



ANTELOPE
by beurer

Antelope Evolution



EN EMS Training System
Instruction manual





Please read these instructions for use carefully and observe the information they contain. Keep them for later use and make them accessible to other users.

Welcome to the Antelope team!

We are delighted that you have chosen EMS training with Antelope! At beurer, we combine experience from over 100 years of tradition with years of knowledge as a specialist in EMS products. And because good is never good enough for us, we have put all our passion into developing Antelope Evolution. Enjoy fantastic training with your new Antelope product.

What you can expect:

- garments that fit like a second skin.
- a unique Booster.
- a particularly effective, efficient and short training session – because the electrical pulses boost your body's natural processes.
- EMS wherever and whenever you want: with our products, you can train almost any sport – regardless of your performance level.
- More than 40 app programs to support you on your way to achieving your next goal.

On the following pages you will learn everything you need to know about your Antelope product. If you have any questions, our customer service team will be happy to advise you by telephone in German and English. Support hours can be found at:
www.antelope-shop.com | 📞 +49 69 25786744

Do you speak a different language? Then please send an e-mail to:
✉ info@antelope.de

Want to stay up-to-date and celebrate your achievements with us? Follow us on our social media channels and subscribe to our newsletter. You can find all the information on this at:
www.antelope-shop.com

We hope you enjoy your EMS training!
See you soon!

Your Antelope Team




























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1. SIGNS AND SYMBOLS

The following symbols are used on the device, in these instructions for use, on the packaging and on the type plate:

	Warning Warning instruction indicating a risk of injury or damage to health		Important Safety note indicating possible damage to the device/accessory
	Product information Note on important information		Read the instructions
	Manufacturer		CE labelling This product satisfies the requirements of the applicable European and national directives
	Disposal in accordance with the Waste Electrical and Electronic Equipment EC Directive – WEEE		Marking to identify the packaging material A = Material code, B = Material number: 1-7 = Plastics, 20-22 = Paper and cardboard
	Separate the packaging elements and dispose of them in accordance with local regulations		Separate product and packaging components and dispose of them in accordance with municipal regulations
	Batch code		Item number
	Hand wash Maximum temperature of 40 °C		Do not iron
	Do not bleach		Do not dry clean
	Do not dry in a tumble dryer		Do not use the EMS product on people with implanted electrical devices (e.g. a pacemaker)
	IP class Device protected against foreign objects ≥ 12.5 mm and against water dripping at an angle		United Kingdom Conformity Assessed Mark
	Permissible storage temperature and humidity		Permissible operating temperature and humidity
	Biphasic rectangular pulses		Type BF applied part
	Importer symbol		

2. WARNINGS AND SAFETY NOTES

⚠️ ABSOLUTE CONTRAINDICATIONS: YOU MUST NOT TRAIN WITH EMS IN THESE CASES.

In order to prevent damage to health, EMS training with Antelope should not be undertaken in the following cases. If this applies to you, you must not perform EMS full-body training. You ...

- wear implanted electrical devices, e.g. pacemakers.
- have metal implants.
- wear an insulin pump.
- have a fever (>38°C).
- have a known or acute cardiac arrhythmia or disorders of the heart's impulse and conduction system.
- have a neurological disorder such as epilepsy or severe sensitivity disorders.
- are pregnant.
- have cancer or another tumour disease.
- have recently undergone surgery. It is particularly critical wherever increased muscle contractions might interfere with the healing process.
- are simultaneously connected to a high-frequency surgical device.
- are using other electrical devices at the same time that might affect the power supply or the muscles.
- have acute or chronic disease of the gastrointestinal tract.
- have acute muscle pain, soreness or cramps.
- suffer from acute illness, bacterial infection or inflammatory processes.
- have type 1 diabetes mellitus.
- suffer from arteriosclerosis or an arterial circulation disorder.
- have acutely or chronically diseased/injured/irritated skin around the electrodes such as inflamed skin, whether painful or not, reddened skin, rashes, allergies, burns, bruises, swellings, open or healing wounds or surgical scars.
- have a stent or bypass that has been active for less than 6 months.
- have untreated high blood pressure, a bleeding disorder or a propensity to bleeding (haemophilia).



- have an abdominal wall or inguinal hernia.
- have just drunk alcohol, or you have taken drugs or intoxicants.
- are under 18 years old.

To avoid damage to health, we strongly advise against using electrical muscle stimulation in the following areas and environments:

- On the skeletal skull structure, around the mouth, throat or larynx.
- Stimulation must not be carried out around or on the head, directly over the eyes, over the mouth or on the throat and carotid artery.
- In the genital area.
- In environments with high humidity such as in the bathroom, when bathing or showering or in heavy rain or snow.

⚠️ RELATIVE CONTRAINDICATIONS:

If these factors apply to you, you may only train with EMS if your doctor expressly allows you to do so. You ...

- suffer from acute back problems that have not been specifically diagnosed.
- have acute neuralgia or a slipped disc.
- have an implant older than 6 months.
- have an internal organ disease. Special care should be taken with kidney disease.
- have cardiovascular disease.
- have a propensity towards thrombo-embolic conditions.
- have unexplained chronic pain in any part of the body.
- have any sensory impairment that reduces the feeling of pain (e.g. metabolic disorders).
- experience discomfort during stimulation.
- have long-term irritated skin in the areas where you use the electrodes.
- have a propensity for bleeding due to injury.
- experience motion sickness.
- have larger accumulations of fluid in the body and oedema.
- have open skin injuries, wounds, eczema and/or burns.
- take certain medications.

TRAINING CONDITIONS: Here's how to train properly

What do you need to bear in mind when training?

- Train a maximum of three times a week.
- Take breaks and give your body at least 48 hours to recover.
- Do not train for more than 20 to 30 minutes per unit, depending on the selected load and intensity.
- Listen to your body and know your limits.
- Drink plenty of water.
- We recommend using an Antelope electrode contact agent, especially on dry skin.

Do you feel unwell during your training? Stop the workout immediately and contact your doctor or the emergency services! Do you feel dizzy, do you have heart problems or severe pain after training? You should also contact your doctor!

POSSIBLE SIDE EFFECTS:

If you train despite having a contraindication and/or you are not complying with the training conditions, significant health problems may occur, which in rare cases can lead to death. Amongst other things, this can be caused by severe overtraining and failure to take the necessary breaks. Possible side effects include partial loss of strength, delayed onset muscle soreness or a significant increase in muscle protein (such as creatine kinase) in the blood.

Excess creatine kinase can, in individual cases, damage the kidneys or other organs, and lead to them failing. There is an increased risk of muscle damage particularly after excessively intensive training units with Antelope products. However, if you follow our training instructions carefully, none of the problems mentioned should occur.

If you experience any of the following symptoms, contact a doctor – in such cases there is a risk of severe damage to your muscle tissue (rhabdomyolysis):

- Your urine is brown.
- You have severe muscle pain (myalgia).
- Your muscle is extremely swollen.

⚠ GENERAL WARNINGS

Any form of improper use can be dangerous. Only use Antelope products:

- on people.
- for the intended purpose and as specified in these instructions for use.
- for external use.
- with the supplied original accessories, and original parts that can be re-ordered. Failure to comply with this will invalidate your guarantee.

GENERAL SAFETY PRECAUTIONS

- Always pull electrodes gently from the skin to prevent injuries in the case of highly sensitive skin.
- Hold the products away from sources of heat and do not use them in close proximity (approx. 1 m) to shortwave or microwave devices, as doing so can result in unpleasant surges of electricity.
- Do not expose the device to direct sunlight or high temperatures.
- Protect the device from dust, dirt and moisture.
- In particular, the Booster must be protected against moisture. Never immerse the Booster in water or other liquids.
- The products may only be used by people without contraindications and in no case on animals.
- If the device does not work properly, or if you feel unwell or experience pain, stop using it immediately.
- To relocate or remove electrodes, pause the Antelope products or the associated channel to prevent unintentional stimulation.
- Do not modify any electrodes (e.g. by cutting them), as this will produce a higher current density and may be dangerous.
- Do not use whilst asleep, driving a vehicle or operating machinery.
- Do not use whilst undertaking any activity where an unexpected reaction (e.g. strong muscle contractions even at low intensity) might pose a hazard.
- Ensure that no metallic objects (e.g. belt buckles or necklaces) come into contact with the electrodes during stimulation. If you are wearing jewellery or have piercings in the


area to be treated (e.g. a navel piercing), these must be removed before using the device; failure to do so might result in burns.

- Do not use if you have a tattoo that contains metallic particles where these are near or underneath one of the electrodes.
- Do not connect the components of the Antelope products to other devices. Use is only permitted with the products described in these instructions for use.
- Do not use the product whilst using other devices that transmit electrical pulses to your body.
- Do not use in the vicinity of highly flammable substances, gases or explosives.
- If you feel faint, switch off the device immediately, and lie down with your legs in an elevated position (for approx. 5-10 minutes). Make sure to contact your doctor or the emergency services.
- Antelope products are not intended for use by children or people with restricted physical, sensory (e.g. reduced sensitivity to pain) or mental skills, or people lacking experience and/or knowledge. Make sure that EMS training by and with minors does not take place.
- Keep Antelope EMS devices and their packaging material away from children and animals to prevent potential hazards.
- Do not touch the electrodes with your fingers while operating your mobile device.
- Make sure that the Booster is always switched off when putting on and taking off Antelope products.
- Please note that our EMS products may only be used by persons who have taken full note of the information on intended use contained in the instructions in advance, including the warnings and contraindications, and have verified that they do not have any contraindications. If the EMS products are to be used not only by yourself but also by third parties, you are obliged to ensure that the above-mentioned instructions are also brought to the attention of the third party and are independently reviewed and observed by them before training begins. We recommend you to obtain written confirmation from the third party using the device that there are no contraindications. If you have any questions, please do not hesitate to contact us.

DAMAGE

- If the device is damaged, do not use it and contact your retailer or the specified customer service team address.
- To ensure that the device functions effectively, do not drop it or dismantle it.
- Check the device for signs of wear and tear or damage. If there are such signs of wear and tear or damage or if the device was used improperly, it must be brought/sent to the manufacturer or retailer before further use.
- Switch the device off immediately if it is faulty or not working properly.
- Never attempt to open and/or repair the device yourself. Repairs may only be carried out by the authorised customer service team or authorised retailers. Failure to comply with this will invalidate your guarantee.
- The manufacturer is not liable for damage resulting from improper or incorrect use.

NOTES ON HANDLING RECHARGEABLE BATTERIES

- If your skin or eyes come into contact with fluid from a rechargeable battery cell, wash the affected area with water and seek medical assistance.
- If the rechargeable battery leaks, put on protective gloves and clean the battery compartment with a dry cloth. Then contact our customer service team. Do not continue to use the product under any circumstances.
- Protect rechargeable batteries from excessive heat and moisture.
-  Risk of explosion! Never throw rechargeable batteries into a fire.
- Do not disassemble, split or crush the rechargeable batteries.
- Rechargeable batteries must be charged correctly prior to use. The instructions from the manufacturer and the specifications in these instructions regarding correct charging must be observed at all times.
- Fully charge the rechargeable battery prior to initial use.
- In order to achieve the longest possible battery life, fully charge the rechargeable battery at least twice a year.

3. BEFORE USE

Charge the Evolution Booster

Charge the Evolution Booster for at least two hours before using it for the first time.

To do this, connect the supplied USB-C charging cable to a USB mains adapter (output: max. 5 V/2 A, not included in delivery) and the Booster. Alternatively, you can charge the Booster on your computer/laptop. To do this, connect the USB-C charging cable to the Booster and the USB port of your computer/laptop.

Wash EMS garments

We recommend washing the garments before first use. In “Cleaning and maintenance” you will learn how to clean and maintain them.

Download and register on the app “Antelope Go”



Check your phone settings

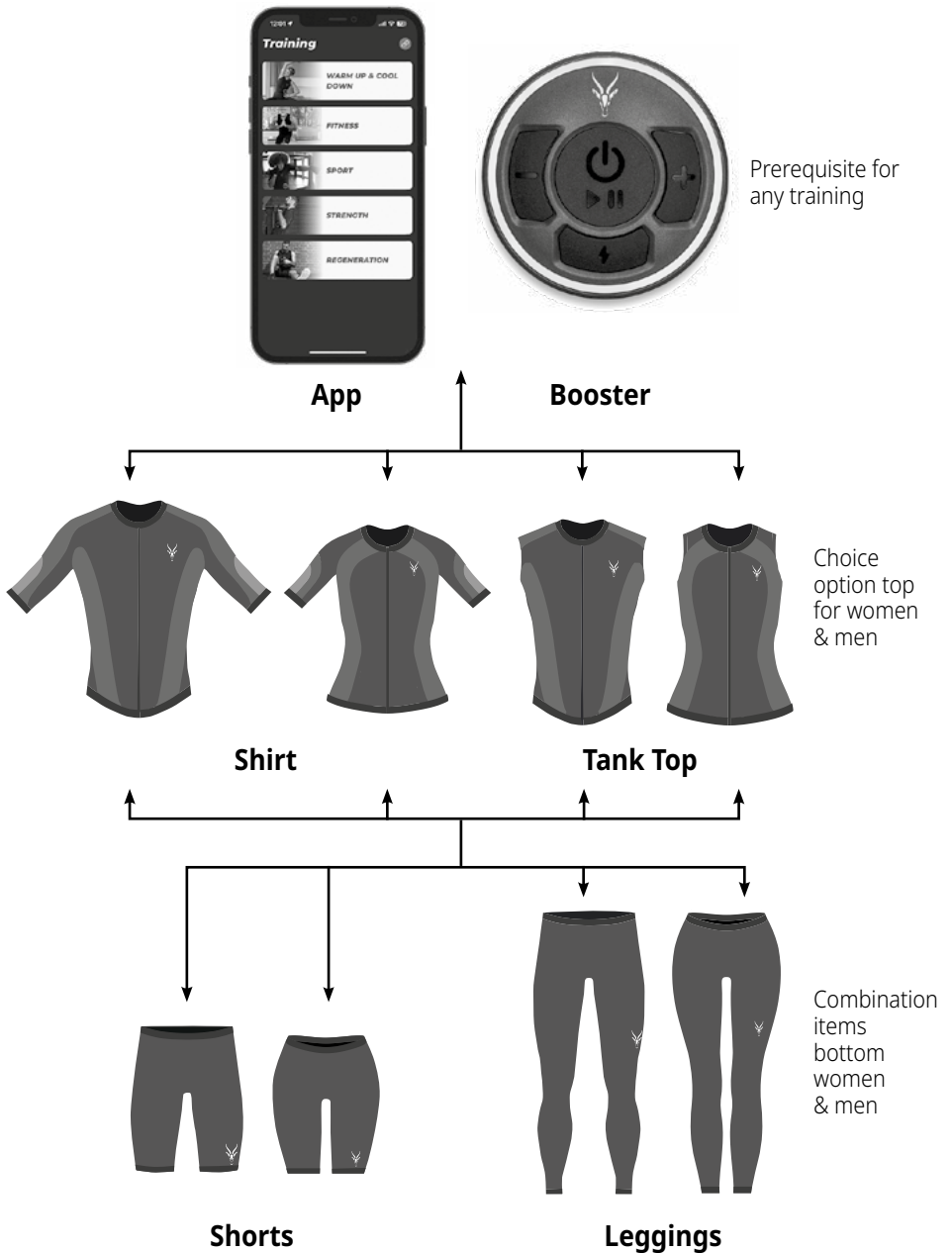
Make sure that your Bluetooth is enabled. As an **Android user**, you need to ensure that your phone's location data is enabled.

Apply electrode contact agent

This ensures that the electrodes conduct the current better and the feeling during training is better. In addition, the EMS pulse is transmitted more easily and evenly. For this purpose, apply the agent onto the electrodes or directly onto the skin shortly before training. Alternatively, you can do a warm up before EMS training to get yourself sweating.

4. DEVICE DESCRIPTION AND INITIAL USE

4.1 Device overview




An Evolution Washbag is included with every order containing an EMS textile.

4.2 App “Antelope Go”

Let's get started! To get started with your EMS training, you will need the app “Antelope Go” and an account. The app is your EMS training companion in your pocket: you can use it to select the program that suits you and configure it according to your wishes and needs. You can also control the electrodes via the app – all of them at the same time or individually: it's up to you! The app saves your settings for each program so that you can get started quickly and conveniently the next time you train.

Here's how to get started:

- Download the app “Antelope Go” from the Google Play Store or Apple Store.
- Complete the registration. To do so, you must actively confirm the contraindications. You can find these in the “Warnings and safety notes” section.
- In order to be able to train, you will be asked to register your products during registration.
- To do this, switch on the Booster and connect it to your mobile phone via Bluetooth. Once it is registered, it will automatically connect to the app in future. You can recognise this by the round connection symbol at the top right of the screen – it turns from white to turquoise when the Booster is connected. 
- To register your garments, follow the step-by-step instructions in the app. You can find the barcode for the relevant garment in the waistband. Scan it with your mobile phone's camera. You can also do this later. However, you are not ready for your first training session until all garments you want to use have been added under “Equipment”.



Tip: During the scanning process, wait until the code is recognised and hold your mobile phone steady. If the code is not recognised, you can also enter it manually.



If you already have a beurer account, you can log in directly using your log-in data. Once registered, you will have access to other beurer apps such as the app “beurer FreshHome” or “beurer HealthManager Pro”.

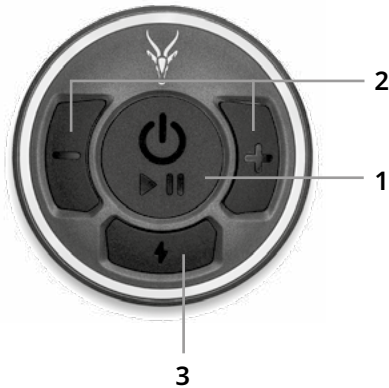
Have you registered a profile and your garments? Then you can get started with your first training. If you don't want to wait any longer, scroll straight to the “Usage: Quick start” section. However, we recommend that you read the device description first.

4.3 Evolution Booster

The Booster is the heart of your EMS training. Its rechargeable lithium-ion battery gives the electrodes the energy they need for electrical muscle stimulation. You control the Booster via the app “Antelope Go”. You can choose between more than 40 programs what you want to train with today. With the Booster itself, you can regulate the intensity of all muscle groups at the same time, pause your program and start your favourite training via quick access. You can easily set your favourite program in the app – and use it without your mobile phone.

How to insert the Booster on the garment:

- Insert it into the magnetic holder on your Antelope upper garment.
- To do so, slide it slightly diagonally into the rectangular recess at “6 o’clock”.
- Now fold it back until the magnet attracts.
- You can now get started!



1. Power button:

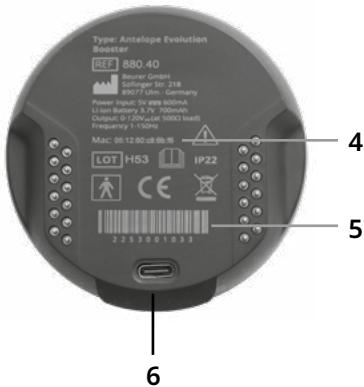
- Switching on
- Switching off
- Pausing/restarting

2. Plus/minus button

- Reduce - and increase + intensities

3. Favourite button:

- Freely selectable favourite program
- Can be set via the app



4. MAC address:

- This address is displayed in the app so you can clearly identify each Booster. This is especially useful when multiple Boosters are registered in one app.

5. Serial number:

- The customer service team can use this number to identify your device.



6. USB-C connection:

- Charging cable connection

Booster buttons

The power button



Switching on the device:

<p>Press and hold the power button until the LED ring has gradually lit up clockwise 2x. The LED ring then lights up blue.</p>	<p>The light will stop at "12 o'clock" and light up intermittently. The Booster is now ready. You can connect it via Bluetooth.</p>		
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Switching off the device:

<p>Press and hold the power button until the LED ring has gradually lit up anti-clockwise 2x. During this time, it lights up green. The LED light will then be off.</p>	<p>When the Booster is off and disconnected from the power supply, no lights should be lit up anymore.</p>		
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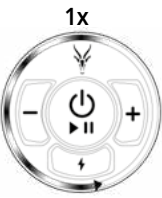

Pausing training:

<p>Briefly press the power button to pause a current program.</p>	<p>The LED ring lights up intermittently.</p>		
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Resuming training:

<p>Briefly press the power button to resume a training session after a break.</p>	<p>The LED ring will now light up again to match the program.</p>		
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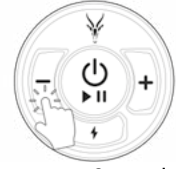
Cancelling an ongoing training session:

<ol style="list-style-type: none"> 1. Pause the current program by briefly pressing the power button. The LED ring will start to pulse. 2. Then press and hold the power button until the LED ring has gradually lit up anti-clockwise 1x in green. 	<p>The LED display will remain at "12 o'clock".</p>	<p>1x</p> 	
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Plus & minus button

Decrease intensity:

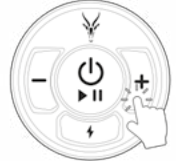
Briefly pressing the minus button decreases the intensity of all electrode pairs by one intensity point. If you press and hold the button, the intensity is immediately decreased by 3 intensity points. If you want to control individual electrodes, please select them in the app.



3 seconds

Increase intensity:

Briefly pressing the plus button increases the intensity of all electrode pairs by one intensity point. If you press and hold the button, the intensity is immediately increased by 3 intensity points. If you want to control individual electrodes, please select them in the app.



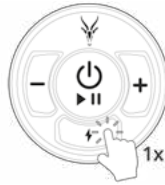
3 seconds

Favourite button

Start favourite program:

To start your favourite program, briefly press the lightning button on the Booster once.

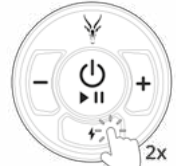
The LED ring will now start to pulse. This indicates that the program has been activated.



1x

You now have two starting options:

1. Start at 0%: to do so, press the plus button on the Booster to set the desired intensity yourself.
2. Start with memory intensity: to do so, press the favourite button again. The Booster will now slowly ramp up to the saved values. You can set the speed with the increase assistant.



2x

Stop memory intensity:



Important note: while the Booster is ramping up to your memory intensity, you can stop the process at any time with the minus button. The intensity then remains at this setting.



To set a favourite program in the app, see chapter “Select favourite program”.

LED ring

- The LED ring indicates which action the Booster is currently performing
- Integrated into the side for improved visibility during training



You have read about what happens when you press the power button in the previous section. Other actions include:

Bluetooth connection display:

<p>If you switch on the Booster, the display lights up permanently at "12 o'clock". Now you can establish a Bluetooth connection.</p>	
<p>When a Bluetooth connection is established, the LED ring will light up constantly and the light will expand on both sides.</p>	

Stimulation display:

<p>If the stimulation is constant during a program, the LED ring will also light up continuously.</p>	
<p>In some settings, the electrodes work in a duty cycle: this means that the muscle is stimulated for a certain period of time, after which there is a pause of a few seconds. You can recognise the stimulated phases by the light filling in the LED ring.</p>	

Charging:

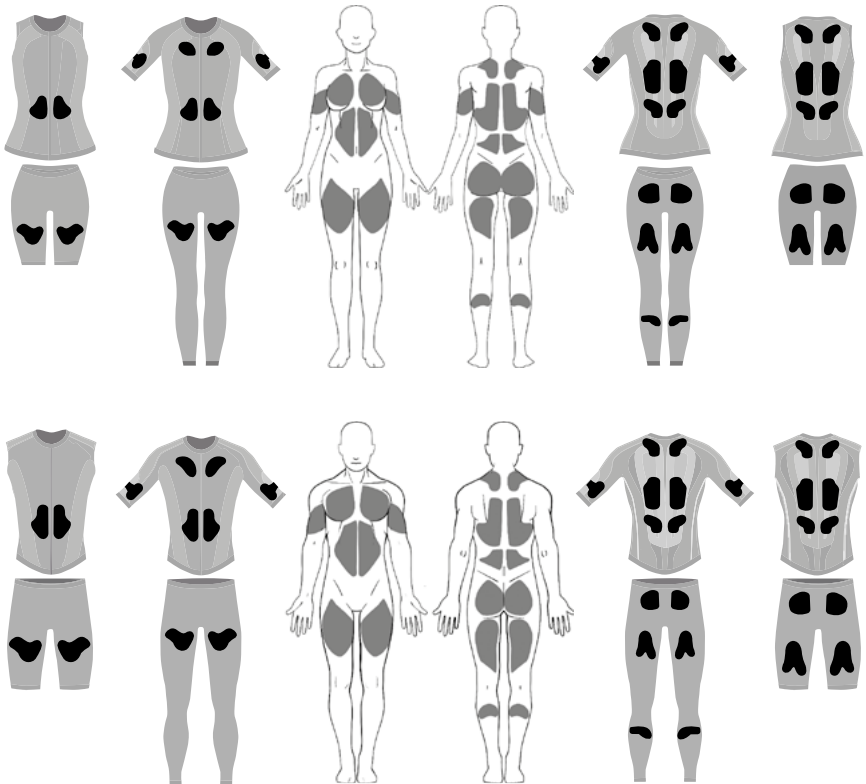
<p>As soon as the Booster is charged, the entire LED ring lights up at short intervals.</p>	
<p>When the Booster is fully charged, the LED ring lights up constantly.</p>	

4.4 EMS garments

There are four different garments in the Antelope Evolution series: shirt, tank top, shorts and leggings. All upper garments can be combined with all lower garments. The high-quality Antelope garments are made of 54% polyamide, 36% polypropylene and 10% elastane.

Instead of unisex styles, we focus on making tailored garments for men and women. After many requests from female customers, we have integrated a sports bra into our women's range and repositioned the chest electrodes. This improves support and ensures a secure fit. The Antelope garments for men are also adapted to male proportions. The women's models are available in sizes XS to XL. The men's models are available in sizes S to XXL.

With the Evolution series, you are training with the latest generation of high-tech silicone electrodes developed in Germany. They are thin, comfortable and soft on the skin. Their shapes are adapted to those of the particular muscle group. This enables a completely new way of transmitting stimuli. The electrodes consist of several layers and are completely covered with silicone. This ensures an even pulse sensation on the skin. You can moisten the electrodes with an electrode contact agent before training to increase the intensity or you can start right away with them being dry.



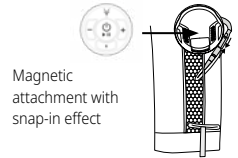
When you put on your EMS garments, make sure that the electrodes are in the right place. You can see the ideal electrode positioning in the diagram. Everyone's perception is different, but you can use it as a guide. Sensitive areas for most people include: calves, neck, and arms.

Antelope upper garments

The Antelope EMS upper garments provide fantastic flexibility: you have a wide range of training options, e.g. for competitive sports, for fitness and for boosting your own well-being. They work on their own as stand-alone products or together with an Antelope lower garment.

By the way, our upper garments have three zips. This makes them particularly convenient to put on and ensures that they sit comfortably on the skin. This is important for the electrodes to have good contact with your skin. We have also integrated a sports bra into our women's range.

There is a magnetic holder on the Antelope upper garments. This is the docking station for the Evolution Booster. A magnet holds it firmly in place – even during intensive training units. We have also inserted a pocket directly under the holder. Place the USB plug that protrudes from the holder in there when you use the upper garment without a lower garment.



SHIRT

The EMS shirt has 6 electrode pairs with 12 electrodes.

These are located in the area of the chest, abs, upper arm triceps, neck, middle back and lower back.

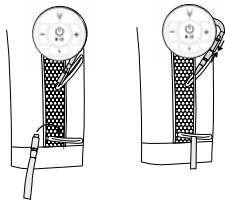
TANK TOP

The light version for a strong back: the EMS tank top has 4 electrode pairs and 8 electrodes. These are located in the area of the abs, neck, middle back and lower back.

Antelope lower garments

You can use the Antelope lower garments together with the upper garments to form a complete Antelope suit: they also stimulate the buttocks and legs. There is a mobile phone pocket on each lower garment – so you can easily carry your smartphone with the installed app “Antelope Go” during every training session.

The large muscle groups are trained with the lower Antelope garments. The shape of the electrodes, specially developed for that purpose, supports you intensively during your training.



The upper and lower garments are connected by the USB-C connection.

How it works:

- Route the longer cable of the lower garment through the pocket provided on the upper garment.
- Connect it to the connector of the upper garment.
- Store the cables in the pocket. This improves wearing comfort.

The USB-C connection can be put in the washing machine. When doing so, please note that there are washcaps on the laundry net. Place them on the connectors before washing.

LEGGINGS

Designed for athletes to allow them to enjoy a challenging full-body training: the EMS leggings have 4 electrode pairs and 8 electrodes. These are located on the buttocks, front and back thighs and calves. You can use the leggings only with an Antelope upper garment.

SHORTS

The EMS shorts have 3 electrode pairs and 6 electrodes. These are located on the buttocks and front and back thighs. You can use the shorts only with an Antelope upper garment.

5. USAGE: QUICK START

5.1 Registration & start

1. Create an app account

Ready for your first workout? You need to download the app “Antelope Go” and create an account.

2. Register equipment

Before you get started, please register your products under “More” and “My equipment”. It’s really quick – promise! If you have already done this, jump to point 6.

3. Register the Booster on your Apple and/or Android device.

To register your Booster in the app on iOS devices

1. Select “Add Booster”.
2. Once this is done, the Mac address will appear in the app. It is also printed on the back of the Booster. Click on it.
3. Wait until you receive a pairing request (Bluetooth).
4. Confirm to be directed to the “Booster connected” page.
5. If you receive an error message, please contact our customer service. You can find it under “Contact” in the settings.

To register your Booster in the app on Android devices:

1. Select “Add Booster”.
2. Once this is done, the Mac address will appear in the app. It is also printed on the back of the Booster. Click on it.
3. When you switch on the Booster for the first time, you will be asked to enable your mobile phone’s location services.
4. Confirm – this will grant the authorisation without you having to go to your smartphone’s settings.
5. Now you can select your Booster and receive the pairing prompt for Bluetooth.
6. Confirm this and wait until you are directed to “Booster connected”.

4. Register garments

Now register your garments. How it works:

1. Select “Add products”.
2. There is a barcode on the hem of your garment. You can recognise it by the mobile phone pictogram. You can also find the code on the hang tag. Scan it with the app.
3. When scanning, wait until the app detects the code and hold the mobile phone still. If the app does not detect the code, you can also enter it manually.



In some cases, the code will wear out in the hem of your garment over time. We recommend that you store the hang tag with the code for app registration in a safe place.

5. Connect the upper garment and lower garments

Want to pair your upper garment with shorts or leggings to create a suit? Put on both garments and then pair them using the USB-C connection. You can find out how to do this in the chapter “EMS garments”.

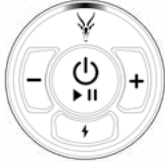
6. Insert the Booster

Insert the Booster into the magnetic holder on the upper garment.

Switch on the Booster:



Switch on the Booster by holding down the power button until the LED ring has gradually lit up clockwise twice in blue.



The light will stop at "12 o'clock" and light up intermittently. You can now connect the Booster to the app „Antelope Go“ via Bluetooth.

Connecting the Booster:

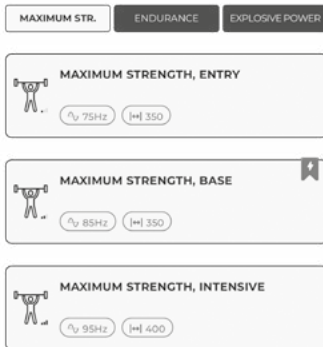
1. Open the app "Antelope Go".
2. Go to the "My equipment" area under "More".
3. Click on "Add Booster".
4. Follow the instructions.

Once registered, the Booster will automatically connect when you switch it on. You can recognise this by the small connection button at the top right of the screen. It turns from white to turquoise when the connection is successful.

7. Select an EMS program in the app

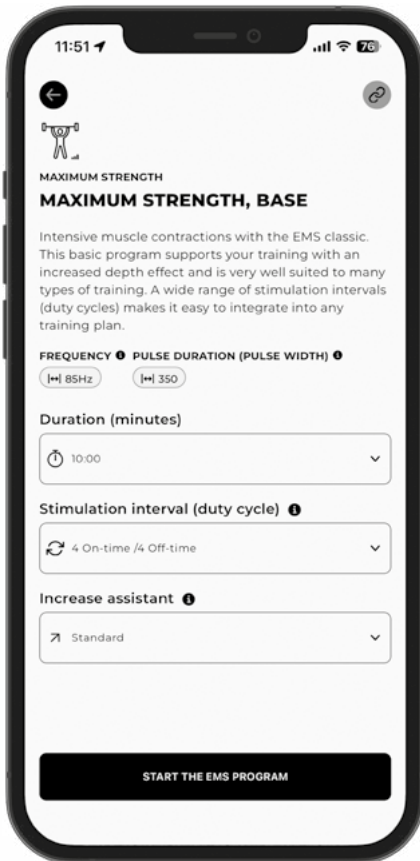
Now you can start your training. Go to "Training" and choose how you want to train today. You can choose between the following categories:

- Warm up & Cool down
- Fitness
- Sport
- Strength building
- Recovery



Further sub-categories now appear. In "Strength building" you will find programs for maximum strength, strength endurance and explosive power, for example.

5.2 Program settings



Duration (minutes)

Do you want to give all in a short workout or want to enjoy a long, relaxed jog after work? Here, you can choose for how long you want your workout to last. Note: you cannot change the duration in some programs, as they can only have their full effect if you complete the entire duration of the program.

Stimulation interval (duty cycle)

The electrodes stimulate your muscles for a certain amount of time during the stimulation interval (duty cycle). Then they stop for a few seconds. You can set how long the relevant intervals should be – or whether your muscles should be targeted consistently.

Note: a break is required in some programs.

You can find out more about this in the section on programs.

Increase assistant

The increase assistant comes into play if you have set new intensities, called up your memory intensity or restarted the program after a short break. It ensures that stimulation increases slowly.

You have the following options:

Sensitive: 2 intensity points per second
Standard: 3 intensity points per second
Fast: 5 intensity points per second

You can find out more about this in the section on the increase assistant.

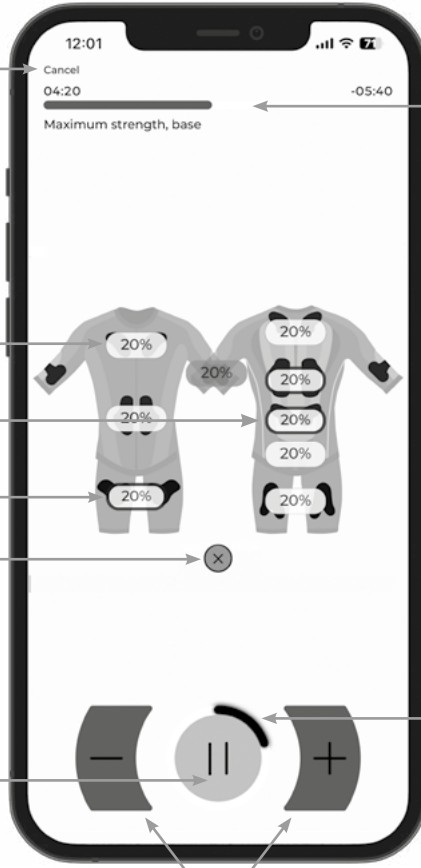
5.3 Training management

Cancel program prematurely

Control of the individual electrodes, depending on which textiles you use. You can select all at once or only individual muscle groups. Multiple selection is also possible.

Delete selection.

Power button - you can start and pause a program.



Timeline of your running program.

Stimulation interval display analog to the LED ring of your booster. It fills up during the stimulated intervals in the duty cycle. During constant stimulation, the ring also lights up constantly.

"Plus" and "minus" click surfaces to increase or decrease intensity.



Do you want to save the settings? After the training, you can use the **memory intensity!** You can learn more about this in the following chapter "Helpful functions".

Stimulation check

If there is a problem, a yellow plug symbol appears above an electrode. This may be because:

- the electrode does not have sufficient contact with your skin. Please correct the fit of your Antelope garments.
- the pulse transmission is impaired. Apply electrode contact agent to improve it.

Can't solve the problem? Our customer service team will be happy to help you! You can find out how to reach it under "More".



You may barely or not feel the stimulation at all in some muscle groups. If the electrode is green, electrical muscle stimulation will still work as desired. You should not increase the stimulation.

6. HELPFUL FUNCTIONS

6.1 Memory intensity

Once you have completed a program, you can save your set intensity. The app automatically calculates the average intensity of each pair of electrodes during this training. This is what we call memory intensity.

The next time you start this program, you can start directly with these values. The program will then ramp up automatically according to your **increase assistant**.



The app "Antelope Go" offers you more than 40 programs – each one of them being unique. That's why you need to set each one individually. You therefore have to train with the program once so that you can save your memory intensity. The app automatically asks you whether you want to save your values after each training session and helps you find the right intensity for you.

6.2 Increase assistant

If you have set new intensities, called up your **memory intensity** or restarted the program after a short break, the increase assistant will be used. It ensures that the stimulation increases slowly and does not immediately go up to the maximum.

You have the following options:

- Sensitive: 2 intensity points per second
- Standard: 3 intensity points per second
- Fast: 5 intensity points per second

Stop the increase assistant:

If you notice that the intensity becomes too high, you can stop the increase assistant. You now have two options:

1. Press the minus button on the Booster or on the control screen of the app. The intensity remains at the current value. If you want, you can now reduce it further.
2. Pause using the power button on the Booster or on the control screen. If you start the program again, it will only ramp up to the intensity level last used.

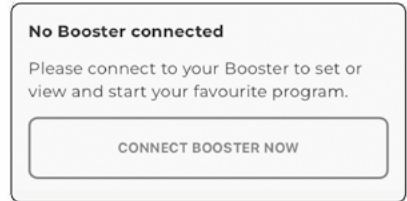
6.3 Favourite program

Have you found your favourite program and decided your training routine? Perfect! Then you can use this function to save the program on the favourite button on the Booster. This means you can train quickly and easily without the app with all your configurations: Memory intensities, duration, increase assistant and, if specified, a stimulation interval (duty cycle).

You set the favourite program via the app. To do so, the app must be connected to the Booster. There are two ways to do this:

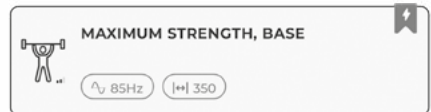
1. Go to „Favourite program“ on the app's home page.
2. Go to „My equipment“ under „More“. Select the Booster and then your „Favourite program“.

YOUR FAVOURITE PROGRAM



Now follow the app to the desired EMS program. Set it how you want and confirm. You can now start the program using the lightning symbol button on your Booster.

You can identify your favourite program in the program list by the flag on the right-hand side.



6.4 Saving body values

In the menu “Achievements” you can also find a “Body values” tab. Here, you can track how your body changes.

Save the daily data for:

- Weight
- Body fat percentage
- Muscle percentage
- Water content



This can be done in two ways:

1. Manually – click on the button “Add data manually” at the end of the screen.
2. Automatically via a beurer smart scale and the app “HealthManager Pro” (the data must be entered correctly here). To do so, activate “Synchronise data” under “Body values” at the end of the screen.

7. PROGRAMS





Warm up & Cool down







Our warm up program prepares your body for the workout. This ensures a good start to the training session. With the cool down program, you help your muscles to “power down” slowly after training.

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	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

Training	Description	Frequency*	Pulse length*	Duty Cycle*	Duration (min.)
 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

Training	Description	Frequency*	Pulse length*	Duty Cycle*	Duration (min.)
 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, explosive, 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 power, 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.)
 <p>Maximum strength, entry</p>	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
 <p>Maximum strength, base</p>	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
 <p>Maximum strength, intensive</p>	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
 <p>Maximum strength, dynamic</p>	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
 <p>Explosive power, entry</p>	For the entry and the first workouts: This explosive power 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
 <p>Explosive power, base</p>	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

Training	Description	Frequency*	Pulse length*	Duty Cycle*	Duration (min.)
 Explosive power, 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
 Explosive power, 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

Training	Description	Frequency*	Pulse length*	Duty Cycle*	Duration (min.)
 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 μ s, the muscle contractions are not too intense and can promote regeneration.	60-100Hz	200 μ s	[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	200 μ s	-	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	350 μ s	-	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	200 μ s	[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	350 μ s	-	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	200 μ s	-	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	200 μ s	-	5, 10, 15, 20, 25

Intensity

The intensity determines the pulse strength, i.e. how much electric charge flows in a certain time. The more intense, the more muscle fibres are targeted.

*Frequency

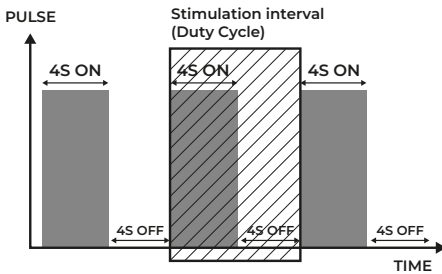
The frequency determines how often an electrical pulse is output in a certain time. This is reflected in how often the individual muscle fibres will contract. You cannot change this value in the Antelope programs.

*Pulse length (pulse duration)

The pulse length or pulse duration describes the time during which electrical pulses flow into the muscles. The longer this period is, the more intensely and deeply the muscle is targeted.

*Duty cycle

The stimulation interval, also known as the duty cycle, determines the ratio between the stimulation phases and the stimulation breaks during training. Some EMS programs require these breaks for your muscles. You can find two variants in the app:



FOR EXAMPLE:
ON TIME = 4 seconds of stimulation phase
OFF TIME = 4 seconds of stimulation pause



ON TIME = constant and consistent

Programs with duty cycle

Some programs require a stimulation interval. This could be as follows:

For example, you select a program with the duty cycle "4 sec ON, 4 sec OFF". It runs with a repeating cycle of four seconds of stimulation and four seconds of break. During this time, the LED ring of the Booster fills up or empties during the break. You can also see this on the control screen of the app.

For some programs, the duty cycle is fixed, whereas for others you can choose. Try out and see what feels best for you!

Programs without duty cycle:

Some programs do not have a duty cycle. Your muscles are stimulated throughout in this case.

8. CLEANING AND MAINTENANCE

Please follow the tips and information so that your products work well for as long as possible.

Garment wash and care instructions

- The EMS garments can be washed by hand or in the washing machine.
- The washing machine should be as full as possible. This will prevent the Booster holder from hitting the drum.
- Use a gentle cycle at max. 30°C. The machine should spin at a maximum of 800 rpm.
- Do not use fabric softener during washing. The garments may not be dry cleaned or bleached.
- Do not wash the Booster in any case!

- Use the provided laundry net to protect your garments.
- Green washcaps are fitted to the laundry net. Place them over the USB-C plugs before washing. Remember to remove them after washing.

Important! The garments may stain!

After washing:

- Do not tumble dry your garments.
- Do not wring out the garments.
- Do not iron the garments.
- Do not store the EMS garments and Booster in direct sunlight; they are best protected in a cupboard.

Booster cleaning and maintenance

How to take good care of your Booster:

- Only clean the Booster with a fine microfibre cloth.
- Do not use any chemical or abrasive cleaning agents.
- Never put Boosters or charging cables into the washing machine.
- It is best to store the Booster in a cool, dry place in the Booster pocket provided.

9. ACCESSORIES AND REPLACEMENT PARTS

Do you need a replacement or want to add to your Antelope equipment? You can buy the following products with us:

- Antelope Evolution Booster
- Women's EMS shirt in sizes XS-XL
- Men's EMS shirt in sizes S-XXL
- Women's EMS tank top in sizes XS-XL
- Men's EMS tank top in sizes S-XXL
- Women's EMS shorts in sizes XS-XL
- Men's EMS shorts in sizes S-XXL
- Women's EMS leggings in sizes XS-XL
- Men's EMS leggings in sizes S-XXL
- Electrode contact gel
- Electrode contact spray

You can find all products in our shop at www.antelope-shop.com.

10. DISPOSAL

For environmental reasons, do not dispose of the device in household waste at the end of its service life. Dispose of the device at a suitable local collection or recycling point in your country. Dispose of the device in accordance with the EC Directive – WEEE (Waste Electrical and Electronic Equipment). If you have any questions, please contact the local authorities responsible for waste disposal.



Empty, completely flat rechargeable batteries must be disposed of through specially designated collection boxes, recycling points or at electronics retailers. You are legally required to dispose of the rechargeable batteries properly.

Notice: The codes below are printed on rechargeable batteries containing harmful substances:

- Pb = battery contains lead
- Cd = battery contains cadmium
- Hg = battery contains mercury



11. TECHNICAL SPECIFICATIONS

Type	Antelope Evolution
Storage/transportation conditions	temperature (-10 ~ 50°C) humidity (15 – 98%)
Operating conditions	temperature (10 - 40°C) humidity (15 – 65%)
Dimensions	Ø 7,8cm x 2cm (only Booster)
Weight	86g (only Booster)
Intensity	Adjustable from 0 to 100
Output waveform	Biphasic rectangular pulses
Output voltage	Max. 120 V pp ±10% (500 Ohm)
Output current	Max. 240 mA pp ±10% (500 Ohm)
Pulse frequency	1-150 Hz
Pulse length	50-500µs
Data transfer	2402 MHz - 2480 MHz frequency band Max. < 8 dBm transmission power The device uses Bluetooth® low energy technology Compatible with Bluetooth® 4.0 smartphones / tablets
Battery	Capacity: 700 mAh Nominal voltage: 3,7 V Type designation: Lithium Polymer
Textile Components	54% polyamide, 36% polypropylene and 10% elastane

12. SERVICE & REPAIR

Technical specifications

We want you to love your Antelope products for a long time. Damage that is not covered by the guarantee can be repaired for a fee, because your Antelope products should last as long as possible, even after the guarantee period has elapsed. That's why we offer a repair service at fair prices. The relevant costs are determined and communicated before the repair.

Would you like to customise your Antelope products, adjust an electrode shape or size? That's no problem at all – we'll be happy to advise you on how to customise your suit or adapt it further.

Please contact the Antelope customer service team if you have any questions regarding possible customisation options, claims for defects, guarantee claims and service prices.



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