

ABTRONIC^{MC} 2TM

Fitness System

Dual Channel Fitness Belt



Instruction Manual

IMPORTANT!

Please read the complete instruction manual before you use the AbTronicX2™ Fitness System. It will give you a better understanding of how the system works, and you'll be able to enjoy the best results.

Congratulations on buying the AbTronicX2™ Fitness System. In order for you to achieve the best possible results, it is essential that you understand the AbTronicX2™ is a system which incorporates 3 important elements:

- Diet and Nutrition
- Exercise
- The AbTronicX2™ Dual Channel Fitness Belt

A 6-week nutritional guide with a suggested diet and workout routine is included as part of the AbTronicX2™ Fitness System. The diet and workout routine we have included are suggestions. You can incorporate your own diet and exercise regimen but we stress that the results you would like to achieve will be contingent on your implementing all three components.

Read on to find out how to use the AbTronicX2™ fitness belt.

HOW THE ABTRONICX2™ FITNESS BELT WORKS

The AbTronicX2™ fitness belt is not an ordinary massager. This advanced unit uses gentle electronic stimulation to contract and release (exercise) your muscles. You will see your own muscles moving. There are NO vibrations or sounds from the unit at all.

The AbTronicX2™ fitness belt uniquely targets front, side and back muscle groups at the same time for maximum benefits and fastest results.

When you switch the unit on, the LCD display will light up indicating that your AbTronicX2™ fitness belt is working properly. After you have selected either the small or the large belt, depending on your needs, and fit the belt directly onto the area you want to work on, you should switch the unit on.

Follow all instructions in this Instruction Manual before using the AbTronicX2™ Fitness System. The AbTronicX2™ fitness belt should be used as directed with the supplied diet plan and in conjunction with your workout routine or the workout plan included with the AbTronicX2™ Fitness System. The AbTronicX2™ fitness belt is not a weight loss device and will not replace a traditional workout. Exercise and proper diet are necessary to achieve and maintain a high level of fitness. Your results will vary. Please consult your doctor before using the AbTronicX2™ Fitness System or beginning any other fitness program.

Choose a program and intensity level as described on the workout pages.

You will feel a slight tingling sensation. Adjust the intensity of the electrical pulse by pressing the High/Low buttons  for each channel separately. The LCD will indicate the chosen intensity level.

Tip! Always adjust the belt to a comfortable fit without AbTronicX2™ Conductive Gel FIRST! In order to obtain proper muscle contractions, you need to use plenty of AbTronicX2™ Conductive Gel on the four conductive pads of the belt. For maximum effectiveness and comfort always put a generous dab of the AbTronicX2™ Conductive Gel onto all of the contact areas.

- **DO NOT use water instead of gel.**
- **DO NOT BEND the conductive pads.**
- **Do your first exercise on your UPPER Abs, closer to your ribcage, NOT over your belly button.**

HOW TO ACHIEVE THE BEST POSSIBLE RESULTS

The AbTronicX2™ fitness belt will work on some muscles that may have never been exercised before. The AbTronicX2™ Fitness System really works and delivers on its promise about what it can do for you. However, consistency is the key to a younger looking you. So for the next 42 days don't forget to follow the complete AbTronicX2™ Fitness System diet, workout and fitness belt plan EVERY DAY to achieve results. Most people will see noticeable results in 3 - 4 weeks, so keep at it. Using the AbTronicX2™ Fitness System is effective.

ABTRONICX2™ FITNESS BELT INSTRUCTION MANUAL

You have chosen the most advanced and best quality unit currently available. It will last you for many years to come. Unlike other systems on the market today, the original AbTronicX2™ fitness belt has unique Neoprene Conductive Pads that do not peel, crack or tear like other belts with cheaper solutions or gel pads.

The AbTronicX2™ fitness belt is comfortable to wear and it will save you money and inconvenience because you will not have to buy new belts over and over again.

With your new AbTronicX2™ fitness belt 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 make use of the many accessories available to customize your AbTronicX2™ fitness belt. Without the need to buy another new electronic unit, you can easily convert your AbTronicX2™ fitness belt to a totally wireless massager.

The abdominals are one of the hardest muscle groups to tone and the new improved dual channel AbTronicX2™ fitness belt is ideally suited to assist in this difficult task. In 10 minutes you can work your abdominals and simultaneously your side or back muscles with up to 3,000 contractions just by selecting program mode 1.

With the AbTronicX2™ Fitness System recommended program of 30 minutes per day, the AbTronicX2™ Fitness System will show you the way to noticeable improvement after 3 - 4 weeks of regular use. The program includes physical exercise as well as a healthy diet, and when combined with the modern technology of the AbTronicX2™ fitness belt, it is an effective way to achieve total health.

The AbTronicX2™ fitness belt generates small, gentle electrical pulses that are delivered inside the belt placed on your skin. These electrical pulses activate your underlying motor nerves, resulting in muscle contractions. The AbTronicX2™ fitness belt 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 technology is used by many professional athletes and Olympic gold medalists and now you can enjoy the benefits of this exercise in the comfort of your own home, and best of all, it is easy to use!

The AbTronicX2™ fitness belt requires 2 x AAA batteries (included).

IMPORTANT GUIDELINES

The AbTronicX2™ fitness belt is extremely safe and simple to use, however, the manufacturer and supplier do not take any responsibility for any harm caused due to misuse of the product. As a safeguard we suggest you read this entire manual and if you have any of the following conditions, please seek professional medical advice before using this device:

- After childbirth (see heading After Childbirth)
- Persons using a heart pacemaker or with a 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 or surgery
- Varicose veins in their later stages
- Female users should not use the unit on their abs during the heavy days of their period

If in doubt, consult your physiotherapist, osteopath, or medical practitioner before using this device.

Unsupervised children should not use this device.

Tip! The AbTronicX2™ microprocessor unit clips onto the dual channel AbTronicX2™ fitness belt or any of the other provided AbTronicX2™ dual channel accessories with the snap on buttons.

You can easily detach the unit from the belt if you want to clean the belt. To reattach the unit just snap it on. For easy operation when the unit is used in the abdominal area, the display can be flipped upside down with a push of the button.

LCD Display:

Sound on/off indicator
(press and hold the FUNCTION and ON/OFF button for 2 seconds)

Keylock
(press and hold
FUNCTION button 3 sec)

Low battery indicator

Back channel indication:

Intensity level

Mode

Front channel Indication:

Intensity level

Mode

Indication:



= Mode



= Power

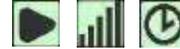


= Timer

Controls:

Flip Display button

Select



Up / down button back channel

On / Off button

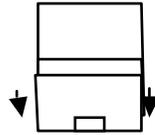
Up / down button front channel

The AbTronicX2™ fitness belt uses 2 x AAA batteries

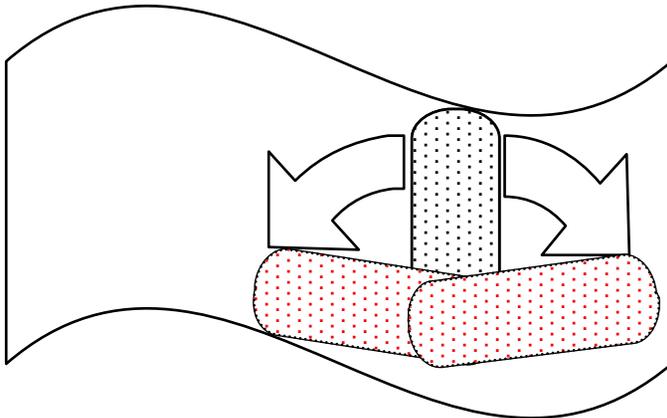
The AbTronicX2™ fitness belt is very easy to use. Every operation is clearly shown on the LCD display and all programs will run automatically. For ease of use the LCD display can be flipped upside down to make reading easy when wearing the belt. Additionally, the unit has an auto switch off function.

OPERATION

1. Open the battery compartment by sliding the door gently downwards (please see diagram).
2. Insert 2 x AAA batteries by following the polarity indications in the compartment.
3. Attach the control unit to the belt by simply clipping it onto the front.
4. Attach the conductive pads to the belt by simply clipping them on using the press studs.

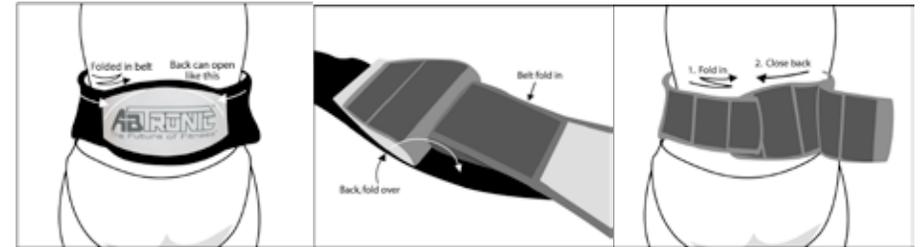


For the rear channel, you can adjust any position for the AbTronicX2™ fitness belt conductive pads. The hook-and-loop pads are easy to put on.

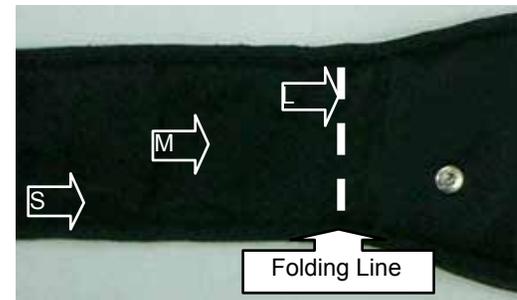


How to Fit your AbTronicX2™ fitness belt:

- a. The AbTronicX2™ fitness belt has been pre-adjusted to fit a stomach girth of 35”-38” (89-97cm). The control unit is attached to the belt.
- b. Please look at the rear hook-and-loop flaps how to adjust the belt and check how to attach the control unit.
- c. Detach the control unit and insert the batteries.
- d. WITHOUT GEL: Adjust the belt to fit tightly but comfortably around your stomach. The front and rear should be positioned in the centre of your stomach and back.
Adjust the size of the belt, by folding the belt into the rear hook-and-loop flaps approximately symmetrically on both sides if necessary.



Belt size adjustment, Small(S)/Medium (M)/Large (L)



You can adjust the belt size to S/M/L. According to the size indicators and the folding line, you can fold the belt into the rear hook-and-loop flaps approximately symmetrically on both sides for S/M/L size adjustment.

- L → For Large size approx. 39-44” (99-111cm)
- M → For Medium size approx. 32-36” (81-91cm)
- S → For Small size approx. 24-29” (60-74cm)

- e. If your stomach girth is larger than 45”-46” (114-117cm) please attach the hook-and-loop belt between the open ends of the belt as an extension.
- f. After achieving a good fit take the belt off.
- g. Fit the 4 conductive pads targeting the desired exercise areas.

Rear Channel Pad Positions:

Depending on your waist size the rear channel conductive pad positions are suggested to target the following areas. Please adjust the belt diameter to fit tightly, and adjust belt and pad positions for optimum fit to target the desired areas:

Suggested Position 1

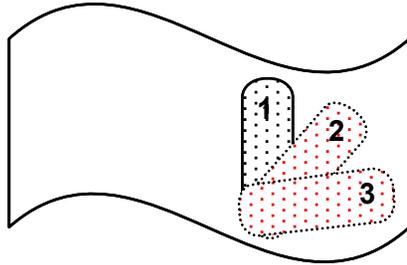
For upper back

Suggested Position 2

For mid-, lower- back or waist

Suggested Position 3

For lower back or waist



Your AbTronicX2™ fitness belt is now ready to use!

5. Turn the belt on its face and place a generous dab of the AbTronicX2™ Conductive Gel onto each of the four conductive pads.



IMPORTANT: The unit will NOT work without a conductive medium between your skin and the conductive areas of the belt!

To achieve the best results use ONLY the specially formulated AbTronicX2™ Conductive Gel. It is possible to use other toning gels as long as they are WATER BASED.

Tip! if you are not using original AbTronicX2™ Conductive Gel, please carefully read the ingredient list on the toning gel that you are using. Ensure the gel contains “Water” or “Aqua”. DO NOT USE gel or creams that contain oils as this can be dangerous. The gel MUST be water based. Oil-based gels can contain ingredients that react badly with the conductive pads of your belt and could reduce the lifespan and efficiency of the belt significantly.

6. Make sure the unit is switched off, i.e., the LCD display is OFF. If you accidentally switch the unit on, please press and hold the ON/OFF button for 3 seconds to switch it off again.
7. Place the new AbTronicX2™ fitness belt around your stomach or any other area you want to exercise and close the belt to a comfortable but tight fit with the hook-and-loop belt (not too tight).

Tip! If you are wearing the belt around your stomach you can make the LCD display easier to read by pressing the “Flip Display Button”. This will rotate the display 180 degrees for easy reading.

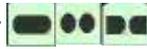
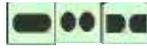
8. We recommend starting with the upper abs, placing the belt above your belly button.
9. Switch the unit on by pressing the **ON/OFF**  button once. The LCD display will light up.

10. Use the **PROGRAM**  button to toggle through the menu:

 **Mode** →  **Power** →  **Timer** → **Repeat**

MODE (8 PROGRAMS)

Press the up / down button to select from 8 programs

Program	Name	Display	Description
1	Deep Knead	1 	long contractions
2	Tap Massage	2 	very fast pulses
3	Karate Chop	3 	Slap/Tap exercise with rest periods
4	Work out	4+ 	General mixed exercise routine with rest periods
5	Ab Fever	5+ 	Routine with increasing intensity
6	Fast Blaster	6+ 	Full exercise routine with mixed elements
7	Crunch Craze	7+ 	Slap routine with front and back elements
8	Iron Man	8+ 	Pro exercise routine, mixed mode with front and back channel as well as slow and fast elements

IMPORTANT:

After selecting the program in 'Mode', the default intensity is set to '0'. Please press the function button  to increase the intensity.

IMPORTANT:

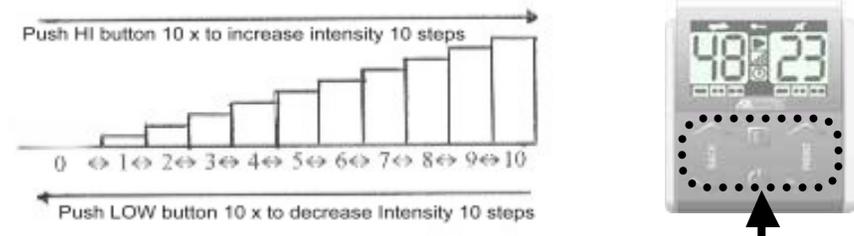
While Modes 1, 2, 3, 4 are repetitive, Modes 5, 6, 7 and 8 consist of a large variety of different elements found in a training program. During the program, the length and pulse change consistently. By confusing the muscle grouping you can gain more benefit. Short pulses are used for reflex action and long pulses for endurance, toning and massage. However we recommend these full exercise modes only after you have used the AbTronicX2™ fitness belt in the regular Work Out Mode (Mode 4) for at least 1 week. **As a beginner you should always use the mode and intensity that feel most comfortable to you.**

POWER WITH 10 INTENSITY LEVELS

IMPORTANT:

The maximum difference between the front and back channel is 5 levels. The unit will auto adjust the 2nd channel if the difference becomes larger.

Push the **UP/DOWN** button for each channel to increase or decrease the intensity level. Level 1 is the first intensity you can feel. The pre-set value is 0 after choosing your program in the mode setting. You will notice a tingling sensation prior to the muscle contracting. Once the muscle is contracting you will feel pleasant and relaxed. Adjust the intensity according to your comfort level. You should feel a strong but comfortable contraction of the muscles.



The intensity level has 10 steps per channel. With every push of the **UP/DOWN** button you increase / decrease the intensity by one step.

You can set different intensity levels for front and back exercises adjusted to the individual levels you feel most comfortable with. Note that the intensity levels from the front level to the back level cannot be greater than 5. The intensity level will auto adjust if this is the case.

IMPORTANT:

The AbTronicX2™ fitness belt has several built-in safety features:

- A) AUTO OFF:** After approximately 10 minutes, the **AUTO OFF** function will turn off the unit if it is not in use.
- B) FAILSAFE:** The unit will not work if you are not wearing it, if there is not enough conducting gel present or no electric load is connected.
- C) ALARM:** in case of B) the unit will sound a beeping alarm.
- D) KEYLOCK TOGGLE ON/OFF:** Press and hold the function key for 3 seconds.



TIMER

Default time is 10 minutes. Press the **UP/DOWN** button once to increase or decrease the time increment. Maximum time is 45 minutes.

11. To switch the unit off, press and hold the **ON/OFF** button for three seconds.
12. To turn the sound on/off, press and hold the **FUNCTION** and **ON/OFF** button for 2 seconds. The display will show the 'sound off' icon.

AUTO FUNCTIONS

If the conductive area of the belt (the grey area on the back of the belt) does not touch the skin, the intensity can only be set up to "1". An alarm will sound after 2 seconds and the unit will automatically switch off. If the belt is removed during use, the intensity is automatically reset to "1". If the belt is not immediately placed back into contact with the skin, the unit will automatically turn off after 20 seconds. The AbTronicX2™ fitness belt has an auto-timer. It will automatically switch off after 10 minutes of exercise. If you change the exercise mode during the 10 minute exercise period, the timer will continue to count-down from the original leftover time.

What to do if you do not feel any muscle contractions

If no muscle contractions are felt, move the belt slowly around the area that you want to target. Make sure you have enough AbTronicX2™ Conductive Gel placed on the conductive pads. Gradually increase the **PULSE INTENSITY** by pushing the **UP** button for each channel in the mode until muscle contractions are felt.

The AbTronicX2™ fitness belt is a great way to exercise your muscles. It may take a few moments of practice to locate the belt correctly and apply the ideal pressure that will produce the best results for you.

***Tip!** If there is not enough gel on the conductive pads or the belt is not placed tightly against the skin, you may experience an uncomfortable tingling sensation. The same thing will happen if the conductive pads are worn and have lost good conductivity.*

EXERCISE GUIDANCE

During the first week you should give your muscles time to adjust to their new work-out. Use the device for a maximum of 10 minutes per muscle group, once or twice a day, with a minimum of 4 hours resting time in between each exercise session. We also recommend you use only Mode 4 (Work-Out-Mode) during the first week.

After the first week, you can use the AbTronicX2™ fitness belt for a maximum of 30 minutes per muscle group, 3 times a day, with a minimum of 4 hours resting time between the sessions. You should adjust your exercise routine to your personal fitness level and you should always ensure that you feel comfortable.

IMPORTANT – PLEASE READ

If no or not enough AbTronicX2™ Conductive Gel is applied to the conductive pads, or the belt is not placed tightly against the skin, an uncomfortable tingling sensation can occur. This can also happen if the body has built up excessive oil on the skin. Before use, ensure that the contact points are thoroughly covered with gel. Clean the neoprene belt and conductive pads regularly with a wet cloth or soapy water to avoid the build up of body oils. Please note that some discoloration of the conductive area and a "crumbled look" is perfectly normal. The unit remains functional even if, after heavy use, the conductive pads develop some cracks, as long as you use enough conductive gel.

Do not wash the belt in the washing machine or apply fabric softener as this can damage the belt.

DO NOT bend the conductive pads. If you experience skin redness or irritation after removing the belt from your skin, this could be caused by the conductive pads drying out during a session. Ensure that the pads are kept moist at all times during use and that you use plenty of the AbTronicX2™ Conductive Gel.

Worn conductive pads can reduce the performance of the unit or cause the belt to feel erratic. The conductive pads are a consumable item and do wear out eventually. Wear and tear is not covered by the warranty. It should be noted however that the conductive pads on this belt are designed to last much longer than comparable "stick on" gel pads used in other units. To avoid unnecessary discomfort and ensure maximum

performance, please replace the conductive pads from time to time or if their effect becomes weak or erratic.

Tip! VERY IMPORTANT: You **MUST** apply a water-based conductive medium such as AbTronicX2™ Conductive Gel to the conductive pads on the inside of the belt. The conductive pads **MUST** make contact with your skin. The AbTronicX2™ fitness belt will **NOT** work through clothing.

BELT PLACEMENT

As everyone is created differently, exact positioning of the AbTronicX2™ fitness belt will vary from person to person. The ideal positioning is adjacent to the motor nerve. While the device is operating you will be able to move the AbTronicX2™ fitness 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.

Size range for large belt exercise:
 Belt Min. Size: ~24 inch = ~61 cm
 Belt Max. Size: 46~47 inch = 117~119 cm

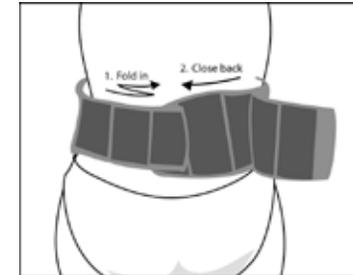
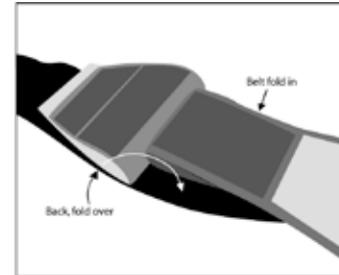
Belt resize procedure:

In order to have an optimum fit the belt has a special solution to reduce the size. This unique technique allows the back channels to stay centred and generate additional soft pressure of the conductive pads against your skin.

This ensures maximum comfort and ease of use. Please follow these instructions to reduce the size of the belt:

We recommend to evenly reduce the size in the front and two back positions to have the rear channel pads in the center of your back.

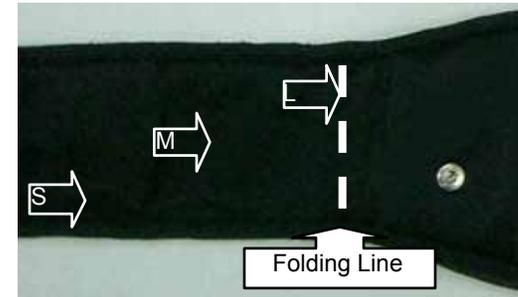
- 1) Open back & fold in belt
- 2) Back view while wearing belt



- 3) Belt closed and folded in



Belt size adjustment: Small(S) / Medium(M) / Large(L)



You can adjust the belt size to S/M/L. According to the size indicators and the folding line, you can fold the belt into the rear hook-and-loop flaps symmetrically on both sides for S/M/L size adjustment.

- For Large size approx. 39-44" (99-111cm)
- For Medium size approx. 32-36" (81-91cm)
- For Small size approx. 24-29" (60-74cm)

For Extra-Large (XL) size, please insert strap for belt length extension.

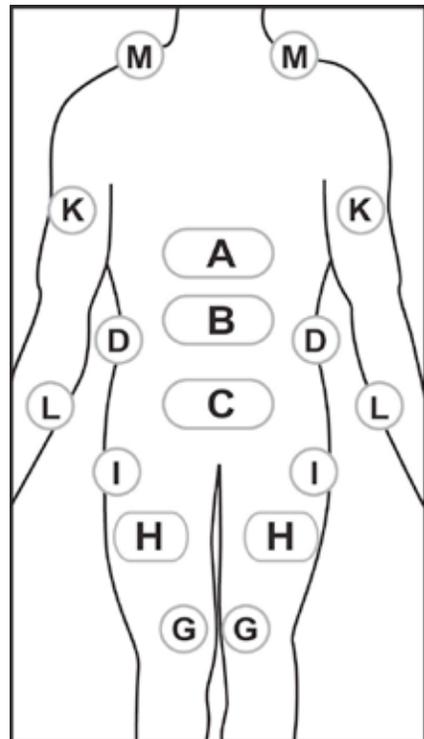
BELT PLACEMENT – CONTINUED

The conductive pads can be placed in many different positions, thus allowing more specific targeting of muscle groups.

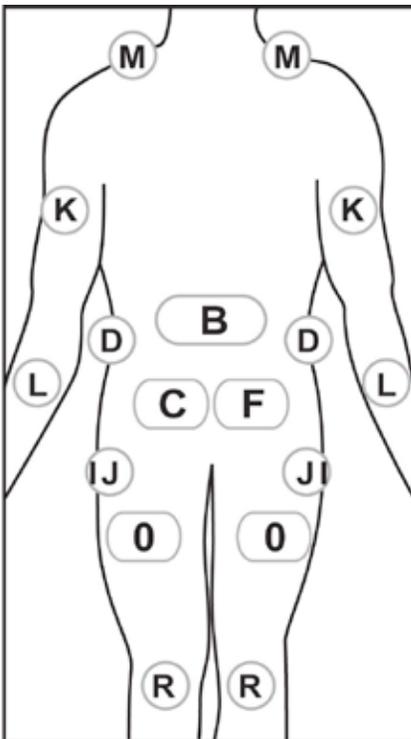
There is a hook-and-loop belt that can be used to effectively target individual muscle groups. Use of the correct sized belt is key to achieving the best possible results.

The diagrams in this booklet are provided as a starting recommendation only. The AbTronicX2™ fitness belt is a personalised training and toning tool and can be adapted to suit the individual. The diagrams shown have a letter shown for belt placement. If the contractions are not effective, then place the belt over the area closest to the indicated letter. We do not recommend placing the belt over the heart.

Front

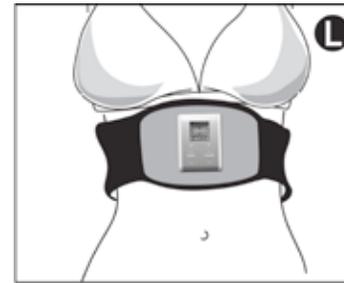


Back



*"E" has been intentionally omitted from this diagram.

ABTRONICX2™ FITNESS BELT – LARGE BELT EXERCISES



Upper abs

A. UPPER ABS/ UPPER/MIDDLE BACK



Main abs

B. MAIN ABS/MIDDLE BACK



Main abs

B+D. MAIN ABS/MIDDLE BACK + LOVE-HANDLES



Main abs

C+D. LOWER ABS/BACK + LOVE-HANDLES



Lower abs

C. LOWER ABS/LOWER BACK

KEY:

S = Small Belt

L = Large Belt



Buttock

F. BUTTOCKS

ABTRONICX2™ FITNESS BELT – SMALL BELT EXERCISES



Upper front thigh

G. KNEE/FRONT THIGH



Upper front thigh

H. UPPER FRONT THIGH



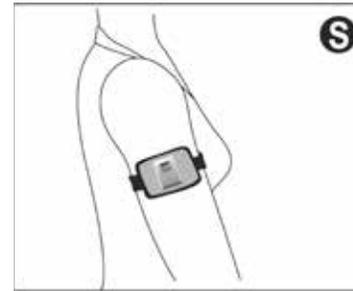
Upper outer back thigh

I. UPPER/OUTER BACK THIGH



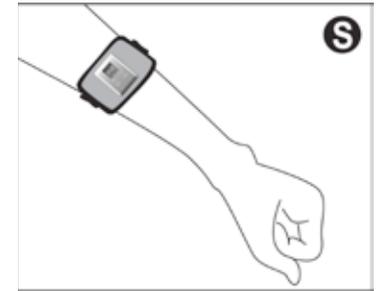
Upper thigh

J. UPPER THIGH



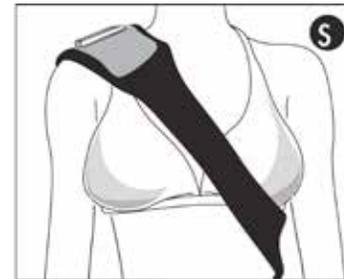
Arm

K. ARMS



Lower arm

L. LOWER ARMS



Neck/ shoulders

M. SHOULDERS



Calf

N. CALVES



Inner thigh

O. INNER THIGH

DIFFERENT MODES AND AUTOMATIC PROGRAMS

One of the greatest benefits of your advanced AbTronicX2™ fitness belt is that it has several microprocessor-controlled automatic work-out programs that simulate different exercise routines. They are specifically designed to work on fast twitching muscle fibres as well as on bigger “lazy” strength muscles. This is achieved by using many different kinds of frequencies and intensities and by addressing 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 relax and enjoy what the AbTronicX2™ fitness belt can do for you, whether it is tightening your abs, working on problem areas or giving you a deep relaxing, soothing massage.

WARM UP

Select **(Mode 1, Deep Knead)**

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 reduce the risk of injury. Your AbTronicX2™ fitness belt can be used to gently start a warm up. Simply attach the AbTronicX2™ fitness 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.

COOL DOWN

Select **(Mode 1, Deep Knead)**

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 AbTronicX2™ fitness belt in Mode 3 for approx. 5 minutes, you can do a cool down cycle that helps the muscles to regain performance in the fastest time.

ABDOMINALS, WAIST LINE & BACK

Select **(Mode 3 Karate Chop and Mode 7 Crunch Craze)**

The abs are the toughest area to work on and the AbTronicX2™ fitness belt is the most convenient way to do it. The AbTronicX2™ fitness belt is very suitable for strengthening the abdominal wall with regular use. You can successfully train your abs & back or side muscles EVERY DAY with the AbTronicX2™ fitness belt. For the first week only use the AbTronicX2™ fitness belt in MODE 3. Once you are comfortable with the unit and your abs & back are used to it, you can step up to MODE 3 Karate Chop or Mode 7 Crunch Craze, which is perfect to tone the upper abs, back, lower abs and side muscles. Move the belt around to find the best position that gives you maximum contraction. Gradually increase the intensity with every session to the maximum for your comfort level. The AbTronicX2™ fitness belt has an auto timer that turns the unit off after 10 minutes, which makes it easy to keep track of your workout time.

The maximum time you should use the AbTronicX2™ fitness belt is for 30 minutes per muscle group up to 3 times per day with at least 4 hours resting time between the sessions.

Tip! Just because it is so easy to contract your muscles with the AbTronicX2™ fitness belt, 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 AbTronicX2™ fitness belt every day, but only twice a week, two times a day. For maintenance use either MODE 3 Karate Chop, MODE 7 Crunch Craze, or MODE 2 Tap Massage.

BODY TONING

Select **(Mode 3 Karate Chop, and Mode 7 Crunch Craze)**

With the AbTronicX2™ fitness belt you can target and tone each muscle group effectively. Follow the placement diagram on page 17 and work on any problem area you want to improve. Along with the other aspects of your AbTronicX2™ Fitness System, let the AbTronicX2™ fitness belt do its work. Just 30 minutes a day will make a real difference when you follow the full system.

The AbTronicX2™ Fitness System is the ideal way to tone up the body. We do not claim that the AbTronicX2™ Fitness System will reduce your weight, although obviously you will burn calories while your muscles are contracting, but it will definitely tone your muscles. You will feel relaxed and confident because you will feel good and look your best.

MUSCLE TONING

Select **(Mode 3 Karate Chop, and Mode 7 Crunch Craze)**

Muscle tone is encouraged when muscles react to being progressively overloaded, e.g. when you increase weight and repetition with free weights, progressive muscle overload is created. Whilst you sleep your body's neural transmitters (amino acids) then signal for regeneration and growth, causing muscles to react. You can create these conditions with your AbTronicX2™ fitness belt by the use of 'resistive training', i.e., if your AbTronicX2™ fitness belt is being used on your biceps and triceps, your arm will want to bend. Simply resist this movement. If the power of the AbTronicX2™ fitness belt 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.

The AbTronicX2™ fitness belt 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 working out to pre-exhaust muscles or it can be used afterwards to aid the recovery period. You can even use the AbTronicX2™ fitness belt while pumping to increase the load. The AbTronicX2™ fitness belt is not a substitute for training with free weights.

After working out we would recommend that you use the AbTronicX2™ fitness belt within 2 to 3 hours on the same muscles that were worked on in the gym. Use the AbTronicX2™ fitness belt for approximately 20 minutes, gradually increasing the intensity until a very intense contraction is felt.

SPEED & ENDURANCE

Select **(Mode 8, Iron Man)**

Reaction time, speed and some endurance involves the development of different 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 # 8) delivers signals that can work on all or selected fibers.

IRON MAN

Select **(Mode 8, Iron Man)**

Your AbTronicX2™ fitness belt will work on the muscle groups of your choice. Muscle will develop effectively in shape and performance when you use the AbTronicX2™ fitness belt. Especially with the dual channel exercise Mode 8 you will reach maximum efficiency. This can be done in a reasonable time frame in a combined hybrid regime taking full advantage of aerobics, diet and your AbTronicX2™ fitness belt. 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 AbTronicX2™ fitness belt. The muscles will be looking for energy and if it is low the body will be encouraged to use stored energy. Your diet is another necessary way of reducing energy intake and promoting the use of stored energy.

AFTER CHILDBIRTH

Select **(Mode 4 Work out, Mode 5 Ab Fever, Mode 6 Fast Blaster)**

During pregnancy the muscles of the abdomen are severely stretched and after childbirth become very flabby unless strengthened again through exercise. The AbTronicX2™ fitness belt is an ideal way to support this process. However, new mothers should wait for a period of about 3 months after a cesarean section before using this device. Always consult with your healthcare professional beforehand.

After an uncomplicated childbirth, use of the AbTronicX2™ Fitness System can generally 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 awhile you are back to normal vigorous movements.

DO NOT use the AbTronicX2™ fitness belt during pregnancy.

MARTIAL ARTS / BOXERS

Select **(Mode 1 Deep Knead, Mode 4 Work Out)**

In sports or martial arts terms, the AbTronicX2™ fitness belt is the ultimate form of DYNAMIC TENSION, simply because it will contract the muscle intensely. The quicker you can contract your muscles, 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. The AbTronicX2™ fitness belt acts directly on the fast twitch fibers.

For people who train regularly, we would recommend that in Program 1 the AbTronicX2™ fitness belt should not be used on the same muscle grouping more than 3 times in 24 hours. When using the device gradually increase the intensity setting until an intense contraction is felt.

UPPER BODY

Select **(Mode 1, Deep Knead, Mode 4 Work Out)**

LOWER BODY

Select **(Mode 1, Deep Knead)**

MASSAGE AND RELAXATION

Select **(Mode 2 Tap Massage, Mode 4 Work out or Mode 8 Iron Man)**

The AbTronicX2™ fitness belt also can be used as a great personal massaging device for very pleasant muscle relaxation. The AbTronicX2™ fitness belt can be used for massage and to provide passive exercise. According to your comfort, use either Mode 2, 4 or 8 with medium to low intensity levels to melt away tension and enjoy a deep relaxing personal massage with your AbTronicX2™ fitness belt, whenever you wish. Unlike regular massagers that merely vibrate and are quite noisy, the AbTronicX2™ fitness belt is absolutely quiet and your own muscles provide the massage, resulting in a natural pleasant warmth and deep relaxation.

TAKING CARE OF YOUR UNIT

The AbTronicX2™ fitness belt is made of quality materials. The only maintenance required with the AbTronicX2™ fitness belt is to clean the conductive pads gently from time to time with a wet cloth and soapy water, and to replace the battery when necessary.

- **Do NOT immerse the belt in water or other liquids.**
- **Do not rub hard on the conductive areas.**
- **Do not wash the belt in the washing machine or apply fabric conditioner.**
- **NEVER BEND the conductive pads!**

A discoloration of the conductive area and a “crumbled look” after many uses, however, is normal. The conductive pads are a consumable item and can wear with use, depending on the gel you are using, your own body fluids and how often you use the belt. Worn conductive pads can reduce the performance of the unit or cause the belt to feel erratic. Wear and tear is not covered by the warranty (for spare parts see page 30). It should be noted however that this belt lasts much longer than some comparable “stick on” gel pads used with other EMS belts. If several people want to share the AbTronicX2™ fitness belt you can easily detach the computer unit by unsnapping it from the neoprene center and using it on your own personal belt for hygienic reasons. Just pull the unit off and put it on a new belt.

The AbTronicX2™ fitness belt is extremely energy efficient. The batteries last for approx. 100 sessions of ten minutes each. If the output becomes weak or the unit switches off automatically in less than 10 minutes, it is time to change the batteries (even if the LCD is still lit up). The electronic computer unit is very reliable and uses SMT technology. It is maintenance free and will give you many, many years of trouble free usage.

FREQUENTLY ASKED QUESTIONS

- Q.** How does the AbTronicX2™ fitness belt really work?
A. The AbTronicX2™ fitness belt 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 device be used for all ages?
A. Yes - absolutely. The AbTronicX2™ fitness belt can be used at any age. However, the very elderly and children should use it under appropriate adult supervision and keep the intensity low.
- Q.** Will I find it uncomfortable?
A. As long as the conductive pads are 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 pleasant contractions. 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 device?
A. Yes - If exercise is inadvisable due to ill health, then a medical practitioner should be consulted before using this or any other exercise device. Read all contra-indications on the last page carefully!
- Q.** When should I notice any effect?
A. Depending on your frequency of use and amount of body fat, you should notice increases in strength within 1-2 weeks. Muscle tone will show within approximately 3-4 weeks after incorporating the AbTronicX2™ Fitness System 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 does not have enough toning gel on it (water based) or is not tightly placed against the skin. Failing this remove belt and wash the inner surface with a wet cloth and soapy water to remove body oils.
- Q.** How should I use the AbTronicX2™ fitness belt to speed up my recovery rate?
- A.** The AbTronicX2™ fitness belt can be used every four to five hours after an intensive workout. Use a low intensity setting with small contractions.
- Q.** I noticed a redness of the skin after using the device. Is this a problem?
- A.** A slight redness of the skin after a session with the AbTronicX2™ fitness belt 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 the gel may have dried out during a longer session. Try using more gel 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.** Fit the correct AbTronicX2™ fitness belt around your waist, arm or leg as required. The AbTronicX2™ fitness belt can be used for any size from 19cm (7.5”), up to 155cm (61”). Attach the rough side of the hook-and-loop pad onto any of the soft hook-and-loop pads on the belt.

ACCESSORIES AND SPARE PARTS

Replacement conductive pads: The belt can be cleaned with a wet cloth and soapy water, and should then be rinsed. Do NOT immerse the belt in water or other liquids. However, as the body builds up oils on the skin, which react with the conductive pads, for best results and comfort it is recommended you replace the conductive pads from time to time. Replacement parts are available by contacting Customer Care at 1-877-771-7017 or customer care@thanedirect.ca.

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

INDICATIONS

1. General physical conditioning
2. Muscle toning purposes

CONTRAINDICATIONS

1. The AbTronicX2™ Fitness System should **NOT** be used by people with cardiac demand pacemakers.
2. The AbTronicX2™ Fitness System should **NOT** be used by people 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. The AbTronicX2™ fitness belt must **NOT** be used over swollen, infected or inflamed areas or skin eruptions, e.g. Phlebitis, Thrombophlebitis, Phlebothrombosis, or Varicose Veins, etc. Emboli in the calf or elsewhere can dislodge and cause pulmonary embolism or stroke.
10. The AbTronicX2™ fitness belt 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 any 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 have been reported with the use of electrical muscle stimulation.

TROUBLE SHOOTING GUIDE

PROBLEM	POSSIBLE CAUSE	SOLUTION
LCD Display does not light up at all	<ul style="list-style-type: none"> - Batteries not installed - Batteries installed incorrectly - Batteries are dead 	<ul style="list-style-type: none"> - Install batteries - Check polarity “+” sign - Replace batteries
LCD Display lights up, but warning beep is emitted (high pitched warning tone beeps)	<ul style="list-style-type: none"> - No skin contact - Unit not snapped on belt correctly - Microprocessor hang up - Batteries are low 	<ul style="list-style-type: none"> - Use water based gel on conductive pads and place belt directly onto skin. - Check that unit is connected firmly with all connectors to the belt. - Check that all conductive pads are connected firmly to the belt. - Choose  mode and increase intensity by pushing the up buttons for left and right channels - Perform a RESET, remove batteries for 1 minute for full RESET - Change batteries
LCD Display lights up, but nothing occurs	<ul style="list-style-type: none"> - Intensity set to low level - Not enough conductive gel on belt 	<ul style="list-style-type: none"> - Choose  mode and increase intensity by pushing the up buttons for left and right channels - Put more water based gel between belt and skin - Read label on the gel

	<ul style="list-style-type: none"> - Gel used on the conductive pads is not water-based - Belt is positioned incorrectly - Belt is worn or has oil deposits - Batteries are low 	<p>that you use. Make sure you find “water” or “aqua” on it.</p> <ul style="list-style-type: none"> - Move belt around to locate your trigger points - Clean conductive pads or replace (see hint below) - Change batteries
LCD Display lights up, but not all the buttons are working	<ul style="list-style-type: none"> - Microprocessor hang up - Batteries are low 	<ul style="list-style-type: none"> - Perform a RESET, remove batteries for 1 minute for full RESET - Change batteries

***Tip!** You can determine whether your conductive pads are worn out and need replacing 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 index and ring finger of one hand and press your fingers against the 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 new conductive pads.*

IMPORTANT: POWER RESET

If the unit does not switch on, or if you can't change to different programs, the microprocessor may have “hanged”. Please perform a simple **RESET**. Remove the batteries and replace them after one minute.



Fitness System

INSTRUCTION MANUAL

This Product is Brought to You by:

THANE Fitness™



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