












## PROGRAMS



#	Training	Description	Frequency*	Pulse length*	Duty cycle*	Duration (min.)
P-01	 Strength Basic 4/4	The classic EMS strength program, designed for strong muscle contractions and a more pronounced penetrating effect. It is suitable for many types of training and exercises for targeted strength building. With this program, you train with the stimulation interval 4/4.	85 Hz	350 $\mu$ s	4/4	20
P-02	 Strength Basic 2/2	The classic EMS strength program, designed for strong muscle contractions and a more pronounced penetrating effect. It is suitable for many types of training and exercises for targeted strength building. With this program, you train with the stimulation interval 2/2.	85 Hz	350 $\mu$ s	2/2	20
P-03	 Strength Intensive 2/2	Longer pulses of 400 $\mu$ s penetrate deep into the muscles. This program is specifically aimed at the large, deeper muscles. The program is suitable for many types of training and intensive workouts to build up strength. With this program, you train with the stimulation interval 2/2.	85 Hz	400 $\mu$ s	2/2	20
P-04	 Fitness	Ideal for dynamic movements, many sports and endurance training. Our fitness program is a true all-rounder. It continuously sends pulses to your muscles, providing effective training to maximise your strength and endurance. Sports and fitness enthusiasts love the versatility of this program.	40 Hz	350 $\mu$ s	-	25
P-05	 Cardio	Looking for fresh impetus for your endurance and cardio training? Then give our Cardio program a try! The continuous muscle stimulation gives you a lot of freedom when integrating it into your training regime. The shorter pulse duration of 250 $\mu$ s is also ideal for longer training units of up to 30 minutes.	40 Hz	250 $\mu$ s	-	30
P-06	 Fatburn 5/5	This program supports functional training and activates your metabolism. The first 40 seconds are all about working your muscles. The next 20 seconds aim to stimulate the circulation in the upper layers of skin and fat.	7-85 Hz	350 $\mu$ s	5/5	25
P-07	 Intensive Massage	Sit back and enjoy this intensive massage program. The frequency of the stimuli increases slowly (7 to 40 hertz). The program is also suitable for warming up your muscles.	7-40 Hz	400 $\mu$ s	-	20
P-08	 Antelope Ride	An intensive strength combo program suitable for building muscle during fitness and core workouts. The frequency of the stimuli increases slowly (40 to 60 hertz). The constant variation prevents you from becoming used to the training. With this program, you train with the stimulation interval 4/4.	40-60 Hz	400 $\mu$ s	4/4	20
P-09	 Passive Regeneration	Shake things up and give your muscles a little treat! This relatively intense and passive regeneration program is in a class of its own. The "shaking frequencies" (5-20 hertz) stimulate your circulation and metabolism. It feels more like a massage as your muscles do not contract fully. That's why we recommend not doing any exercises when using this program. Instead, sit back, relax and let the belt do the work ;)	5-20 Hz	350 $\mu$ s	-	20