

# Ab Gym Belt

By The Beauty Works Ltd



## INSTRUCTIONS FOR USE (AB-101)



## ABOUT THE BEAUTY WORKS LIMITED

At the Beauty Works, we understand the importance of 'taking care of yourself' and improving self confidence by improving the way we look and feel. Most of us have days when we're not feeling or looking our best, and for many of us our jobs, family and hectic lifestyle prevent us from sticking to our diets, exercise routines and other regimes which improve our general well being.

You can visibly reduce the signs of ageing with the Elevate and Sleek Cheeks, our fantastic micro-facial exercisers. Tone up flabby chins, saggy jowls and reduce fine lines around the eyes.

These excellent products will help you to look and feel years younger. Rejuvenate your skin with the new Skin-Light Therapy, or reveal a fresher clearer complexion using the Diamond Peel.

Is your skin looking tired? A little sallow and in need of a pick me up? Enhance your skins' natural balance and help to control acne, oily T-Zone, spots and blemishes with the Clear Zone.

Do your clothes feel uncomfortable and pull tight? Pinch at your tummy and nip at the hip? Blouse buttons a little strained? Whether its only a few weeks away from your holiday, Christmas party or an important date. Our Lean Machine range is the answer to toning up all the parts of your body.

Dare to bare all ..... Cellu Smooth for super sexy legs WITHOUT the Cellulite! A true ultrasound unit to remove cellulite based on salon systems.

Follow this up with our easy, smooth self tanner the Airbrush Tanning System.

Our latest and most innovative products include:

DIAMOND PEEL	SKIN-LITE THERAPY
ELEVATE	UV NAIL DRYER (professional)
DIGITAL LEAN MACHINE	CLEAR ZONE

The Beauty Works have developed a range of health and beauty care products, specially for use within the privacy of your home. All of which you will enjoy using regularly with excellent results and renewed confidence. Please do not hesitate to call our help line if you would like personal advice on which of our products is best suited to you.

**Tel: 01322 226 031**

**Fax: 01322 227 345**

**Email: [sales@thebeauty-works.co.uk](mailto:sales@thebeauty-works.co.uk)**

**Advice: [beautyexpert@thebeauty-works.co.uk](mailto:beautyexpert@thebeauty-works.co.uk)**

**Web: [www.thebeauty-works.co.uk](http://www.thebeauty-works.co.uk)**

## INTRODUCTION

The Ab Gym belt have been specifically designed to tone and firm your muscles by electronically stimulating them to contract, while you simply lie back and relax. These muscle toners can be used to help in the recovery of muscles injured while playing sport, to relieve muscle tension and to tighten and firm specific muscle areas.

Muscle toning, or faradic treatments, have been extremely successful and very popular throughout beauty salons and sports injury clinics for a number of years. 'Faradism' is the common name given to this treatment due to the type of current used, which causes the muscles to involuntarily contract. The interruption of the current then relaxes the muscle, and prevents muscle fatigue.

The contraction and relaxation of the muscles increases the blood and lymph circulation which feeds and nourishes the cells and aids the removal of waste products from the tissues.

## THE BENEFITS OF USING THE AB GYM BELT

- Improves tone and condition, tightening and firming specific muscle groups.
- They effortlessly lift slack muscles, giving you a leaner, firmer appearance while you lie back and relax.
- Can help in the recovery of muscles injured while playing sport.
- Postnatal treatment, to help tighten and firm slack and stretched abdominal muscles after childbirth (following postnatal check up).
- When used in conjunction with a good diet and regular exercise, will help improve figure shape.
- Will, on a very gentle setting, release muscle tension and help relax tired and aching muscles.

## OPERATION:

This appliance is designed for use with 2 x AAA battery. If the power begins to drop from the same level as before or stops working then it will be necessary to replace the batteries.

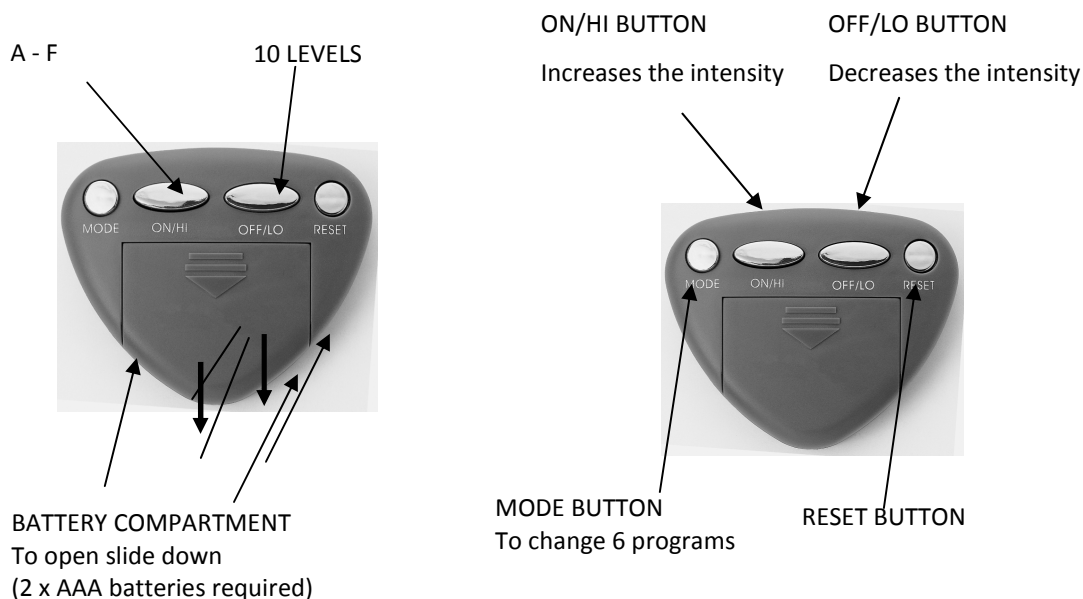
## IMPORTANT:

**PLEASE DO NOT REMOVE WHITE CIRCLE STICKERS FROM BACK OF BELT, THESE WILL EVENTUALLY FALL OFF, WHEN THIS HAPPENS PLEASE CONTINUE TO USE THE BELT AS STATED.**

## CONTROLS

- ON/HI BUTTON - Increases the intensity
- OFF/LO BUTTON - Decreases the intensity
- MODE BUTTON - To change 6 programs
- RESET BUTTON
- BATTERY COMPARTMENT Slide down (2x AAA batteries required – not supplied)
- JACK SOCKET

## DESCRIPTION OF THE CONTROL UNIT



## OPERATION

- Open the battery door by sliding it gently downward
- Insert 2pcs "AAA" Batteries 1.5 size into the battery compartment. Close the battery door (batteries not included)
- Turn the Neoprene centre piece on its face and place a generous dab of conductive medium, such as water or water based gel, onto the black coloured areas of the Neoprene belt

**PLEASE REFRAIN FROM REMOVING THE WHITE CIRCULAR LABELS FROM THE BELT AS THIS CAN DAMAGE THE BELT.**

- Make sure the unit is switched OFF = no LCD light. If you have switched on the unit accidentally, then switch it off by pushing the OFF/LO switch so that the LCD light goes out
- Place the Ab Gym Belt around your stomach or the other area you want to exercise and close the belt to a comfortable fit with the Velcro belt (not too tight)
- We recommend to start with the upper Abs, placing the belt above your belly button
- Press the ON/HI button once to switch on the unit. Letter "A" will be shown in the LCD. Press ON/HI again to start with mode A directly or press "MODE" button repeatedly to choose between modes (A-F) and then press ON/HI again to start the selected mode. Choose the mode as desired from the set below :-

Program	Description
A	Very fast, 5 pulses / second
B	Fast exercises, 1 pulse / second, also tapping massage
C	General exercise, deep massage
D	Full exercise routine with slow and fast elements
E	Pro exercise routine, mixed mode with many fast elements
F	constant low frequency

- Push the ON/HI button several times to carefully increase the intensity (maximum of 10). You will notice a tingling sensation prior to the muscle contracting. Once the muscle is contracting it will be pleasant and relaxing. Adjust the intensity according to your comfort level. You should feel a strong but comfortable contraction of the muscles. The intensity has 10 steps. With every push of the ON/HI button you can increase the intensity by one step, with every push of the button OFF/LO you decrease the intensity by one step
- To switch the unit off, press the OFF/LO button several times, until the LCD light goes off

## TREATMENT

As you become accustomed to your machine, adjust the controls to provide maximum comfort and efficiency. Turn the output controls on, then gradually advance them until you feel an intermittent tingling sensation (these settings will vary with different people and different muscle groups). Slowly advance the output control settings a little at a time until you feel a rhythmic muscle movement. At approximately 5 minute intervals, you can slightly increase the settings, thus increasing the strength of the impulse to maintain a strong but comfortable contraction.

These settings will vary from person to person and you do not need to go beyond the setting that is comfortable for you. You should feel a regular contracting and relaxing of the muscles being exercised. Do not be alarmed by the sensation of the involuntary contractions. Most people find this movement strange at first but you will soon become used to it.

A correct contraction occurs when the initial tingling sensation lessens and a good movement of the muscle is seen and felt. If a proper contraction is not experienced then the placement is incorrect. You will need to turn off the unit and move the belt into a different position. Then, making sure the skin underneath is free from oil, reposition the pads slightly, then gradually turn up the controls (also ensuring that the skin/pads are wet or have the water based gel still on).

If at any time during your treatment, you need to adjust or re-position the Ab Gym Belt, always turn the machine off first, and set all the controls to OFF/O. After several weeks of daily use, the muscles treated will have toned up. Continued regular use of the Ab Gym Belt for once or twice a week will maintain their condition.

At the end of each treatment, turn all the controls to the position OFF/O.

N.B. Always ensure that the skin is absolutely clean before treatment.

**Never immerse the unit (or any of its parts) in water.**

## GENERAL CAUTION

A careful study of the following important safety precautions is strongly recommended:-

1. DO NOT IMMERSE IN WATER
2. Use the appliance only for its intended use as described in this manual.
3. Do not continue to use this appliance if it is not working properly, or has been dropped, or if it has been dropped in water.
4. This product must only be used as intended in accordance with the enclosed operating instructions
5. Be aware of the contraindications as outline below.
6. Electrical appliances must always be stored in a secure place, out of reach of children.
7. This product has NOT been designed for use by children.

## IMPORTANT - CONTRAINDICATIONS

Do not use the Ab Gym Belt if you have any of the following conditions:

- Pregnancy
- Allergy
- Pacemaker/Heart Disorder
- Skin Disease or Disorders
- Diabetes
- Infections
- Epilepsy
- Sunburn

Also:

Do not use on the face and neck. \* Do not use on any sensitive parts of the body. \* Do not use on scars, moles, varicose veins or open wounds.

If you are fitted with an I.U.D (coil) you may experience a tingling sensation, if you do so, please stop the treatment and inform your GP. This is standard procedure with electrical equipment of this nature, and there is no need to worry at all.

## CLEANING AND CARE

1. The appliance must be unplugged before cleaning.
2. To clean the pads use a damp cloth - DO NOT IMMERSE THE UNIT OR BELT IN WATER.
3. Clean the body with a damp cloth.
4. Do not use any harsh detergents, abrasives, solvents or cleaners. Never immerse in water to clean.
5. Dry thoroughly before use.

## YOUR QUESTIONS ANSWERED

### **Q. What is passive exercise and how does it work?**

A. Your muscles are moved by signals sent from your brain via nerves to your muscles, which then contract and move the body part you wish to exercise. A passive exercise machine does the work for you by sending a signal straight to your muscles, making them contract involuntarily. Just imagine - while you relax, read, watch the television (or even doze) you can achieve the same visual effects as a strenuous work-out. You may even experience some next-day soreness. Passive exercise is not new. For more than 30 years it has been used in both the medical and beauty fields to tone muscles.

### **Q. Why am I so out of shape?**

A. You have 639 skeletal muscles, representing approximately 40% of your body weight. During your early years you exercised naturally: as a child you ran and played, in school you had sports and P.E. When you left school you probably said 'goodbye' to those beautifully toned muscles! Gradually those firm strong muscles become soft and slack. They shrink, lose their strength and cease to hold the surrounding fat and skin in place. Sagging, bulging and dimpling (sometimes called cellulite) are the unattractive results. As you start to lose your firm youthful contours you may need to buy clothes two or three sizes larger - even though your weight may have remained constant. Add to this fact that from the age of thirty-five, male or female, you lose ½ lb of muscles tissue every year and gain 1 ½ lb of fat and you can understand how 'sleek and firm' becomes 'out of shape, soft and flabby'.

### **Q. Will dieting help?**

A. As your physical activity decreases and your metabolic rate slows down with age, you may find yourself gaining weight and losing your youthful curves beneath an ever growing layer of fat. With crash dieting, 30% of weight loss can be muscle loss. But when you regain the lost weight, you put back only the fat, thereby losing it on two counts - not only is muscle a part of looking good, but muscle burns calories even while you sleep. Fat does not. Use minimal dieting. Don't eat below a 1000 calories per day and push up your metabolic rate with aerobics exercise (i.e. exercise that increases your heart rate) at least three times a week for at least 20 minutes each time. Ideal exercises are brisk walking, jogging, cycling, etc. Your diet should consist of small amounts of lean protein with complex carbohydrates (i.e. fruit, vegetables, wholemeal bread. Keep saturated fats, sugar and salt to a minimum).

### **Q. How long will it take me to get into shape?**

A. It depends on many factors - your age, your present level of fitness, how dedicated you are, it's really up to you. However, you should start to see and feel results after two weeks of daily use.

### **Q. Will I be slimmer?**

A. You will look slimmer because your newly toned muscles will hold you in like a corset.

### **Q. What about exercise?**

A. There is probably no exercise program that works all your muscles, or works them hard enough to give you the desired effect on your appearance. Regular aerobic exercise with correct eating will look after your weight and cardiovascular fitness, but to be firm and shape your abdominal muscles you need specific muscle exercise. Your Ab Gym Belt will firm and tone these. Most people have times when their energy level is low. Some women feel particularly drained during or before a period. Or maybe pressures at work or at home leave little or no time to exercise. Don't miss out. When you have time to relax, treat yourself to an Ab Gym Belt session.

### **Q. How can Ab Gym Belt help after childbirth?**

A. Do not use the Ab Gym Belt while you are pregnant. But after the birth of your baby Lean you can use the Ab Gym Belt to tighten your stomach muscles. You want to get your figure back as soon as you can but baby care is such exhausting and time consuming work that most new mothers cannot find the time, or the energy, to exercise those stressed and stretched muscles back into shape. Don't despair, when you have time to sit down, put some pads onto your upper and lower abdominal (tummy muscles) and with gentle contractions let the Ab Gym Belt exercise you back into shape. And when you have regained your figure, continue with regular treatments to maintain your shape.

**Q. How often should I use the Ab Gym Belt?**

A. Everyday for super quick results then, when you are in shape, 3 or 4 times a week for maintenance.

**Q. Is it safe for all ages to use?**

A. Yes, any age group can use it safely, but it is not recommended for anyone not in their teens without doctor's advice and parental control.

**Q. I have been using my Ab Gym Belt and did not realise that I was three months pregnant.**

A. Although we do not recommend pregnant women to use the Ab Gym Belt, consult your doctor as he will determine if this is possible.

**Q. Can I use the Ab Gym Belt over stretch marks, scars, varicose veins?**

A. Only on stretch marks, not on scars or varicose veins.

**Q. At what time of the day should I use the Ab Gym Belt?**

A. Anytime convenient to yourself.

**Q. Can women use the Ab Gym Belt during their periods and ovulation?**

A. Yes, this will not affect the body in any way.

**Q. Is the Ab Gym Belt safe to use on people with serious illnesses or various nervous disorders?**

A. No, definitely not.

## DISPOSAL AND THE ENVIRONMENT

If your electrical appliance requires replacement or is of no further use, please think of protecting the environment. Contact your local authority for advice, as many have facilities for environmentally safe disposal.

## CERTIFICATION

This appliance conforms with the EU directives for radio interference suppression and electrical safety.

**RATING**Voltage:

Input 3V

## GUARANTEE

This product has been manufactured under the strictest of quality control procedures, and using the highest quality of materials to ensure excellent performance and reliability. Provided the appliance is properly used and maintained it should give long lasting performance.

This appliance comes with a full 12 months manufacturers guarantee that should the appliance stop working within that period then the manufacturer will repair or replace that item – provided that the defect is not found to be a consequence of the product having been misused, i.e. connected to an incorrect voltage, or used contrary to the instructions, or subject to accidental damage, neglect or inexpert repair. The guarantee does not cover accidental damage such as if the appliance is dropped and then stops working.

If the appliance is opened for whatever reason then the guarantee will not be valid.

Your statutory rights are not affected.

### MANUFACTURED IN CHINA FOR:-

The Beauty Works Limited  
8 Twisleton Court, Priory Hill, Dartford, Kent, DA1 2EN  
Tel: 01322 227345  
Email: [sales@thebeauty-works.co.uk](mailto:sales@thebeauty-works.co.uk)