

# SLENDERTONE®

AbS3



Instruction Manual

Mode D'emploi

Bedienungsanleitung

Instrucciones de Uso

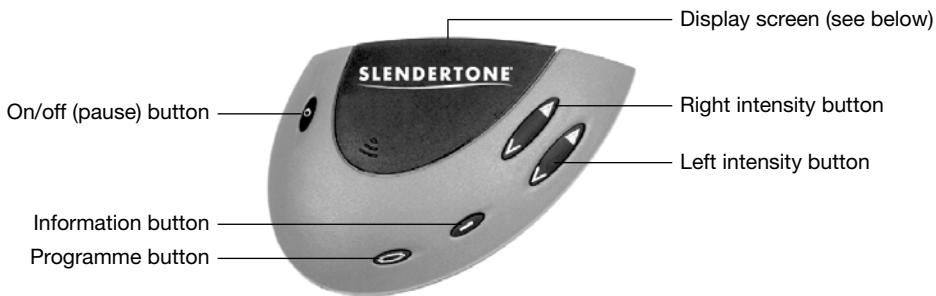
Gebruiksaanwijzingen

Istruzioni per l'Uso

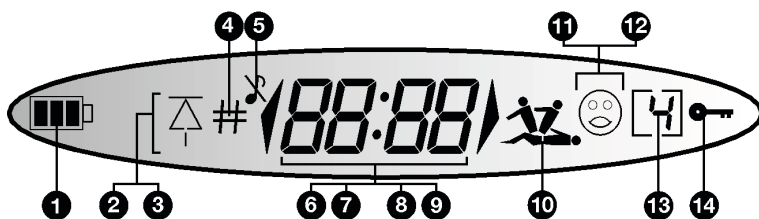
Instruções Para a Utilização

[www.slendertone.com](http://www.slendertone.com)

## YOUR SLENDERTONE ABS3 CONTROLLER



## YOUR SLENDERTONE ABS3 DISPLAY



- |  |  |
|--|--|
| 1  Battery power remaining.              | 8  Left-hand intensity.                              |
| 2  Highest intensity reached to date.    | 9  Right-hand intensity.                             |
| 3  Gel pad contact problem (see page 6). | 10  Muscles contracting/relaxing.                    |
| 4  Number of sessions completed.         | 11  User progressing.                                |
| 5  Mute function activated.              | 12  Controller switched off before session complete. |
| 6  Program timer/ error messages.        | 13  Programme number.                                |
| 7  Programme paused.                     | 14  Keylock activated.                               |

## PRODUCT WARRANTY

Should your product develop a fault within two years of purchase, SLENDERTONE will undertake to replace or repair the product or any parts found to be defective with no charge for labour or materials \*, provided the product:

- has been used for its intended purpose and in the manner described in this instruction manual.
- has not been connected to an unsuitable power source.

- has not been subjected to misuse or neglect.
- has not been modified or repaired by anyone other than an approved SLENDERTONE agent.

This warranty complements existing national warranty obligations and does not affect your statutory rights as a consumer.

\* This excludes consumables (e.g. gel pads, belt etc.) when subject to normal wear and tear

## STEP BY STEP GUIDE

If this is your first time using the SLENDERTONE ABS3 Abdominal Training System, you must read the rest of this manual before you begin. This guide offers a quick reminder for using your SLENDERTONE ABS3 correctly.

Fig. a



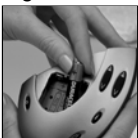
1 Remove the cover from the patterned side of the large gel pad (Fig. a). Place the gel pad on the metal stud between the parallel lines on the inside of the belt. Ensure the gel pad completely covers the metal stud.


Fig. b



2 Remove the covers from the patterned side of the smaller gel pads. Place one either side of the large gel pad, using the positioning guides that best suit your figure (Fig. b). Make sure the metal studs are fully covered by the gel pads.

Fig. c

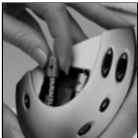


3 Press the embossed arrow  and slide the battery cover off. With the controller facing towards you, place the first battery in the right-hand space with the flat (negative) end first (Fig. c). Place the second battery in the left-hand space (flat end first - Fig. d). Finally, place the third battery in the central space with the flat end last (Fig. e). Replace the battery cover.

### Battery Removal

When removing the batteries raise the negative end of the central battery and lift it out. Then remove the left- and right-hand batteries.

Fig. d



4 Slide the controller into the holster until it clicks into place.

Fig. e



5 Remove the covers from the black side of the gel pads. Do not dispose of these covers, as you will need them at the end of your session.

Fig. f



6 Wrap the belt tightly around your waist with the large gel pad centred over your navel (belly button) and the two smaller gel pads directly between your hip-bones and ribs.

7 Press and hold the On/off button for two seconds to switch the controller on (Fig. f).

Fig. g



8 Select your programme and increase the intensity to a level you find comfortable (Fig. g).

9 When the session is finished, the controller stops automatically. Press and hold the On/off button for two seconds to switch the controller off.

10 Replace the covers on the black surface of the gel pads and pack away your product ready for its next use.

# THE INFORMATION BUTTON (i)

Your SLENDERTONE ABS3 controller stores information about current and previous sessions which can be accessed by using the Information button. You can access this information while a programme is running. The information is displayed for three seconds and then reverts back to the programme timer.

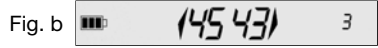
### 1 Current intensity levels (Fig. a)

Press the information button once to display the intensity of the current programme.



### 2 Average intensity levels (Fig. b)

Press twice to see the average intensity used on both the right and left sides of the belt over the past three sessions.



### 3 Highest intensity levels (Fig. c)

Press three times to display the highest intensity to date from either side of the belt.



### 4 Number of sessions to date (Fig. d)

Press four times to see how many sessions you have completed to date. Please note that the controller will reset itself to 0 after 250 sessions.



## ADVANCED PRODUCT FEATURES

Fig. a



### 1 Intensity Keylock Function

If you find a comfortable intensity level, press the upper and lower halves of the left intensity button to lock that intensity (Fig. a). The keylock function also locks the programme button. This function only remains active during the session in which it is activated. Deactivate the keylock function by performing the same action again.

Fig. b



### 2 Mute Function

If you want to switch off your controller's sound effects, press the Information button and the Programme button at the same time (Fig. b). The mute function remains active indefinitely unless manually changed. Deactivate the mute function by performing the same action again.

## PROGRAMME INFORMATION

- Your controller will complete a specific number of sessions and then progress to the next level. As it progresses, the 😊 symbol will appear and the programme number will flash three times.
- Programmes 6 and 7 must be manually selected and will run indefinitely unless manually changed.
- You may change programmes at any time, but the intensity will always return to zero.
- All programmes **except** programmes 6 and 7 have warm-up and warm down phases.

Programme	Duration	No. of Sessions	Intensity (max.)
1 Introduction	20	3	99
2 Intermediate	25	10	99
3 Advanced	30	20	99
4 Expert	30	20	99
5 Professional	30	Indefinite	99
6 Comfort 1	30	Indefinite	99
7 Comfort 2	30	Indefinite	99

## FREQUENTLY ASKED QUESTIONS

**Q Can I use SLENDERTONE ABS3 for post natal exercise?**

**A** Yes, but you must wait a minimum of six weeks after childbirth and consult your doctor first. If you have had a Caesarean in the past three months, consult your doctor before using SLENDERTONE ABS3.

**Q How do I know when to replace the gel pads?**

**A** If the signal is weakening when the batteries are still OK, it usually indicates that the gel pads are worn and need replacing. Check this by inserting new batteries and/or adjusting the belt to ensure correct positioning. If the gel pads are worn, the  $\Delta$  symbol will appear on the display. Replacement gel pads can be purchased from slendertone.com or, by calling SLENDERTONE Customer Care.

**I can feel a tingling in my legs during a**

**Q session. What should I do?**

**A** Move the two small gel pads upward and inward on your waist (i.e. towards the centre of your body).

**My skin is red after a session. Why?**

**Q** Some skin redness after a session may occur. It is partly due to an increase in blood-flow and should fade after the treatment. It can also occur due to the pressure of the stretched belt. You should not be concerned about this, but should only wear the belt during a session. If it is excessive, you may have the intensity too high. If the problem persists, you should stop using the product.

**The stimulation is uncomfortable. How can I improve this?**

**Q** Ensure the gel pads are correctly positioned and pressed firmly against your skin. Switch off your controller and position the belt as described on page 4.

**The gel pads won't stick to the belt even though they are fairly new. Why is this?**

**Q** Ensure the **patterned** side of each gel pad is placed on the belt. The black side of the pads goes onto your skin. Press the edges of each pad very firmly onto the belt before and after each session.

**Q My waist muscles are exercising but not my stomach muscles. Why?**

**A** Move the large gel pad down slightly. If this doesn't help, move the small gel pads to a smaller figure setting.

**Q My stomach muscles are exercising but not my waist muscles. Why?**

**A** Move the large gel pad up slightly. If this doesn't help, move the small gel pads to a larger figure setting.

**Q Can I use my SLENDERTONE ABS3 belt to treat muscles weakened from lack of use due to injury?**

**A** YOUR SLENDERTONE ABS3 belt may additionally be used for the alleviation of or compensation for injury. Consultation with your doctor is required to establish a rehabilitation programme with the SLENDERTONE ABS3 product, which would safely provide improvement to the strength and tone of the abdominal muscles.

## CARING FOR THE BELT

You should not let your controller get wet, but you may wipe it clean with a lightly dampened cloth. The belt can be washed, but you must first remove the controller and gel pads. Always follow the instructions on the label when washing the belt.



Never machine wash your belt. Always hand wash it in lukewarm water. This protects the internal wiring from damage in the washing machine. You should take care even when hand washing and never wring the belt to remove water.



Do not use any bleach when washing your belt.



Do not dry clean your belt.



Do not tumble dry your belt. Dry the belt on a flat surface, but not on anything hot (e.g. a radiator) as the belt contains plastic parts. Ensure the belt is completely dry before use.



The SLENDERTONE ABS3 belt must not be ironed.

## QUICK GUIDE TO SOLVING PROBLEMS

Problem	Possible cause	Solution
The display doesn't come on & there is no signal from the controller	The batteries are inserted incorrectly	Reposition the batteries as described on page 3
	The batteries are dead	Replace the batteries
	Low-quality batteries used	Use only high-quality batteries
The display is on but there's no signal	The session has been paused	Press the on/off button briefly
The battery symbol is flashing	The batteries are low	Replace the batteries
The contractions are very weak even when the intensity is high	The batteries are low	Replace the batteries
	The gel pads are worn	Contact your local stockist for new SLENDERTONE abdominal replacement gel pads
	Poor gel pad positioning	See page 3 for the correct positioning of the gel pads & belt
	Gel pads not covering studs	Reposition the gel pads
	Low-quality batteries used	Use only high-quality batteries
Unpleasant feeling beneath the gel pads	The gel pads are worn	Contact your local stockist for new SLENDERTONE abdominal replacement gel pads
	Gel pads not covering the studs	Reposition the gel pads
	Too many consecutive sessions	You should leave at least six hours between sessions
	Gel pads not in contact with skin	Reposition the belt
The $\triangle$ symbol has appeared on the display*	Gel pads not covering metal studs	Reposition the gel pads
	The gel pads are worn	Contact your local stockist for new SLENDERTONE abdominal replacement gel pads
	The gel pads are on the wrong way around	Ensure the black surface of the gel pads are facing you
	The covers are still on the gel pads	Ensure the covers are removed from both sides of the gel pads
	Controller is not fully inserted in holster	Push the controller into the holster until it clicks into place
	Belt is loose or open on body	Refasten the belt properly
E002/E003/E004 has appeared on the display	Error message, indicating a problem with the controller	E002 - switch controller off and on again. If it persists, return controller for repair. E003 or E004 indicate an internal fault. Return controller for repair.

\* The  $\triangle$  symbol always appears in conjunction with the left/right arrows. If the left arrow appears, there is a problem with the left gel pad, the right arrow indicates a problem with the right gel pad and if both arrows appear, there is a problem with either the middle gel pad or all three gel pads.

## SLENDERTONE 'DOS' AND 'DON'TS'

Your SLENDERTONE product is suitable for use by all healthy adults. However, as with other forms of exercise, some care is needed when using it, so always follow the points below and read your user manual carefully before use. Some of the points below are gender specific.

### **Please do not use if:**

- You have an electronic implant (e.g. cardiac pacemaker or defibrillator) or suffer from any other heart problem.
- You are pregnant.
- You suffer from cancer, epilepsy or are under medical supervision for cognitive dysfunction.
- The controller is in close proximity (e.g. 1m) to shortwave or microwave therapy equipment.
- You are connected to high-frequency surgical equipment.
- Wearing the product necessitates placement over areas at which drugs/medicines are administered by injection (short term or long term) e.g. hormone treatment.

### **Please wait before using your SLENDERTONE product until:**

- At least six weeks after the birth of your baby (you must consult your doctor first).
- One month after an IUD contraceptive device (e.g. coil) has been fitted.
- At least three months after having a Caesarean (you must consult your doctor first).
- The heavy days of your period have finished.

### **Please get your doctor's or physiotherapist's permission before using your SLENDERTONE product if:**

- You wish to use SLENDERTONE ABS3 and have a bad back. You should also ensure the intensity is kept low.
- You have any serious illness or injury not mentioned in this manual.
- You have recently had an operation.
- You take insulin for diabetes.
- You want to use it on a young child.
- You suffer from muscle or joint problems.
- Using the product as part of a rehabilitation programme.

### **When applying the gel pads and belt, always remember to:**

- Place the gel pads and belt ONLY on the abdomen, as indicated in this manual.
- Avoid placing the gel pads or belt on the front or sides of the neck, across or through the heart (i.e. one gel pad on the front of the chest and one

on the back), in the genital region or on the head. (Other toning controllers are available for other areas of the body - details are available at [slendertone.com](http://slendertone.com) or from your local retailer)

- Application of electrodes near the thorax may increase the risk of cardiac fibrillation.
- Avoid any recent scars, broken or inflamed skin, areas of infection or susceptibility to acne, thrombosis or other vascular problems (e.g. varicose veins), or any parts of the body where feeling is limited.
- Avoid areas of injury or restricted movement (e.g. fractures or sprains).
- Avoid placing the gel pads directly over metal implants.

### **Possible adverse reactions:**

- A small number of isolated skin reactions have been reported by people using muscle stimulation devices, including allergies, a prolonged reddening of the skin and acne.
- On very rare occasions, first-time users of EMS have reported feeling light-headed or faint. We recommend that you use the product while seated until you become accustomed to the sensation.

### **To reposition gel pads during a session:**

- Always pause the programme currently running, unfasten the belt and then refasten it behind your back once the position of the gel pads has been adjusted.

### **After strenuous exercise or exertion:**

- Always use a lower toning intensity to avoid muscle fatigue.

### **Contact Customer Care if:**

- Your controller is not working correctly. Do not use it in the meantime.
- You experience any irritation, skin reaction, hypersensitivity or other adverse reaction. You should, however, note that some reddening of the skin can appear under the belt during and for a short time after a session.

### **Note:**

- An effective treatment should not cause undue discomfort.

# SLENDERTONE ‘DOS’ AND ‘DON’TS’

## Important:

- Keep your product out of the reach of children.
- The studs and gel pads must not be connected to other objects.
- Do not use your controller at the same time as any other device which transfers an electrical current into the body (e.g. another muscle stimulator).
- Cease using your controller if you are feeling light headed or faint. Consult your doctor if this happens.
- Do not touch the gel pads or metal studs while the controller is switched on.
- Do not use while driving, operating machinery or cycling.
- For first time users, muscle stimulation can be an unusual sensation. We recommend that you begin with low stimulation intensities to familiarise yourself with the sensation before progressing to higher stimulation intensities.
- For hygiene reasons the belt is for use only by one person. Do not share your belt with anyone else.
- Do not over exert yourself when using muscle stimulation. Any workout should be at a level comfortable for you.
- Do not use your product if you are wearing a belly-button ring. Remove the ring before you begin a session.
- SLENDERTONE will not accept responsibility if the guidelines and instructions supplied with this product are not followed.
- Although compliant with applicable EMC requirements, this device may still interfere with more sensitive equipment, please move away or turn off.

**N.B. If you are in any doubt about using your SLENDERTONE ABS3 for any reason, please consult your doctor before use.**

## TECHNICAL SPECIFICATIONS

### Caring for your controller

Your controller should not be left in excessive sunlight. Do not allow the interior of your controller to become wet. Do not use detergents, alcohol, spray aerosols or strong solvents on your controller. Access to the controller’s interior is not required for maintenance purposes.

If your controller is damaged, you should not use it but should return it to SLENDERTONE or your local distributor for replacement or repair. Repairs, service and modifications may not be carried out by anyone other than qualified service personnel authorised by SLENDERTONE.


Note: Using leak-proof batteries is advised. You should never leave the batteries inside your controller if you do not intend to use it for a long period of time. If you do, the batteries may leak and damage your controller. You should be aware that some batteries sold as ‘leak-proof’ can still release corrosive substances, which may damage your controller. Under no circumstance should anything other than the correct type of batteries 1.5v (LR03) be used with your controller. You must only insert the batteries in the manner specified in this manual.

### Disposing of the gel pads and batteries

Used gel pads and batteries must never be disposed of in a fire but in accordance with your country’s national laws governing the disposal of such items.



The battery compartment must be closed when the controller is on.

When the  symbol appears the stimulus is significantly reduced.

The signal gradually increases to a peak intensity level at the start of a contraction phase (i.e. ramp up) and gradually decreases to nothing at start of a relaxation phase (i.e. ramp down).

### Accessories

When ordering new gel pads, you should only use those carrying the SLENDERTONE brand. Any others may not be compatible with your product and could degrade the minimum safety levels.

- SLENDERTONE adhesive gel pads, containing:
  - 1 large adhesive gel pad    Type 732
  - 2 small adhesive gel pads    Type 733



## TECHNICAL SPECIFICATIONS

Intended use: Muscle stimulator

Waveform: Symmetrical bi-phasic square waveform when measured into a resistive load.

Environmental Specifications

Operating: Temperature Range: 0 to 35°C

Humidity: 20 to 65 % RH

Transport Temperature Range: 0 to 55°C


& Storage: Humidity: 10 to 90 % RH

Description of your product's symbols:

There are a number of technical markings on your product. These can be explained as follows:

Inside the battery compartment '+' indicates positive polarity and '-' indicates negative polarity. The batteries' position is also shown by 3 embossed outlines in the base of the compartment.


The controller and belt are manufactured for Bio-Medical Research Ltd., Parkmore Business Park West, Galway, Ireland.


The controller requires three 1.5 volt (LR03) DC batteries. DC is indicated by the symbol: 


The Output Frequency indicates the number of pulses per second transmitted by the product. This is measured in hertz ('Hz').

Output (RMSA) mean the max. output root mean square current for each channel.

Output (RMSV) mean the max. output root mean square voltage for each channel.

 This symbol means 'Attention, consult the accompanying documents'.

 This symbol means type BF equipment.

 This symbol on your SLENDERTONE product is to indicate conformity to the requirements of the Medical Device Directive (93/42/EEC).

0366 is the number of the notified body (VDE).

The CE mark applied also indicates that this equipment complies with the requirements of the ROHS Directive (2011/65/EU) for the Restriction of Hazardous Substances in Electrical and Electronic Equipment.

SN stands for 'serial number'. Inside the box, on the back of the controller is the serial number specific to this product. The letter preceding the number indicates the year of manufacture, where 'T' denotes 2014, 'U' denotes 2015 etc.

The belt's batch number is represented on the belt packaging, by the number corresponding with the **LOT** symbol.



At the end of the product lifecycle, do not throw this product into the normal household garbage, but bring it to a collection point for the recycling of electronic equipment.

Some product materials can be re-used if you bring them to a recycling point. By re-using some parts or raw materials from used products you make an important contribution to the protection of the environment. Please contact your local authorities if you need more information about collection points in your area.

Waste Electrical and Electronic Equipment can have potentially harmful effects on the environment. Incorrect disposal can cause harmful toxins to build up in the air, water and soil and can be harmful to human health.

Rated Outputs Voltage/Current: Product Type: 515

Parameter	500Ω	1KΩ	1K5Ω
Output RMSV	7.1V	13.4V	13.7V
Output RMSA	14.2mA	13.4mA	9.1mA
Output Frequency	45-75Hz.	45-75Hz.	45-75Hz.

DC Component:

Approx.	0 C	0 C	0 C
Positive Pulse			
Width:	200-300μs	200-300μs	200-300μs
Negative Pulse			
Width:	200-300μs	200-300μs	200-300μs
Interphase Interval:	100μs	100μs	100μs

Note: In accordance with the laws within the member states, safety testing on the device should be carried out every two years.

Note: In compliance with German law, product safety testing must be conducted every two years by an authorised test service.

# SLENDERTONE®

AbS3

[www.slendertone.com](http://www.slendertone.com)



Or call your local Customer Care Line:

United Kingdom: 0330 221 1278

Republic of Ireland: 1890 92 33 88

France: 0810 34 74 50

Deutschland: 0800 100 2832

España: 900 994 467

International: +353 94 902 9936



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Designed by & Manufactured for:

Bio-Medical Research Ltd.,  
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