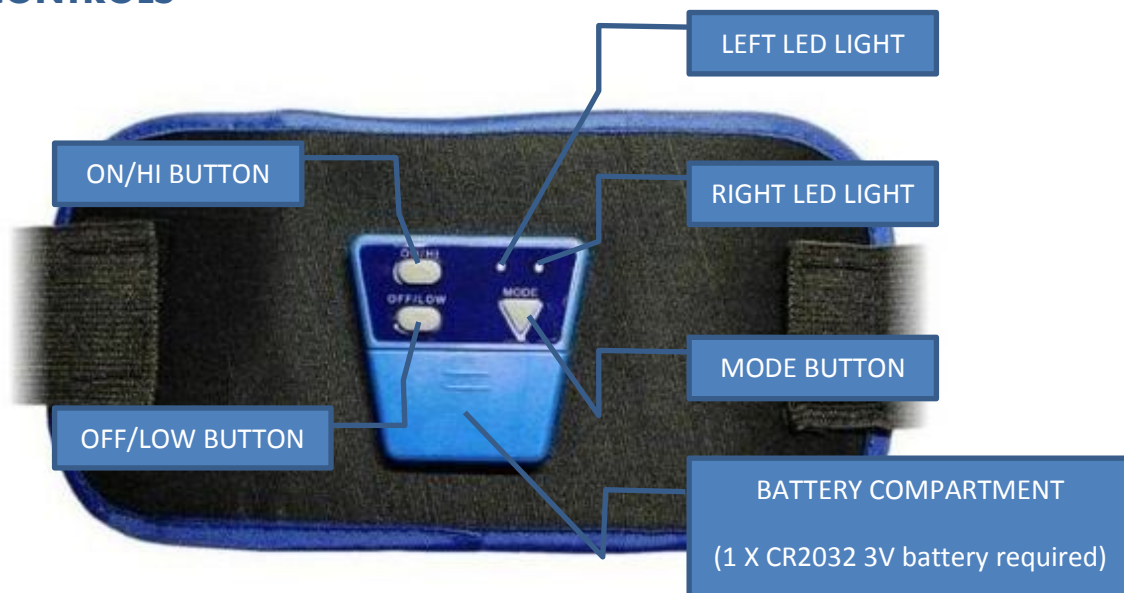


AB Gymnic INSTRUCTIONS

PLEASE READ ALL INSTRUCTIONS CAREFULLY BEFORE USING ABGYMNIC

Congratulations on the purchasing of AB Gymnic from <http://omgeezy.co.uk> or <http://www.ebay.co.uk/usr/omgeezy>. The innovative Electronic-exercise system specifically designed to support body toning, athletic enhancement and body building. AB GYMNIC allows smart people like you to enjoy your exercise routine comfortably at home.

CONTROLS



HOW TO USE AB GYMNIC

AB Gymnic is very easy to use. There are three control buttons on the unit and a safety timer that switches the unit off automatically after the unit has been used for 10 minutes.

| | |
|------------|--|
| 1. ON/HI | Turns the unit on and increases the intensity of impulses. Each pressing of the button results to a one-step increase of intensity level, which consists of a total of 10 levels. The higher the intensity, the higher the contraction. Push this button ten times to reach maximum intensity and contraction. |
| 2. OFF/LOW | Turns the unit off and decreases the intensity of impulses. Each pressing of the button results to one-step decrees of intensity level. |
| 3. MODE | This button is used to select one of the six exercise preprogrammed exercise routines. The setting is indicated by the color and location of the two LED lights on the unit. The AB Gymnic has the following 6 programs: (See Control Chart on next page) |



CONTROL CHART

| Mode | Name | Left LED1 | Right LED2 | Description |
|------|--------------|-----------|------------|--|
| 1 | Karate Chop | RED | off | Very fast, 5 pulses / second |
| 2 | Tap Massage | off | RED | Fast exercise, 1 pulse / second, also tapping massage |
| 3 | Work Out | RED | RED | General exercise, deeper massage |
| 4 | Crunch Craze | GREEN | off | Full exercise routine with slow and fast elements |
| 5 | Iron Man | off | GREEN | Pro exercise routine, mixed mode with many fast elements |
| 6 | Fat Blaster | GREEN | GREEN | Constant low frequency |

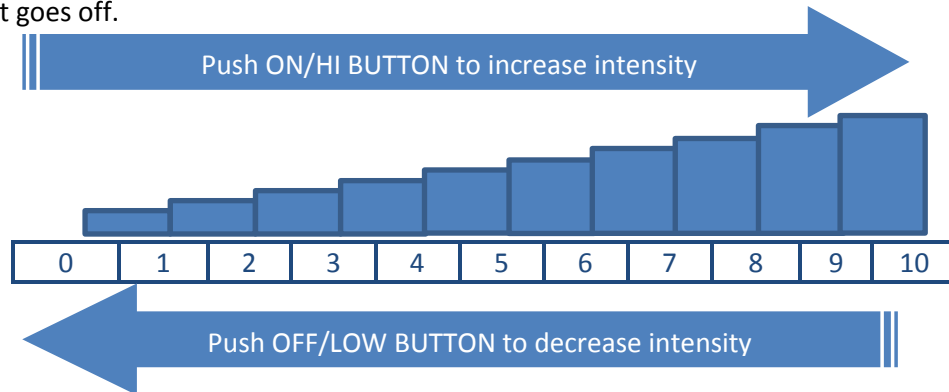
Short pulses are used for reflex action while long pulses are for endurance toning and massage. For beginners, start with a mode and intensity that you feel most comfortable with, and increase levels accordingly.

OPERATION

AB Gymnic requires one CR2032 3V battery (included in the package) to function

1. Insert the CR2032 Battery into the battery compartment. Make sure to insert it in the correct direction with the "+" marking facing towards you. Close the battery door.
2. Turn the Neoprene center piece on its face and place a gentle dab of conductive medium, such as water or water-based gel, onto each of the two grey colored areas of the Neoprene belt.
3. Make sure the unit is switched off (i.e. no LED light is lighted up). If the unit has been switched ON accidentally, than switch it off bay pushing the "OFF/LOW" button and see the LED light go off.
4. Put on Velcro flexible belt and adjust to desirable length. You may place the belt around your stomach or any other areas applicable that you want to exercise.
5. Switch the unit on by pressing the ON/HI button **once**. The LED light will go on, indicating the unit is now ready to function. At this point, no impulses will be generated yet and the LED light goes **on** continuously without flashing.
6. Select mode by pressing the "MODE" button. Every time you press the "MODE" button a different color LED or combination will light up indicating one of the 6 preprogrammed exercise routines. Press the "MODE" button until your desired mode is selected. (Mode 3 both LEDs are red - is recommended for beginners.)

7. Push the "ON/HI" button repeatedly and accordingly to adjust the intensity of pulses. A tingling sensation will be noticed prior to muscle contraction. Select the intensity level that suits you comfortable contraction of the muscles. The intensity level is consisted of 10 steps. With every push of the "ON/HI" button you have increased of 10 steps. With every push of the "ON/HI" button you have increased the intensity by one step. On the other hand, with every push of the "OFF/LOW" button you have decreased the intensity by one step.
8. To switch off the unit after use, simply press the "OFF/LOW" button several times until the LED light goes off.



IF YOU DO NOT FEEL CONTRACTION

Should no contraction be felt, move the belt slowly around the area where you want to work on. Make sure you have enough Toning Gel placed on the inside of the neoprene belt. Gradually increase the pulse intensity by pushing the ON/HI button several times.

AB Gymnic is great way to exercise your muscles. It may take a few moments of practice for locating the belt correctly and applying the ideal pressure that provides the best results for you.

HOW DOES AB GYMNIC WORK?

AB Gymnic generates small, gentle pulses that are transmitted from the belt place on your skin. These safe pulses activate your underlying motor nerves, resulting in muscle contraction. A signal is sent by the unit to the muscles, causing them to contract and then relax. These impulses are designed to mimic the natural nerve signals and to obtain efficient, pleasant muscular contractions, which repeat again and again to simulate normal exercises. AB Gymnic uses the same technology used by many professional athletes, and much better, you get to enjoy the benefits earned by top athletes effortlessly and comfortably at home.

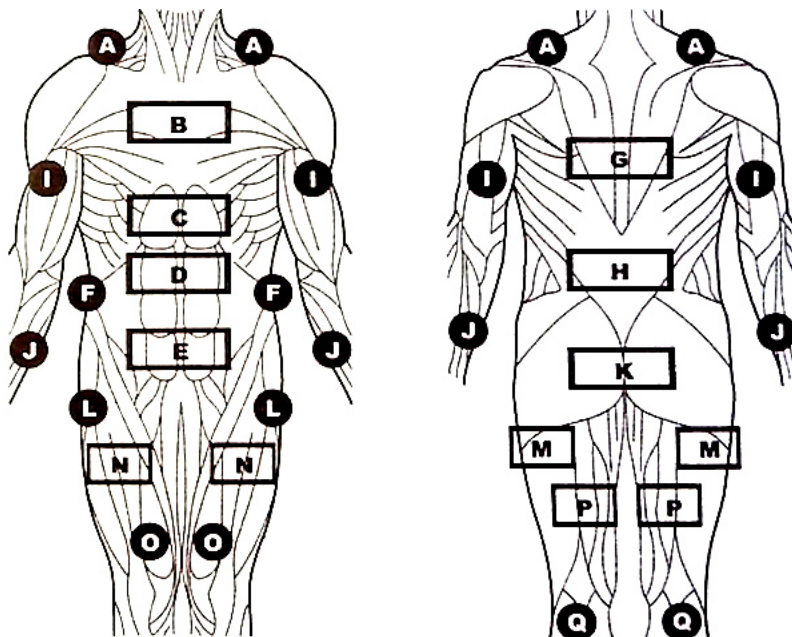
TONING is the formula for retaining a good body figure. Regardless of how strict a diet plan you have been following, muscles tend to sag and lose tone, pulling body contours out of line. AB Gymnic is portable, you may easily shape your muscles whenever and wherever you like. With a simple half-an-hour daily routine you get to solve body figure problems-say good-bye to those flabby underarms, thighs, hips and tummies!

BODY BUILDING in conjunction with your workout routine AB Gymnic helps to increase muscle density, vascularity and hardness by the process of intense contraction. Better muscle definition is there by a normal workout routine, AB Gymnic shows the way to more noticeable body curves and visible body improvements just after 3-4 weeks of regular treatment! Regular physical exercise in conjunction with AB Gymnic treatment is recommended for maximum results.

WHERE TO USE YOUR AB GYMNIC?



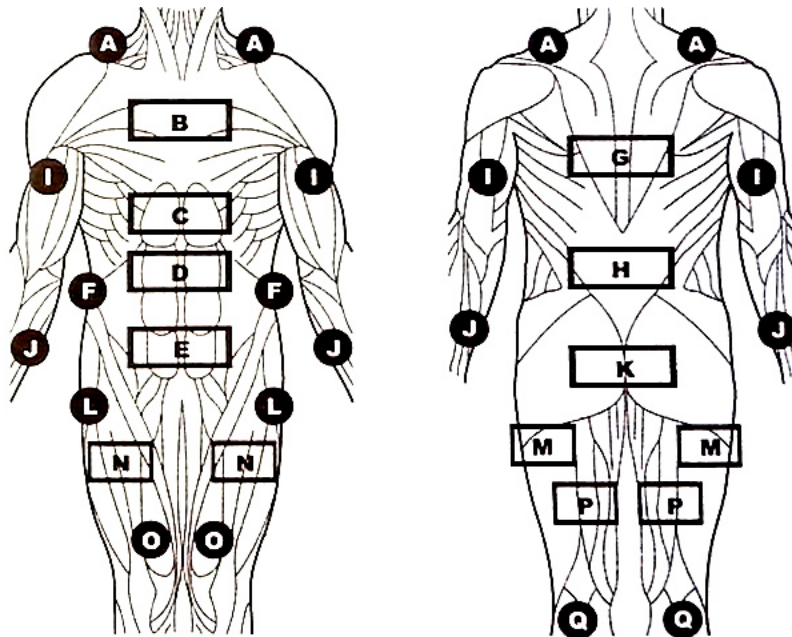
- A. NECK / SHOULDER – Gives soothing massage and relaxation to back of the neck and shoulder area.
- B. BREASTS – For improved breast contours.
- C. DIAPHRAGM – Helps tighten up the flabby tissue around the stomach. Similar to exercises which pull the diaphragm up.
- D. ABDOMEN – Exercises the main abdomen similar to sit ups; 10 minutes in mode 2 gives 600 muscle contractions.
- E. LOWER ABDOMEN – Helps tighten up the stomach muscles; similar to leg lifts.
- F. WAIST – The equivalent to side bends; helps with waist measurements.
- G. UPPER MIDDLE BACK – Exercises the muscles around the middle of the back; works on the stomach area and also helps with tension.
- H. BACK – Back muscles are important for posture; also helps with tension in this area.
- I. ARMS – Tightens the tissue in the upper arms.
- J. -
- K. BUTTOCKS – These muscles, un-toned, cause spreading hips and thighs.
- L. UPPER THIGHS, HIP – For the muscles on the outside front of the upper thighs and hips.
- M. BACK THIGHS – To work on cellulite and the “orange peel” look.
- N. -
- O. THIGHS & THIGH KNEES – Exercises both the main muscle and the knee muscle, reducing the size of “roll – over” knees. The point behind the knee can be found about 4 cm above the joint.
- P. INNER THIGHS – For undeveloped inner thighs, helps tightening inside.
- Q. CALVES – Exercises and defines the calves.



WHERE TO USE YOUR AB GYMNIC?



- A. SHOULDER / NECK – Gives soothing massage and relaxation back of the neck and shoulder area.
- B. CHEST – A similar action as pushing the fist into the palm of another; exercise the pectorals.
- C. DIAPHRAGM – Similar effect as pulling the stomach under the rib cage. This also helps with spread and definition.
- D. RECTUS ABDOMINUS – Works the whole of the main abdominal area as in sit ups. Helps tighten and flatten the abs.
- E. LOWER ABDOMEN – Similar to lying down, lifting and lowering legs slowly. Exercises the lower abdomen.
- F. WAIST – Similar to doing side bends, tucks in girth. Great to work away the love handles.
- G. BACK – Helps the posture and relieves tension; Aids width spread.
- H. LATISSIMUS DORSAE – Exercises and defines these important lifters.
- I. BICEP & TRICEPS – Exercises and defines these important lifters.
- J. LOWER ARM – Helps strengthen the lower arm.
- K. BUTTOCKS- The most important of the posture muscles.
- L. UPPER THIGHS – Gives a similar effect as cycling exercises the upper and outer thigh muscles.
- M. –
- N. UPPER FRONT THIGHS – For the muscles on the upper front thighs.
- O. KNEES & FRONT THIGHS – Exercises both the main muscle and the knee muscle, reducing the size of roll over knees. The point behind the knee can be found about 4 cm above the joint.
- P. INNER THIGHS – For undeveloped inner thighs, helps tightening inside.
- Q. CALVES – Exercises and defines the calves. By using the front point it helps the foot arch muscle and outside shin.





IMPORTANT NOTES

- If you don't put any gel on the belt or the belt is not placed tightly against the skin, an uncomfortable tingling sensation will occur.
- Make sure enough gel is put to cover the contact points. If redness of the skin should appear where the belt has been worn, it means that the belt has dried out and there was not enough gel applied. Keep the belt moist at all times during use.
- Irritation can also happen if the body has built up excessive oils on the skin. To prevent this, the neoprene belt should be cleaned regularly with warm water to avoid the buildup of body oils. A discoloration of the conductive area is, however, normal.
- Do not wash the belt in a washing machine or apply fabric conditioner.
- Check the belt before every use. Make sure it has not worn out or have lost its conductivity.

AB Gymnic is NOT a medical device. The product is designed for general physical conditioning only.

WARNING

1. Do not use AB Gymnic if you have diagnosed epilepsy or heart problems.
2. Do not apply AB Gymnic over neck or mouth as severe muscle spasms of the laryngeal and pharyngeal muscles may occur, obstructing normal breathing mechanism.
3. Do not apply AB Gymnic over the head or chest.
4. Do not apply AB Gymnic over infected or irritated skin areas.
5. Do not use AB Gymnic during menstruation or pregnancy.
6. A 30-minute daily routine of AB Gymnic is recommended. Do not overuse AB Gymnic for long periods of time to avoid undetermined effects of chronic electrical stimulation.
7. Keep AB Gymnic out of children's reach.