 6 modes.

HOW TO USE

1. Insert 2xAAA batteries (not included) into the back of each of the 3 control devices (Fig. 1), following the correct polarity indicated on the battery compartment.
 2. Make sure the Ab Stimulator unit is turned OFF.
 3. Snap the control device onto the Ab unit (Fig. 2) or the single target unit (Fig. 3).
 4. Carefully remove the plastic sheet from Ab unit (Fig. 4). Remove the plastic cover from the gel pads (Fig. 5) making sure not to touch the gel side. **Save these sheets after using, for proper storage.**
 5. After making sure your skin is clean and dry, place the Abs unit over the belly button or attach the single unit onto the muscle group you wish to target (Fig. 6). Do not apply lotions or oils before using the device as this will prevent the gel pad from sticking to the skin.
 6. Turn the electrodes on by pressing the ON/INC button. The LED light will blink and the unit will beep. The intensity will be on the lowest setting.
 7. Press the ON/INC button to adjust intensity. The LED light will blink and a beep will sound to indicate a successful level change. There are 10 intensity levels.
- The units will operate for a maximum of 12 minutes at a time. It is recommended to use at a low frequency 2-3 times per day per area when first starting out.**
8. When the session is complete, power off the unit by pressing the OFF/DEC button and place it onto the mounting sheet. Do not get dust or dirt on the gel pads, this can cause skin irritation.
 9. Best results are achieved with a combination of diet and exercise.

HOW TO USE



PLEASE NOTE:

1. Never attach the pads to your skin when unit is on. This could cause a shock.
2. Do not touch the adhesive side of the pad. This could decrease the life of the pad. Always return the gel pads to their original adhesive backings to increase the lifespan of the gel pads.
3. Wait to use the unit at least 30 minutes after eating. It's favorable to use after showering or bathing.

WARRANTY

What is covered: Any defect in materials and workmanship.

For how long: 1 year from date of purchase.

What we will do: If your product is defective and returned within 30 days after the date it was purchased, we will replace it at no charge to you. If returned after 30 days but within 1 year of the date of purchase we will repair it or, at our option, replace it at no charge to you. If we repair your product, we may use new or reconditioned replacement parts. If we choose to replace your product we may replace it with a new or reconditioned one of the same or similar design. The repair or replacement will be warranted under our standard one year warranty.

Limitations: Implied warranties, including those of fitness for a particular purpose and merchantability (an unwritten warranty that the product is fit for ordinary use), are limited to 1 year from the date of purchase. We will not pay for loss of time, inconvenience, loss of use of your product or property damage caused by your product or its failure to work, or any other incidental or consequential damages including personal injury. Some states do not allow limitations on how long an implied warranty lasts or the exclusion of limitation of incidental or consequential damages, so the above exclusions or limitations may not apply to you.

What we ask you to do: To get warranty service for your product you must provide proof of the date of purchase. Within 30 days of the date it was purchased, return your product to your place of purchase for immediate replacement. After 30 days, but before the end of the 1 year warranty period, you may contact us at shopempower.com to issue a return authorization. We suggest that you retain your original packaging material in the event you need to ship your product. When sending your product include your name, address, phone number, proof of date of purchase, and a description of the operating problem. After repairing or replacing your product we will ship it to your home within four weeks.

What this warranty does not cover: Among other things this warranty does not cover defects resulting from accidents, unauthorized repair, failure to follow directions, misuse, fire, floods, and acts of God. If your protection is not covered by our warranty, contact us at shopempower.com to determine whether we will repair your product and other repair information, including charges. We, at our option, may replace rather than repair your product with a new or reconditioned one of the same or similar design, the repair or replacement will be warranted for one year. This limited warranty is the only one we give on your product, and it sets forth all our responsibilities regarding your product. There are no warranties that extend beyond the description set forth above.

State law rights: This warranty gives you specific legal rights and you may also have other rights which may vary from state to state.

EMPOWER is a registered trademark of Action Products Worldwide.