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Bodi-Tek BT-ABTR5

Bodi-Tek Ab Trainer EMS ABS Stimulator and Toning Belt User Manual

Model: BT-ABTR5

1. INTRODUCTION

Thank you for choosing the Bodi-Tek Ab Trainer EMS ABS Stimulator and Toning Belt. This device utilizes advanced Electrical Muscle Stimulation (EMS) technology to target and engage your abdominal muscles. Designed for convenience and effectiveness, it features an ultra-thin, wireless design with 8 conductive gel pads, making it discreet and suitable for use under clothing. The integrated program guides you through a 23-minute session, gradually increasing intensity to help tone and strengthen your core. Please read this manual thoroughly before first use to ensure safe and optimal operation of your Bodi-Tek Ab Trainer.

2. SAFETY INFORMATION

Important Safety Precautions:

- Consult your doctor before using this device if you have any pre-existing medical conditions, including heart conditions, epilepsy, or if you are pregnant.
- Do not use this device on broken, irritated, or sensitive skin.
- Keep out of reach of children.
- Do not use while sleeping, driving, or operating heavy machinery.
- Discontinue use immediately if you experience any discomfort or adverse reactions.
- Only use the device for its intended purpose as described in this manual.
- Ensure the device is fully charged before use to maintain consistent performance.

3. PACKAGE CONTENTS

Carefully unpack your Bodi-Tek Ab Trainer and ensure all items are present:

- 1 x Controller
- 1 x 8-in-1 Conductive Gel Pad
- 1 x USB Charging Cable

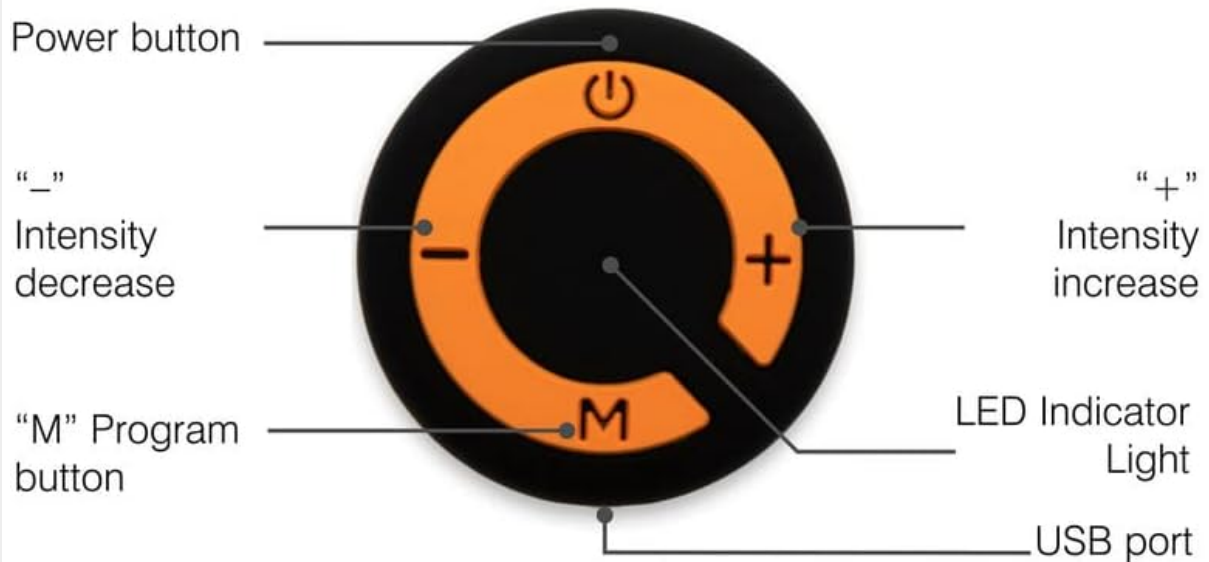


Image: The Bodi-Tek Ab Trainer controller, the 8-in-1 conductive gel pad, and the USB charging cable, laid out on a white surface.

4. PRODUCT OVERVIEW

Familiarize yourself with the components of your Bodi-Tek Ab Trainer:

Controller



Ab Trainer 8-in-1 Pad

Front

Back



Image: A detailed diagram illustrating the controller's buttons and ports, along with front and back views of the 8-in-1 conductive gel pad, showing the placement of the adhesive pads.

Controller Functions:

- **Power Button ():** Press and hold to turn the device ON or OFF.
- **Intensity Increase (+):** Increases the stimulation intensity. There are 15 intensity levels.
- **Intensity Decrease (-):** Decreases the stimulation intensity.
- **Program Button (M):** Cycles through the 2 available stimulation modes.
- **LED Indicator Light:** Indicates device status (e.g., power on, charging).
- **USB Port:** For charging the controller.

8-in-1 Conductive Gel Pad:

- The pad features 8 ultra-thin conductive gel areas designed to target key abdominal muscles.
- The gel pads adhere to your skin and transmit the EMS impulses.

- The controller attaches securely to the two metal studs on the center of the pad.

5. SETUP AND APPLICATION

Follow these steps to prepare and apply your Ab Trainer:

1. **Charge the Controller:** Before first use, ensure the controller is fully charged using the provided USB cable. Refer to Section 7 for charging instructions.
2. **Attach the Controller:** Snap the controller onto the two metal studs located in the center of the conductive gel pad. Ensure it is securely fastened.
3. **Prepare Skin:** Ensure your abdominal area is clean, dry, and free from lotions or oils. This helps ensure optimal adhesion and conductivity of the gel pads.
4. **Remove Protective Film:** Carefully peel off the protective plastic film from the back of the conductive gel pads. Retain this film for storage.
5. **Apply the Pad:** Position the gel pad onto your abdomen, ensuring all 8 conductive areas make firm contact with your skin. The pad is designed to fit comfortably around your core.



Image: A woman demonstrates the correct placement of the Bodi-Tek Ab Trainer on her abdominal area.



Image: A woman wearing the Bodi-Tek Ab Trainer, illustrating its discreet and comfortable fit for use during light activities.

6. OPERATING INSTRUCTIONS

Once the Ab Trainer is applied, follow these steps to begin your session:

1. **Power On:** Press and hold the Power button () on the controller for a few seconds until the LED indicator light illuminates. The device will start in a default mode and intensity.
2. **Select Mode:** Press the Program button (M) to cycle through the 2 available stimulation modes. Choose the mode that feels most comfortable or effective for you.
3. **Adjust Intensity:** Use the Intensity Increase (+) and Intensity Decrease (-) buttons to adjust the stimulation level. Start with a low intensity and gradually increase it until you feel a comfortable yet firm muscle contraction. There are 15 intensity levels available.
4. **Session Duration:** The device features an integrated 23-minute workout program. The intensity will automatically adjust in stages throughout the session.
5. **Automatic Shut-off:** The device will automatically turn off once the 23-minute program is complete.
6. **Manual Shut-off:** To end a session early, press and hold the Power button () until the device turns off.

Important: Always ensure the gel pads are making full contact with your skin for effective and safe operation. If the stimulation feels uneven, re-adjust the pad's position.



Image: A man using the Bodi-Tek Ab Trainer, highlighting its suitability for both men and women.

7. CHARGING THE DEVICE

The Bodi-Tek Ab Trainer controller is USB rechargeable.

1. **Connect Cable:** Insert the small end of the provided USB charging cable into the USB port on the controller.
2. **Connect to Power:** Plug the larger end of the USB cable into a standard USB power adapter (not included) or a computer's USB port.
3. **Charging Indicator:** The LED indicator light on the controller will show the charging status (e.g., solid light while charging, off when fully charged).
4. **Full Charge:** Allow sufficient time for a full charge before use.

8. MAINTENANCE AND CARE

Proper care will extend the life of your Bodi-Tek Ab Trainer:

- **Cleaning the Gel Pad:** After each use, gently wipe the conductive gel pads with a damp, lint-free cloth. Do not use harsh chemicals or abrasive cleaners.
- **Restoring Adhesion:** If the gel pads lose some adhesion, lightly dampen them with a few drops of water.

This can help restore stickiness.

- **Storage:** Always re-apply the protective plastic film to the gel pads after use. Store the device in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Controller Care:** Keep the controller dry and clean. Do not immerse it in water.
- **Replacement Pads:** Over time, the gel pads may lose their effectiveness and adhesion. Replacement pads are available for purchase separately.

9. TROUBLESHOOTING

If you encounter issues with your Bodi-Tek Ab Trainer, refer to the following:

Problem	Possible Cause	Solution
Device does not turn on.	Low battery; Controller not properly attached.	Charge the controller fully; Ensure controller is securely snapped onto the pad.
Weak or no stimulation.	Gel pads not making good skin contact; Low battery; Gel pads worn out; Intensity too low.	Re-position the pad for full contact; Charge the controller; Replace gel pads; Increase intensity using the '+' button.
Uneven stimulation.	Gel pads not evenly applied; Skin not clean/dry.	Ensure the entire pad is flat against the skin; Clean and dry the skin thoroughly before application.
Skin irritation.	Allergic reaction to gel; Prolonged use; Skin not clean.	Discontinue use if irritation persists; Limit session duration; Ensure skin is clean before use.

10. SPECIFICATIONS

- **Model Number:** BT-ABTR5
- **Brand:** Bodi-Tek
- **Color:** Black
- **Size:** One Size
- **Main Material:** Plastic
- **Battery Type:** 1 Lithium-ion (included)
- **Dimensions (Package):** 21.9 x 19.7 x 2 cm
- **Weight (Package):** 190 grams
- **Intensity Levels:** 15
- **Modes:** 2
- **Program Duration:** 23 minutes (automatic)
- **Charging:** USB Rechargeable



Image: The Bodi-Tek Ab Trainer pad with indicated dimensions of 19cm in width and 16.5cm in height.

11. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the documentation provided with your purchase or contact Bodi-Tek customer service directly. Contact details can typically be found on the Bodi-Tek official website or on the product packaging.