

# ABox<sup>TM</sup>

Audio Based Electro Stimulation Control Unit



## User Manual

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# Welcome

Congratulations on purchasing an E-Stim Systems ABox™. Given sufficient care your ABox™ unit should give you many years of erotic sound driven electro stimulated pleasure. Before starting always read the instructions and ensure you are completely familiar with all of the controls and the safety warnings prior to use.

## Key Features

- Sound driven with built in adjustable sensitivity microphone.
- Stereo Input, with a built in mixer – able to cope with a variety of input sources, both mono and stereo.
- Built in input level display.
- Dual inputs to allow monitoring of the input via headphones (not supplied).
- Instant and simple stepless control of maximum output level.
- Switched mode voltage generation... no bulky transformers.
- Hours of fun from a single PP3 battery.
- Single channel dual output allows the use of unipolar and bipolar electrodes.
- Current limited AC output to ensure complete safety and avoid the possibility of electrode polarisation.

### **SAFETY WARNING**

**(DO NOT CONNECT THE E-Stim Systems ABox™ OR ANY ELECTRICAL DEVICE TO ANY LOCATION ABOVE THE WAIST (ACROSS THE ARMS COUNTS AS ABOVE THE WAIST!), BUT ESPECIALLY DO NOT CONNECT ACROSS THE HEART, CHEST, NECK OR HEAD. DO NOT USE IF FITTED WITH A PACEMAKER OR ARE PREGNANT. REMEMBER YOU USE THIS DEVICE AT YOUR OWN RISK. YOU MUST READ AND UNDERSTAND THE USER MANUAL AND ALL OTHER INSTRUCTIONS BEFORE ATTEMPTING**

**OPERATION.**

# What is the ABox™?

The E-Stim Systems ABox™ is a unique device designed specifically for Erotic Audio Driven Electro Stimulation. Rather than just being sound triggered, the E-Stim Systems ABox™ is sound driven. The input, whether from the built in microphone or the stereo input, is converted directly to a powerful Electro-Stim signal. Picking up sound from either a linked source such as a portable CD player, MP3 device or even the ambient atmosphere via the built in microphone results in an E-Stim experience that has been described by some as 'out of this world'.

## Voice Control

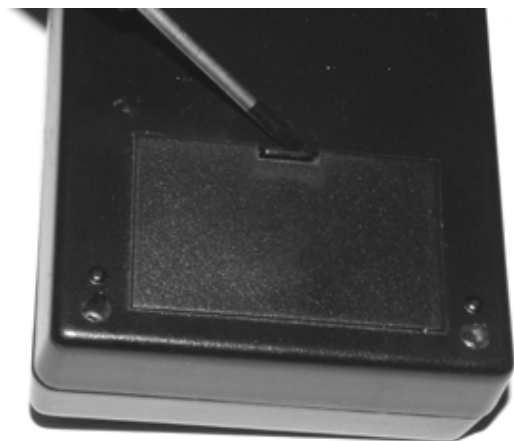
Learn to drive your subject wild with just the power of your voice. The ability to change the nature of the output just by changing the level and tonal qualities of your voice is a powerful addition to any game. The old adage 'Silence in Golden' brings a new meaning when the ABox™ is used in a BDSM environment.

## Audio Stimulation

Solo players will appreciate the stereo input. Select your favorite Stim track, plug in and lie back.

The only way to get the best out of your ABox™ is to experiment. BDSM players can spend hours with the microphone input, putting new meaning to the demand for silence, whilst using the ABox™ in a Dance or Club environment can drive anyone wild. Coupled with a MP3 player (not supplied) and suitable music, the range of sensations that the ABox™ can generate is truly unlimited.

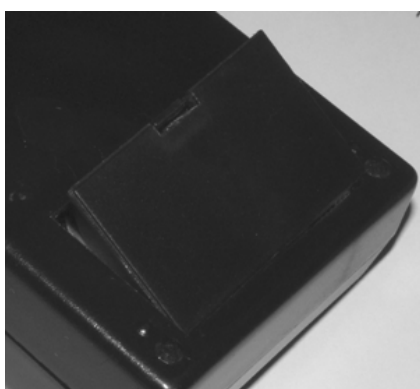
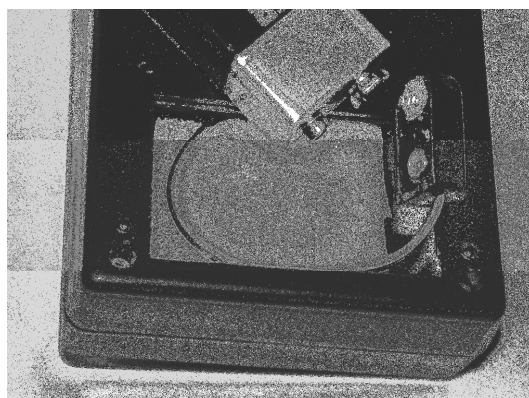
# Fitting a battery



1. Ensure the unit is switched off, and any electrode connection jacks are disconnected.
2. Turning the unit over and using a small screwdriver or a fingernail inserted into the battery compartment slot, gently prise the battery compartment cover out.

3. Remove the old battery (if fitted) and replace with a fresh Alkaline PP3. The battery connector is polarized so it should not be possible to connect the battery incorrectly, but ensure the polarity is correct before attempting connection.

4. Place the battery into the unit and replace the battery compartment cover. The cover is fitted with two tabs which insert into the lower half of the case first, then the top half of the cover will then clip into position.



5. Turn the unit over. The unit is now ready for operation.

Please note we do NOT recommend the use of standard re-chargeable batteries in the E-Stim ABox™ unit. NiMH re-chargeable, with a terminal voltage of 8.4V or above may be used with a possible reduction in output power.

In the event the ABox™ is not being used for a period of time, remove the battery.

# Testing

For details of the positions of the relevant controls see following pages. Before use it is strongly recommended that the user test the ABox™ to ascertain its basic functionality.

## Testing the microphone input.

Ensure the unit is switched off, then fit a battery. (See previous page for battery fitting instructions)

Set the Output Level Control and Microphone Sensitivity to minimum. Set the input selector switch to 'mic'.

Switch the unit on, by sliding the power switch to the on position. the power on LED should illuminate. Wait a few seconds for the unit to charge.

Speak with a normal voice at a distance of around 30cm (12") and gradually turn the Microphone Sensitivity control up. The level display LEDs should begin to flash in time with you voice. Adjusting the microphone sensitivity using the control will allow you to cater for various ambient sound conditions.

## Battery Low Condition

If the 25% LED glows when there is no sound input present, then this is an indication that the battery voltage is low. A low battery will result in lower output levels, together with reduced microphone sensitivity.

## Testing Stereo input

Using the supplied stereo connection cable connect the headphone out of your audio device to one of the inputs of the ABox™. ENSURE YOU DO NOT CONNECT THE INPUT TO THE OUTPUT SOCKETS. Such an action, due to the high output voltages present could destroy your ABox™ and any other device connected to it. Damage caused by inadvertent connection of the output sockets to anything other than E-Stim Electrodes will invalidate your guarantee.

Adjust the volume control of the audio device to ensure the input level as indicated by the display is just flashing the 100% LED. This will provide maximum tonal range.



## **Audio Monitoring**

The Stereo input has two sockets wired in parallel. This allows you to connect a pair of headphones to monitor the input levels, however this will increase the loading on your audio device and may not be suitable for all audio devices. The Audio monitoring facility is not available for use with the internal microphone.

## **Frequency Response**

Because the human body does not respond to E-Stim Signals above 6Khz, audio signals with a substantial high frequency component may not always produce the result that you would expect. For the same reason low frequency signals below 50Hz will be poor sources for stimulation.

## **Ideal Levels**

The ideal input level in both the microphone and stereo input modes should result in the maximum input LED flashing from time to time indicating a peak. A signal that results in the 100% LED being illuminated continuously will cause distortion and not allow the full output range to be utilized.

# Using the ABox™

Turn the unit off, set the output level control to minimum and connect a suitable electrode via one of the output jacks. Connect an electrode to a suitable section of the body. (DO NOT CONNECT THE E-Stim Systems ABox™ UNIT OR ANY ELECTRICAL DEVICE TO ANY LOCATION ABOVE THE WAIST (ACROSS THE ARMS COUNTS AS ABOVE THE WAIST!), BUT ESPECIALLY DO NOT CONNECT ACROSS THE HEART, CHEST, NECK OR HEAD. DO NOT USE IF FITTED WITH A PACEMAKER OR ARE PREGNANT. REMEMBER YOU USE THIS DEVICE AT YOUR OWN RISK.

Turn the unit on and slowly turn the output level control up. You should begin to feel a slight tingling sensation from the electrode site.

If you or your subject experiences any pain or discomfort then stop using immediately. If necessary use lubrication as any E-Stim device is potentially capable of causing burning when used on sensitive and or small contact areas at high output levels.

Experiment! Only with experience with you get the most out of your ABox™. You will find that different modes and levels will give different sensations.

Always bear in mind the safety warnings.

## Internal Microphone

The internal microphone is mounted internally, but depending on the setting of the microphone sensitivity control knob, it is sensitive enough to pick up speech and music. The internal microphone is also sensitive to taps and knocks on the case of the unit itself.

# Caution

Always ensure the unit is switched off and all controls are set to minimum before connecting to any other device. Always ensure all connections are secure and free from corrosion.

Always ensure the output control is set to minimum before starting.

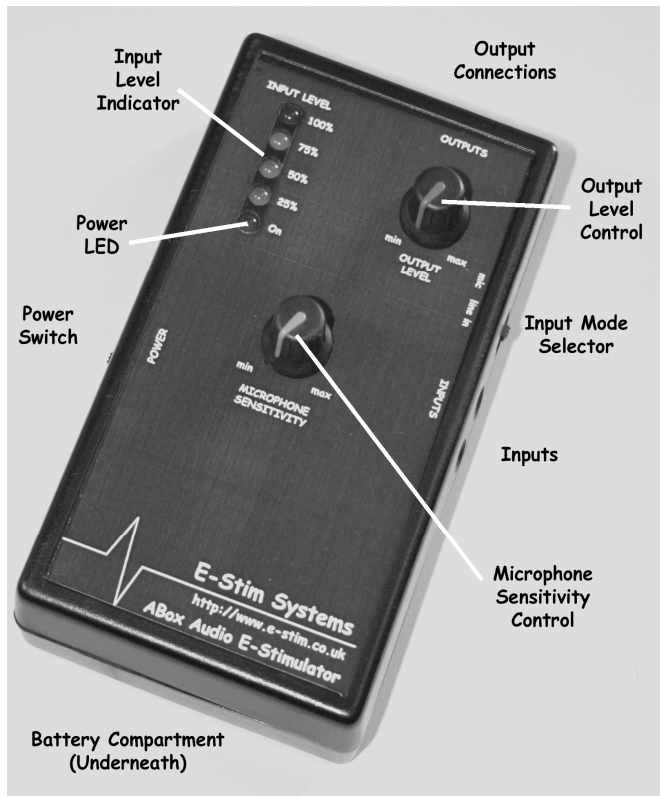
If you or your subject experiences any pain or discomfort then stop using immediately. If necessary use lubrication as any E-Stim device is potentially capable of causing burning when used on sensitive and or small contact areas at high output levels.

DO NOT SHORT CIRCUIT the output.

DO NOT attempt to open the control box. High voltages are present even when the unit is switched off and there are no user serviceable parts inside. Opening the control box will invalidate your guarantee.

The connection cables will be come detached from the E-Stim ABox™ if pulled. This is a safety feature as disconnection will result in the voltage being removed from the electrodes. If you find this to be a problem during play, then we suggest you use slightly longer cables.

# User Controls



The ABox™ unit has four user controls. Each control allows the user to adjust a particular aspect of the output. It is the operation of the controls in combination that will allow the operation to provide an effective electro-stimulation session.

The controls are

- Input selector switch
- Power on switch
- Output level control
- Microphone sensitivity control

As well as the 4 controls, the ABox™ features 5 display LEDs, indicating the power status and the input level, 2 inputs fitted in parallel to allow monitoring of the input via a

headphone, and two outputs, encompassing the dual output single channel output system.

## Power Switch

A two position slide switch is mounted on the left side of the unit. Slid towards the top of the ABox™ the unit is switched on, slid towards the bottom of the unit it is switched off. The power status of the unit is indicated by the position of the switch, and the power on LED.

## Input Selector Switch

A two position slide switch mounted on the right side of the unit. Slid towards the top of the ABox™ the unit will operate from the internal microphone, slid towards the bottom of the unit the input is switched to the external input sockets.

## Microphone sensitivity Control

The microphone sensitivity control adjusts the sensitivity of the internal microphone.

## **Output Level Control**

The output level control allows the user to adjust the absolute level of the output. Bear in mind that the output is also dependent on input signal, the resistance of the contact points, the level of charge in the battery, and a number of other factors.

## **Inputs**

The ABox™ is fitted with two 3.5mm stereo sockets, designed for connection to a headphone socket of an audio device such as a MP3 player, portable CD player. For safety reasons we do not recommend you connect the ABox™ unit to any device that is mains powered, i.e. connected to the mains power supply during use.

The input sockets are wired in parallel, thus allowing the connection of a headphone to allow monitoring of the input levels. Use of a headphone will load the input and may affect the input levels.

The headphone does not operate when the input selector switch is in the 'MIC' position.

## **Outputs**

Connection to electrodes is via two 3.5mm mono jack sockets on the top of the unit. Ensure the unit is switched off before inserting or removing the connection jacks to eliminate the possibility of either inadvertent electric shocks or short circuits occurring. Adapters are available for 2mm and 4mm connectors.

Under no circumstances attempt to connect the output connection to the input sockets. Doing so may destroy the ABox™ unit and will invalidate your guarantee.

The connection cables will be come detached from the E-Stim ABox™ if pulled. This is a safety feature as disconnection will result in the voltage being removed from the electrodes. If you find this to be a problem during play, then we suggest you use slightly longer cables.

# Accessories

The E-Stim Systems ABox™ is supplied with:-

- A 1.5M connection cable fitted with a 3.5mm jack on one end (for connection to the ABox™ unit) and two 2mm plugs on the other, to connect to E-Stim Electrodes.

A 1.2M stereo connector cable fitted with two 3.5mm stereo jacks, for connection to an input source.

Other accessories are available. For more information visit our website at

<http://www.e-stim.co.uk>

## Additional Notes

### Storage

In the event that the E-Stim Systems ABox™ unit is not going to be used for a period of time always remove the battery to avoid any possibility of damage being caused by battery leakage.

### Cleaning

DO NOT use solvents to clean the ABox™ unit. A gentle wipe with a soft cloth should be sufficient. It is not possible to sterilise the ABox™ unit.

# Specifications

<b>Channels/ Outputs</b>	Single Channel, Dual output via mono 3.5mm sockets.
<b>Inputs</b>	Dual 3.5mm stereo jacks, wired in parallel.
<b>Input Impedance</b>	33,000 Ohms
<b>Input Sensitivity</b>	500mV , 200 to 5000Hz
<b>Display</b>	5 High Brightness Light Emitting Diodes indicating input level and Power On.
<b>Operating Modes</b>	2 – Internal Drive (Microphone), External Drive (Line In)
<b>Controls</b>	Slide switches for Power On/Off and Input Selector. Rotary controls for adjustment of Microphone sensitivity, and Output Level.
<b>Output Waveform</b>	High Voltage current limited, pulsed AC
<b>Power Supply</b>	Standard 9 Volt Alkaline (PP3)
<b>Battery Life</b>	Variable dependent on load and input, but estimated at around 8 hours with continuous use.
<b>Dimensions (approx.)</b>	145mm x 80mm x 50mm
<b>Weight (with battery)</b>	250g
<b>Supplied Accessories</b>	1 off 3.5mm to 2 mm output cable, 1 off 3.5mm to 3.5mm stereo link cable, 4 off Self Adhesive Gel Pads, 1 off user guide.

# Problems?

In the unlikely event you have problems with the operation of your E-Stim Systems ABox™, send an email to [info@e-stim.co.uk](mailto:info@e-stim.co.uk) quoting the serial number and the problem you have encountered. There are no user serviceable parts inside and the breaking of any seals will invalidate your guarantee. All units are guaranteed (parts and labour) against failure caused by manufacturing defects for a period of 12 months from date of purchase.

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# Certificate of Conformity

## US Regulatory Wireless Notice

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

The FCC requires the user to be notified that any changes or modifications made to the device that are not expressly approved by E-Stim Systems Ltd may void the users authority to operate the equipment.

## European Union Notice

Products bearing the CE marking comply with the R&TTE Directive (1995/5/EC), EMC Directive (89/336/EEC), and the Low voltage Directive (73/23/EEC) issued by the Commission of the European Community.

Compliance with these directives implies conformity to the following European norms (in parentheses are the equivalent international standards and regulations.)

EN 55022 (CISPR 22) – Electromagnetic Interference,  
EN 55024 (IEC61000-4-2,3,4,5,6,8,11) – Electromagnetic Immunity, and,  
EN 60950 (IEC 60950) – Product Safety.

This device may be used in all European Union Countries.

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