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Beurer EM37

Beurer EM37 Abs Stimulator Toning Ab Belt

Model: EM37

1. Introduction and Important Safety Information

The Beurer EM37 Abs Stimulator Toning Ab Belt operates on the principle of Electrical Muscle Stimulation (EMS). It generates gentle electrical pulses that activate nerve signals, causing the underlying muscle fibers to contract and relax. This device is designed for muscle toning in sports and fitness to support a powerful and attractive physique. It is not intended to replace active muscle training entirely.

Important Safety Precautions:

- Consult your physician before using this device, especially if you have pre-existing medical conditions.
- Do not use if you have a pacemaker, implanted defibrillator, or any other implanted electronic device.
- Avoid use during pregnancy.
- Do not use on open wounds, irritated skin, or areas with skin diseases.
- Keep the device out of reach of children.
- Use only as directed in this manual.

2. Setup and Initial Use

Unpacking the Device:

Carefully remove all components from the packaging. Ensure all parts are present and undamaged. Retain the packaging for future storage or transport.



The Beurer EM37 Abs Stimulator Toning Ab Belt, showing the main unit, control panel, and the included extension strap. The belt is designed for abdominal muscle stimulation.

Battery Installation:

The EM37 requires 3 AAA batteries, which are included. Open the battery compartment on the control unit, insert the batteries according to the polarity markings, and close the compartment securely.

Attaching the Belt:

Position the belt around your waist, ensuring the electrodes are in direct contact with your skin over the abdominal muscles. The belt is designed to fit waist circumferences from 28 to 55 inches, utilizing the included extension strap if necessary. Ensure a snug but comfortable fit for optimal contact.



This image highlights the extension strap for the Beurer EM37 belt, which allows it to fit waist circumferences from 28 to 55 inches. It also notes that batteries are included for immediate use.

3. Operating Instructions

Powering On/Off:

Press and hold the power button on the control unit to turn the device on or off. The LCD display will illuminate when the device is active.

Selecting a Program:

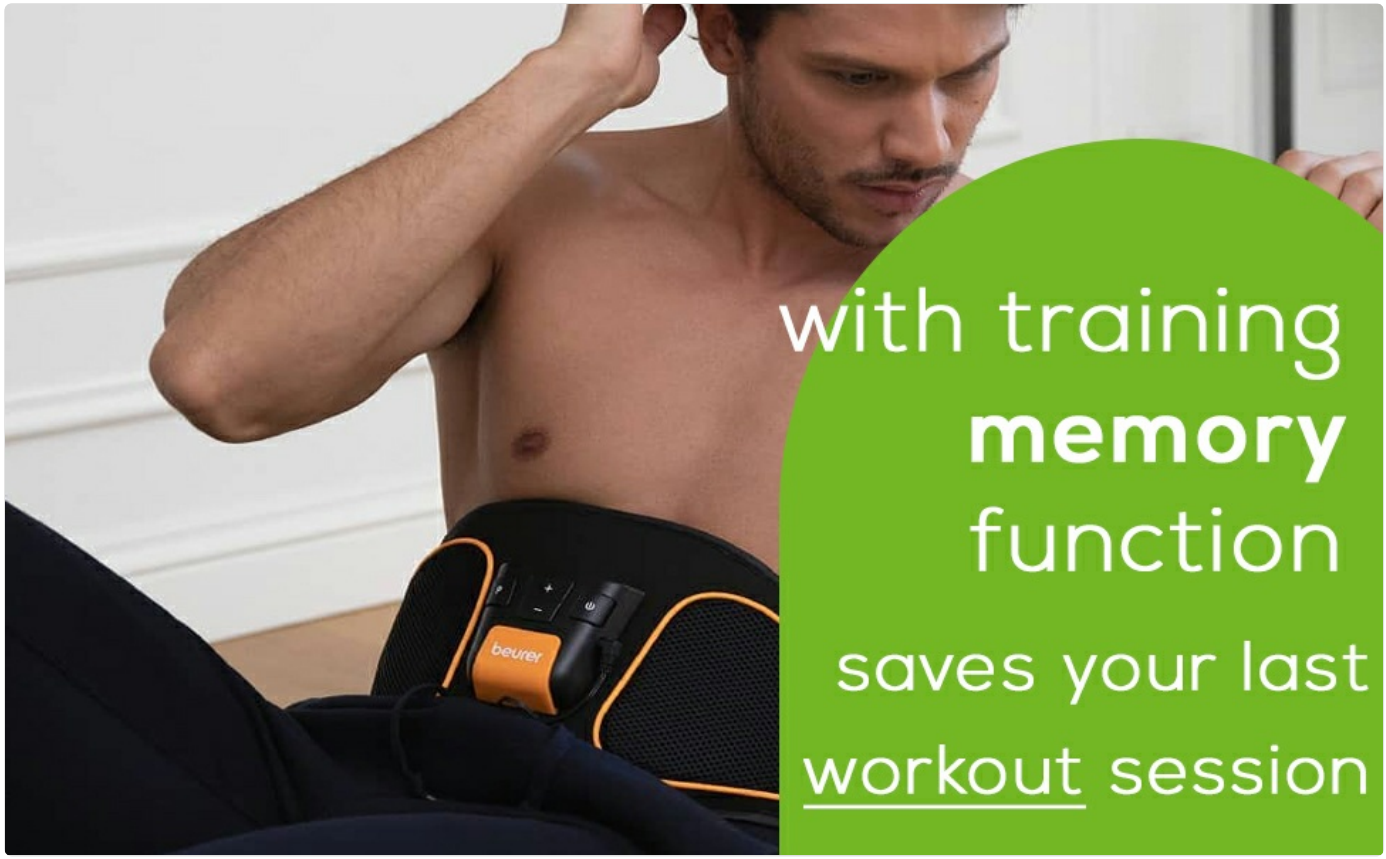
The EM37 offers 5 pre-set training programs. Use the 'P' button on the control unit to cycle through the available programs. Each program has a unique stimulation pattern.

Adjusting Intensity:

The device features 40 intensity levels. Use the '+' and '-' buttons to increase or decrease the stimulation intensity to your comfort level. Start with a low intensity and gradually increase it.



A man is shown performing an abdominal crunch while wearing the Beurer EM37 belt. This image demonstrates the application of Electrical Muscle Stimulation (EMS) through the belt, which delivers painless electrical impulses directly to the muscles.



A woman is depicted wearing the Beurer EM37 belt, with overlaid text emphasizing its key features: it sculpts and tones abs, offers 40 intensity levels, and includes 5 distinct training programs for varied workouts.

Reusable Water Electrodes:

The EM37 uses durable water contact electrodes. For effective stimulation, ensure the electrodes are sufficiently

moistened with water before each use. This improves conductivity and prevents uncomfortable sensations.

4. Care and Maintenance

Cleaning the Belt:

After each use, gently wipe the belt and electrodes with a damp cloth. Do not use abrasive cleaners or immerse the control unit in water. Allow the belt to air dry completely before storing.

Storage:

Store the device in a cool, dry place, away from direct sunlight and extreme temperatures. If not in use for an extended period, remove the batteries to prevent leakage.

Electrode Care:

Regularly inspect the water electrodes for any signs of wear or damage. Ensure they remain clean and free of residue to maintain optimal conductivity.

5. Troubleshooting

Problem	Possible Cause	Solution
Device not turning on	Low or depleted batteries; Incorrect battery installation	Replace batteries with new AAA batteries; Check battery polarity and ensure correct insertion.
No sensation or weak stimulation	Electrodes not sufficiently moistened; Poor skin contact; Intensity level too low	Moisten electrodes thoroughly with water; Ensure the belt is snug against the skin; Increase the intensity level gradually.
Uncomfortable sensation or 'arcing'	Electrodes not sufficiently moistened; Inadequate skin contact	Re-moisten electrodes generously; Adjust the belt to ensure full and even contact with the skin.

6. Technical Specifications

- **Model:** EM37
- **Power Supply:** 3 x AAA batteries (included)
- **Intensity Levels:** 0-40
- **Training Programs:** 5
- **Waist Circumference:** 28-55 inches (with extension strap)
- **Product Dimensions:** 3.4 x 3.5 x 0.8 inches (control unit); 1 Pound (total weight)

- **Manufacturer:** Beurer North America LP
- **Date First Available:** August 31, 2017

7. Warranty and Customer Support

Beurer products are manufactured to the highest quality standards. For specific warranty information regarding your EM37 Abs Stimulator Toning Ab Belt, please refer to the warranty card included with your purchase or visit the official Beurer website.

For further assistance, technical support, or any questions not covered in this manual, please contact Beurer customer service. You can also refer to the official user manual PDF for more detailed information:

Download Official User Manual (PDF)

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