













Fitness

Every person is individual and has their own goals. That's why there's no such thing as one fitness program for everyone. In this category, you'll find everything that meets your training needs – from supportive back or pelvic floor training to a HIIT workout that will make you sweat.

Training	Description	Frequency	Pulse length	Duty Cycle	Duration (min.)
 Strength	The classic EMS strength program: For strong muscle contractions and a deep effect. It is suitable for many types of training as well as exercises for targeted strength building. A wide range of stimulation intervals (duty cycles) makes it easy to integrate into any training plan.	85Hz	350µs	[2,2] [4,2] [4,4] [6,4] [6,6] [8,2] [8,4]	5, 10, 15, 20
 Fitness	Excellent for dynamic movements, many kinds of sports, as well as endurance sessions. Our fitness program is a real allrounder. It continuously sends impulses to your muscles for effective maximum strength and endurance training. Sports and fitness enthusiasts love this program because of its great versatility.	40Hz	350µs	-	5, 10, 15, 20
 Fat burner	40 seconds of strength, 20 seconds of fat burning: This program supports functional training and activates your metabolism. The first 40 seconds are designed to put your muscles under strain. Over the next 20 seconds, the goal is to increase circulation in the upper layers of the skin and fat.	85Hz	350µs	[4,4]	5, 10, 15, 20
 Cardio	Are you looking for new ways to carry out endurance and cardio training? Then try our Cardio program. Continuous muscle stimulation allows great freedom when it is integrated into your training routine. The shorter pulse duration of 250 µs is also ideal for longer training sessions of up to 25 minutes.	40Hz	250µs	-	5, 10, 15, 20, 25
 HIIT allrounder	Select this combination program to support your high-intensity interval training. The tried-and-tested EMS program "Endurance – Basis" is the basis for your training. Power up with intense muscle contractions at the selectable stimulation intervals (duty cycles) 20-10, 30-30 and 40-20.	40Hz	350µs	-	4, 5, 8, 10, 15
 HIIT combination	Interval training plus EMS? That works – and really comes into its own. You should already have experience with HIIT before you venture here. Are you still there? Then take note: One interval lasts 80 seconds. 40 seconds of strength, 20 seconds of endurance, and 20 seconds of regeneration. This means that you always stay at your workout temperature and have a wide range of training stimuli at the same time.	40-85Hz	150-400µs	[4,4]	4, 8, 12
 HIIT Antelope	Welcome to a special kind of interval training: The Antelope HIIT program demands maximum performance from you and your body. 30 seconds are made up of 20 seconds of an extremely intensive strength program and 10 seconds of active regeneration. The strength interval is implemented with a duty cycle of 5 seconds.	20-95Hz	350-400µs	[5,5]	4, 8, 12, 15
 HIIT strength building	Do you want to build up a lot of strength in a short time? This high-intensity interval program makes it possible. The impulses make your muscles respond powerfully for 40 seconds. This is then followed by a 20-second break.	85Hz	350µs	[4,4]	4, 5, 8, 10, 15
 Back	Longer pulses of 400 µs penetrate deeply into the muscles: This program is specifically aimed at the large and deeper-lying muscles. The program is suitable for many types of training as well as intensive workouts for building strength. A wide range of stimulation intervals (duty cycles) makes it easy to integrate into any training plan.	85Hz	400µs	[2,2] [4,2] [4,4] [6,4] [6,6] [8,2] [8,4]	5, 10, 15, 20
 Pelvic floor	Strengthen your core with effective pelvic floor training and the right EMS program! You can train your pelvic floor for 15 minutes using the maximum strength base program. This is followed by 5 minutes with 100 Hz at a one-second-interval, which creates an especially intense stimulus.	85-100Hz	150-350µs	[4,4] [1,1]	20