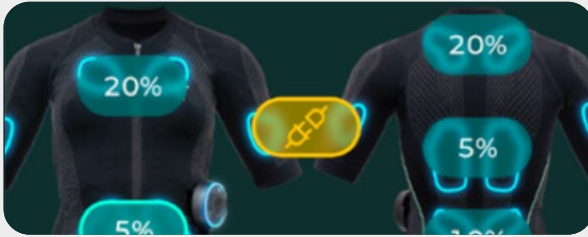


Checklist before training

To check functionality and proper condition before each EMS session

No.	Step	Note
1.	Familiarity with the product - Operation known based on the user manual / app - Contraindications read - Antelope Go App installed - Equipment registered	Additionally, you can find further videos on our YouTube channel and tutorials on the most important functions in the Antelope GO App: Before the first training – With EMS from Antelope
2.	Visual inspection Booster, textiles, electrodes free from damage (cracks, holes, dents, cable damage)	
3.	Proper fitting - Textiles fit properly, electrodes have skin contact - Booster correctly inserted (no gap in the magnetic holder) - Connection between upper/lower part established (USB) - Battery sufficiently charged (if necessary, apply electrode contact gel or moisten)	 
4.	Technical check - Device and program started - If yellow plug symbol appears: check skin contact, apply contact gel if necessary - If error persists: stop training and inform service	
5.	Emergency stop / Safety Function known: pause in app, button on device, or remove from holder	  
6.	Error message / Documentation - Report via app (with log data, date, time) - Alternatively by e-mail/phone to service	Antelope by Beurer Phone: +49 69 25786744 E-Mail: info@antelope.de Service hours: 10:00 – 15:00 CET, Mon – Fri
7.	Maintenance - Care according to user manual - Store booster in the designated pouch	User manual