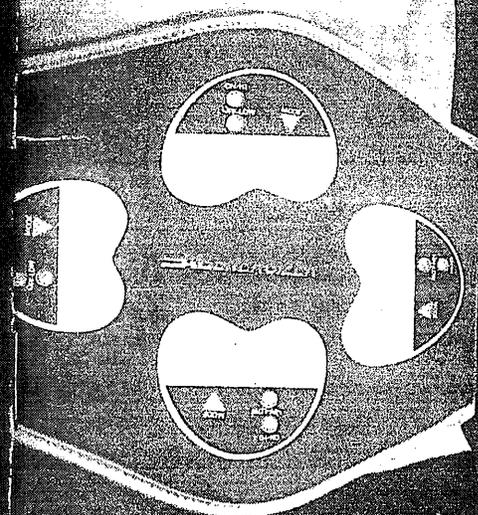


# ABENERGIZER™

The First Multi-Electronic Exercise Belt  
Patent Pending



Instruction Manual and Weight Loss Guide

## IMPORTANT NOTICE:

Your AB Energizer™ System includes supplies of the AB Energizer™ Tightening Gel, AB Energizer™ Dietary Supplement and lithium batteries that will run out in approximately 30 days! Join our exclusive AB Energizer™ Silver Club and SAVE \$\$\$\$ on refills!

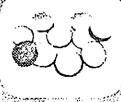
**3-4 Week Delivery ORDER NOW!!!**

**AB ENERGIZER** *Silver Club*

**Join the AB Energizer™ Silver Club  
and SAVE up to \$267.00!**

**YOUR COST IS ONLY \$9.95/Month**  
(Billed in 1 easy payment-no membership fees required)

Silver Club 4 Month Package Includes:

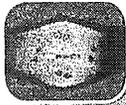
**FREE**  **10 Lithium Batteries** **\$30 Retail Value!**  
(10 Minutes 9 times a day=4 month supply)  
REMEMBER: 1 lithium battery can retail for up to \$3!

**FREE**  **4-Month Supply  
AB Energizer™ Tightening Gel** **\$79 Retail Value!**  
REMEMBER: Retail value of a 30-day supply is up to \$19.95!

**FREE**  **4-Month Supply  
AB Energizer™ Dietary Supplement** **\$119 Retail Value!**  
REMEMBER: Retail value of a 30-day supply is up to \$29.95!

**Total Retail Value \$267.00!!!**  
**YOUR SILVER CLUB PRICE \$9.95 per month!!**

(You pay 4 x \$9.95=\$39.80 for a 4-Month supply!!!!)

 **JOIN Now and Receive an  
AB Energizer™ Belt FREE!!!**   
**a \$39.95 Value**

**Call (866) 517-4ABS (4227) or mail your order form in today!**

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# **ABENERGIZER**™

The First Multi-Electronic Exercise Belt  
Patent Pending

## **Instruction Manual and Weight Loss Guide**

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# AB ENERGIZER™ SYSTEM

*Ten minutes on the AB Energizer™ can equal 600 sit-ups!*

## INTRODUCTION

**CONGRATULATIONS!!** on becoming the proud owner of the most advanced electronic stimulation exercising unit on the market today! **IMPORTANT!!** Please watch the instructional video and read this instruction manual completely before you use the AB Energizer™.

**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™. The AB Energizer™ tones and tightens your upper, middle, and lower AB's, love handles, and much more - all with no sweat! And the rest of the System (the AB Energizer™ Dietary Supplement and this Weight Loss Guide) will help you achieve your weight loss goals!

AB Energizer™ is the simplest, easiest, and most comfortable toning device ever. Say good-bye to strenuous, time-consuming workouts. With the AB Energizer™, your muscles are moving, but you are not. AB Energizer™ lets you work out while watching TV, shopping, working or walking; anyplace and anytime. It's also great to target your buns and thighs.

## **EXERCISE YOUR MUSCLES WHILE YOU RELAX!**

Workouts can continue even when you're dead-tired. Picture this: you're on a business trip, tired from a hard day, or just too busy to go to the gym, the AB Energizer™ can help you have your "work-out" anyhow! The AB Energizer™ is light, compact and easy to store in your suitcase or briefcase so you can have the benefits of "going to the gym" no matter where you are. You can also continue to maintain the benefits you've achieved at the gym without large

"gaps" in the training cycle. Have you ever come home from a rigorous work or travel schedule and just felt pooped? With your AB Energizer™, you can still have your daily workout while you sit and read or watch TV, WITHOUT having to expend any more energy! Sounds great doesn't it? It is.

Used properly, the AB Energizer™ System will produce noticeable results in as little as 3-4 weeks. Like any exercise regimen, the AB Energizer™ Electronic Muscle Exercisers must be used in a consistent program at regular intervals. Hit and miss doesn't work with any exercise technique. But in as little as 3-4 weeks, you should begin to notice a tightening and loss of flabbiness or softness in the muscle groups you have been working. You may notice that your waistline is beginning to decrease in size, or that the muscle groups you have been exercising seem harder and tighter.

AB Energizer™ stimulates, tightens and tones the muscles. This may result in a slimmer appearance, and even cause your friends to think you have lost weight. This is particularly true in stomach areas (men and women), and women's inner and outer thigh muscles. AB Energizer™ does not claim to burn fat away. The body only burns fat when it is in an aerobic state. Your AB Energizer™ Dietary Supplement and this Weight Loss Guide can help you lose excess weight.

As with any exercise, electronic muscle stimulation (EMS) exercise may cause soreness in muscles. If this occurs, resting the muscle, even for up to a day or two, should eliminate the soreness. As you become accustomed to the exercise, soreness should no longer occur. Should it re-occur, consult your physician or physical therapist for advice.

#### WHAT IS EMS?

Electronic muscle stimulation (EMS) is the process of using very weak electrical impulses to cause the muscles to contract and relax. It produces "passive" exercise by sending electrical impulses or

signals directly to the selected muscle or muscle groups to contract and relax them. In "active" exercise, the signals triggering muscle response are sent by the brain. EMS is known by other names; Neuromuscular Stimulation, "NMS", is a term becoming popular in some circles in the United States. Electronic Muscle Exercise, "EME", is a term widely used outside in the United States. Many other terms for EMS are fading from use because of misuse or obsolescence, such as "faradic" and "galvanic." They are still used, but primarily by manufacturers of devices for the European market, and some older models of EMS devices.

Different muscles require varying degrees of EMS to reach full contraction. It is important to understand that the off time, when the muscles "relax" and rest between contractions, is critical. Allowing sufficient time between contractions enables muscles to relax, reducing the possibility of muscle fatigue. After a modest amount of use of EMS, your muscles will adjust to the contractions so that less and less time is necessary for the muscle to relax.

EMS is a revolutionary muscle exercise concept for use in your own home. The AB Energizer™ home EMS system is portable, lightweight, and has a patent pending. It has been scientifically designed to exercise muscles fast, efficiently and effectively through a series of stimulated contraction and relaxation phases. For years, Olympic athletes have used muscle stimulators to build the same rippling muscles that steroids promised. AB Energizer™ EMS is recommended for those involved in bodybuilding, power lifting, martial arts, boxing, or anyone simply wishing to achieve their optimum athletic physique. EMS is used extensively throughout the world. The Olympic Medical Advisory Committee has allowed the use of EMS systems by athletes since the 1972 Olympics. Bodybuilders, professional athletes, physiotherapists, sports doctors, and track and field athletes all use EMS systems to supplement their routines.

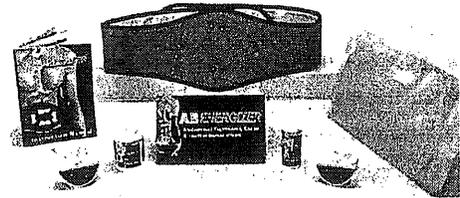
EMS is not a new concept; it has been used for many years. However, modern scientific developments in specialized EMS

medical research centers have produced improved wave forms (the technical shape and cycles of the electrical impulses), increased controls of rise time, duration of contractions, fall time, and rest time, and comfortable tolerance of higher intensity, all by improving the technology. Versatility in the designing of an exercise program to meet individual needs and target specific muscles of each user has also been improved.

### THE AB ENERGIZER™ IS UNIQUE

The AB Energizer™ is not an ordinary muscle stimulator. This advanced system is patent pending and uses paired anatomically positioned electronic exercisers that softly and gently contract and relax your muscles. You can actually see your muscles moving. **DO NOT expect any vibration or sound from the electronic exerciser units when you are using the AB ENERGIZER™.**

The AB Energizer™ is one incredible AB-working machine! It works on all the abdominal muscles, helps firm the waistline, tone the obliques (love handles), and sculpt the buttocks while simultaneously strengthening these core muscle groups. Its patent-pending technology makes the AB Energizer™ revolutionary in the AB market today. The hardest part of exercising is made easy with its unique mechanism.



This is how it works! Just fasten the belt to your waist, thighs or buttocks, and adjust the functionality (program and intensity) of the AB Energizer™ exercising units. The AB Energizer focuses directly on the target muscle group, helping to isolate muscle groups in the abdominal area, thigh and buttocks.

As you know, there are specific muscle groups that are more stubborn than others; abdominal muscles, for example. Imagine trying to flex your stomach muscles hundreds of times in a

10-minute period. That is exactly what the AB Energizer™ EMS exercisers will do. This, combined with your regular workouts, is the fastest way to tone, firm, tighten, and define those abdominal muscles in the comfort of your home or office while reading, watching TV or netsurfing.

### USING YOUR AB ENERGIZER™

#### *THE COMPLETE AB ENERGIZER™ SYSTEM INCLUDES:*

- 2 - Powerful AB Energizer™ Exercising Units;
- 1 - AB Energizer™ Belt;
- 1 - AB Energizer™ Instruction Manual and Weight Loss Guide
- 1 - Bottle of our AB Energizer™ Dietary Supplement
- 2 - Batteries
- 1 - Tube of AB Energizer™ Tightening Gel and
- 1 - AB Energizer™ Carrying Case.

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 strengthen muscles, sculpt your body in a selective manner, and give you a more healthy, youthful and confident appearance. It can also provide relief from minor pain, tiredness, muscle aches and stress. 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 Exerciser available to you 24 hours a day!

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

## HOW DOES THE AB ENERGIZER™ WORK?

The AB Energizer™ System delivers a gentle electronic impulse to your muscles via electrodes within the belt that are generated by the AB Energizer™ electronic exerciser units clipped to the outside of your belt. By placing the AB Energizer™ belt (with its two electronic exerciser units clipped onto it) on a particular muscle, then turning it on and adjusting the stimulation intensity to a comfortable level, your muscles respond to the impulses by contracting and relaxing rhythmically as controlled by you through the program and intensity settings on the units. When a muscle contracts as a result of AB Energizer's™ unique EMS signal, the chemical changes taking place within the muscles are similar to those associated with voluntary contraction that occur in "normal exercising." The chemical reactions result from muscle contractions and utilize glycogen, fat and other nutrients stored in the muscle. These resulting series of muscle contractions and relaxations enable an individual to build tone, and strengthen muscles, and to combat flabbiness and improve contour. Just strap it on while you're resting, reading, netsurfing or watching TV and watch your body transform right before your eyes.

### CONTROLS

LED light 2, Right

LED light 1, Left

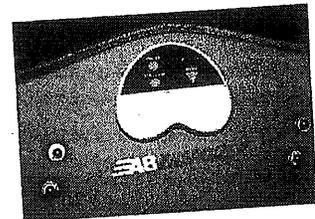
ON/HIGHER BUTTON:

Turns unit on and increases intensity.

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

PROGRAM BUTTON: Selects one of two available exercise 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

and 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.

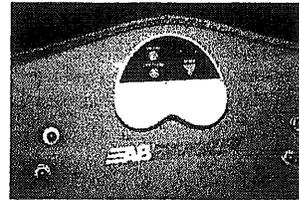
1. **ON/HIGHER:** Press once to turn the electronic exerciser unit on, then press again to increase the intensity. The intensity increases one level each time the button is pressed. The higher the intensity, the larger the contraction of the muscle. Levels 1 and 2 are very mild, some people may not feel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

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

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

3. **PROGRAM:** This button is used to select of the 2 pre-programmed exercise programs. The setting is indicated by the 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 training program. The length and pulse changes are used for endurance toning and massage. We recommend program 2 only after you have used the AB Energizer™ in program 1 regularly for at least 1 week. As a begin-

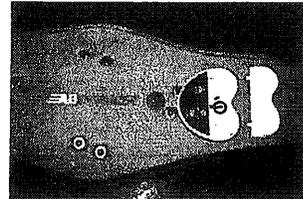
ner, you should always use the stimulation intensity that feels most comfortable to you, usually levels 1-4 of program 1 (depending on your fitness level and the intensity level which is comfortable for you). Note: Levels 1 and 2 are very mild; increase to 3 or 4 if you do not feel pulses.

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 two 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.

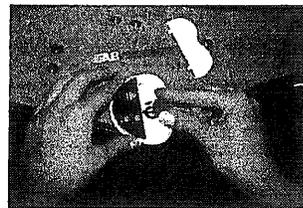
### OPERATION AND USE

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.

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

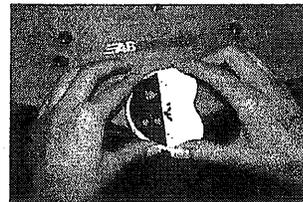


2. Insert 1 lithium battery into the battery compartment. The positive "+" pole of the battery must be facing up. You can read the "+" symbol on the battery.



(DO NOT TOUCH THE POLARITIES OF THE BATTERY DIRECTLY - HOLD IT BY THE EDGES)

3. Close the battery door.

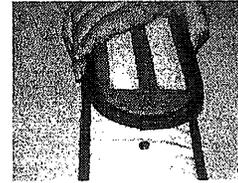
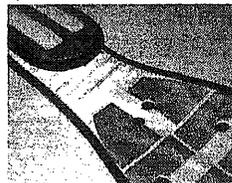
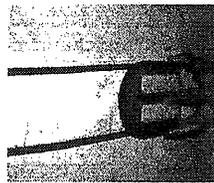
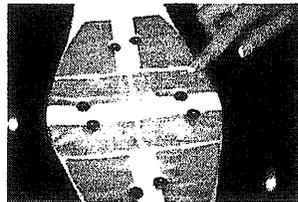


4. Make sure the AB Energizer™ electronic exerciser is switched "OFF" = the LED light is not on. If you have switched on the unit accidentally, switch it "OFF" by pushing the "OFF/LOWER" so that the LED light is off.

5. Attach two (2) electronic exercise units to the neoprene belt as shown in the pictures on the next page. (Refer also to **Belt Placement**)

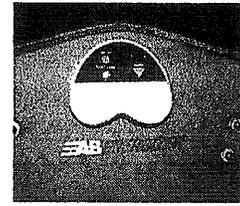
6. Apply our specially formulated AB Energizer™ Tightening Gel sparingly on four (4) of the colored pads for Dual Stimulation (either on the two (2) upper and two (2) lower colored pads for AB's or on the two (2) right and the two (2) left colored pads for obliques). For Quad Stimulation, place gel on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

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!**



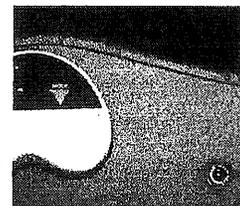
8. Now position the belt directly over the area of your body (Abdominal, Oblique, Buttocks, or Thighs) where you applied the gel. Tighten the belt by attaching the velcro ends of the belt together. Note: the belt must be in firm contact with your skin to work properly.

9. Switch the electronic exerciser 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



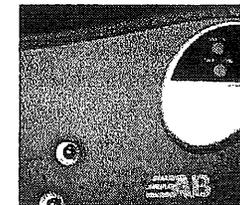
programs. When the unit is first turned on, it is already in program 1. Press the program button once if you wish to select program 2.

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 AB's, 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 exercise 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 increase the intensity by one level. Pushing the OFF/LOWER button decreases 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.*

#### *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. It 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 exerciser units 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 work. Make sure you have enough AB Energizer™ Tightening 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 exercise your muscles. It may take a few moments 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 tightly fitted, or if it is worn and has lost conductivity.*

### *EXERCISE GUIDANCE*

You should give your muscles time to adjust to the new workout 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 (workout mode) for the first week. After that, you can use the AB Energizer™ for a maximum of 30 minutes per muscle group (three (3) consecutive 10 minute sessions) - 3 times a day - with at least 4 hours resting time between the sessions. Of course, you should adjust your exercise routine to your personal fitness level and you should always feel comfortable.

### *IMPORTANT NOTE*

If no gel, or not enough conductive 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.

The AB Energizer™ System comes with two (2) electronic exerciser units, two (2) batteries, one (1) bottle of AB Energizer™ Tightening Gel, and one (1) bottle of AB Energizer™ Dietary Supplement tablets specifically designed to help enhance the effects of your workout. **CALL NOW** to increase your supply of AB Energizer™ Tightening Gel and AB Energizer™ Dietary Supplement to the advanced level. **ORDER NOW** and save with our *club package*, so you don't run out. *Don't postpone your new look any longer!*

## **BELT PLACEMENT FOR EACH RECOMMENDED EXERCISE:**

The following diagrams are provided as a starting recommendation only. The AB Energizer™ is a training and toning tool and can be adapted to suit each individual. Its intended use is for general physical conditioning. 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 provides a comfortable muscle contraction. Do not place the belt over the heart; belt placement should only be used over the muscle groups recommended and described in this booklet. The following diagrams will illustrate proper belt placement.

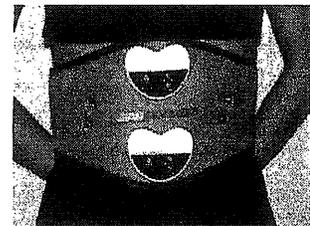
**VERY IMPORTANT:** You **MUST** apply a conductive medium (gel) sparingly to each colored contact area inside the neoprene belt and on the corresponding area of your skin before stimulating that muscle group. The belt must also make contact with your skin. It will not work through clothing or an excessive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

### *BELT PLACEMENT*

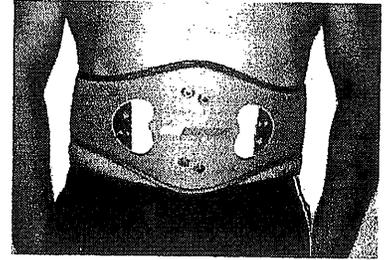
#### **DUAL [TWO (2)] ELECTRONIC EXERCISER BELT PLACEMENT**

*MUSCLE CONDITIONING: BEGINNER & INTERMEDIATE.*

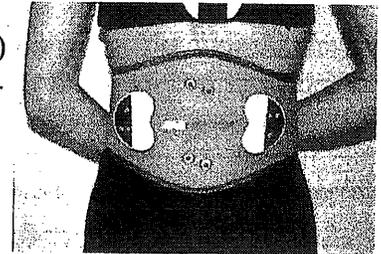
Upper, Middle, & Lower Abdominal Muscles - Place one AB Energizer™ electronic exerciser unit each on the top and bottom snaps at the center of the AB Energizer™ belt.



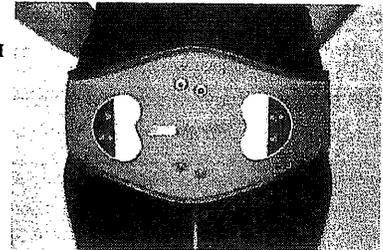
Side Abdominal Muscles (Love Handles) - Place one AB Energizer™ electronic exerciser unit on the right and left snaps at each side of the AB Energizer™ belt.



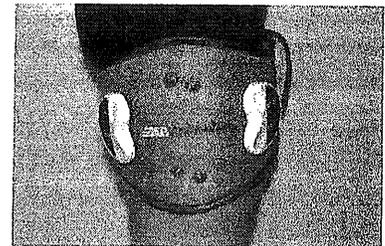
Lower Back (Lower Lumbar Muscles) - Place one AB Energizer™ electronic exerciser unit each on the right and left snaps at each side of the AB Energizer™ belt.



Buttocks - Place one AB Energizer™ electronic exerciser unit each on the right and left snaps at each side of the AB Energizer™ belt.



Front, Back, Inner & Outer Thighs - Place one AB Energizer™ electronic exerciser unit each on the right and left snaps at each side of the AB Energizer™ belt.



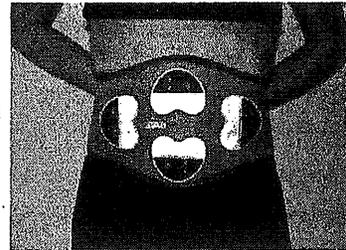
## QUAD [FOUR (4)] ELECTRONIC EXERCISER BELT PLACEMENT

*MUSCLE CONDITIONING: ADVANCED*

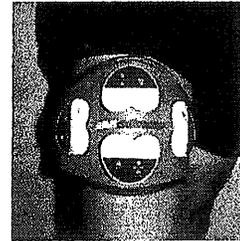
*Belt placement same as Dual Stimulator:*

**NOTE: THIS REQUIRES THE PURCHASE OF TWO  
ADDITIONAL AB ENERGIZER™ ELECTRONIC EXERCISER  
UNITS. REFER TO PARTS LIST AT END OF BOOKLET TO  
ORDER.**

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



Front, Back, Inner & Outer Thighs  
(4-Units) - Place one AB Energizer™  
electronic exerciser unit on the top, bottom,  
right side and left side snaps on your AB  
Energizer™ belt.



## HOW TO ACHIEVE MAXIMUM RESULTS WITH YOUR AB ENERGIZER™

With the AB Energizer™, you may be exercising some muscles that have not been exercised before or have not been exercised in some time. The AB Energizer™ works! However, consistency is the key to a firmer, healthier and younger looking you. 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 and STRENGTHENING:* Toning and Strengthening are words for maintaining a good figure. Even if you are, or have been on a strict diet, muscles tend to lose definition and sag as you age. AB Energizer™ will help revitalize those sagging muscles and bring them back to their firm, natural, 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 and strengthened 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 AB's, hips, thighs, lower back, buttocks, and excess flab on the stomach.

*BODY BUILDING or BODY CONDITIONING:* Bodybuilders will notice results faster when using the AB Energizer™ in conjunction with their bodybuilding workout. Establish a consistent workout routine that combines bodybuilding and muscle stimulation with the AB Energizer™. This workout routine will help to increase muscle density, vascularity and hardness. Bodybuilding and regular use of your AB Energizer™ will produce better muscle definition, and your new muscle separations will be much more pronounced. The abdominal region is one of the most difficult muscle groups to tone and get into shape. The AB Energizer™ is anatomically designed to assist you with this difficult task. Ten (10) minutes on the AB Energizer™ can be comparable to 600+ sit ups! With the normal recommended use of the AB Energizer™ of 10 to 30 minutes per day, and depending on any simultaneous workout routine, the AB Energizer™ will show the way to noticeable improvement after 3 to 4 weeks of regular use and optimum results in 8 to 12 weeks.

*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™ will help you notice a difference!

## EXERCISE POINTS

**Dual (2) Electronic Exercisers: Two AB Energizer™ electronic exerciser units.**

**A. Abdominal Muscles:** Upper, Middle and Lower - Exercises all three abdominal muscles similar to sit ups and abdominal crunches. Depending upon your fitness level, you can exercise 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) - Similar to side bends; can help with waist measurements.

**C. Back:** Strong back muscles are important for posture. The AB Energizer™ also helps with tension in this area.

**D. Buttocks:** Un-toned and unconditioned, these muscles can cause spreading hips and thighs. The AB Energizer™ helps exercise and tighten this very large muscle group.

**E. Thighs:** Front, Back, and Inner/Outer - Use the AB Energizer™ to work on cellulite and "orange peel" look in the muscles on the outside front of the upper thigh and hips.

**Quad (4) Electronic Exercisers: Four AB Energizer™ electronic exerciser units.**

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

**B. Thighs:** Exercise your front, back, and side thigh muscles. The AB Energizer™ also helps exercise the upper, outer and inner thigh muscles that are used in such physical exercises as cycling.

**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 re-occur, consult your physician or physical therapist.

### 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.

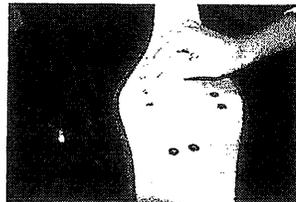
**Note:** It is always best to consult your Physician, Physiotherapist, Osteopath or Medical Practitioner before using the AB Energizer™ or any other exercise device. Unsupervised children should not use this machine.

**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 made of cloth, your belt will show wear with use, and will eventually wear out. Please see the enclosed warranty certificate for information on the AB Energizer™ belt replacement policy.

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 are using, 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 exerciser unit to feel erratic. **AB ENERGIZER™ WILL GLADLY REPLACE YOUR BELT - NO QUESTIONS ASKED - UNDER OUR WARRANTY. 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 longer if only water as the conducting lubricant,



but your results are not as good as when used with the original AB Energizer™ Tightening Gel. You can easily detach the exerciser 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 20 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™ Tightening 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 up. 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 help, you can do a full reset to restore the original factory settings. Remove 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.

### QUESTIONS & ANSWERS

**Q. HOW DOES THE AB ENERGIZER™ REALLY WORK?**

A. AB Energizer™ is designed to duplicate the messages sent from your brain to the muscle during exercise. This message causes the muscle to contract and relax.

**Q. IS EMS SAFE TO USE?**

A. This is a question that is frequently asked. Electrical Muscle Stimulation (EMS) was developed in England over 40 years ago by a team of scientists and doctors, muscle stimulators have been used extensively in hospitals, beauty salons, health clubs and spas as part of the exercise and beauty regimen and by physiotherapists and in sports medicine to treat annoying sports strains and sprains. EMS is quite safe for any individual capable of taking normal exercise. You cannot strain or sprain your muscles by overworking them with your AB Energizer™ system. The feeling is more like a pleasant tingling sensation than a shock or jolt.

**Q. HOW PORTABLE IS AB ENERGIZER™?**

A. The AB Energizer™ System is portable, lightweight and compact. Your System comes with a carrying case so you can use it any-

where; at home, traveling, even at work. A ten-minute workout with Electronic Muscle Stimulation (EMS) at average intensity can be equivalent to six hundred sit-ups or three hundred squats. *Note: EMS does not substitute for cardio-vascular exercise.*

**Q. HOW LONG DO THE EFFECTS LAST?**

A. Like any form of exercise, the results are never permanent unless you do something to maintain them. We suggest daily exercise for a minimum of three weeks, with 3-5 sessions weekly thereafter. By having 3-5 sessions per week, you should be able to maintain your results. Remember, though, EMS does not "burn calories" so do not increase your calorie consumption.

**Q. DO I NEED SPECIAL TRAINING?**

A. All AB Energizer™ Systems come complete with this easy-to-use instructional manual. However, our consultants are available to answer any of your questions or provide free demonstrations, whenever possible.

**Q. I'VE JUST HAD A BABY. CAN EMS HELP GET MY TUMMY BACK IN SHAPE?**

A. EMS is ideal for tightening those post-natal bulges back into shape. Treatment should start approximately 6 weeks after delivery. Start with very gentle exercise, then gradually build up over a number of weeks.

**Q. WHAT DO CONTROLLED MEDICAL STUDIES SAY ABOUT EMS?**

A. "Most programs designed to increase muscle strength involve active exercises carried out by the patient in isokinetic mode. Although those methods do result in an increase of muscle strength, it appears that tetanizing electrical stimulation using farad currently is a more effective method of building strength in the muscle." Charles Godfrey, M.D. Wellesley Hospital, Toronto, Canada, quoted in "EMS Builds Muscles Like Normal Exercise." Today Magazine, April 17, 1982, reprinted in "An Introduction to Electro-Muscle Stimulation," in Electracise Reporter.

**Q. ARE THERE ANY CONTRAINDICATIONS WHEN USING THE AB ENERGIZER™?**

**A. Yes -** If exercise is inadvisable due to ill health or a medical physical condition, then a medical practitioner should be consulted before using this or any other device. Please carefully read all contraindications given previously!

**Q. SHOULD THE INTENSITY SETTINGS BE THE SAME FOR EACH MUSCLE?**

**A. Each muscle will respond differently, so intensities will be different. Move the belt around and adjust the intensity to find the right trigger point that comfortably gives you maximum contraction.**

**Q. WILL I FIND IT UNCOMFORTABLE?**

**A. As long as the belt and your skin have our AB Energizer™ Tightening Gel placed upon it sparingly, and the belt is kept firmly against the skin, you will not feel any unpleasantness. At low intensity you will feel a slight tingling sensation but as the intensity gets higher you will only feel the pleasant contraction.**

**Q. CAN THIS MACHINE BE USED FOR ALL AGES?**

**A. Yes, absolutely. The AB Energizer™ can be used by anyone. However, the very elderly and children should use it under supervision, should consult with their medical doctor before use, and should keep the intensity level low.**

**Q. CAN MUSCLES BECOME OVER-DEVELOPED OR STRAINED?**

**A. No - The principle is the same for general training of muscles - the more exercise, with suitable periods of rest, the stronger the muscles become.**

## PARTS LIST

- 2 - Powerful AB Energizer™ Exercising Units;
- 1 - AB Energizer™ Belt;
- 1 - AB Energizer™ Instruction Manual  
and Advanced Weight Loss Guide;
- 1 - bottle of our AB Energizer™ Dietary Supplement;
- 2 - batteries;
- 1 - tube of AB Energizer™ Tightening Gel;
- 1 - AB Energizer™ Carrying Case.

## **ORDER**

You can order any of the above parts by visiting our web site at [www.abenergizer.com](http://www.abenergizer.com) or you can order by mail using the enclosed order form. Payment can be made by credit card, check or direct debit. Sorry no COD's. Thank You.

## WEIGHT LOSS GUIDE

### INTRODUCTION

Proper nutrition and a regular aerobic exercise routine are essential for long term weight control. AB Energizer™ provides the following dietary and nutritional information for you to use as an essential part of the AB Energizer™ System to achieve and maintain your weight goals.

The American Heart Association, the National Cancer Institute and many other health authorities recommend that everyone, two years of age or older, consume no more than 30% of his or her calories from fat.

The typical American consumes approximately 40% of their daily calories from fat. Why is this bad? Someone who eats fatty foods from childhood through adulthood stands a high risk of developing serious and sometimes fatal diseases. High fat diets can complicate diabetes and are implicated in several forms of cancer. Fat in general, and saturated fat in particular, plays a significant part in heart and cardiovascular diseases, as does cholesterol.

Starvation diets that drastically reduce your caloric intake rarely work long term. After a few weeks on a low calorie diet, the body goes on a sort of protective red alert. The basal metabolic rate, the speed at which the body burns calories when at rest, begins to decline. In addition, the body uses lean muscle mass as fuel in an effort to preserve fat, which is the major long-term source of energy. Both changes mean that the body burns fewer calories, making it more difficult to maintain any weight loss. The continuous cycling of losing and gaining weight can be hazardous to health and each cycle can result in greater difficulty in reducing the same amount of weight. Diets don't work, but making permanent changes to your eating habits for a lifetime does work. Learning to substitute new eating habits for old ones will help you lose weight and keep it off.

Fortunately, there is an approach to dealing with being overweight. The AB Energizer™ approach is safer than conventional dieting, more likely to be effective, and psychologically more pleasing. The AB Energizer™ System incorporates this approach using a low fat dietary plan, aerobic exercise program, and muscle development resulting in an approach that doesn't compromise taste, produce starvation, or cause you to spend hours exercising.

Eating a low fat diet will give you the benefits of easier weight loss along with many other health advantages. It will reduce your risk for heart disease; reduce high blood pressure associated with being overweight; decrease the risk of cancer associated with a high fat diet; and lower the incidence of Type II diabetes associated with an increase of body fat. Muscle development and/or aerobic exercising reduces weight due to the body's need for energy when active. The less activity and the less muscle you have, the lower your metabolic rate.

One shouldn't want, or expect, to lose all the excess weight within a week or two. It's important to create an eating lifestyle program that becomes a part of one's life. Eating smaller, more frequent meals can help promote weight loss. The AB Energizer™ nutrition program has been developed to incorporate three balanced meals as well as a few snacks between meals. The following pages contain sample menu ideas that include three (3) meals, snacks, and recipe suggestions.

This nutrition plan is based around real foods found in the grocery store, not prepackaged meals or meal replacement shakes or bars. The list of foods will provide you the nutritional information you need to plan a healthy eating program.

Drinking plenty of water each day is essential. Water plays a role in the transport of nutrients, the digestion of foods and the passing of waste. We recommend a minimum intake of 50-60 ounces of water per day.

Reduce sugar intake. Foods made with sugar are usually very high in calories and low in fiber. These foods do not give most of us a full feeling, therefore we tend to eat more, and they do not a significant amount of nutritional value.

Eat more fruits and vegetables. We recommend 2-4 servings of fruit and 3-5 servings of vegetables each day. These are foods that are rich in vitamins, minerals, fiber, and have only a trace amount of fat.

Keeping food records can help you stay on target with your eating plan. How can you tell if your current weight is a health risk or not? To help answer this question, scientists have used a measure called the body mass (weight) index or B.M.I., which incorporates height and weight to assess a person's level of fitness. To find your B.M.I., multiply your weight by 704, divide by your height in inches, and then divide by your height in inches again.

#### EXAMPLE OF B.M.I.

Height: 6'1" (74")  
Weight: 187 pounds

$187 \times 704 = 131,648$   
 $131,648 / 74 = 1,779$   
 $1,779 / 74 = 24$   
24 is your B.M.I.

A B.M.I. of 20 through 26 is desirable for most middle aged adults. In this category, weight gain can be avoided through moderate eating habits and exercise.

A B.M.I. from 27 through 29, moderately overweight, carries a slightly increased risk of weight related health problems such as high blood pressure, high blood cholesterol, heart disease and adult onset diabetes. To prevent the development of weight related health problems, most people in this category should avoid gaining additional pounds by adopting a low fat diet and a routine of regular exercise.

A B.M.I. of 30 or more, dramatically overweight, causes the risk of developing heart disease and other weight related conditions to rise sharply. Individuals in this category should consult medical supervision throughout a low fat, moderate calorie diet program which also includes a regular exercise program.

Staying in shape should be the single most important goal in your life. It doesn't have to be difficult. It doesn't have to be time consuming. It doesn't have to change your life. The AB Energizer™ system allows you to accomplish your goals and live a better quality of life.

**FAST-FOOD MENU  
LOW FAT MEALS\***

**ARBY'S**

Light Roast Turkey Deluxe  
Side Salad  
Kraft Free Italian Non-Fat Dressing  
Chocolate Shake

748 calories; 18 grams of fat; 22% calories from fat\*\*

**BURGER KING**

Chunky Chicken Salad  
Newman's Own Light Italian Dressing  
Vanilla Shake

482 calories; 11 grams of fat; 21% calories from fat\*\*

**MCDONALD'S**

Grilled Chicken Sandwich  
Diet Coke (12oz.)  
Hot Fudge Low Fat Frozen Yogurt

561 calories; 13 grams of fat; 21% calories from fat\*\*

**WENDY'S**

Grilled Chicken Sandwich  
Black Coffee  
Chocolate Frosty Dairy Dessert

752 calories; 20 grams of fat; 24% calories from fat\*\*

**CARL'S JR.**

Charboiler BBQ Chicken Sandwich  
Baked Potato Lite  
Non Fat Salad Dressing  
Garden Salad

650 calories; 10 grams of fat; 14% calories from fat\*\*

\*Menu items may have changed.

If item is no longer available, please apply information to comparable item.

\*\* Estimates

**SUGGESTED DAILY MENUS\***  
(Recipes available on [www.abenergizer.com](http://www.abenergizer.com))

**DAY 1**

**SUGGESTED MENU**

	<u>1300 - 1450 CALORIES</u>	<u>1700-1850 CALORIES</u>
Breakfast	Bagel (1 medium) Fat free cream cheese (1 tbs.) Jam (2 tsp.) Nonfat milk (8 oz.)	Orange (1)
Snack	Graham crackers (3 ea.)	
Lunch	Tuna, canned (water packed) (2 oz.) Nonfat mayonnaise or nonfat Cottage cheese blended (2 tbs.) Whole wheat bread (2 slices) Lettuce, tomato, celery, onion Baked tortilla chips (no fat)	(3 oz.) Tuna Weight Watchers frozen ice cream sandwich bar
Snack	Pretzels (2 oz)	
Dinner	Salad (2 cups) Nonfat salad dressing (2 tbs.) Chicken Chili (1 cup) Baked potato (1 small) or 1/2 lge.	Large baked potato (1)
Snack/Dessert	Nonfat frozen yogurt (4 oz.)	(8 oz.)

DAY 2

SUGGESTED MENU

	<u>1300 - 1450 CALORIES</u>	<u>1700 - 1850 CALORIES</u>
Breakfast	Whole wheat toast (1 slice) Margarine (1 tsp.) 1 egg; 2 egg whites; 2 tbs. grated parmesan cheese scrambled using non-stick veg. spray	
Snack	Fruit (1 piece) (banana, or apple, or orange	Non-fat or lowfat vanilla yogurt (6 %)
Lunch	Chutney Chicken Salad Whole wheat roll (1)	Tomato Corn Soup
Snack	Low calorie hot chocolate	
Dinner	Shrimp, cooked (8 large) Spaghetti (whole wheat) (2oz dry) Lowfat spaghetti sauce (3 oz.) Vegetables, steamed (1 cup)	(4 oz. dry) (6 oz.)
Snack/Dessert	Granola-type bar (1)	

DAY 3

SUGGESTED MENU

	<u>1300 - 1540 CALORIES</u>	<u>1700 - 1850 CALORIES</u>
Breakfast	Cinnamon Toast (1 piece) Fresh Fruit (1 cup)	(2 pieces)
Snack	Fat free Health Valley Cookies (3 ea.)	(6 ea.)
Lunch	Greek Chicken Sandwich	Healthy Soup (1 cup)
Snack	Popcorn (3 cups popped)	(6 cups popped)
Dinner	Frozen low fat entree Salad (1 cup) Dinner roll (1) Margarine (1 tsp.)	
Snack/Dessert	Smoothie Blend together: 1/2 banana, 1/2 cup vanilla nonfat/lowfat yogurt, 1/2 cup cup strawberries, fresh or frozen with no sugar, ice to desired consistency	1 banana, 3/4 cup yogurt, 1 cup strawberries

DAY 4

SUGGESTED MENU

	<u>1300 - 1450 CALORIES</u>	<u>1700 - 1850 CALORIES</u>
Breakfast	Cereal, whole grain (1/2 cup) Nonfat milk (1/2 cup) Banana (1 medium)	(1 cup) (1 cup)
Snack	Crackers (6 ea.)	(12 ea.)
Lunch	Bagel (1 medium) Cream cheese, nonfat or light (1oz.) Lentil soup (1 cup)	(2 cups)
Snack	Apple (1 medium) Nonfat cottage cheese (2 oz.) Cinnamon	
Dinner	Sweet 'N Sour Shrimp	
Snack/Dessert	Nonfat cake (1 oz.)	

DAY 5

SUGGESTED MENU

	<u>1300 - 1450 CALORIES</u>	<u>1700 - 1850 CALORIES</u>
Breakfast	Fresh fruit (1 cup) Lowfat lemon yogurt (1 cup) Granola-type cereal (2 tbs.)	(2 cups) (4 tbs.)
Snack	Health muffin (100-150 calories)	(150-200 calories)
Lunch	McDonald's Chicken Salad Lowfat dressing Frozen yogurt cone	McLean Side Salad Lowfat dressing
Snack	Popcorn (3 cups popped)	(6 cups)
Dinner	Eggplant Linguini	
Snack	Baked apple	

DAY 6

SUGGESTED MENU

	<u>1300 - 1450 CALORIES</u>	<u>1700 - 1850 CALORIES</u>
Breakfast	Cinnamon Orange Pancakes (2 ea.) Low calorie syrup (1 oz.)	(4 ea.)
Snack	Pretzels (2 oz.)	
Lunch	Frozen lowfat entree	Baked Potato (1 medium) Nonfat sour cream (2-3 tbs.)
Snack	Roasted Red Pepper Dip (5 tbs.) Raw Vegetables (1 cup)	
Dinner	Chicken Teriyaki w/Vegetables Cooked brown rice (1/2 cup)	(1 cup)
Snack/Dessert	Mixed Fruit Tart	

DAY 7

SUGGESTED MENU

	<u>1300 - 1450 CALORIES</u>	<u>1700 - 1850 CALORIES</u>
Breakfast	Strawberries (1 cup) (fresh or frozen) Cinnamon French Toast (2 slices) Low calorie syrup (1 oz.)	(4 slices)
Snack	Fruit (1 piece) (Orange, apple, nectarine, banana)	
Lunch	Turkey sandwich White meat turkey, no skin (3 oz.) Lettuce, tomato, sprouts, mustard Whole wheat bread (2 slices) Spinach pasta soup (1 cup)	(5 oz.)   (2 cups)
Snack	Bagel (1 medium) Nonfat cream cheese	
Dinner	Chicken and Onion Pizza Mixed green salad (1 cup)	(2 cups)
Snack/Dessert	Butterscotch Cookies (2 ea.)	(4 ea.)

## **FOOD SUGGESTIONS FOR A HEALTHY DIET**

You don't have to follow the foregoing suggested menus to lose weight. Plan your own meals around the following suggested foods. And remember, eat sensibly using the following guidelines.

- 1) Eat smaller portions every 2 to 3 hours
- 2) Drink 10 glasses of water a day
- 3) Limit fatty foods to once a day
- 4) Exercise regularly (20-30 minutes walking or running)

### **Protein/Meat**

Chicken Breast  
Crab or Lobster  
Egg Whites or Substitutes  
Haddock  
Lean Ham  
Low-Fat Cottage Cheese  
Orange Roughy  
Shrimp  
Swordfish or Tuna  
Trout or Salmon  
Turkey Breast

### **Carbohydrates/Starch**

Baked Potato  
Fat-Free Yogurt  
Fruits  
High-Fiber Cereal  
Kidney Beans  
Rice Cake  
Steamed Brown or Wild Rice  
Sweet Potato  
Vegetables  
Whole Grains  
Whole-Wheat Bread  
Yams

### **Vegetarian Proteins**

Seitan  
Soy Foods  
Tempeh  
Texturized Vegetable Protein  
Tofu  
Veggie Burgers

### **Avoid or Limit to 2 Meals Per Week**

Butter  
Fried Foods  
Mayonnaise  
Sweets  
Whole-Fat Dairy Products

Notes

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Notes

**IMPORTANT NOTICE:**

Your AB Energizer™ System includes supplies of the AB Energizer™ Tightening Gel, AB Energizer™ Dietary Supplement and lithium batteries that will run out in approximately 30 days! Join our exclusive AB Energizer™ Silver Club and SAVE \$\$\$\$ on refills!

**AB ENERGIZER™ RE-ORDER FORM**

Please fill out form entirely and mail form, with your payment to:

AB Energizer  
7420 Clairemont Mesa Blvd #103-334  
San Diego, CA 92111

**For Phone Orders  
Call: (866) 517-4ABS (4227)**

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Payment:     Check     Money Order     Master Card     Visa

CardNo: \_\_\_\_\_ Exp. \_\_\_\_\_ Signature: \_\_\_\_\_

Join the AB Energizer™ Silver Club SAVE \$\$\$\$!  
VISIT us at [www.abenergizer.com](http://www.abenergizer.com) for MORE SAVINGS!

**Check the box!**

	Retail Value	Your Price	S&H
<input type="checkbox"/> Silver Club Membership	\$267.00	\$39.80	\$7.95
Includes a 4-month supply of:		(\$9.95 per month!)	
-AB Energizer™ Tightening Gel			
-AB Energizer™ Dietary Supplement			
-Lithium Batteries (10 batteries)			
Plus: FREE AB Energizer™ replacement belt			
<input type="checkbox"/> Premium Silver Club Membership	\$372.00	\$59.70	\$15.90
Includes a 6-month supply of:		\$39.80	
-AB Energizer™ Tightening Gel		(\$6.63 per month!)	
-AB Energizer™ Dietary Supplement			
-Lithium Batteries (15 batteries)			
Plus: FREE AB Energizer™ replacement belt			
<input type="checkbox"/> Electronic Exerciser Unit	\$29.95	\$19.95	\$7.95
<input type="checkbox"/> AB Energizer™ Tightening Gel	\$19.95	\$ 9.95	\$7.95
<input type="checkbox"/> AB Energizer™ Dietary Supplement	\$29.95	\$ 9.95	\$7.95
<input type="checkbox"/> AB Energizer™ Replacement Belt	\$39.95	FREE	\$12.95

For Factory Rush Delivery (7 days) add \$9.95 to your total.

SUBTOTAL \$ \_\_\_\_\_  
S & H \$ \_\_\_\_\_  
California residents add 8 % sales tax \$ \_\_\_\_\_  
Factory Rush \$ \_\_\_\_\_  
TOTAL \$ \_\_\_\_\_

Allow 3-4 weeks for deliveries.