










Recovery

EMS helps you recover after a training session or workout. These programs send relaxing stimulation to your muscles and work like a massage. This is good for body and mind and promotes recovery.

Training	Description	Frequency	Pulse length	Duty Cycle	Duration (min.)
 Regeneration active, basic	Active regeneration means setting a noticeable stimulus without putting a heavy strain on the body. The basic program for active recovery has two advantages. More blood flows through the muscles and your metabolism gets going. What does this do for you? Your muscles regenerate especially well. The intensity is correspondingly low: 150 µs and 100 Hz.	100Hz	150µs	[1,1] [2,2]	5, 10, 15, 20, 25
 Regeneration active, intensive	Regeneration is an important part of the training. The intensive program for active recovery has a higher intensity than the basic version: 200 µs pulse length and 100 Hz. This will activate your muscles a little more intensively. The program stimulates your blood circulation and promotes the degradation of your metabolites.	100Hz	200µs	[1,1] [2,2]	5, 10, 15, 20, 25
 Regeneration active, countdown	The program helps you regenerate while you do exercises under low strain. From 100 Hz, we continuously reduce the frequency to 60 Hz. Your muscles are activated by a wide range of pulse frequencies. Due to the rather short pulse length of 200 µs, the muscle contractions are not too intense and can promote regeneration.	60-100Hz	200µs	[1,1]	5, 10, 15, 20
 Passive regeneration, basic	Shake out and loosen up: The program supports circulation and metabolism by using "shivering" frequencies. Your muscles are stimulated at alternating frequencies (5–20 Hz). Since it does not trigger full muscle contractions, it feels more like a massage. So we recommend that you do not use this program for doing any exercises. So take it easy and let the suit do the work for you ;)	5-20Hz	200µs	-	2, 4, 6, 8
 Passive regeneration, intensive	Shake yourself up – and treat your muscles to something special: This comparatively intensive and passive regeneration program has it all. "Shivering" frequencies (5–20 Hz) stimulate your circulation and metabolism. Since it does not trigger full muscle contractions, it feels more like a massage. So we recommend that you do not use this program for doing any exercises. So take it easy and let the suit do the work for you ;)	5-20Hz	350µs	-	2, 4, 6, 8
 Passive regeneration, countdown	Shake out and loosen up: This program allows you to perform passive regeneration. Your muscles are stimulated at descending frequencies (40 to 7 Hz). This stimulates circulation and metabolism. You can relax completely during the program, training is not recommended. Select a period of 3 or 6 minutes.	7-40Hz	200µs	[1,1] [2,2] [4,2] [4,4] [6,4] [6,6] [8,2] [8,4]	3, 6
 Metabolism	The metabolism program has two functions: On the one hand, it stimulates your metabolism, and on the other hand, it stimulates the circulation of the skin and the underlying fat layers. A low frequency of 7 Hz is used for this purpose.	7Hz	350µs	-	5, 10, 15, 20, 25
 Mindful recovery	Combine mindfulness and recovery with "Mindful Regeneration". A wave of relaxation and regeneration for you: This unique program activates the electrodes one after the other and provides you with a unique experience. Tip: Play relaxing music, do a breathing or meditation exercise, and let the waves take you away.	50Hz	200µs	-	5, 10, 15, 20, 25
 Massage	Lean back and enjoy the low frequencies with the massage program. It loosens your muscles and promotes regeneration. You also don't have to do any exercises, and can instead concentrate on the stimuli.	1-5Hz	200µs	-	5, 10, 15, 20, 25