TESMED Absolute

TESMED Absolute Abdominal EMS Belt User Manual

Model: Absolute (15 Programs)

1. Introduction

The TESMED Absolute Abdominal EMS Belt is an advanced electrostimulation device designed for toning and strengthening central and lateral abdominal muscles. This innovative, gel-free, and wireless belt offers a comfortable and effective training experience with 15 specialized programs and 99 intensity levels. It is rechargeable via USB and suitable for both men and women.



Image 1.1: The TESMED Absolute Abdominal EMS Belt.

2. Safety Information

Before using the TESMED Absolute belt, please read this manual carefully and pay close attention to all warnings and contraindications. Improper use may result in injury or device malfunction.

- Do not use if you have a pacemaker, implanted defibrillator, or other electronic medical devices.
- Consult a physician before use if you have any pre-existing medical conditions, including heart disease, epilepsy, cancer, or are pregnant.
- Do not use on broken, irritated, or sensitive skin.
- Keep out of reach of children.
- Do not immerse the device in water.

- Use only the provided USB charging cable.
- Discontinue use immediately if you experience pain, discomfort, or skin irritation.

3. Package Contents

Verify that all items are present in the package:

- TESMED Absolute Abdominal EMS Belt
- USB Charging Cable
- User Manual

4. Product Overview

The TESMED Absolute belt features an integrated control unit and electrode pads. The control unit allows you to power on/off, select programs, and adjust intensity levels for both central and lateral abdominal areas.



Image 4.1: Close-up of the TESMED Absolute control unit, showing buttons for program selection and intensity adjustment.

5. Charging the Device

The TESMED Absolute belt is rechargeable via USB. Ensure the device is fully charged before first use and whenever the battery is low.

1. Connect the small end of the USB charging cable to the charging port on the control unit.
2. Connect the larger end of the USB cable to a standard USB power adapter (not included) or a computer USB port.
3. The indicator light on the control unit will show charging status. A full charge typically takes approximately 1 hour.
4. Once fully charged, disconnect the cable.

6. Setup and Preparation

The TESMED Absolute belt is designed for convenience, requiring no gel or replacement electrodes.

1. **Prepare Skin:** Ensure your abdominal area is clean and free of lotions or oils.
2. **Humidify Electrodes:** Lightly moisten the integrated electrode pads on the belt with water. You may also lightly moisten your skin where the electrodes will make contact. This is crucial for effective conductivity.
3. **Position the Belt:** Wrap the belt around your waist, ensuring the electrode pads are positioned over your central and lateral abdominal muscles. The belt is adjustable and can extend up to 120 cm. Secure it comfortably using the Velcro fasteners.



Image 6.1: Key features: no gel needed, no replacement electrodes, and adjustable up to 120 cm waist circumference.

7. Operation

7.1 Power On/Off

- To turn on, press and hold the power button (**O**) on the control unit.
- To turn off, press and hold the power button again. The device will also automatically turn off after the session duration.

7.2 Program Selection

The TESMED Absolute offers 15 distinct programs. Use the 'P' button to cycle through the available programs. The selected program number will be displayed on the control unit's screen.

7.3 Intensity Adjustment

The belt features 99 intensity levels, adjustable separately for central and lateral abdominal muscles.

- Use the up/down arrows on the left side of the control unit to adjust the intensity for the central abdominal electrodes.
- Use the up/down arrows on the right side of the control unit to adjust the intensity for the lateral abdominal electrodes.
- Start with a low intensity and gradually increase it to a comfortable yet effective level. You should feel a strong but not painful muscle contraction.

7.4 Session Duration

Each program has a pre-set duration (typically 25 or 30 minutes). The device will automatically stop once the session is complete.



Image 7.1: The TESMED Absolute belt can be used discreetly and conveniently during various activities.

8. Understanding EMS Programs

Electrical Muscle Stimulation (EMS) technology works by sending electrical impulses to your muscles, causing them to contract and relax. The 15 programs are designed to target different muscle fibers and provide varied stimulation patterns for comprehensive abdominal training.

- Some programs focus on endurance, others on strength, and some on recovery.
- The alternating stimulation for central and lateral abdominal muscles maximizes training efficiency.
- Regular and consistent use, combined with a balanced diet and exercise, can help improve muscle tone and definition.



Image 8.1: Illustration of how the TESMED Absolute targets different abdominal muscle groups: rectus abdominis, internal obliques, external obliques, and transversus abdominis.

9. Maintenance

9.1 Cleaning

- After each use, gently wipe the electrode pads and the belt surface with a damp cloth.
- Do not use abrasive cleaners or harsh chemicals.
- Ensure the device is completely dry before storing.

9.2 Storage

- Store the belt in a cool, dry place, away from direct sunlight and extreme temperatures.
- Keep the device away from moisture.

10. Troubleshooting

If you encounter any issues with your TESMED Absolute belt, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
No stimulation or weak sensation	Electrodes not sufficiently moist; low battery; poor skin contact; intensity too low.	Ensure electrodes and skin are well-moistened; charge the device; adjust belt for better contact; increase intensity gradually.
Device does not turn on	Low battery; device malfunction.	Charge the device fully. If the problem persists, contact customer support.
Skin irritation	Intensity too high; prolonged use; allergic reaction.	Reduce intensity; shorten session duration; discontinue use if irritation persists and consult a doctor.

11. Specifications

Feature	Detail
Model	Absolute
Programs	15
Intensity Levels	99 (separately adjustable for central and lateral)
Power Source	Rechargeable Lithium-polymer battery
Charging	USB
Waist Circumference	Up to 120 cm
Dimensions (L x W x H)	7.62 x 7.62 x 7.62 cm (approximate)
Weight	560 grams (approximate)
Origin	Made in Italy

12. Warranty and Support

TESMED products are manufactured in Italy, ensuring high quality and durability. For warranty information, technical support, or any inquiries regarding your TESMED Absolute belt, please refer to the contact information provided with your purchase or visit the

official TESMED website. Customer satisfaction is a priority, and the brand is known for its responsive support.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question