




WARM UP &
COOL DOWN


Warm up

Our warm up program prepares your body for the workout. This ensures a good start to the training session.

Training	Description	Frequency	Pulse length	Duty Cycle	Duration (min.)
 Warm Up	Ready, set, go! Warm up and get your muscles ready for the next training session. The frequency of the stimuli slowly increases during the process: from 7 to 40 stimulations per second. You can choose the period of time during which this increase will take place.	7-40Hz	350µs	-	3, 6

Cool down

With the cool down program, you help your muscles to “power down” slowly after training.

Training	Description	Frequency	Pulse length	Duty Cycle	Duration (min.)
 Cool Down	Training completed? Great, so relax – and start with the first regeneration for your muscles. The frequency of stimulation slowly decreases during the process: from 40 to 7 stimulations per second. You can select a period of 3 or 6 minutes.	7-40Hz	350µs	-	3, 6