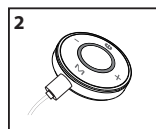
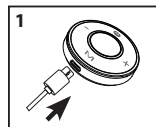


Control Unit Charging

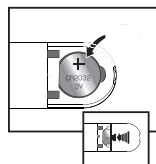
- 1 Use the USB charging cable (included) to connect to a USB port. It takes 1 hour to fully charge.
- 2 The central LED light will show a consistent red while charging.
- 3 When fully charged, the LED light will turn blue.



Note: The LED will flash either blue or green (depending on which programme is selected) when charging is required.

Remote Control

Remove battery cover on back of controller. Insert CR2032 3V battery and close battery cover. * To use the remote control, first switch the main control unit on, then turn on remote control. To turn off the remote control, press the on/off button for 3 seconds.



Use

- 1 Remove any excess oil or moisture from the skin.
- 2 Ensure the control unit is switched off and attach to the pad.
- 3 Remove the plastic protective sheet from the back (orange side). Avoid touching the gel pads with your fingers as this will reduce tackiness.
- 4 Place the Ab Core Trainer Pro onto your body, with the gel pads placed directly over the targeted muscles.
- 5 Press the on/off button on the control unit/remote control to start training. The blue LED indicates that programme 1 is activated. To increase or reduce the workout intensity press the "+" or "-" buttons. The control unit will automatically switch off at the end of the 25 minute workout programme.
- 6 To change between workout programmes press the "M" button. When Programme 2 is selected the LED light will turn green. When switching between programmes the intensity level resets to level 1.
- 7 Once finished, replace the plastic protective sheet and store in a cool dry place.

Note: The control unit will flash either blue or green for 30 seconds (depending on which programme is selected) and then turn off if the pads are not in contact with the body.

Pad aftercare

You may extend the life of the pads by briefly wetting the orange adhesive side in cold running water and allowing them to air dry (do not heat). Over-saturation with water will reduce the adhesive properties of the pads. Alternatively apply to slightly damp skin and allow 1 minute for the adhesive to anchor to the skin. Do not continue using a pad once the adhesive no longer sticks or the pad has become damaged.

Important: Ensure the control unit is removed from the pad when wetting the orange adhesive side.

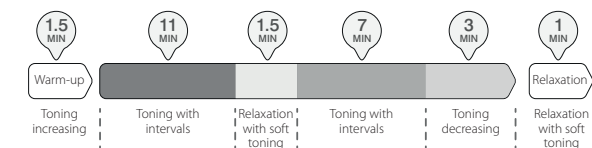
Intensity Adjustment

Intensity levels range from 1 to 15. Press the "+" button to increase and the "-" button to decrease.



Auto Training Programmes

Programme 1 - This 25 minute programme progressively increases exercise intensity and muscle contractions in stages as time elapses.



Programme 2 - This 25 minute toning workout integrates short interval training with intensive spurts of activity.



Note: Both programmes automatically stop when the workout is complete.

Customer Care

If you have any questions, or if you experience any difficulties please call our Careline on: **01242 702360** or email us at: online@bodi-tek.co.uk
To register your two year guarantee online visit:
www.bodi-tek.co.uk/warranty

Specification

Model	BT-ABTR3
Control Unit Input	DC 5V \equiv 200mA
Control Unit Power	USB rechargeable battery
Control Unit Pulse Rate	1 – 116Hz
Control Unit Output Voltage:	130Vp-p across 500 Ohm load
Remote Control Power	CR2032 3V battery

Environment

Operating Temperature	10–30 degrees Celsius
Humidity	20%–65% RH
Atmospheric Pressure	700–1060 hPa
Storage & Transport Temperature	5–40 degrees Celsius
Humidity	10%–90% RH



Read these instructions carefully before use and then retain for future use.



This means that the unit complies with current product legislation

Disposal



The Waste of Electrical and Electronic Equipment (WEEE) Directive (2012/19/EU) has been put in place to recycle products using best available recovery and recycling techniques to minimise the impact on the environment, saving energy and resources and avoiding hazardous materials from going to landfill. The product is classed as Electrical or Electronic equipment so please ensure that at the end of the life of this product it is disposed of in the correct manner in accordance with local authority requirements. It must NOT be disposed of with household waste.

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Ab Core Trainer Pro™

for the ultimate six pack



Bodi-Tek®

User Guide

Warnings

- **Please read all instructions thoroughly before use and retain for future reference.**
- **Not for use:**
- On areas of skin with disorders such as rosacea, pustular acne, abraded skin, sensitive skin, or over scars, moles or varicose veins.
- In the following cases: benign and malignant tumours, hemorrhages, inflammations of the skin, open and fresh wounds, bruises or broken skin.
- If you have an electronic implant (e.g. heart pacemaker).

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- Near the heart, around the mouth or on diseased skin.
- In places with high humidity such as the bathroom.
- While sleeping, driving or in the bath or shower.
- If you suffer from high/low blood pressure or from any other heart problems.
- If you are pregnant.
- Over the abdominal area during your menstrual cycle.

Get your doctor's permission before using the Ab Core Trainer Pro if:

- You have a history of heart disease or cardiac condition.
- You have an orthopedic implant.
- You suffer from epilepsy, multiple sclerosis, phlebitis in its active phase (inflammation of a vein), inflamed tissue through disease or injury or varicose veins in its later stage.
- You have suffered acute trauma, fracture or are recovering from recent surgery.
- You have swollen, inflamed or injured parts of the body.
- You have diabetes and it affects the sensory perception of your extremities.
- If you are in any doubt about using the Ab Core Trainer Pro for any reason, please consult your doctor before use.

Do NOT place the Ab Core Trainer Pro:

- Over sore or broken skin, scars, moles, infected areas or parts of the body where normal sensation is limited. In very rare cases, skin irritation occurs around the electrode area. If this happens discontinue use.
- Over metal objects such as belt buckles or jewellery.

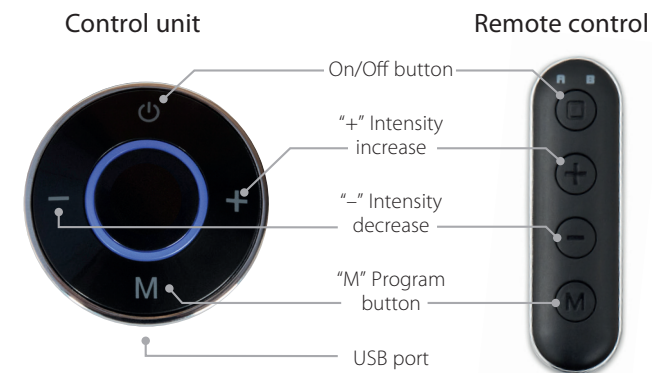
Precautions

- Keep out of reach of children and pets.
- NOT for use on or by children under 14 years old.
- Do NOT use if you are under the influence of alcohol.
- Do NOT use whilst driving or operating machinery.
- Do NOT touch the conductive side of the belt during operation.
- Do NOT clean with solvents or abrasives.
- If the gel comes into contact with the eyes, rinse thoroughly with water. If irritation persists, consult a doctor.
- Should you experience any discomfort, firstly reduce the intensity, if discomfort persists discontinue use and contact our Customer Care line.
- Always consult your doctor and obtain a diagnosis if you do not know what is causing your pain.
- Bodi-Tek will not accept responsibility if the guidelines and instructions supplied with the unit are not followed

General Care

- Do NOT immerse in water.
- Do not place close to excessive heat.
- Do NOT disassemble or repair.
- There are no user serviceable parts inside the unit. If you have any problems using the product, contact our Customer Care Department.

Know your Ab Core Trainer Pro



USB Charging Cable

