



EN Abdominal Toning Belt

Instruction for Use 2

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1. FAMILIARIZATION

Functional Principle of the Abdominal Toning Belt

The abdominal toning belt works on the basis of electrical muscle stimulation (EMS). The muscle stimulator generates gentle electrical pulses which pass through your skin to the muscles. As with natural activation by nerve pulses, the muscle fibres contract when the belt is used and then relax again. The stimulus is less specific than with active abdominal muscle toning, however, and use of the abdominal toning belt thus cannot replace actual active training entirely.

Electrical muscle stimulation is used for muscle training in the field of sports and fitness to achieve a powerful, slim and attractive body. Application areas include

- warming up muscles
- muscle definition
- muscle and skin toning
- muscle relaxation

EMS is also used in rehabilitation. If persons are forced to rest, regular muscle stimulation helps maintain the mobility and muscle strength of the inactive body part. Rehabilitation time can be significantly reduced as a result. As the tendons and joints are only minimally stressed, this training method is particularly gentle.

2. SIGNS AND SYMBOLS

The following symbols are used on the device, in these instructions for use, on the packaging and on the type plate for the device:

	Warning Warning instruction indicating a risk of injury or damage to health
	Important Safety note indicating possible damage to the device/accessory
	Product information Note on important information
	Refer to instructions for use
	Devices that can emit effective output values above 10mA or 10V, averaged over every 5 second interval.
	Manufacturer
	Serial number
	This product satisfies the requirements of the applicable European and national directives

	Certification symbol for products that are exported to the Russian Federation and CIS countries.
	Disposal in accordance with the Waste Electrical and Electronic Equipment EC Directive – WEEE
	Do not dispose of batteries containing hazardous substances with household waste
	Separate the product and packaging elements and dispose of them in accordance with local regulations.
	Marking to identify the packaging material. A = Material code, B = Material number: 1-7 = Plastics, 20-22 = Paper and cardboard
	Separate the packaging elements and dispose of them in accordance with local regulations.
	Importer symbol
	United Kingdom Conformity Assessed Mark
	Item number
	The device must not be used by persons with medical implants (e.g. heart pacemakers). Otherwise their function could be impaired.

3. IMPORTANT INFORMATION

ATTENTION:

Proper use

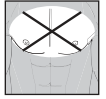
- Only use this device for the purpose for which it was developed and in the manner specified in the Instructions for Use. Any improper use can be hazardous.
- If you wear jewellery or piercings (e.g. navel piercing) make sure that you take it off before using the device. Otherwise it may cause punctual burnings.
- Do not use this device simultaneously with other devices which give electrical pulses to your body (e.g. TENS devices).
- The device is only for private use and is not intended for medical or commercial purposes.
- The manufacturer assumes no liability for damages caused through improper or wrong use.
- If you are in any doubt, do not use and contact your dealer or a specified customer service address.
- Only use the device with the accessory parts supplied.

Note

In rare instances skin irritation in the region of the electrodes may occur.

Improper use

- The device must not be used:
 - On the head: here it can cause seizures.
 - On the neck / carotid artery: here it can cause cardiac arrest.
 - On the pharynx and larynx: here it can cause muscle spasms, which lead to suffocation.
 - Near the ribcage: Here it can increase the risk of ventricular fibrillation and lead to cardiac arrest.
- Keep the device away from children to prevent any hazards.
- This device may be used by children over the age of 8 and by people with reduced physical, sensory or mental skills or a lack of experience or knowledge, provided that they are supervised or have been instructed on how to use the device safely, and are fully aware of the consequent risks of use. Children must not play with the device. Cleaning and user maintenance must not be performed by children unless supervised.
- Keep the device away from heat sources.
- Do not use the device near (less than 1 m away from) shortwave or microwave devices (such as mobile phones) as these could influence the effect.
- Never use the device while you bathe or shower. Do not store or keep the device in places from which it can fall into a bathtub or washbasin.
- Never submerge the device in water or other liquids.



Damage

- Check the device at regular intervals for signs of wear or damage. If you find such signs or if the device was used improperly, you must bring it to the manufacturer or dealer before it is used again.
- Switch off the device immediately if it is defective or if it malfunctions.
- Only have repairs carried out by the customer service department or an authorized dealer.
- Do not, under any circumstances, attempt to repair the device by yourself!

Caution - For your safety !

The device is only designed for use by healthy adults.

The device should never be used in the following cases.

- users with medical implants (e.g. cardiac pacemaker)
 - if there are any metal implants
 - Cardiac arrhythmias
 - Acute illness
 - Epilepsy
 - In malignant diseases
 - In the region of skin injuries and cuts
 - Pregnancy
 - When there is an increased tendency to bleed, e.g. after an acute injury or a fracture. The stimulation current can trigger or exacerbate bleeding.
 - After operations when muscle contractions could impair the healing process
 - When a high frequency surgical device is connected at the same time
 - In case of low or high blood pressure
 - High fever
 - Psychosis
 - In swollen or inflamed regions
 - For acute or chronic diseases of the gastrointestinal tract
- If in doubt, consult your doctor.



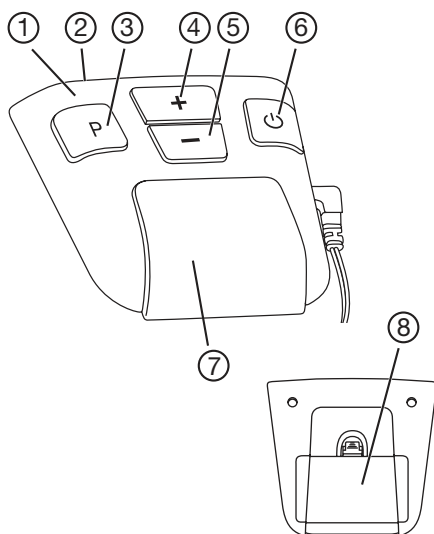
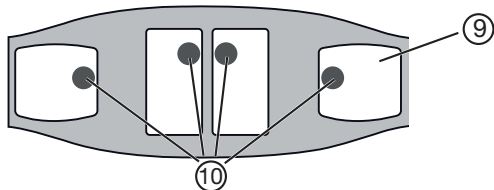
⚠ Notes on handling batteries

- If your skin or eyes come into contact with battery fluid, flush out the affected areas with water and seek medical assistance.
- **⚠ Choking hazard!** Small children may swallow and choke on batteries. Store the batteries out of the reach of small children.
- Observe the plus (+) and minus (-) polarity signs.
- If a battery has leaked, put on protective gloves and clean the battery compartment with a dry cloth.
- Protect the batteries from excessive heat.
- **⚠ Risk of explosion!** Never throw batteries into a fire.
- Do not charge or short-circuit batteries.
- If the device is not to be used for a long period, take the batteries out of the battery compartment.
- Use identical or equivalent battery types only.
- Always replace all batteries at the same time.
- Do not use rechargeable batteries.
- Do not disassemble, split or crush the batteries.

4. DESCRIPTION OF DEVICE

Part names

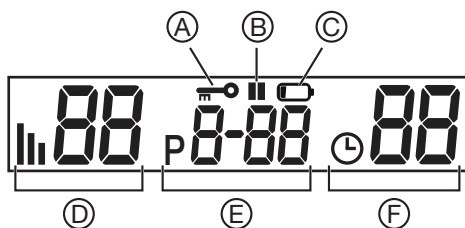
1. Operating unit
2. LCD display
3. Program and lock key
4. Selection key - Increase intensity +
5. Selection key - Reduce intensity -
6. On / Off / Pause key
7. Holder
8. Battery compartment lid
9. Surface electrodes
10. Covers for electrode connection



⚠ Never attach the belt with bare metal electrodes. Use of the belt without electrode covers can cause injury.

Description of the display symbols

A Key	key lock is activated
B Pause symbol	flashes if pause is activated
C Battery status display	flashes if the battery is flat
D Intensity	set intensity levels 0 - 40
E Program	selected program with the number of training cycles already completed
F Timer	remaining time for the program started

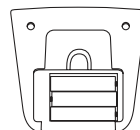
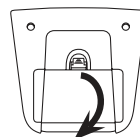


5. OPERATION

Inserting batteries

If the battery symbol in the display flashes, the batteries are flat and must be replaced. The operating unit must be removed from the holder on the belt to insert or replace batteries.

- Pull the device upwards out of the holder.
- Remove the battery compartment lid.
- Insert the batteries observing the markings in the battery compartment. Ensure correct battery polarity.



i Note

- Rechargeable batteries cannot be used for this device.
- If the device is not in use, we recommend keeping the device separate from the belt. If the device is not needed for a long period, we recommend first removing the batteries.
- The empty, completely flat batteries must be disposed of through specially designated collection boxes, recycling points or electronics retailers. You are legally required to dispose of the batteries.
- The codes below are printed on batteries containing harmful substances:
Pb = Battery contains lead,
Cd = Battery contains cadmium,
Hg = Battery contains mercury.
- For environmental reasons, do not dispose of the device in the household waste at the end of its useful life. Dispose of the unit at a suitable local collection or recycling point. Dispose of the device in accordance with EC Directive – WEEE (Waste Electrical and Electronic Equipment). If you have any questions, please contact the local authorities responsible for waste disposal.



Attaching the belt

Before each training session you should ensure that your skin is clean and free of creams or oils. Only then can the device work optimally.

- Lay the belt down with the electrodes facing towards you.
- Moisten the electrodes and your stomach with water. Ensure that the surface of the electrodes is evenly moistened to avoid isolated spikes in voltage on your skin when training later.
- Place the belt around your waist so that the electrodes are positioned on your stomach. Then close the Velcro fastener.

Take care that it is tight enough for good contact between the electrode and skin, but does not constrict you.

If the belt is not big enough for your waist measurement, the supplied belt extension can be used.

Where must the belt only be used:

Only attach the belt around the stomach.
The navel should be covered at the center.



Automatic deactivation

If the device is not used after it is switched on, it switches off automatically after 5 minutes.

6. USE

General advice on training with the abdominal toning belt

In the first week you should not use the abdominal toning belt more than once a day to allow your muscles to acclimatise slowly to the device. From then onwards you can train more frequently.

Note: To allow your muscles to recover, you should rest for at least 5 hours between training sessions. The intensity of training can be matched to your personal fitness level in this way. It is nonetheless recommended to proceed through a program one step at a time. The programs A to E are coordinated so that your muscles are given sufficient time to adapt to more intensive training with each application. Programs A to E differ in their frequency, period of the training pulses, pause between the training pulses.

The device is set with a training plan so it works through the programs A to E and repeats each program a different number of times. You can select the program yourself however.

HOW TO TRAIN CORRECTLY

What you feel when training

At the beginning of the training session you will feel a slight tingling sensation. With increasing intensity you will feel muscle contractions in the surrounding area and directly under the electrodes.

Each contraction starts with a slow rise in voltage; this is held for several seconds at the set intensity. The muscle then relaxes again gently.

Switching on the device

Press the On/Off switch. A short signal sounds and the LCD lights up. Program A is activated the first time the device is started.

Selecting the program

The abdominal toning belt has five coordinated programmes, which you can work through over the course of several weeks. You start the first week with program A at a low level and raise the level of your training with increasing muscle strengthening. The abdominal toning belt is set so that after a certain number of training cycles the next programme level is set automatically. You can also select the program by yourself according to your well-being and fitness level.

Observing the training cycle

Each training session consists of three phases:

- a warm up phase (30 Hz) of two minutes duration, which prepares the muscles for training
- a training phase (at a different frequency depending on the training program)
- a relaxation phase (30 Hz) of two minutes during which the muscles can relax again

Program	Running time [min]	Repetitions	Training frequency [Hz]
A	22	4	45 / 60
B	22	4	60 / 80
C	22	8	45
D	31	16	60
E	31	continuous	80

Setting the intensity level

Note: The intensity can only be set if the electrodes have skin contact.

You have to set the intensity level at the beginning of each training session. Press the intensity selection key + to increase the intensity and intensity selection key - to reduce the intensity.

Depending on the intensity, you will firstly feel tingling and later a muscle contraction. Only set the intensity as high as it still feels pleasant for you.

Stopping pulses that are too strong

You can reduce the intensity at any time or switch off the device again by pressing the On/Off key (~ 2 seconds). If you pull the belt away from your stomach so the skin contact in the electrode region is interrupted, the intensity level automatically returns to zero. If contact is reestablished with the skin no more voltage is applied.

Avoiding unwanted pulse changes

To avoid inadvertently increasing the intensity of a training session, simply switch on the key lock. Press the program selection key for around 3 seconds for this purpose. An acoustic signal sounds and the “” symbol appears on the display. To deactivate the key lock press the key once more.

Reacting to unpleasant sensations

If you feel prickling or itching on your skin even if, at this stage, you only notice a tingling and not muscle contraction, you should switch off the device and proceed as follows:

- Check whether the electrodes are OK or if they are defective.
- Check whether the round cover over the electrode connections is still in place.
- Take the belt off and completely moisten it again.
- Ensure good skin contact and good moistening the next time the belt is applied.

Taking a break during the training session

If you wish to take a break during a program, briefly press the Pause key. An acoustic signal sounds and the pause symbol “||” symbol appears on the display. By pressing the key again you can continue the program.

Reading off the number of training sessions

You can read off the number of your training sessions on the display. The numbers after the program denote how often you have already fully completed a program. These numbers are stored until there is a battery change.

With the accessory set (not included in delivery), you can attach two additional adhesive electrodes to the control unit for flexible muscle stimulation.

You can obtain the accessory set from our customer services using the item number 647.05.

To use the flexible muscle stimulation, proceed as follows:

1. Remove the connection cable and the adhesive electrodes from the accessory set.
2. Connect the connection cable to the adhesive electrodes.

3. Insert the plug for the connection cable into the side socket on the control unit.
Please observe the instructions for use included with the accessory set.

7. CLEANING

- Remove the batteries from the device each time you clean it.
- Clean the device with a slightly moistened cloth. In case of more extreme soiling you can also moisten the cloth with mild soapy water.
- Never drop the device.
- Ensure that no water penetrates into the device. If this should ever happen then only use the device once it is completely dry.
- Do not use any chemical cleaners or abrasive agents for cleaning.
- Once you have removed the device (operating unit), you can wash the belt in luke warm water. Use mild soapy water or a liquid detergent for this purpose. Do not use bleaches.
- The belt is unsuitable for machine washing.

8. TECHNICAL SPECIFICATIONS

Model:	EM 37
Power supply:	3 x 1.5 V AAA (type LR 03)
Electrode size:	approx. 11.5 x 6.5 cm / 10 x 9 cm
Parameter (500 Ohm load):	Output voltage max. 70 V p-p Output current: max. 140 mA p-p Output frequency: 30 – 80 Hz
Pulse duration:	200µs per phase
Waveform:	symmetrical, dual-phase square wave
Weight:	314 g (without batteries and extension)
Belt size for waist measurement from:	70 to approx. 140 cm. (28 – 55 Inch)
Maximum permissible operating conditions:	10 °C to +40 °C, 20-65 % relative humidity
Maximum permissible storage conditions:	0 °C to +55 °C, 10-90 % relative humidity
Transport conditions	-10 °C - 50 °C, 10-90 % relative humidity

Changes to the technical specifications introduced for reasons of updating without notice are reserved.

9. REPLACEMENT PARTS AND WEARING PARTS

To purchase accessories and replacement parts, please visit www.beurer.com or contact the corresponding service address (according to the service address list) in your country. Accessories and replacement parts are also available from retailers.

Designation	Item number and/or order number
Accessory set	647.05

10. WARRANTY/SERVICE

Further information on the guarantee and guarantee conditions can be found in the guarantee leaflet supplied.



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