














## Strength building

Support your strength training with EMS: whether it's for maximum power, strength endurance or explosive strength, you can find the right program for every goal, with many different duty cycle options. We have options for every performance level, from beginner to professional. You can identify the intensity by the program name.

Training	Description	Frequency	Pulse length	Duty Cycle	Duration (min.)
 Maximum strength, entry	Well suited for EMS beginners who want to increase their maximum strength. The program starts with a lower frequency than the other strength programs, so you can gradually get used to the stimulation.	75Hz	350µs	[2,2] [4,2] [4,4] [6,4] [6,6] [8,2] [8,4]	5, 10, 15, 20
 Maximum strength, base	Intensive muscle contractions with the EMS classic. This basic program supports your training with a deep effect and is very well suited to many types of training. 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
 Maximum strength, intensive	The name says it all and is aimed at advanced users who want to set a training stimulus over their threshold. With an intensive muscle stimulation of 95 Hz and a high impulse length of 400 µs, you can push your body to the limit. <b>Tip:</b> Start the training at a moderate level and adjust the intensity to your training load.	95Hz	400µs	[2,2] [4,2] [4,4] [6,4] [6,6]	5, 10, 15, 20
 Maximum strength, dynamic	Prevent your muscles from getting used to the strain – without having to think about the EMS program: The dynamic program varies the pulse frequency randomly. At 75 to 95 Hz, you can train your maximum strength as usual. Reliably create training stimuli while maintaining your training plan. So allow us to surprise you, and have fun while you are sweating :)	75-95Hz	350µs	[2,2] [4,2] [4,4] [6,4] [6,6]	5, 10, 15, 20
 Rapid strength, entry	For the entry and the first workouts: This speed program has a relatively low pulse length of 300 µs, which means the stimulus acts more superficially. This puts less stress on the muscles.	100Hz	300µs	[1,1] [2,2] [4,2] [4,4] [6,4] [6,6] [8,2] [8,4]	5, 10, 15, 20
 Speed, base	Do you want to improve your speed and explosive strength? With this program, you're taking a step in the right direction. This program is suitable for different types of exercises and you can freely choose from a wide range of stimulation intervals (duty cycles).	100Hz	350µs	[1,1] [2,2] [4,2] [4,4] [6,4] [6,6] [8,2] [8,4]	5, 10, 15, 20
 Speed, intensive	A program for advanced users who want to exploit a really intense training stimulus. The high muscle stimulation with a pulse length of 400 µs ensures strong contractions and pushes your body to the limit. <b>Tip:</b> Start the training at a moderate level and adjust the intensity to your training load.	100Hz	400µs	[1,1] [2,2] [4,2] [4,4] [6,4] [6,6] [8,2] [8,4]	5, 10, 15, 20
 Speed, dynamic	Prevent your muscles from getting used to the stress – without worrying about the EMS program: The dynamic program varies the pulse frequency randomly. At 100 to 110 Hz, you can train your speed like you're used to. Reliably create training stimuli while maintaining your training plan. So allow us to surprise you, and have fun while you are sweating :)	100-110Hz	350µs	[1,1] [2,2] [4,2] [4,4] [6,4] [6,6] [8,2] [8,4]	5, 10, 15, 20
 Endurance, entry	For EMS beginners who want to work on their endurance. With a comparatively low pulse length of 250 µs, your muscles are not put under as much stress. Good for starting and for your first or longer training units.	40Hz	250µs	-	5, 10, 15, 20, 25
 Endurance, base	Your trusty companion for effective endurance training – or for your favourite sport: Whether running, cycling, boxing, rowing, canoeing, or cross-country skiing: The continuous impulses are ideal for dynamic movements, many sports, and endurance exercises. The program is especially popular with athletes and endurance specialists.	40Hz	350µs	-	5, 10, 15, 20, 25
 Endurance, entry intensive	The program is suitable for good and sweaty endurance training. A pulse length of 400 µs ensures strong muscle contractions – one of the most proven Antelope programs. It is more suitable for advanced users, as the strain is quite intense. <b>Tip:</b> Start the training at a moderate level and adjust the intensity to your training load.	40Hz	400µs	-	5, 10, 15, 20, 25