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Beurer 88106

Beurer Corefit II by Antelope EMS Training Belt

User Manual

Model: 88106

1. Introduction

The Beurer Corefit II by Antelope EMS Training Belt utilizes innovative Electrical Muscle Stimulation (EMS) technology for targeted stimulation of your abdominal and back muscles. This device is designed to effectively support muscle building, aid in fat burning, and strengthen your back for improved posture and overall fitness. It is suitable for both men and women.



Figure 1: Beurer Corefit II EMS Training Belt and packaging.

2. Safety Information

Please read this entire manual carefully before using the Beurer Corefit II EMS Training Belt. Failure to follow safety instructions may result in injury or damage to the device.

- **Consult your doctor:** Before using the device, especially if you have pre-existing medical conditions, are pregnant, have a pacemaker, or suffer from epilepsy, heart disease, or acute inflammatory processes.
- **Do not use on:** Open wounds, irritated skin, or directly over the heart or head area.
- **Keep out of reach of children:** This device is not a toy.
- **Proper application:** Ensure electrodes are properly moistened and placed on clean, dry skin to avoid skin irritation or ineffective stimulation.
- **Discontinue use:** If you experience pain, discomfort, or skin irritation.

3. What's in the Box

Carefully unpack all components and check for any damage. If any parts are missing or damaged, contact customer support.

- 1 x Training Belt

- 1 x Control Unit
- 3 x 1.5V AAA Batteries

4. Product Features and Components

The Beurer Corefit II EMS Training Belt is designed for comprehensive core muscle stimulation. It features:

- **Integrated Electrodes:** 4 electrodes (2 for abdominal, 2 for back) for targeted muscle stimulation.
- **Control Unit:** Detachable unit with intuitive controls for program selection and intensity adjustment.
- **9 Training Programs:** Pre-set programs ranging from 20 to 30 minutes.
- **Adjustable Intensity:** Levels from 0 to 40 for personalized training.
- **Flexible Belt:** Ergonomic design that adapts to waist circumferences from 75 to 130 cm.



Figure 2: Key features of the Beurer Corefit II EMS Training Belt.

5. Setup

1. **Insert Batteries:** Open the battery compartment on the control unit and insert the 3 x AAA batteries, ensuring correct polarity. Close the compartment securely.
2. **Attach Control Unit:** Connect the control unit to the designated snap fasteners on the belt. Ensure it clicks firmly into place.
3. **Moisten Electrodes:** Lightly moisten the integrated electrodes on the inside of the belt with water. This ensures optimal conductivity and comfortable stimulation.

6. Operation

The Beurer Corefit II offers versatile training options for your abdominal and back muscles.

1. **Applying the Belt:** Place the belt around your waist, ensuring the electrodes are positioned over the desired muscle groups (abdominal or lower back). Adjust the belt for a snug, comfortable fit.



Figure 3: Proper placement of the belt for abdominal training.

2. **Power On/Off:** Press and hold the power button on the control unit to turn the device on or off.
3. **Program Selection:** Use the 'M' button to cycle through the 9 available training programs. Each program has a duration of 20-30 minutes.
4. **Intensity Adjustment:** Use the '+' and '-' buttons to increase or decrease the intensity of the stimulation. Start

with a low intensity and gradually increase it to a comfortable yet effective level (0-40).

5. **Training Examples:** The belt can be used during various activities, such as light exercises, working from home, or relaxing.



Figure 4: Using the belt during a plank exercise.



Figure 5: Using the belt for back muscle stimulation during cycling.

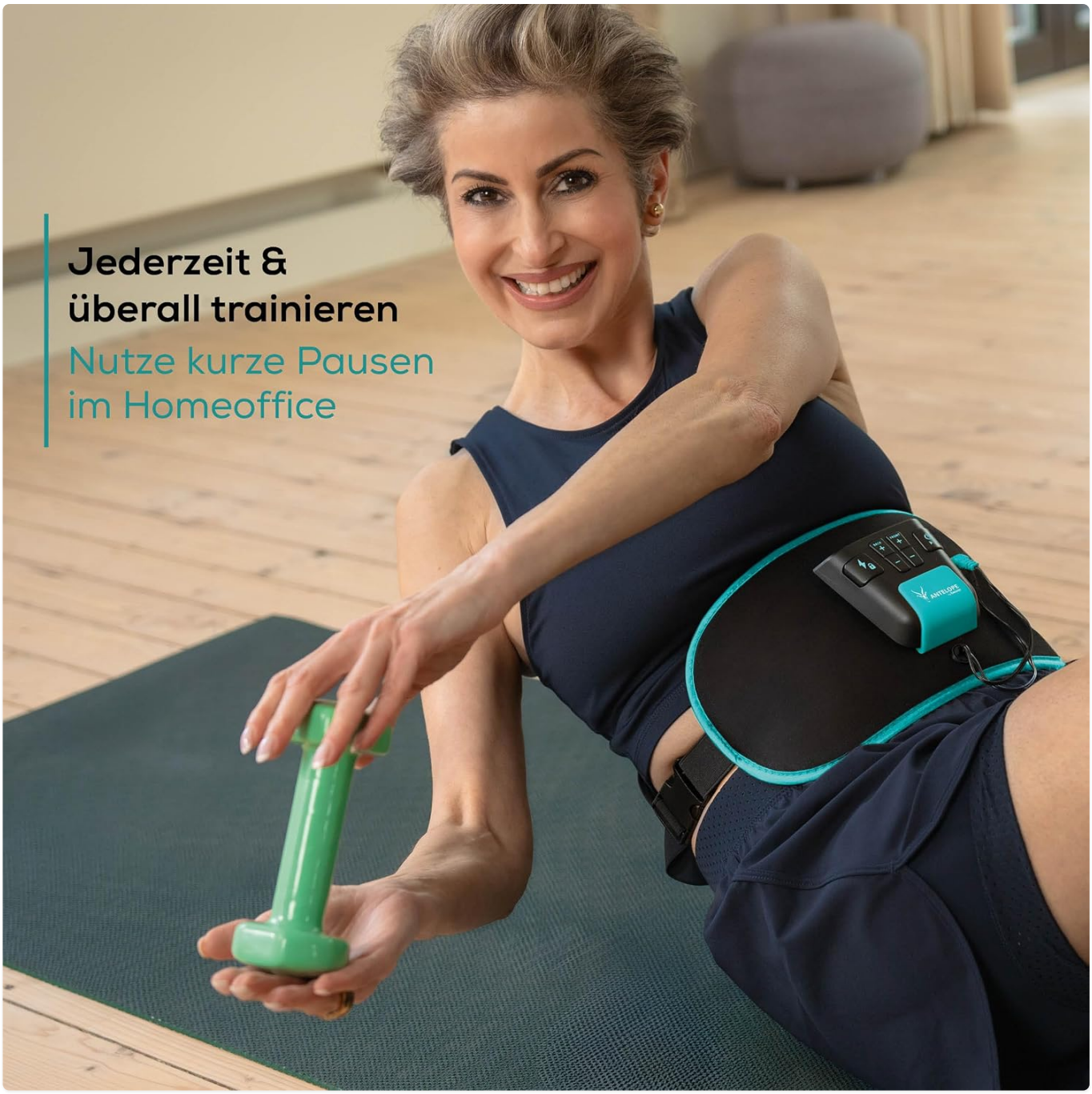


Figure 6: Integrating the belt into daily relaxation or light activity.

Official Product Video

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Video 1: Official product video demonstrating the features and usage of the Antelope Corefit Training Belt.

7. Maintenance and Care

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

8. Troubleshooting

Problem	Possible Cause	Solution
No stimulation or weak stimulation	Electrodes not sufficiently moistened; poor skin contact; low batteries; intensity too low.	Moisten electrodes thoroughly; ensure good skin contact; replace batteries; increase intensity.
Device does not turn on	Batteries incorrectly inserted or depleted.	Check battery polarity; replace batteries.
Skin irritation	Electrodes too dry; prolonged use; allergic reaction.	Ensure electrodes are moist; reduce session duration; discontinue use and consult a doctor if irritation persists.

9. Specifications

- **Product Name:** Abdominal Muscle Belt
- **Model Number:** 88106
- **Manufacturer:** Beurer GmbH
- **Product Dimensions:** 30.1 x 20 x 8.9 cm
- **Weight:** 350 Grams
- **Power Supply:** 3 x 1.5V AAA Batteries
- **Number of Programs:** 9
- **Intensity Levels:** 0-40
- **Program Duration:** 20-30 minutes
- **Waist Circumference:** 75 - 130 cm
- **Country of Origin:** China

10. Warranty and Support

For warranty information, technical support, or any questions not covered in this manual, please contact Beurer customer service. Keep your proof of purchase for warranty claims.

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