TESMED Absolute PRO

TESMED Absolute PRO Abdominal Electrostimulation Belt

User Manual

1. Introduction

Thank you for choosing the TESMED Absolute PRO Abdominal Electrostimulation Belt. This device is designed to stimulate your central and lateral abdominal muscles using advanced Electrical Muscle Stimulation (EMS) technology. It features 20 programs, including 5 dedicated to active training, and 99 intensity levels that can be adjusted separately for different muscle groups. The belt is wireless, USB rechargeable, and does not require replacement gel pads, offering a convenient and effective training experience.
This manual provides essential information for the safe and effective use of your TESMED Absolute PRO belt. Please read it thoroughly before first use and keep it for future reference.

2. Safety Information

Important: Consult your doctor before using this device if you have any pre-existing medical conditions, especially:

- Heart conditions, pacemakers, or other implanted electronic devices.
- Epilepsy or seizures.
- Pregnancy.
- Cancer.
- Skin conditions or open wounds in the application area.
- Recent surgery.

Do not use the device:

- On your head, chest, or near your heart.
- While sleeping or driving.
- If you are clinically obese, as the belt may not fit correctly or provide effective stimulation.

- Near water or in high humidity.

Keep out of reach of children. Discontinue use if you experience pain, discomfort, or skin irritation. Only use the device as described in this manual.

3. Package Contents

Ensure all items are present in the package:

- 1 x TESMED Absolute PRO Central Control Unit
- 1 x Abdominal Electrostimulation Belt
- 1 x USB Charging Cable
- 1 x User Manual (this document)
- 1 x Empty Spray Bottle (for moistening pads)

4. Setup

4.1 Charging the Device

Before first use, fully charge the central control unit. Connect the provided USB charging cable to the unit and a compatible USB power source (e.g., computer, USB wall adapter). A full charge typically takes approximately 1 hour. The LED screen will indicate the charging status and remaining power.

4.2 Preparing the Belt

The TESMED Absolute PRO belt features integrated, dry conductive pads, eliminating the need for disposable gel pads. Before each use, fill the provided spray bottle with tap water and lightly spray the conductive pads on the belt and the skin area where the belt will be applied. This ensures optimal conductivity for effective stimulation.



Image: Woman spraying water onto the conductive pads of the TESMED Absolute PRO belt to ensure proper conductivity.

4.3 Wearing the Belt

Wrap the belt around your abdomen, ensuring the conductive pads are positioned over your central and lateral abdominal muscles. The belt is adjustable and uses Velcro fasteners on either side to secure it comfortably. It can be extended up to 120 cm in waist circumference. Ensure a snug fit for optimal contact and stimulation.



Image: A woman adjusting the TESMED Absolute PRO belt around her waist, demonstrating proper placement.

5. Operating Instructions

5.1 Powering On/Off

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

5.2 Program Selection

The TESMED Absolute PRO offers 20 distinct programs. Use the 'P' button to cycle through the available programs. Each program is designed for different training goals, from progressive firming to active exercise integration.

- **Programs 1-15:** Progressive firming and toning programs. Programs 13, 14, and 15 feature alternating central and lateral abdominal stimulation.
- **Programs 16-20:** Dedicated active training programs, ideal for combining with physical exercises like crunches, planks, or other core workouts.



Image: An illustration highlighting that Programs 16-20 are designed for integration with active abdominal exercises.

5.3 Intensity Adjustment

The device features 99 intensity levels. Use the '+' and '-' buttons to adjust the intensity. The central and lateral abdominal channels can be adjusted separately, allowing for a customized and targeted workout. Start with a low intensity and gradually increase it to a comfortable yet effective level. It is normal to feel a strong sensation, which can be intense but should remain tolerable.



Image: A diagram showing the two separate channels (central and lateral) on the belt, indicating independent intensity control.

5.4 Usage Recommendations

Each program has a predefined duration. Follow the program's timing for optimal results. The belt can be used at home, at the gym, or even discreetly under clothing, providing flexibility for your training schedule.



Image: Demonstrates the versatility of the TESMED Absolute PRO belt, showing a man using it during exercise and a woman wearing it discreetly under clothing.

6. Maintenance

6.1 Cleaning

After each use, gently wipe the conductive pads with a damp cloth. Do not use harsh chemicals or abrasive cleaners. Ensure the pads are dry before storing the device. A slight stickiness on the pads after use is normal due to moisture.

6.2 Storage

Store the TESMED Absolute PRO belt in a cool, dry place, away from direct sunlight and extreme temperatures. Keep it away from dust and moisture to prolong its lifespan.

7. Troubleshooting

- **No or weak stimulation:**
  - Ensure the central unit is fully charged.
  - Verify that the conductive pads and your skin are adequately moistened with water.
  - Check that the belt is snugly fitted against your skin.
  - Increase the intensity level gradually.
- **Device does not turn on:**
  - Ensure the central unit is fully charged.
  - Press and hold the power button for a few seconds.
- **Skin irritation:**
  - Discontinue use immediately.
  - Ensure your skin is clean and free of lotions or oils before use.
  - Consult a healthcare professional if irritation persists.

8. Specifications

Brand	TESMED
Model	Absolute PRO
Programs	20 (including 5 active training programs)
Intensity Levels	99 (separately adjustable for central and lateral channels)
Max. Waist Circumference	120 cm
Power Source	USB Rechargeable, 1 Lithium-Polymer Battery (included)
Material	Fabric, Rubber, Special Plastic
Origin	Made in Italy
Package Dimensions	37.4 x 27.1 x 5.5 cm; 600 g

9. Warranty and Support

TESMED products are manufactured to high-quality standards. For warranty information or technical support, please refer to the contact details provided on the product packaging or visit the official TESMED website. Please retain your proof of purchase for any warranty claims.

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and use this page's manual context to help answer it.

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