

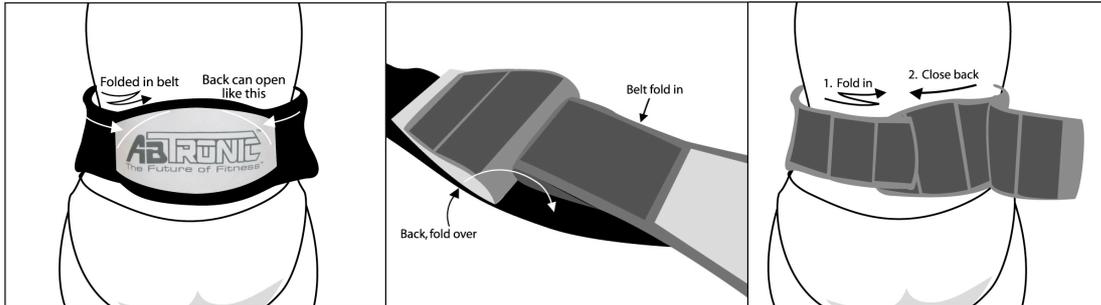
## AbTronicX2™ First Use Guide

### PLEASE READ THIS BEFORE FIRST USE!

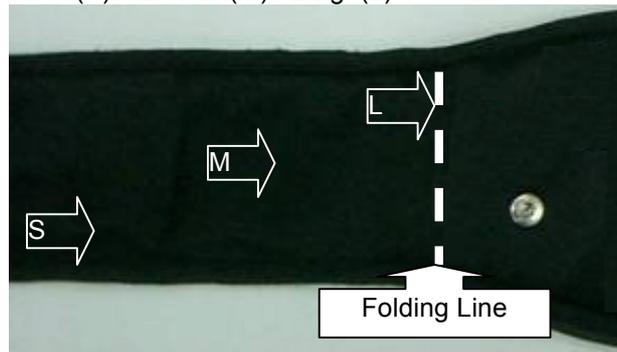
If you have additional questions or would like a clear introduction to the features of the AbTronicX2™ Fitness System, you can refer to the Instruction Manual.

In order to give you maximum satisfaction, please follow this First Use Guide.

1. 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.
2. Please look at the rear hook-and-loop flaps to adjust the belt and check how to attach the control unit.
3. Detach the control unit and insert the batteries.
4. **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 symmetrically on both sides.



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 to adjust to S/M/L sizes.

-  For Large size approx. 39-44"
-  For Medium size approx. 32-36"
-  For Small size approx. 24-29"

5. If your stomach girth is larger than 45" – 46" please attach the short hook-and-loop belt between the open ends of the belt as an extension.
6. After achieving a good fit, take the belt off.
7. Fit the 4 conductive pads targeting the desired exercise areas.
8. Now, apply a small amount of AbTronicX2™ Conductive Gel (approx. the size of a quarter) to the marked areas of the conductive pads.
9. Fit the belt around your stomach and make sure the conductive pads have firm contact with your skin.
10. Attach the control unit and press power button  to switch unit on.
11. Choose exercise mode  – see back of the "Quick Guide" sewn onto the belt – **now you MUST increase the power intensity in mode **, front/back will auto adjust if there is an intensity gap between them greater than 5 levels.
12. If the pads do not contact your skin a warning beep will sound.
13. Set timer if needed .
14. Flip the display by pressing the button on the side - the display flips upside down - the operation buttons stay the same.
15. The controls marked Front operate the front channel and the arrows pointing up increase the intensity. A high pitched beeping sound indicates no contact between pads and skin - add AbTronicX2™ Conductive Gel or fit tighter.
16. To switch off – press and **hold** power button  for 3 seconds.