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Beurer 88105

Antelope by Beurer Corefit I EMS Training Belt

Model: 88105



Image: The Antelope by Beurer Corefit I EMS Training Belt, neatly folded, resting in front of its product packaging box. The belt is black with teal accents, and the box features the "Antelope by Beurer" logo and "Corefit I EMS TRAINING BELT" text.

Introduction

The Antelope by Beurer Corefit I EMS Training Belt is an advanced device designed for targeted electrical muscle stimulation (EMS) of the central and lateral abdominal muscles. This belt supports muscle development and fat burning, offering an efficient way to enhance your fitness routine.
This manual provides essential information for the safe and effective use of your Corefit I EMS Training Belt, including setup, operation, maintenance, and troubleshooting.

Important Safety Information

Please read all safety instructions carefully before using the device. Failure to follow these instructions may result in injury or damage to the device.

- Do not use if you have a pacemaker, implanted defibrillator, or other implanted electronic devices.
- Consult your physician before use if you have any medical conditions, including but not limited to heart disease, epilepsy, cancer, or if you are pregnant.
- Do not use on open wounds, irritated skin, or areas with swelling, redness, or inflammation.
- Keep out of reach of children.
- Only use the device for its intended purpose as described in this manual.
- Ensure electrodes are properly moistened before each use to ensure optimal conductivity and prevent skin irritation.

Product Overview and Components

The Antelope Corefit I EMS Training Belt consists of the following main components:

- **EMS Training Belt:** Flexible belt with integrated electrodes.
- **Control Unit:** Detachable unit with display and control buttons for program selection and intensity adjustment.
- **Electrodes:** Four integrated silicone electrodes (two for frontal abdominal muscles, two for lateral abdominal muscles).
- **Extension Strap:** For larger waist circumferences (if included).



Image: A detailed view of the Antelope Corefit I EMS Training Belt's control unit and integrated electrodes. Icons highlight key features: front & side electrodes made of silicone, EMS technology, 70-140 cm waist circumference compatibility, and 9 training programs.

Setup

1. **Prepare the Belt:** Ensure the belt is clean and dry before use.
2. **Moisten Electrodes:** Lightly moisten the four integrated silicone electrodes with water. This is crucial for optimal conductivity and comfortable stimulation.
3. **Position the Belt:** Place the belt around your waist, ensuring the electrodes are positioned over your abdominal muscles (two frontal, two lateral). The flexible strap with Velcro closure allows for a secure and comfortable fit.
4. **Attach Control Unit:** Connect the control unit to the designated port on the belt. Ensure it clicks securely into place.
5. **Power On:** Press and hold the power button on the control unit to turn on the device.



Image: A woman smiling while adjusting the Antelope Corefit I EMS Training Belt around her abdomen. This illustrates the ease of positioning the belt for use.

Operating Instructions

The Corefit I offers 9 distinct training programs and adjustable intensity levels to customize your workout.

1. **Select a Program:** Use the program selection button on the control unit to cycle through the 9 available programs. Each program has a duration of 20 to 30 minutes.
2. **Adjust Intensity:** Once a program is selected, 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. An intensity level of 12 or higher is typically where muscle contractions become noticeable.
3. **Start Training:** The program will begin automatically after intensity selection or by pressing the play/start button.
4. **During Training:** You can pause the program, adjust intensity, or lock the buttons to prevent accidental changes.
5. **End of Program:** The device will automatically turn off once the selected program is complete.



Image: A man lying on a yoga mat, smiling, while performing an exercise with the Antelope Corefit I EMS Training Belt positioned on his abdomen. This demonstrates the belt's use during physical activity.



Image: A woman standing in a kitchen, smiling, wearing the Antelope Corefit I EMS Training Belt. This illustrates the product's versatility for use at any time and in various home environments.



Image: A woman performing a plank exercise outdoors on a wooden deck, wearing the Antelope Corefit I EMS Training Belt. This highlights the belt's ability to intensify fitness routines for quick results.

Maintenance

- **Cleaning the Belt:** After each use, wipe the electrodes and the belt surface with a damp cloth. Do not submerge the belt or control unit in water.
- **Drying:** Allow the belt and electrodes to air dry completely before storing.
- **Storage:** Store the device in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Battery Replacement:** If the device uses replaceable batteries (not explicitly stated if rechargeable or not, but a review mentioned batteries are included), replace them as needed following the instructions in the battery compartment.

Troubleshooting

Problem	Possible Cause	Solution
No stimulation or weak stimulation.	Electrodes are not sufficiently moistened or not making good contact with skin. Low battery. Intensity setting is too low.	Ensure electrodes are thoroughly moistened with water. Adjust belt for better skin contact. Check battery level and replace if necessary. Increase intensity using the '+' button (a level of 12 or higher is often needed for noticeable contractions).
Device does not turn on.	Low or dead battery. Control unit not properly connected.	Replace batteries. Ensure the control unit is securely attached to the belt.
Skin irritation after use.	Electrodes not sufficiently moistened. Allergic reaction.	Always moisten electrodes before use. Discontinue use if irritation persists and consult a healthcare professional.

Specifications

- **Model Number:** 88105
- **Brand:** Beurer
- **Product Name:** Abdominal Belt
- **Dimensions (L x W x H):** 30.1 x 20 x 8.9 cm (11.85 x 7.87 x 3.5 inches)
- **Weight:** 350 grams (0.77 lbs)
- **Waist Circumference Compatibility:** 70 - 140 cm (27.5 - 55 inches)
- **Training Programs:** 9
- **Intensity Levels:** 0 - 40
- **Electrode Material:** Silicone
- **Power Source:** Batteries (included)
- **Country of Origin:** China

Warranty and Support

For detailed warranty information, please refer to the warranty card included with your product or visit the official Beurer website. Keep your proof of purchase for any warranty claims.
For product support, frequently asked questions, or to contact customer service, please visit theBeurer Brand Store on Amazon or the official Beurer website.

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