












## Sport

Do you want to use EMS to help you become even better at your sport? From running to cycling, boxing to tennis, you'll find a wide range of sports and program settings tailored to them in this category. They will support you to achieve your training goals, such as any upcoming matches or competitions.

Training	Description	Frequency	Pulse length	Duty Cycle	Duration (min.)
 Running	Power yourself up and increase your training intensity while running or jogging. <b>Tip:</b> Only start the program shortly after you have started your training and warmed up. In this way you will create a good connection between the electrodes and your skin.	40Hz	350µs	-	5, 10, 15, 20, 25
 Cycling	Step on the pedals while the EMS program simultaneously stimulates your muscles: The continuous stimuli are adapted to the load while you are cycling. Choose between short high-intensity training sessions and longer low-intensity training sessions.	40Hz	250µs	-	5, 10, 15, 20, 25
 Boxing	Jabs, cross-hits and punches – all call for endurance, speed, and striking power as the decisive factors for success. The boxing program sends continuous impulses to your muscles. This means that you are guaranteed to cut a good figure, whether you are using a punch bag or standing in front of the mirror. The pulse length of 400 µs ensures that your muscles are activated deep down.	40Hz	400µs	-	5, 10, 15, 20
 Skiing	Skiing puts your muscles under different types of loads. This high-intensity interval program is reflected in winter sports: The legs and torso receive different training impulses in just 80 seconds. 40 seconds of strength is followed by 20 seconds of endurance and 20 seconds of regeneration. This means that the frequency also changes: 85 Hz, 40 Hz, and 20 Hz.	20-85Hz	150-400µs	[4,4]	4, 8, 12
 Golf	Improve your stability and tee-off speed without compromising on dynamics. Use the golf program alongside your normal exercises. <b>Tip:</b> Train twice per week with EMS support.	40Hz	350µs	-	5, 10, 15, 20
 Tennis	Game, set, and match: Get more out of your tennis training! Work on your endurance and prepare for your next tennis match. The tennis program is perfect for exercising your striking power and explosive movements more intensively.	40Hz	400µs	-	5, 10, 15, 20
 Cross Fit	What is your workout of the day? Maximum strength or endurance? No matter what's ahead, you'll get a lot out of the exercise with this program, and you will create an intensive training stimulus! This EMS program is just as versatile as CrossFit itself: 40 seconds of strength followed by 20 seconds of endurance and 20 seconds of regeneration.	20-85Hz	150-400µs	[4,4]	4, 8, 12
 Activation	Warm yourself and your muscles up before the competition: The program stimulates the circulation and brings you up to a workout temperature. Different frequencies ensure that you are well prepared for the strain.	5-70Hz	300-350µs	[4,4]	10
 After the competition	After the competition is before the competition: This program promotes active recovery. This means that you can get back to training quickly. A wide range of frequencies loosens your muscles and promotes circulation. <b>Tip:</b> Select your intensities according to the competitive loading you are used to.	5-100Hz	200-350µs	[1,1]	11
 Resistance	A short session of 9 minutes to promote your resistance and prepare yourself. The program uses 3 different frequencies: 50, 60 and 70 Hz to activate your muscles over a wider spectrum. The pulse length of 300 µs ensures a moderate response.	5-70Hz	300µs	[4,4]	9