Beurer EM 35

Beurer EM 35 Abdominal Belt User Manual

Model: EM 35 (Type 66300)

Brand: Beurer

Introduction

The Beurer EM 35 Abdominal Belt is an electrical muscle stimulation (EMS) device designed to support the training and strengthening of your central and lateral abdominal muscles. This manual provides essential information for the safe and effective use of your EM 35 abdominal belt, including setup, operation, maintenance, and troubleshooting.

Please read this instruction manual carefully before first use and keep it for future reference. Ensure all users have access to these instructions.

Important Safety Instructions

Always observe the following safety precautions to prevent injury or damage to the device:

- Consult your doctor before using the device if you have any medical conditions, especially if you have a pacemaker, heart problems, epilepsy, or are pregnant.
- Do not use the device on open wounds, irritated skin, or areas with rashes.
- Keep the device away from water and moisture.
- Do not use the device while sleeping or driving.
- Ensure the electrodes are properly moistened before each use to ensure optimal conductivity and prevent skin irritation.
- Keep out of reach of children.

- Only use the device for its intended purpose as described in this manual.

Package Contents

Carefully unpack the device and check that all components are present and undamaged. The standard package includes:

- 1 x Beurer EM 35 Abdominal Belt
- 1 x Detachable Controller
- 3 x 1.5V AAA Batteries
- 1 x Instruction Manual (this document)



Image: The Beurer EM 35 Abdominal Belt shown with its retail packaging, illustrating the product as it appears when unboxed.

Product Overview

The Beurer EM 35 Abdominal Belt consists of a soft belt with integrated electrodes and a detachable control unit. Understanding these components is key to proper use.



Image: The Beurer EM 35 Abdominal Belt, displaying the main belt unit with the central control panel attached.

- **Abdominal Belt:** Soft, flexible belt designed to fit waist circumferences from 75 cm to 140 cm, featuring four integrated water contact electrodes.
- **Detachable Controller:** The central unit with an LCD display and control buttons for power, program selection, and intensity adjustment.



Image: A detailed view of the detachable control element of the Beurer EM 35, showing the buttons and LCD display area.

Setup

1. **Insert Batteries:** Open the battery compartment on the back of the detachable controller and insert the 3 x AAA batteries, ensuring correct polarity (+/-). Close the compartment securely.
2. **Moisten Electrodes:** Lightly moisten the four water contact electrodes on the inside of the belt with water. This is crucial for optimal conductivity and comfortable use. No contact gel or replacement electrodes are required.
3. **Attach Controller:** Ensure the detachable controller is securely connected to the belt.
4. **Position the Belt:** Place the belt around your abdomen, ensuring the electrodes are in direct contact with your skin. The belt is universally adjustable with Velcro for waist circumferences between 75 cm and 140 cm.



Image: A user demonstrating the proper placement of the Beurer EM 35 belt, with an emphasis on the four water contact electrodes that require moistening for effective use.

Operating Instructions

1. **Power On:** Press the power button () on the controller to turn on the device. The LCD display will illuminate.
2. **Select Program:** Press the 'P' button to cycle through the 5 pre-set training programs. Each program has a duration between 22 and 31 minutes. The selected program will be indicated on the LCD display.
3. **Adjust Intensity:** Use the '+' and '-' buttons to adjust the intensity level from 0 to 40. Start with a low intensity and gradually increase it until you feel a comfortable, yet effective, muscle contraction.
4. **Start Training:** The program will begin automatically after selecting the intensity. The LCD display will show the remaining time.
5. **Memory Function:** The device features a memory function that stores the last used program and intensity settings for continuous training.

6. **Power Off:** Press and hold the power button () to turn off the device.



Image: A user wearing the Beurer EM 35 abdominal belt, with visual callouts indicating key features such as adjustable intensity, five training programs, suitability for waist sizes 70-140 cm, and a countdown function.

Application Areas and Benefits

Electrical Muscle Stimulation (EMS) with the Beurer EM 35 can be used to support various aspects of muscle training and body conditioning:

- **Muscle Warm-up:** Prepares muscles for physical activity.
- **Muscle Definition:** Helps to sculpt and define abdominal muscles.
- **Muscle Strengthening:** Contributes to overall muscle strength in the abdominal region.
- **Muscle and Skin Tightening:** Can improve the firmness of muscles and skin.
- **Muscle Relaxation and Regeneration:** Aids in post-exercise recovery and muscle relaxation.



Image: A user wearing the Beurer EM 35 abdominal belt, with a visual emphasis on its function to strengthen and define abdominal muscles.

Maintenance and Care

Proper care ensures the longevity and hygiene of your Beurer EM 35 Abdominal Belt:

- **Cleaning:** After each use, wipe the electrodes and the belt with a damp cloth. Do not use abrasive cleaners or immerse the controller in water.
- **Storage:** Store the device in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Battery Replacement:** Replace batteries when the low battery indicator appears on the LCD display. Dispose of used batteries according to local regulations.

Troubleshooting

If you encounter issues with your Beurer EM 35, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
No stimulation felt or weak stimulation.	Electrodes are dry; low battery; poor skin contact.	Moisten electrodes thoroughly; replace batteries; ensure belt is snug against skin.
Device does not turn on.	Batteries are dead or incorrectly inserted.	Check battery polarity; replace batteries.
Skin irritation after use.	Electrodes not sufficiently moistened; intensity too high; prolonged use.	Ensure electrodes are well-moistened; reduce intensity; limit session duration. If irritation persists, discontinue use and consult a doctor.

Specifications

Feature	Detail
Model	EM 35 (Type 66300)
Technology	Electrical Muscle Stimulation (EMS)
Electrodes	4 no-wear water contact electrodes
Programs	5 pre-set training programs
Intensity Levels	0 to 40 adjustable levels
Program Duration	22 - 31 minutes per program
Waist Circumference	75 cm - 140 cm (universal fit)
Display	LCD with clear symbolic representation
Power Supply	3 x 1.5V AAA batteries (included)
Product Dimensions	28.5 x 15.8 x 20.6 cm
Weight	0.44 kg (442 g)

Warranty and Support

Beurer products are manufactured to high quality standards. For information regarding warranty terms and conditions, please refer to the warranty card included with your product or visit the official Beurer website.

For technical support, spare parts, or service inquiries, please contact Beurer customer service. Contact details can typically be found on the Beurer website or in the product packaging.

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