
SHARPER IMAGE®

SIX PACK ABS

Item No. 206098



INSTRUCTION MANUAL

Read entire manual before operating this product.
Use only as directed.

WARNINGS

- If you are in the care of a physician, consult your physician before using this device.
- DO NOT use this device if you have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic devices.
- DO NOT place this device over your neck.
- DO NOT place this device across your chest.
- DO NOT use this device during pregnancy.
- DO NOT use this device on children.
- DO NOT place this device over the carotid sinus nerves, the front of the neck, or around the mouth.
- DO NOT open unit. Opening will void warranty.
- DO NOT use this device over, or in proximity to, cancerous lesions.
- DO NOT place device over open wounds, sores, or rashes, or over swollen, red, infected, or inflamed areas or skin eruptions (e.g., phlebitis, thrombosis, varicose veins).
- DO NOT use this device when in bath or shower.
- DO NOT use this device while sleeping.
- DO NOT use this device while driving or operating machinery.
- DO NOT use this device in the presence of electromagnetic fields.
- DO NOT use this device if unit has been damaged.
- DO NOT use on children or pets.
- DO NOT use in an area where water or moisture can get on the unit, such as a bathroom or other places with high humidity.

PRECAUTIONS

- The long-term effects of electrical stimulation are unknown.
- Since the effects of stimulation of the brain are unknown, stimulation should not be applied across your head.
- The safety of electrical stimulation during pregnancy has not been established.
- Use caution if you have a tendency to bleed internally, such as following an injury or fracture.
- You may experience skin irritation or hypersensitivity.
- If you have suspected or diagnosed heart disease, you should follow precautions recommended by your physician.
- Keep this device out of the reach of children.
- If you have suspected or diagnosed epilepsy, you should follow precautions recommended by your physician.
- Consult with your physician prior to using the device after a recent surgical procedure, because stimulation may disrupt the healing process.
- Use caution if stimulation is applied over the menstruating or pregnant uterus.
- Use caution if stimulation is applied over areas of skin that lack normal sensation.
- Use this device only with the electrodes and accessories recommended by the manufacturer.
- Avoid placing the pads over metal implants.

ADVERSE EFFECTS

- Skin irritation and burns beneath the stimulation electrodes applied to your skin can occur.
- 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.

You should stop using the device and consult with your physician if you experience adverse reactions from the device.

SPECIFICATIONS

Power Supply:	DC 3.7v
Output Voltages:	55 V at 500 Ω
Pulse Width:	100 μ S
Frequency:	0-200 Hz
Timer:	20 min
Intensity:	15 Levels
Modes:	5 Pulse Modes
Operation Condition:	-10~40 °C, 30%~85% Humidity
Storage Condition:	-10~50 °C, 10%~95% Humidity
Transportation Condition:	-10~50 °C, 35%~85% Humidity

INTRODUCTION

The Sharper Image SixPack™ Abs delivers electrical pulses through the included electrodes. Each features multiple modes of different pulse frequencies, providing Electrical Muscle Stimulation (EMS), as well as Transcutaneous Electrical Nerve Stimulation (TENS). There are 5 pulse modes, each with 15 intensity levels. Each unit includes conductive gel pads and one USB charging cable.

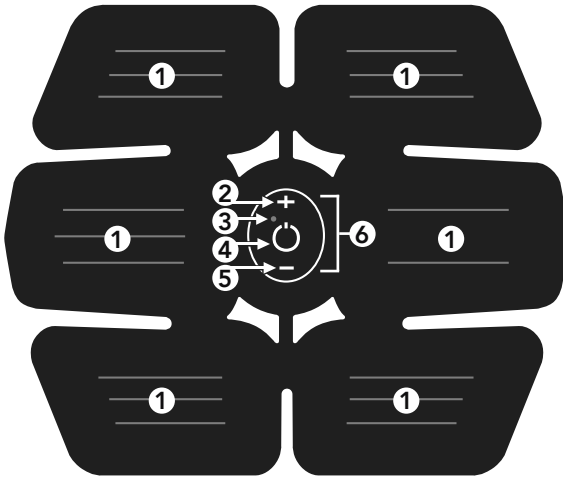
Indications for Use

Use SixPack™ Abs to stimulate healthy abdominal muscles in order to improve and facilitate muscle performance. It is also intended for temporary relief of pain associated with sore and aching abdominal muscles from exercise or normal work activities.

UNIT DIAGRAM

1. **Electrodes** (on back of unit)
2. **+ button** (increase intensity, change pulse mode)
3. **LED light**
4. **Power button**
5. **- button** (decrease intensity)
6. **Control panel**

SixPack™ Abs



USING THE SIXPACK™

1. With the SixPack™ Abs turned off, remove the backing from a single gel pad and align the gel pad with the SixPack™ Abs electrode. Place the gel pad onto the electrode, making sure to completely cover the electrode. Repeat for each of the electrodes.
2. Remove the second backing from each of the gel pads.
3. After making sure your skin is clean and dry, place the SixPack™ Abs onto the muscle group you wish to target. If using the SixPack™ Abs, the control panel should be located over the belly button.
4. Turn the electrodes on by pressing the power button. The LED light will blink and the unit will beep. The intensity will be on the lowest setting.
5. Press the + or - buttons to adjust intensity. The LED light will blink and a beep will sound to indicate a successful level change. There are 15 intensity levels.

Use for 20 minutes at a time, 1-2 times per day per area.

6. When the session is complete, power off the unit by pressing the power button and place it onto the mounting sheet.
7. To charge the unit, connect the USB cable to the device and plug into a USB wall adapter for 20 minutes.
8. Best results are achieved with a combination of diet and exercise.

PULSE MODES

The device has multiple modes, covering EMS, as well as TENS. If you are using the device for the first time, it is recommended that you start with the default **Mode 1** for improving muscle performance. After the muscle training, you may feel sore and aching muscles due to strain from exercise. We recommend you follow up with one of the TENS modes, as they are good for the relief of such pain. Please see the EMS and TENS modes in the following table.

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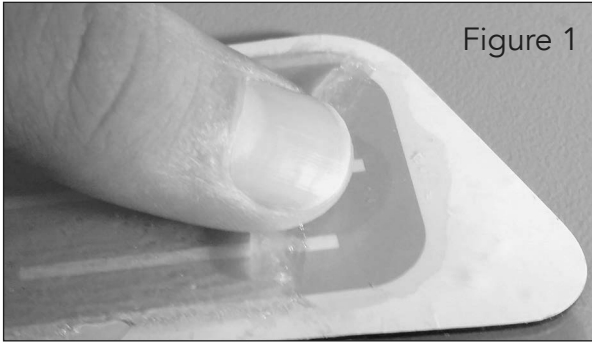
PULSE MODES (continued)

Hold down the + button for 3 seconds to change the mode. Successful mode change will be indicated by the LED light flashing twice and two audible beeps.

1. **Mode 1 (EMS):** Stimulation of healthy muscles in order to improve and facilitate muscle performance
2. **Mode 2 (TENS):** Relief of pain associated with sore and aching muscles due to strain from exercise or work activities
3. **Mode 3 (EMS):** Visible muscle contraction seen for improving muscle performance
4. **Mode 4 (TENS):** Deeper relief of pain associated with sore and aching muscles due to strain from exercise or work activities
5. **Mode 5 (EMS and TENS):** Combination of the benefit from both EMS and TENS

GEL PAD MAINTENANCE

- Before applying the unit to the skin, make sure to clean the desired area beforehand. To clean skin, simply wet a towel or napkin with rubbing alcohol and gently wipe the area.
- It is recommended to remove excess hair from the desired workout area in order to maximize product lifespan.
- Do not apply lotions or oils before using the device as this will prevent the gel pad from sticking to the skin.
- When done with your workout session, make sure to place the unit onto the protective plastic sheet.
- Only use the provided plastic sheet for storing the product and gel pads. This plastic sheet is designed to maximize the lifespan of the gel pads.
- The lifespan of the gel pads will vary depending on the use frequency and care taken. Keeping gel pads clean and stored properly on the provided plastic sheet will extend their lifespan. Replace the gel pads when they lose their adhesiveness.



- To remove gel pads from electrodes, gently roll the edge of the gel pad back with your thumb. When rolled back correctly, the gel pad will roll off in one single piece as seen in Figure 1.

TROUBLESHOOTING

- **Stimulation is weak or non-existent**

Be sure skin is clean and pads are firmly attached.

- **Device does not turn on**

Recharge for 20 minutes.

- **Gel pads are not sticky**

The gel pads will lose adhesiveness over the course of use. Please visit SharperImage.com for replacements.

Sharper Image branded items purchased from SharperImage.com include a 1-year limited replacement warranty. For Customer Service, please call 1 (877) 210-3449.

DO NOT DISPOSE OF BATTERIES IN FIRE. ALWAYS DISPOSE OF BATTERIES PER LOCAL & FEDERAL GUIDELINES.

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Read Instructions
Before Operating



MADE IN
CHINA

