Your EMS training plan

6-Week Introduction Course: **“Antelope Reset”**

ANTELOPE by beurer

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Workout 1: Full Body Basics	**Workout 3:** Strong Legs & Glutes	**Workout 5:** Cardio & Easy Fatburner	**Workout 7:** Metabolic Boost	**Workout 9:** Lower Body Focus	**Workout 11:** Full Body Power
Workout 2: Strong Core	**Workout 4:** Strong Arms & Abs	**Workout 6:** Core & Healthy Back	**Workout 8:** Upper Body Focus	**Workout 10:** Full Body Boost	**Workout 12:** Full Body Intense



Ready for your EMS training ☑

My goal for the next 6 weeks:

.....

.....

My setup:

- Antelope app is installed ☐
- Booster is charged ☐
- Training area is clear ☐
- Suit is dampened ☐
- Water bottle is ready ☐

My routine:

- I have scheduled 2 fixed training sessions per week ☐
- Notifications and distractions are switched off ☐
- After training, I give my body time to recover ☐
- I‘m setting aside the next 20–30 minutes just for me ☐

Space for notes (what I‘m especially proud of, what has changed, my next goal, etc.):

.....

.....

.....