

AB ENERGIZER
Public Relations

Contact: Karen Hutchens

NCG **PORTER**
NOVELLI

www.ncgpn.com

What Experts Say
 Recommended by Sports
 Orthopedic Medical Surgeon



"I use the AB Energizer on my abdominal and back muscles. It creates muscle fatigue similar to other ab exercisers without the work, time and sweat. I recommend this product to my patients because it's safe, comfortable, simple and effective."

- Dr. Michael J Skyhar,
 Sports Orthopedic Medical Surgeon

Research

A study involving 114 women ages 18-48 confirmed that electronic stimulation **INCREASES**

STRENGTH.

Medical journal article
 June 9 1996



Even the mildest contraction, lasting only **THREE TENTHS** of a **SECOND**, will register some increase in blood flow.

Research study by medical surgeon

On the average, control group strength increased by 2%, isometric group 18%, and the group using **ELECTRONIC STIMULATION INCREASED STRENGTH BY 22%** over a 5 week period based on 10-15 minutes a day.

The Most Complete AB System on the Market To

PUSH A BUTTON AND GET MULTIPLE AB CONTRACTIONS IN MINUTES

- INCLUDES** **2 Unique Electronic Exercising Units**
- INCLUDES** **Specially Formulated AB Energizer Conductivity Gel**
- INCLUDES** **Carrying Bag**
- INCLUDES** **Instructional Video**
- INCLUDES** **2 Lithium Batteries**
- INCLUDES** **AB Energizer™ Belt**

AB ENERGIZER \$59.95

\$150 VALUE
Yours For \$59.95
Includes 5 AB Items



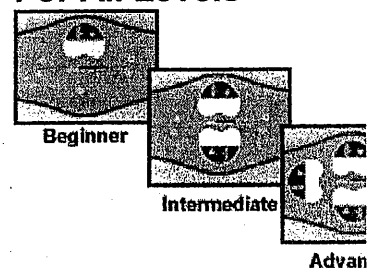
Easy To Use

Simply wrap the AB Energizer belt around your body and with the press of a button you're exercising.

Each electronic exerciser offers 10 levels of intensity and exercise in 2 different program modes.

- PROGRAM 1 - Body Toning**
- PROGRAM 2 - Body Sculpting**

For All Levels



The First Multi-Electronic Exercise

CLICK HERE TO ORDER NOW

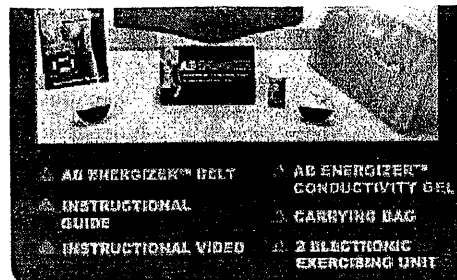


Exhibit 5b 87

Research study published April 1983



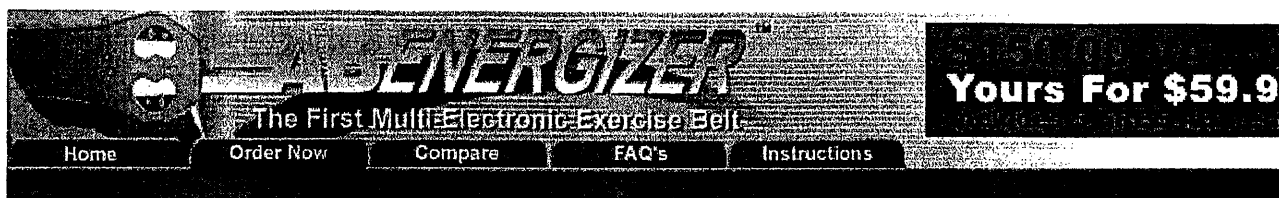
BUILD AS MUCH MUSCLE POWER by applying stimulating current as you can by normal exercise.
Research study by
Canadian medical doctor



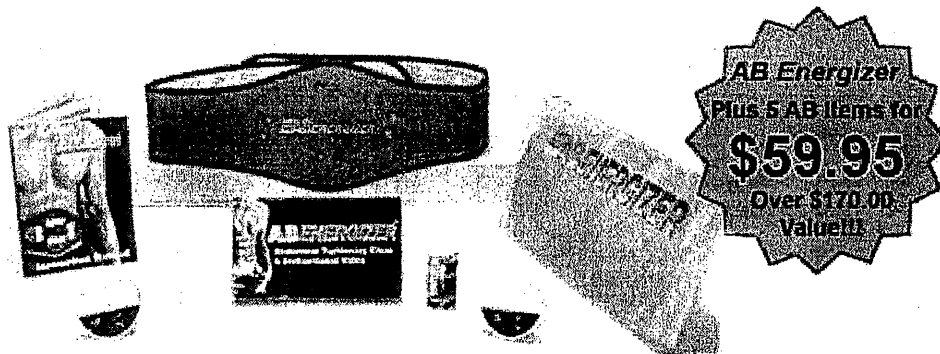
* These Statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease

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Order Your AB Energizer™ System Today!!!



AB Energizer™ System

	Product Name	Value	You Pay	S & H	Total	You Save
<input type="checkbox"/> >	Premium Silver Club Membership Includes a 6-month supply of: -AB Energizer™ Tightening Gel -Lithium Batteries (15 batteries) Plus: FREE AB Energizer replacement belt	\$372.00	\$59.70 \$39.80	\$ 15.95	\$55.70	\$332.20
<input type="checkbox"/> >	Silver Club Membership Includes a 4-month supply of: -AB Energizer™ Tightening Gel -Lithium Batteries (10 batteries) Plus: FREE AB Energizer replacement belt	\$267.00	\$39.80	\$ 7.95	\$47.75	\$227.20
<input type="checkbox"/> >	1 AB Energizer™ System Includes: AB Energizer™ Belt, 2 AB Energizer™ Electronic Exercising Units, AB Energizer™ Gel	\$170.00	\$59.95	\$ 12.95	\$72.90	\$110.05
<input type="checkbox"/> >	2 AB Energizer™ Systems Buy a 2nd System and take an additional \$10 off - You save \$230!!	\$340.00	\$109.90	\$ 25.90	\$135.80	\$230.10

	AB Energizer™ Electronic Exerciser Unit	Value	You Pay	S & H	Total	You Save
<input type="checkbox"/> >	1 Exerciser Unit	\$29.95	\$19.95	\$ 7.95	\$27.90	--
<input type="checkbox"/> >	2 Exerciser Units Buy 2 and Save \$30.00 and We Pay Additional Shipping & Handling.	\$59.90	\$29.90	\$ 7.95	\$37.85	\$30.00

	AB Energizer™ Conductivity Gel	Value	You Pay	S & H	Total	You Save
<input type="checkbox"/> >	1 Bottle	\$19.95	\$ 9.95	\$ 7.95	\$17.90	\$10.00
<input type="checkbox"/> >	2 Bottles Buy 2 and Save \$24.95 and We Pay Additional Shipping & Handling.	\$39.90	\$14.95	\$ 7.95	\$22.90	\$24.95

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Batteries	Value	You Pay	S & H	Total	You Save
<input type="checkbox"/> > 6 Batteries	\$ 9.95	\$ 9.95	\$ 7.95	\$17.90	-- --
<input type="checkbox"/> > 12 Batteries	\$19.90	\$13.45	\$ 7.95	\$21.40	\$ 6.45

Buy 12 and Save \$ 6.45 and We Pay Additional Shipping & Handling.

California residents: Sales tax (8.00%) will be added to your order.
All orders will be delivered in approximately 4-8 weeks.

Email Address

Please enter your email address.

Credit Card Payment

Visa
 Mastercard
 American Express
 Discover

Card Number

Expiration month

Expiration year

Billing Address

Please specify your billing address. Type "NA" if you do not have a State or Province.

Name:

Address:

City:

State:

Zip:

Country:

Phone:

Shipping Address

Name:

Address:

City:

State:


Zip:

Country:

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Customer Comments

How did you hear about us?

Select 

Please enter any special instructions that pertain to your order. Up to 255 characters.

Order

Questions?

Please feel free to contact us at talktous@abenergizer.com

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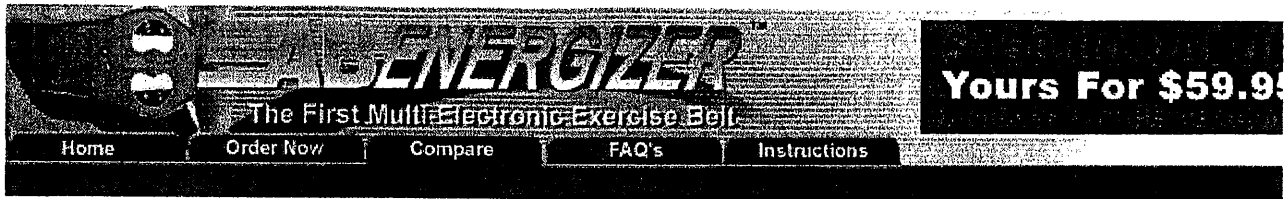
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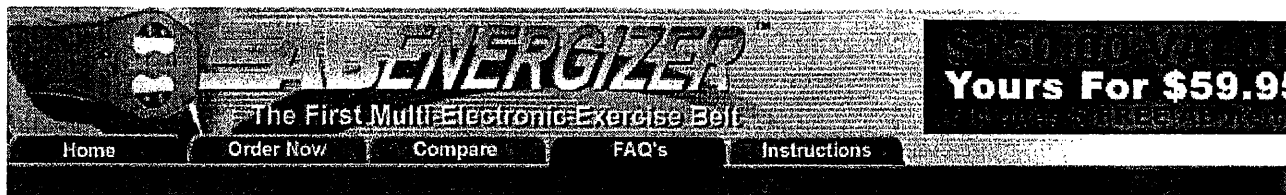


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AB ENERGIZER™

Frequently Asked Questions

How does the AB Energizer™ work?

AB Energizer uses electrical muscle stimulation (EMS) to cause muscles to exercise without the sweat, time and effort of other workouts.

What is EMS?

Electrical muscle stimulation, or EMS, is the use of low-voltage electrical currents to stimulate muscles to contract and relax. Medical professionals have used EMS systems for more than 20 years to treat injuries and increase muscle mass.

Is it safe?

The AB Energizer™ is a safe, effective way to stimulate, tighten and tone muscles. The concept of EMS is not new. Medical professionals have used a stronger version for many years. And since 1972, the Olympic Medical Advisory Committee has allowed the use of EMS systems by athletes to increase muscle tone.

Does using the AB Energizer™ for 10 minutes really equal 600 sit-ups?

Bodybuilders and professional athletes who rely on their muscles for their livelihoods use the AB Energizer™ as part of their workout programs. Proper use of the AB Energizer™ for 10 to 15 minutes will stimulate muscles to exercise, and intensity can equal the workout of doing up to 600 muscle contractions.

How long will it take to see results?

Visual results will vary, as will the length of time it takes to see a difference. Results depend on your current fitness level and your commitment to use the AB Energizer. You should begin to feel a difference in a matter of days and should see a difference in 4-6 weeks.

How do I know when to increase the intensity level?

You should use the intensity level that feels most comfortable. You should not feel any discomfort. As you become accustomed to the sensation and your abs begin to tighten you can increase the levels gradually, but be sure you are always consistent with your comfort.

How long will the batteries last?

Batteries should last 2-3 months, depending on use.

How do I know if I'm using the right intensity level?

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The appropriate level is the highest level that still feels comfortable. If you experience any discomfort, adjust the intensity to a level that is comfortable.

The instructions say to put the gel on the color patches, but I don't see any color patches. Am I missing something?


Gel should be placed on the conductive patches on the underside of the belt (some are colored silver and newer models are colored black) as well as your abdominal muscles.

Will AB Energizer™ help me lose weight?

The AB Energizer™ is designed to stimulate, tighten and tone the muscles. It does not burn calories. The AB Energizer™ may be used as part of a comprehensive program that includes exercise and a healthy diet. Included in your AB Energizer™ box is a weight loss guide for people who would like to use the AB Energizer™ as part of a weight-loss program.

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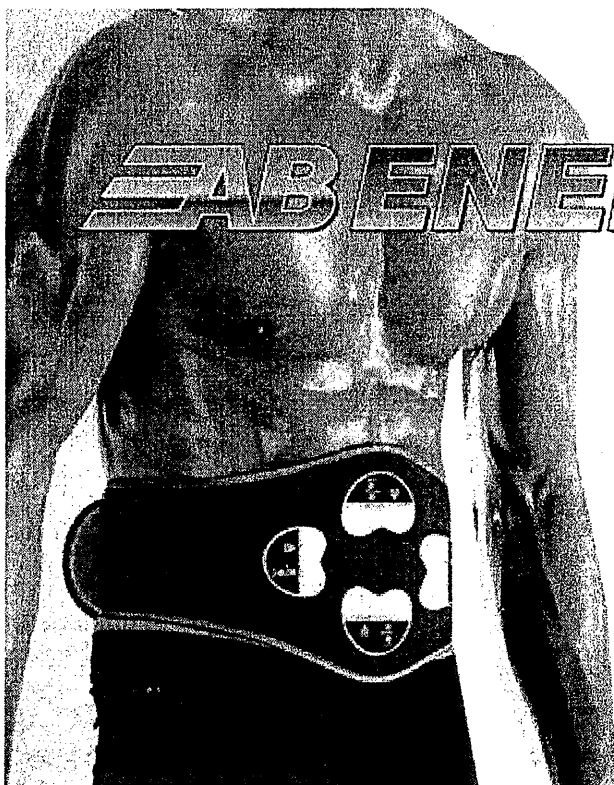
The First Multi-Electronic Exercise Belt

Yours For \$59.95

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Using Your AB Energizer™ | Maintenance of the AB Energizer™ | Important Guidelines

ARE YOU TIRED OF ALL THOSE AB PRODUCTS THAT FORCE YOU ONTO THE FLOOR?



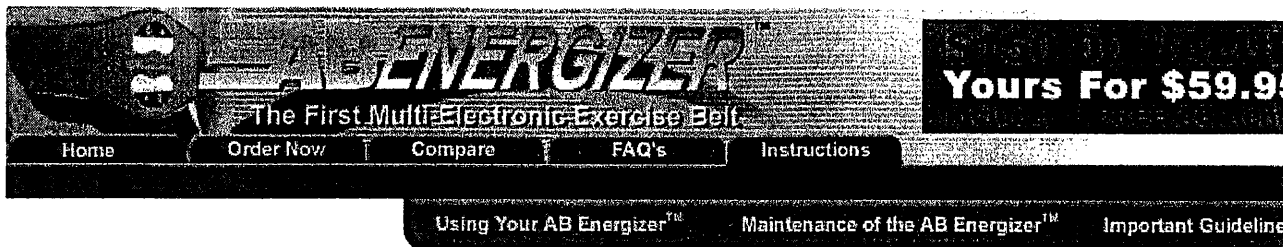
Here is the easiest way to get your body in the shape you want. Introducing the amazing AB Energizer™. AB Energizer™ tones and tightens your upper, middle and lower ABs and love handles - all with no sweat. The rest of the System (the AB Energizer™ Weight Guide and Menu Plan) will help you achieve your weight loss goals!

AB Energizer™ is the simplest, easiest, and most comfortable toning unit ever. With the AB Energizer™, your muscles are moving, but you are not. AB Energizer™ lets you tone your muscles while watching TV, shopping, working or walking...anyplace and anytime. It's also a great method of targeting your waist and thighs.

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USING YOUR AB ENERGIZER™

Controls

Operation and Use

Belt placement

THE COMPLETE AB ENERGIZER™ SYSTEM INCLUDES:



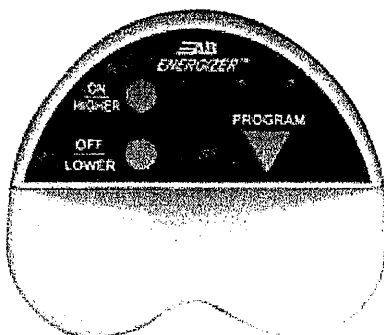
- 2 - Powerful AB Energizer™ Electro Muscle Toning Units
- 1 - AB Energizer™ Belt
- 1 - AB Energizer™ Instruction Manual and Weight Loss Guide
- 2 - Batteries
- 1 - Bottle of AB Energizer™ Gel; and
- 1 - AB Energizer™ Carrying Bag

The AB Energizer™ has ten (10) intensity levels and two (2) different exercise programs to choose from.

Summary of Benefits: AB Energizer™ will help you tone muscles and give you a more healthy and youthful appearance. It is completely portable, lightweight and compact, and can be carried wherever your business or travels may take you. For the price of a few months' membership at the gym, you can have the flexibility, portability and convenience of an AB Energizer™ Electronic Muscle Toner available to you 24 hours a day!

IMPORTANT: ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING ANY NEW EXERCISE PROGRAM

CONTROLS



LED light 2: Right

LED light 1: Left

ON/HIGHER BUTTON:

Turns unit on and increases intensity.

OFF/LOWER BUTTON: Turns unit off and decreases intensity.

PROGRAM BUTTON: Selects one of two available toning programs.

BATTERY COMPARTMENT: Cover slides down to open.

The AB Energizer™ is very easy to use.

There are only three controls on the unit and the programs will run automatically. A self-timer switches the unit off about 10 minutes after the unit is turned on. Please restart the electronic exerciser units after they automatically turn off, if you want to exercise for more than 10 minutes.

1. ON/HIGHER: Press once to turn the electronic muscle toner unit on, then press again to increase the intensity. The intensity increases one level each time the button is pressed. The higher the intensity, the larger the contraction of the muscle. Levels 1 and 2 are very mild, and some people may not feel pulses until level 3.

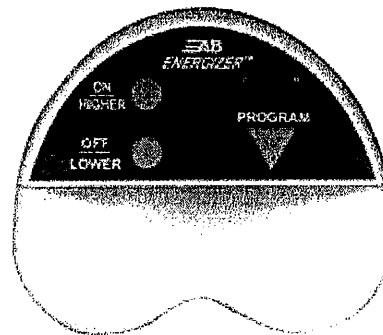
Exhibit 5b 97

Remember: When you push the ON/HIGHER button only once, you switch the unit on. No output will be generate the LED will light up continuously. It will not be flashing. Use this setting to select one of the two exercise program the "PROGRAM" button.

2. OFF/LOWER: The intensity decreases one level each time the button is pressed. This button also turns the un

3. PROGRAM: This button is used to select of the 2 preprogrammed toning programs. The setting is indicated by color and location of the two LED lights on the unit. The AB Energizer™ has the following 2 programs:

Program Name	LED 1 (Left)	LED 2 (Right)
1) Beginner	Red	Off
2) Intermediate/Advanced	Red	Red



Programs 1 and 2, each with ten (10) intensity levels, offer a broad variation of different elements for a flexible toning program. The length and pulse changes are used for toning and massage. We recommend program 2 only after have used the AB Energizer™ in program 1 regularly for at least 1 week. As a beginner, you should always use the stimulation intensity that feels most comfortable to you, usually levels 1-4 of program 1 (depending on your fitness and the intensity level which is comfortable for you).

Note: Levels 1 and 2 are very mild; increase to 3 or 4 if you do not feel pulses.

Note: The AB Energizer™ electronic exerciser units attach to the belt with two snaps. You can detach the units from the belt if you want to clean the belt or reposition the units. To reattach the unit, just snap it on. The polarity of the contacts does not matter. You can even snap the unit on upside down, which makes it easier to read the dials when you are wearing your AB Energizer™ belt.

Bac

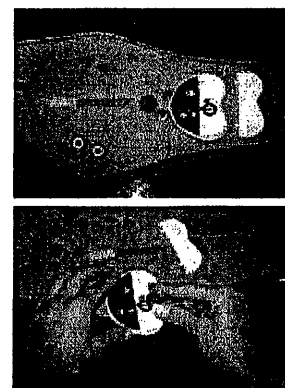
OPERATION AND USE

Remember, you will begin to notice results very quickly. However, optimum visual appearance will take 2 to 3 months of continuous use of the AB Energizer™ System.

We have included 2 lithium batteries (Type CR 2032, 3V) for your convenience.

1. Open the battery door by sliding it gently downward.

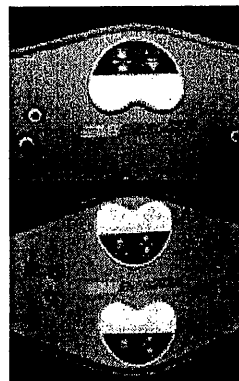
2. Insert 1 battery into the battery compartment. The positive "+" pole of the battery must be facing up. You can read the "+" symbol on the battery. (DO NOT TOUCH THE POLARITIES OF THE BATTERY DIRECTLY - HOLD IT BY THE EDGES)



3. Close the battery door.



4. Make sure the AB Energizer™ electronic muscle toner is switched "OFF" (the LED light is not on). If you have switched "on" the unit accidentally, switch it "OFF" by pushing the "OFF/LOWER" so that the LED light is off.

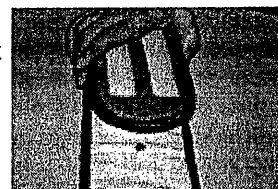


5. Attach two (2) electronic muscle toner units to the neoprene belt as shown in the pictures on the right.

6. Apply our specially formulated AB Energizer™ Gel sparingly on four (4) of the pads for Dual Stimulation (either on the two (2) upper and two (2) lower colored pads for ABs or on the two (2) right and the two (2) left colored pads for obliques). For Quad Stimulation, place gel on all eight (8) colored pads. Also apply the gel to your skin in the area being toned and massaged.

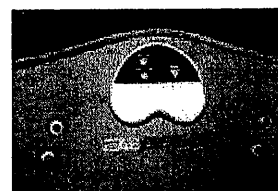


7. The AB Energizer™ belt will fit most waistlines, from small to large. On one end of the belt, there are three (3) snaps that allow you to adjust the belt for smaller sizes. Wrap the AB Energizer™ belt around your waist to determine the proper length for you, then remove the belt and determine which of the 3 snaps to use based upon your measurement. Attach the end of the belt to the corresponding snap on the belt.
Note: Not all persons will be required to use the snaps - it is important to measure before you proceed!



8. Now position the belt directly over the area of your body (abdominal, oblique, buttocks, or thighs) where you applied the gel. Tighten the belt by attaching the velcro ends of the belt together. Note: the belt must be in firm contact with your skin to work properly.

9. Switch the electronic muscle toner units on by pushing the "ON/HIGHER" button on each unit only once; no output will be generated and the LED will light up continuously, without any flashing. This setting is used to select one of the two exercise programs. When the unit is first turned on, it is already in program 1. Press the program button once if you wish to select program 2.



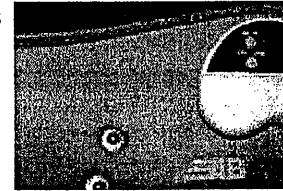
10. The LED light starts flashing when the unit is on. Push the "ON/HIGHER" button again to begin the electrical stimulation. You will instantly feel a slight tingling sensation. As soon as the ON button is



pushed, your electronic exerciser will automatically be set on LEVEL 1 intensity and will remain in PROGRAM 1. We recommend that you start with your ABs, and begin at program 1 and at a low to medium intensity level. By pressing the PROGRAM button you can adjust between Program 1 or Program 2.



11. Adjust the intensity level by pressing the "HIGHER/LOWER" buttons on the front of the electronic muscle toner units to a comfortable level. You will notice a tingling sensation prior to the muscle contracting. Adjust the intensity according to your comfort level. You should feel a strong but comfortable contraction of the muscles. The AB Energizer™ has 10 intensity levels. Every time you push the "ON/HIGHER" button, you will increase the intensity by one level. Pushing the "OFF/LOWER" button will decrease the intensity by one level.



12. Once you have determined the most comfortable intensity level for you, allow the belt to remain "ON" and in the same position for ten (10) minutes.
Note: Increase the intensity level progressively; if an intensity level feels uncomfortable to you, return to the lower level.

13. To switch the unit off, press the "OFF/LOWER" button until the LED lights go off. The unit will automatically turn off after 10 minutes, or 20 seconds after the belt has lost contact with your skin.
Note: You will be able to see your muscles contracting and releasing without any effort on your part.

Back

AUTO FUNCTIONS

When the conductive area of the belt (colored area on the backside of the belt) does not touch the skin, the intensity can only be set to level 1. If the belt is removed during use, the intensity level is automatically reset to level 1. If the belt is not placed back into contact with the skin, the unit will turn off after 20 seconds. The unit also has an auto-timer that will automatically shut off after 10 minutes of exercise. If you change the exercise program within that time, the timer will count down from the original beginning time without regard to the change in program. The electronic exercise must be restarted after 10 minutes for exercise sessions lasting longer than 10 minutes.

WHAT TO DO IF YOU DO NOT FEEL THE CONTRACTION

If you do not feel your muscles contracting, move the belt slowly around the area you want to tone. Make sure you have enough AB Energizer™ Gel placed on the inside of the neoprene belt. Gradually increase the "PULSE INTENSITY" by pushing the "ON/HIGHER" button. The AB Energizer™ is a great way to tone your muscles. It may take a few months of practice to locate the belt correctly and to select the best intensity level that provides the best results for you.

Note: You may feel an uncomfortable tingling if there is not enough gel on the belt and your skin, if the belt is not fitted, or if it is worn and has lost conductivity.

TONING GUIDANCE

You should give your muscles time to adjust to the toning program during the first week of using the AB Energizer™. Use the unit only once or twice (with a minimum of 4 hours resting time in between) per day, for a maximum of 10 minutes per muscle group. We also recommend you only use program 1 for the first week. After that, you can use AB Energizer™ for a maximum of 30 minutes per muscle group (three consecutive 10 minute sessions) - 3 times per day - with at least 4 hours resting time between the sessions. Of course, you should adjust your routine to your personal fitness level and you should always feel comfortable.

IMPORTANT NOTE: If no gel is applied to the belt and skin, or the belt is not placed tightly against the skin, an uncomfortable tingling sensation may occur. This could also happen if the body has built up excessive oils on the skin. Before use, ensure that the contact pads are thoroughly covered with gel. The neoprene belt should be cleaned regularly with warm water to avoid the buildup of body oils (See Maintenance of the AB Energizer™ for washing instructions).

bac

BELT PLACEMENT

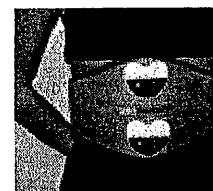
BELT PLACEMENT FOR EACH RECOMMENDED EXERCISE:

The following diagrams are provided as a starting recommendation only. The AB Energizer™ is a toning tool and should be adapted to suit each individual. Its intended use is for muscle toning. The diagrams shown represent the starting position. If the contractions are not effective, adjust the position of the belt on your body over the area that provide comfortable muscle contraction. Do not place the belt over the heart (read more important guidelines); belt placement should only be used over the muscle groups recommended and described in this booklet. The following diagrams illustrate proper belt placement.

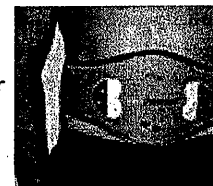
VERY IMPORTANT: You MUST apply a conductive medium (gel) sparingly to each colored contact area inside the neoprene belt and on the corresponding area of your skin before stimulating that muscle group. The belt must also make contact with your skin. It will not work through clothing or an excessive amount of conducting medium (gel).

**DUAL (2) ELECTRONIC MUSCLE TONER BELT PLACEMENT
MUSCLE CONDITIONING: BEGINNER & INTERMEDIATE.**

Upper, Middle, & Lower Abdominal Muscles - Place one AB Energizer™ electronic muscle toner unit each on the top and bottom snaps at the center of the AB Energizer™ belt.



Side Abdominal Muscles (Love Handles) - Place one AB Energizer™ electronic muscle toner unit on the right and left snaps at each side of the AB Energizer™ belt.

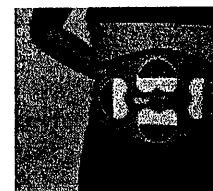


**QUAD (4) ELECTRONIC MUSCLE TONER BELT PLACEMENT:
MUSCLE CONDITIONING: ADVANCED**

Belt placement same as Dual Stimulator:

NOTE: THIS REQUIRES THE PURCHASE OF TWO ADDITIONAL AB ENERGIZER™ ELECTRONIC TONER UNITS. You can order additional units from the orders page

Upper, Middle, & Lower Abdominal Muscles (4-units) - Place one AB Energizer™ electronic muscle toner unit on the top, bottom, right side and left side snaps at the center of the AB Energizer™ belt.



Bac

HOW TO ACHIEVE MAXIMUM RESULTS WITH YOUR AB ENERGIZER™:

With the AB Energizer™, you may be toning some muscles that have not been exercised before or have not been exercised much in some time. The AB Energizer™ works! However, consistency is the key to a firmer and younger looking

So, for the next 30 to 90 days, don't forget to use your AB Energizer™ every day. With most people, noticeable results will occur within 3 to 4 weeks. You will achieve the optimum improvements in approximately 10 to 12 weeks with consistent use. So, keep at it - sit back, relax and let the AB Energizer™ do the work for you. It's easy, fast and effective.

TONING: Toning is the key to looking good. Even if you are, or have been on a strict diet, muscles tend to lose tone. AB Energizer™ may help revitalize those muscles and bring them back to their more youthful looking state simply by placing the system on the area you wish to exercise. Because of AB Energizer's™ portability and ease of use, muscles can be toned while you walk, read, relax, talk on the phone or do simple housework. It's that easy! A half hour of use each day is usually all it takes to help improve your physique, especially problem areas such as the ABs, hips, thighs, lower back and buttocks.

MAINTAIN REGULAR EXERCISE: We recommend regular physical exercise in conjunction with your use of the AB Energizer™. Regular exercise and a healthy diet combined with the patent pending design of the AB Energizer™ help you notice a difference!

MUSCLE TONING POINTS

Dual (2) Electronic Muscle Toners: Two AB Energizer™ Electronic Muscle Toner Units.

A. Abdominal Muscles: Upper, Middle and Lower - Toners all three abdominal muscles. Depending upon your fitness level, you can tone each AB muscle group (upper/middle or lower/middle) individually, or at the same time, by just turning on each unit, one at a time or both at the same time.

B. Oblique: Side Abdominal muscles (Love Handles) - The AB Energizer™ can help with firming love handles.

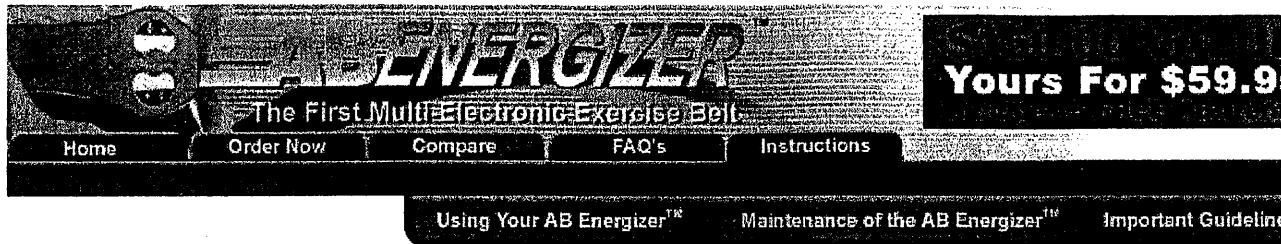
Quad (4) Electronic Muscle Toner: Four AB Energizer™ Electronic Muscle Toner Units.

A. Abdominal Muscles: The AB Energizer™ tones the upper and lower abdominal muscles, right side oblique and left side oblique.

Note: As with any exercise, EMS may cause soreness in muscles. If this occurs, resting the muscle, even for a day or two, should eliminate the soreness. As you become accustomed to the exercise, soreness should no longer occur. Should it reoccur, consult your physician or physical therapist.

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AB ENERGIZER
The First Multi-Electronic Exercise Belt

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Yours For \$59.95

Using Your AB Energizer™ | Maintenance of the AB Energizer™ | Important Guidelines

MAINTENANCE OF THE AB ENERGIZER™

Taking care of your AB Energizer™



AB Energizer™ is made of quality materials. The only maintenance required with the AB Energizer™ is to clean the neoprene belt from time-to-time, gently using a warm, wet, soft, soapy (Woolite) cloth. Wipe off conducting gel with a soft cloth after every use. Like anything else, with use, your belt will show wear with use, and will eventually wear out.

Replace the batteries when needed. Do not rub hard on the conductive colored areas. **DO NOT WASH THE BELT IN THE WASHING MACHINE, SUBMERGE IT IN WATER, OR APPLY FABRIC CONDITIONER.** A

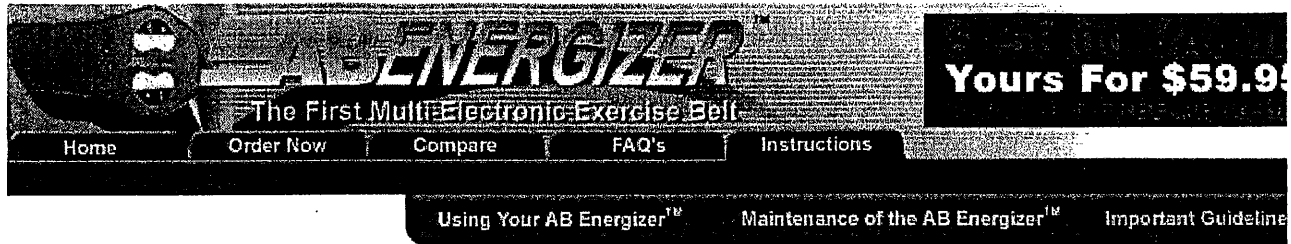


discoloration of the conductive area of the belt however is normal. The neoprene belt will show wear with use; how quickly will depend on the gel you use, your own body fluids, and how often you use the belt. A worn belt can reduce the performance of the unit or cause the electronic exercise unit to feel erratic. AB Energizer™ will gladly replace your belt - no questions asked - You only pay the shipping and handling! It should be noted, however, that this patented belt design lasts much longer than comparable "stick on" gel pads used in other units. The belt lasts just as good as when used with the original AB Energizer™ Gel. You can easily detach the muscle toner units by unsnapping them from the neoprene belt. Just pull the unit off and put it on a new belt. The battery (1 x CR 2032.3V Lithium) lasts for approximately 30 sessions of 2 minutes each. If the output becomes weak or the unit switches off

automatically in less than 10 minutes, it is time to change the battery (even if the LED lights up). If the battery is not going to be used for long periods, please remove it to prevent corrosion.

Note: You MUST use our specially formulated AB Energizer™ Gel with the AB Energizer™ for best results!

If the unit does not switch on, or if you cannot change to different programs, the microprocessor is probably hung. You can perform a simple "RESET". Just remove the battery from the unit and wait for one minute, and re-insert the battery. If that does not work, you can do a full reset to restore the original factory settings. Remove the battery and use a small metal paper clip to short circuit the two battery contacts inside the battery compartment (touch each contact at the same time), then re-insert the battery.



IMPORTANT GUIDELINES - PHYSICAL LIMITATIONS

The AB Energizer™ should not be used by people with cancer or heart problems, or by anyone who has a cardiac pacemaker. The AB Energizer™ is extremely safe and simple to use. However, AB Energizer™ does not take responsibility for any harm caused due to misuse of the product. As a safeguard, we suggest that you seek advice from your doctor before using the machine if you have:

- Recently given birth;
- Epilepsy - unless under medical supervision;
- Multiple Sclerosis;
- Phlebitis in its active phase (inflammation of a vein);
- Tissue inflammation from disease or injury (e.g. nervous tissue disorder);
- Recent scar tissue;
- Varicose veins in its later stages;
- Heavy days of menstruation - do not use the unit on your abs;
- Over protruding moles;
- Imbedded metal in the body, including screws, pins or prosthesis, especially in the hip or thigh;
- Any known allergies to synthetics or aqua-based gel; • Cancerous lesions;
- Recently had major surgery;
- High blood pressure or angina;
- Any central nervous or cerebral disorders; and
- Diabetes - as EMS is a vigorous form of exercise, insulin levels may be affected, so please consult your doctor first.

Note: It is always best to consult your Physician, Physiotherapist, Osteopath or Medical Practitioner before using the AB Energizer™ or any other exercise device. Unsupervised children should not use this machine.

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