




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



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



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. Tip: 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. Tip: 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. Tip: 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












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. Tip: 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. Tip: 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. Tip: Start the training at a moderate level and adjust the intensity to your training load.	40Hz	400µs	-	5, 10, 15, 20, 25

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