



 eaglefit[®] PRO
Full Body EMS Suit

eaglefit® Quick Start Guide

- Attach the smart eaglefit POWERBox to the side of your eaglefit EMS suit to control the sewn-in silicone electrodes that target your muscles via the nerves.
- Connect the eaglefit app to your mobile phone, tablet or Apple Watch.
- Select one of the pre-defined training programmes: Fitness (strength/muscle building), Metabolism (cardio, muscle toning), Relax/Relax (light massage/regeneration), individual pulse setting (e.g. according to your doctor's or physiotherapist's instructions), FatBurning (60 Hz during the pulse phase, 7 Hz during the pause) or video workouts (different exercises with your personal avatar according to your settings).
- Then set the intensity for each muscle group individually and your workout can begin. You can save all your settings in user-defined profiles (no limit) and load them again later.

