



**ANTELOPE**  
by beurer

**Antelope  
evolution**



**DE EMS training system**  
Instructions for use

# GERMAN



Read these instructions for use carefully and follow the instructions. Keep them for later use and make them available to other users.

## Welcome to Team Antelope!

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

Look forward to:

- Textiles that fit like a second skin.
- a unique booster.
- a particularly effective, efficient and short training – because the electrical impulses strengthen the natural processes in the body.
- 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 that support you on the way to your next milestone.

On the following pages you will find out everything you need to know about your Antelope product. If you have any questions, our customer service will be happy to advise you by telephone in German and English. You can find the support times on:

[www.antelope-shop.com](http://www.antelope-shop.com) | ☎ +49 69 25786744

Do you speak another language? Then please write an email to: [ÿ info@antelope.de](mailto:ÿ info@antelope.de)

Do you always want to stay up to date and celebrate your successes with us? Follow us on our social media channels and subscribe to our newsletter. You can find all information about this on:

[www.antelope-shop.com](http://www.antelope-shop.com)

We hope you enjoy your EMS training!

See you soon

your Antelope team



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## 1. EXPLANATION OF CHARACTERS

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

	<b>warning</b> Warning about the risk of injury or danger to your health		<b>Danger</b> Safety warning about possible Damage to device/accessories
	<b>Product information</b> Note on important information		Read instructions
	Manufacturer		<b>CE marking</b> This product meets the requirements of the applicable European and national directives
	Disposal in accordance with electrical and Waste electronic equipment EC directive WEEE (Waste Electrical and Electronic equipment)		Marking to identify the packaging material A = material abbreviation, B = material number: 1-7 = plastics, 20-22 = Paper and cardboard
	Dispose of packaging in an environmentally friendly manner		Separate product and packaging components and dispose of them in accordance with municipal regulations
	Batch name		item number
	<b>Hand wash</b> Maximum temperature 40°C		Do not iron
	Do not bleach		Do not dry clean
	Do not tumble dry		Do not use EMS product on persons sons with implanted electrical devices (such as pacemakers)
	<b>class</b> Device protected against foreign bodies $\geq 12.5$ mm and against oblique dripping water		Conformity assessment mark for Great Britain
	Permissible storage temperature and humidity		Permissible operating temperature and humidity
	Biphasic square wave pulses		Applied parts type BF
	Importer symbol		

## 2. WARNING AND SAFETY INSTRUCTIONS

### ABSOLUTE CONTRAINDICATIONS:

**In these cases you are not allowed to train with EMS.**

In order to prevent damage to health, EMS training with Antelope is excluded in the following cases. If that applies to you, you can

Do not do EMS full body training. You • wear ... implanted electrical devices, e.g. B. Pacemaker.



- have metal implants.
- Wear an insulin pump.
- have a fever (> 38°C).
- You suffer from known or acute cardiac arrhythmias and other cardiac excitation and conduction disorders.
- suffer from a neurological disease such as epilepsy or severe sensitivity disorders.
- are pregnant.
- suffer from cancer or other tumor disease.
- Have recently had surgery. It is particularly critical if increased muscle contractions could disrupt the healing process.
- you are simultaneously connected to a high-frequency surgical device.
- use other electrical devices at the same time that could influence the power supply or the muscles.
- are acute or chronic in the gastrointestinal Tract diseased.
- have acute muscle pain, soreness, or cramps.
- suffer from an acute illness, a bacterial infection or inflammatory processes.
- have type 1 diabetes mellitus.
- suffer from arteriosclerosis and arterial Circulatory disorders.
- You have acutely or chronically diseased/injured/inflamed skin in the area of the electrodes, such as painful/painless inflammation, redness, rashes, allergies, burns, bruises, swelling, open or healing wounds or surgical scars.
- have stents and bypasses that are active for less than 6 months.

- have untreated high blood pressure, Bleeding disorder or tendency to bleed (hemophilia).
- suffer from abdominal wall and inguinal hernias.
- have just drunk alcohol, drugs or took intoxicants.
- are under 18 years old.

**In order to prevent damage to health, we strongly advise against using electro-muscle stimulation in the following places and environments:**

- On the bony skull, in the area of the mouth, pharynx or larynx.
- Stimulation must not be applied to or on the head, including directly on the eyes, above the mouth, on the neck and the carotid artery. • In the genital area.
- In environments with high humidity, such as: B. in the bathroom, when bathing or showering, in heavy rain or snow.

### RELATIVE CONTRAINDICATIONS:

If these factors apply to you, you can Only train with EMS if your doctor expressly allows you to. You ...

- You suffer from acute back problems without a specific diagnosis.
- suffer from acute neuralgia and herniated discs.
- Has implants that are older than 6 months are.
- suffer from a disease of the internal organs. Particular caution applies to kidney diseases.
- suffer from cardiovascular diseases.
- prone to thromboembolic diseases.
- You suffer from unexplained chronic pain conditions, regardless of the body region.
- You suffer from a sensory disorder with reduced sensation of pain (such as: metabolic disorders).
- experiences discomfort during stimulation.
- have long-term irritated skin in the areas where you use the electrodes.
- tends to bleed due to injuries.
- have movement kinetosis.
- have major fluid retention and edema.

- have open skin injuries, wounds, Eczema and/or burns.
- take appropriate medication.

## TRAINING CONDITIONS: How to train properly

### What needs to be taken into account when training?

- Train a maximum of three times a week.
- Make sure you take breaks and give your body time at least 48 hours to regenerate.
- Train for no longer than 20 to 30 minutes per session, depending on the load and intensity chosen.
- Listen to your body and know your limits.
- Drink enough water.
- We recommend using an electrode contact agent from Antelope, especially if you have dry skin.

Do you feel uncomfortable during training?

Stop the workout immediately and contact your doctor or emergency services! After training, do you feel dizzy, have heart problems or are you in severe pain?

Be sure to contact your doctor too!

### POSSIBLE SIDE EFFECTS:

When training despite the presence of a contraindication and/or non-compliance with the training conditions, significant health problems can occur, which in rare cases can even lead to death. These can arise, among other things, from excessive overtraining and not taking the necessary rest breaks. Possible side effects include partial loss of strength, delayed muscle soreness and a significant increase in muscle protein levels in the blood, such as creatine kinase. In individual cases of overdose, creatine kinase can damage the kidneys or other organs and lead to their failure.

There is an increased risk of muscle damage, especially after intensive training sessions 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 - 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 improper use can be dangerous. Use Antelope products only: • on people. • for the purpose for which they were

developed and in

the manner specified in these instructions for use. • for external use. • with the original accessories supplied and which can be reordered, otherwise the warranty claim will be void.

## GENERAL SAFETY AND PRECAUTIONS

- Always remove the electrodes from the skin with moderate traction to avoid injuries to highly sensitive skin. • Keep the products away from heat sources and do not use them close (~1 m) to oven or microwave ovens, as this can cause unpleasant power surges.
- Do not expose the device to direct sun or high temperatures. • Protect the device from dust, dirt and moisture. • The booster in particular must be protected from moisture. Never immerse the booster in water or other liquids.
- The products may only be used by people without contraindications and not on animals. • If the device does not work correctly or you feel unwell or painful, stop using it immediately. • When moving or removing electrodes, pause the Antelope products or the associated channel to avoid unwanted stimuli. • Do not modify electrodes (e.g. by cutting them). This leads to higher current density and can be dangerous.
- Do not use while sleeping, driving a motor vehicle or operating machines at the same time.
- Do not use in all activities where an unforeseen reaction (e.g. increased muscle contraction despite low intensity) can be dangerous.

- Make sure that no metal objects such as belt buckles or collars can come into contact with the electrodes during stimulation. If you wear jewelry or piercings (e.g. belly button piercings) in the area where the device is being used, you must remove them before using the device, otherwise local burns may occur. • Do not use if you have a tattoo that contains metallic particles and is near or under one of the electrodes.

- Do not connect the components of Antelope products to other devices. Use is only permitted with the products described in these instructions for use.
- Do not use the products at the same time as other devices that deliver electrical impulses to your body.
- Do not use near highly flammable substances, gases or explosives.
- If a dampness occurs, turn off the device. Feeling uncomfortable immediately and put your feet up (approx. 5-10 minutes). Be sure to sign up your doctor or the emergency service. •

Antelope products are not intended for this agrees to be used by children or people with limited physical, sensory (e.g. insensitivity to pain) or mental abilities as well as with a lack of experience and/or knowledge. Make sure that EMS training by and with minors is excluded.

- Keep Antelope EMS devices and their packaging materials away from children and animals to prevent possible dangers.

- Do not touch the electrodes with your fingers while using your mobile device.
- Make sure the booster is always turned off when putting on or taking off Antelope products. • Please note that our EMS products may only be used by persons who have previously fully read the information contained in these instructions for use, including the warnings and contraindications, and who have personally verified the absence of contraindications. Unless the

EMS products not only by yourself,

but should also be used by third parties, you are obliged to ensure that the above-mentioned information is also brought to the attention of the third party and is independently checked and observed by the third party before the start of the training. We recommend that you have the third party using the service confirm in writing that there are no contraindications. If you have any questions about this, you can of course contact us at any time.

## DAMAGE


- If the device is damaged, do not use it and contact your dealer or the customer service address provided.
- To ensure effective Function of the device, it should not be dropped or disassembled.
- Check the device for signs of wear or damage. If you find such signs or if the device If it has been used improperly, you should take it to the manufacturer or dealer before using it again.
- Switch off the device immediately if it is defective or there are malfunctions.

- Under no circumstances attempt to open and/ or repair the device yourself. Only have repairs carried out by authorized customer service or authorized dealers. Failure to comply will void the warranty.

- The manufacturer is not liable for damage, caused by improper or incorrect use.

## NOTES ON HANDLING BATTERIES

- If liquid from a battery cell comes into contact with skin or eyes, wash the affected area with water and seek medical attention.
- If a battery has leaked, put on protective gloves and clean the battery compartment with a dry cloth. Contact customer service. Under no circumstances should you continue to use the product. • Protect batteries from excessive heat and moisture.

-  Danger of explosion! Do not throw batteries into fire.
- Do not disassemble, open or shred batteries.

- Batteries must be charged correctly before use. The manufacturer's instructions or the information in these instructions for use for correct charging must always be adhered to.
- Fully charge the battery before using it for the first time.
- To achieve the longest possible battery life, fully charge the battery at least twice a year.

### 3. BEFORE USE

#### Load evolution booster

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

To do this, connect the included USB-C charging cable to a USB power supply (output: max. 5 V/2 A, not included) and the booster. Alternatively, you can also charge the booster via your computer/laptop. To do this, connect the USB-C charging cable to the booster and the USB port on your computer/laptop.

#### Wash EMS textiles

We recommend washing the textiles before first use. In "Cleaning and Care" you will find out how to clean and care for them.

#### Download and register the "Antelope Go" app



#### Check your phone settings

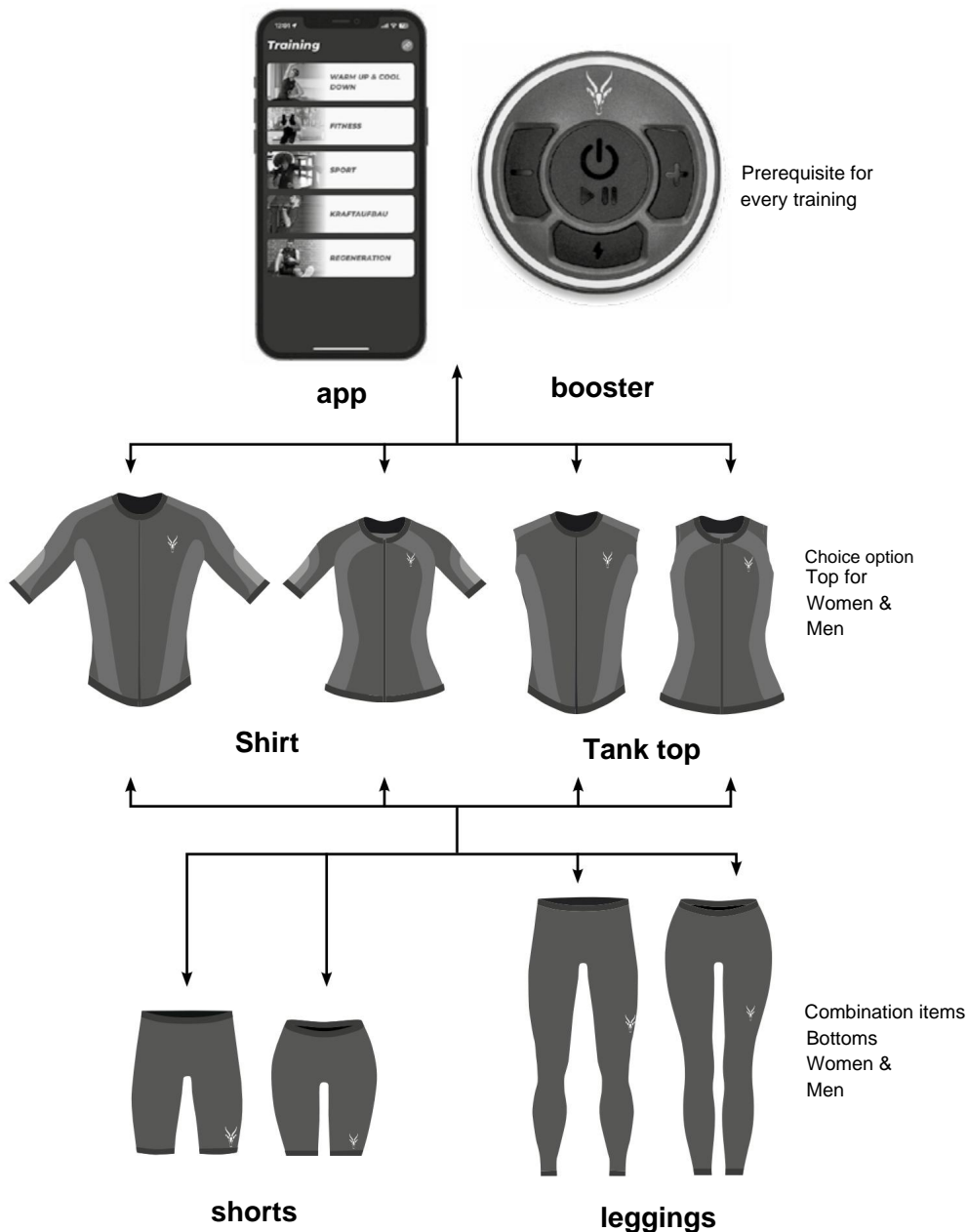
Make sure your Bluetooth is turned on. As an **Android user**, you should also ensure that your phone's location data is activated.

#### Apply electrode contact material

We recommend that you use an electrode contact material. This ensures that the electrodes conduct electricity better and feel better during training. In addition, the EMS impulse is transmitted more easily and evenly. Apply it to the electrodes or directly to the skin shortly before training. Alternatively, you can work up a sweat with a warm-up before EMS training.

## 4. DEVICE DESCRIPTION & COMMISSIONING

### 4.1 Device overview




An Evolution laundry net is included with every order that contains an EMS textile.



## 4.2 “Antelope Go” app

Let's go! To start your EMS training, you need the “Antelope Go” app and an account. The app is your EMS training companion in your pocket: Here you select the program that is right for you and configure it according to your wishes and needs. About the  
You can also control the electrodes using the app – all at the same time or each individually: you decide! The app saves your settings for each program so that you can start your next workout quickly and comfortably.

### This is how you start:

- Download the Antelope Go app from the Google Play Store or Apple Store.
- Complete the registration. To do this, you must actively confirm the contraindications. You can read these in the “Warning and safety instructions” chapter.
- So that you can train, you will be asked to select your products during registration to register.
- To do this, switch on the booster and connect it to your cell phone via Bluetooth. Once registered, it will connect to the app independently in the future. You can recognize this by the round connection symbol at the top right of the screen - it has a different color White to turquoise when the booster is connected. 
- To register your textiles, follow the step-by-step instructions in the app. You can find the bar code for each item of clothing in the waistband. You simply scan this with the camera your mobile phone. You can repeat this step later. However, you are only ready for your first training session when all the textiles used have been created under “Equipment”.



**Tip: During the scanning process, wait until the code has been recognized and hold the cell phone still. If the code is not recognized, you can also enter it manually.**



If you already have a beurer account, log in directly with it. Once registered, your access also works in other beurer apps such as “beurer FreshHome” or “beurer HealthManager Pro”.

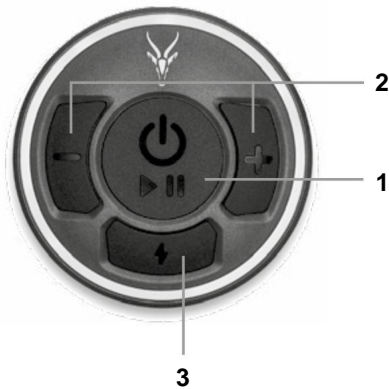
Have you registered yourself and your textiles? Then you can now start your first training session. If you don't want to wait any longer, go straight to the “Application: Quick Start” chapter. However, we recommend that you read the device description beforehand.

## 4.3 Evolution Booster

The booster is the heart of your EMS training. Its rechargeable lithium-ion battery gives the electrodes provide the energy they need for electrical muscle stimulation. You control the booster using the “Antelope Go” app. Here you choose from 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 favorite training immediately via quick access. Put that You can easily set it up using the app - and then you can use it without a cell phone.

This is how you use the booster on the textile:

- Insert it into the magnetic holder on your Antelope top.
- To do this, push it slightly diagonally into the square recess at “6 o'clock”.
- Now fold it back until the magnet attracts.
- Now you can start!



### 1. Power button:

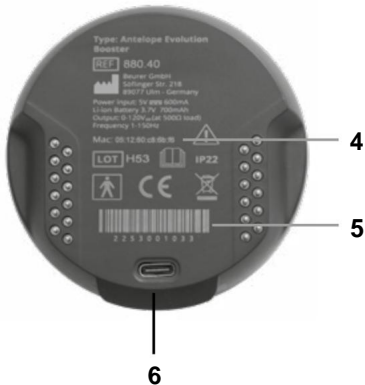
- Turn on
- Turn off
- Pause/restart

### 2. Plus/Minus button: •

Reduce intensity – and increase +

### 3. Favorites button:

- freely selectable favorite program • adjustable via the app



### 4. MAC address:

- This address is displayed in the app so that you can clearly assign each booster. This is particularly practical if several boosters are registered in an app.

### 5. Serial number:

- Customer service can use this number identify your device.

### 6. USB-C port:

- Charging cable connection



## Booster buttons

### The power button



#### Switch on device:

<p>Hold down the power button until the LED ring flashes 2x clockwise - sense has gone through. The LED ring lights up blue.</p>	<p>The light stays on "12 o'clock" stands and lights up at intervals. <b>The booster is now ready - ride. You can connect it via Bluetooth.</b></p>		
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#### Switch off device:

<p>Power button pressed Hold until the LED ring has moved counterclockwise twice. While - that's why it glows green. Then the LED light is off.</p>	<p>If the booster is off and not connected to the power, <b>the light should no longer shine.</b></p>		
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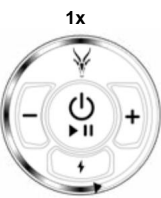

#### Pause training:

<p>You can pause a running program by briefly pressing the power button.</p>	<p>The LED ring lights up at intervals.</p>		
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#### Start training again:

<p>By short Press the power button button you set that Continue training after a break.</p>	<p>The LED ring now lights up again to match the program.</p>		
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#### Cancel a training session in progress:

<p>1. Pause the lau - program by briefly pressing the power button.</p> <p>The LED ring is - starts to pulsate.</p> <p>2. Then hold down the power button - Press until the LED ring turns green 1x counterclockwise.</p>	<p>The LED display remains at "12 o'clock".</p>	<p>1x</p> 	
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## Plus & minus button

### Reduce intensity:

If you briefly press the minus button, you reduce the intensity of all electrode pairs by one intensity point. If you hold the button down for a long time, the intensity is reduced by 3 intensity points. If you want to control individual electrodes, select them in the app.



3 seconds

### Increase intensity:

If you briefly press the plus button, you increase the intensity of all electrode pairs by one intensity point. If you hold the button down for a long time, the intensity increases by 3 intensity points. If you want to control individual electrodes, select them in the app.



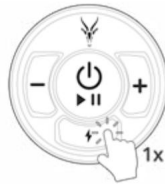
3 seconds

## Favorites button

### Start favorite program:

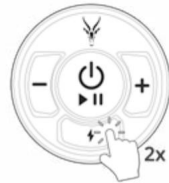
To start your favorite program, briefly press the lightning symbol button on the booster once.

The LED ring now begins to pulsate. This shows you that the program has been activated.



Now you have two starting options:

1. Start at 0%: To do this, press the plus button on the booster to set your desired intensity yourself.
2. Start with memory intensity: To do this, press the favorites button again. The booster now slowly ramps up to the saved values. You set the speed under "Ascent assistant".



### Stop memory intensity:



While the booster is on yours  
If the memory intensity increases, you can stop the process at any time using the minus button. The intensity then remains stand by this attitude.



You can find out how to set a favorite program using the app in the "Setting your favorite program" chapter.

## LED ring

- The light ring shows what action the booster is currently performing.
- Lateral integration for better Visibility during training.



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

### View Bluetooth connection:

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

### Stimulation display:

<p>If the stimulation is constant during a program, the LED ring also lights up continuously.</p>	
<p>In some settings, the electrodes work in a duty cycle, which means the muscle is stimulated for a certain time, then there is a break for a few seconds. You can recognize the stimulated phases by the light filling in the LED ring.</p>	

### Charging process:

<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 textiles

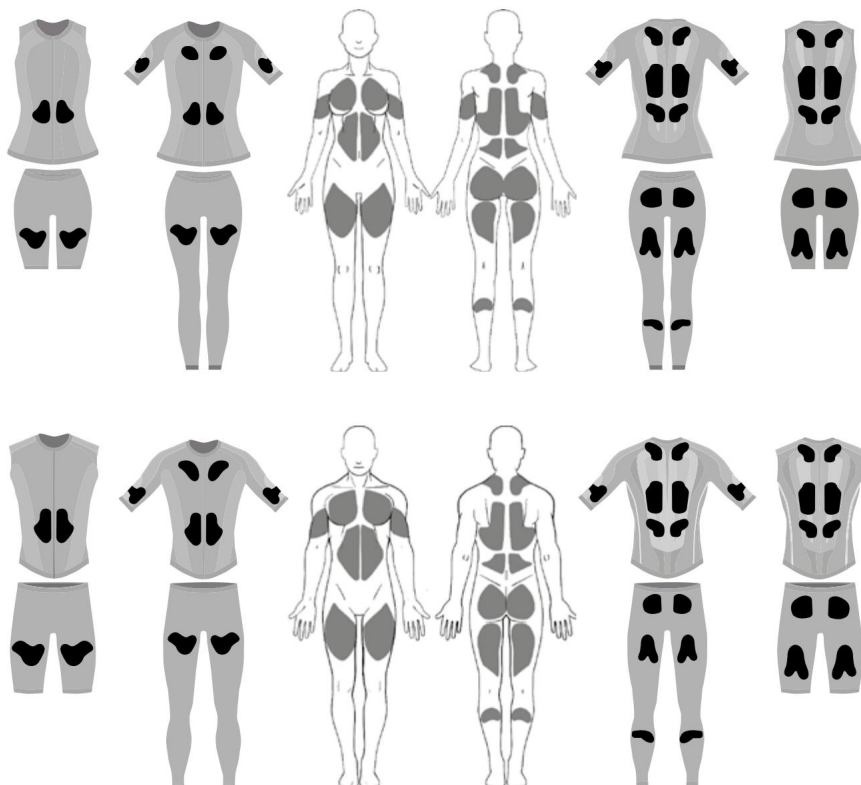
There are four different textiles in the Antelope Evolution series: shirt, tank top, shorts and leggings.

All tops can be combined with all trousers. The high-quality Antelope textiles consist of 54% polyamide, 36% polypropylene and 10% elastane.

Instead of unisex models, we rely on clothing tailored to men's and women's bodies.

That's why, at the request of many customers, we have integrated a special feature into our women's models with the sports bra and repositioned the chest electrodes. This improves the hold and ensures a secure wearing experience. The Antelope suits 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.

In the Evolution series you train with the latest generation of high-tech silicone electrodes developed in Germany. They are so thin that they are comfortable and flattering on the skin. Their shapes are adapted to those of the respective muscle group. This enables a completely new type of stimulus transmission. The electrodes consist of several layers and are completely covered with silicone. This ensures an even impulse feeling on the skin. You can moisten the electrodes with an electrode contact agent before training to increase the intensity. Or you start straight away dry.



When you put on your EMS textiles, make sure that the electrodes are in the right place. In the diagram you can see the ideal electrode positioning. Every perception is individual, but you can orientate yourself accordingly. Sensitive zones for most people are: calf, neck, arm.

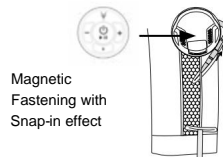
## Antelope tops

With the EMS tops from Antelope you are wonderfully flexible: you have a variety of options to train in competitive sports or fitness and to increase your well-being. They work alone as a stand-alone product or together with an Antelope base. Our tops are equipped with three zippers. This means you can put them on particularly comfortably and they lie comfortably on your skin. This is important so that the electrodes have good contact with your skin. In the women's models we have also integrated a sports bra.

There is a magnetic holder on the Antelope tops.

This is the docking station for the Evolution Booster. A magnet keeps it firmly anchored in the holder - even during intensive training sessions.

We added a pocket directly under the holder. This is where you place the USB plug, which protrudes from the holder when you use the top without trousers.



### SHIRT

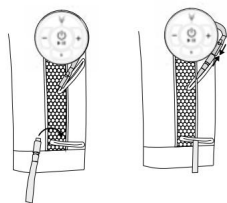
The EMS shirt has 6 pairs of electrodes with 12 electrodes. These are located in the chest area, Abdomen, upper arm triceps, neck, middle and lower back.

### TANK TOP

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

## Antelope pants

With the Antelope pants you can expand the tops into a complete Antelope suit: They also stimulate the buttocks and legs. There is a cell phone pocket on each pair of pants - so you have your smartphone and the "Antelope Go" app can be easily included in every training session. With the Antelope pants you train the large muscle groups. The specially developed shape of the electrodes supports you intensively in your training.



You connect the top and pants using the USB-C connection.

That's how it's done:

- Guide the longer cable of the trousers through the pocket provided on the top.
- Connect it to the connector on the top.
- Store the cables in the bag. This makes you wear them more comfortably.

You can put the USB-C connection in the washing machine. Please note: There are washing caps on the laundry net supplied. Place these on the connectors before washing.

### LEGGINGS

Designed for athletes to provide a challenging full-body workout: The EMS leggings have 4 pairs of electrodes and 8 electrodes. These are located on the buttocks, the front and back thighs and the calf. You can only use the leggings together with an Antelope top.

### SHORTS

The EMS shorts have 3 pairs of electrodes and 6 electrodes. These are located on the buttocks, the front and back thighs. You can only use the shorts together with an Antelope top.

## 5. APPLICATION: QUICK START

### 5.1 Registration and start

#### 1. Create app account

Ready for your first workout? To do this, you need to download the “Antelope Go” app and create an account.

#### 2. Register equipment

Before you get started, please register your products under “More” and “My Equipment”. It’ll be quick – I promise! If you have already done all of this, skip to point 6.

#### 3. Register Booster on Apple and Android devices

**How to register your booster in the app on iOS devices:**

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

**How to register your booster in the app on Android devices:**

1. Select “Add Boosters”.
2. Once this is done, the Mac address appears in the app. This is also printed on the back of the booster. Click on it.
3. When you turn on the booster for the first time, you will be asked to activate your cell phone’s location services.
4. Confirm - this is how you grant permission without going into the settings your smartphone.
5. Now you can select your booster and receive the pairing request for Bluetooth.
6. Confirm this and wait until you are redirected to “Booster connected”.

#### 4. Register textiles

Register your textiles now.

That’s how it’s done:

1. Select “Add Products”.
2. There is a barcode attached to the hem of your textile. You can recognize it by the mobile phone pictogram. You can also find the code on the hang tag. Scan it with the app.
3. While scanning, wait until the app recognizes the code and hold the cell phone still.  
If the app doesn’t recognize the code, you can also enter it manually.



Sometimes the code in the hem of your textile wears off over time. We therefore recommend keeping the hang tag with the app registration code.

#### 5. Connect top and pants

Do you want to combine your top with shorts or leggings to create a suit? Put on both textiles and then connect them using the USB-C connection. You can find out how this works in the “EMS Textiles” chapter.



## 6. Insert boosters

Insert the booster into the magnetic holder on the top. Switch on the booster and connect it.

### Switch on device:



Turn on the booster by holding down the power button until the LED ring cycles blue twice in a clockwise direction.



The light remains at “12 o’clock” and lights up at intervals. You can now connect the booster to the “Antelope Go” app via Bluetooth.

### Connect boosters:

1. Open the Antelope Go app.
2. Go to the “My Equipment” section under “More”.
3. Click on “Register Booster”.
4. Follow the instructions.

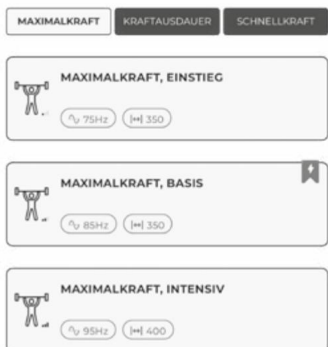
Once registered, the booster will connect itself in the future when you switch it on. You can recognize this by the small connection button at the top right of the screen. It turns from white to turquoise when the connection is successful.

## 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 decide between these categories:

- Warm up & cool down
- Fitness
- Sports
- Strength

building • Regeneration



Now further subcategories follow.

You can find it under “strength building”.

e.g. B. Programs for maximum strength, strength endurance and speed strength.

## 5.2 Program settings



### Duration (minutes)

Do you just want to go for a quick workout or do you want to go for a long, relaxed jog after work? Here you choose how long your workout should last. Attention: In some programs you cannot change the duration. This is the only way they can develop their full effect.

### Stimulation interval (duty cycle)

In the stimulation interval (duty cycle), the electrodes stimulate your muscles for a certain time.

Then they have a break for a few seconds. Here you can set how long the respective intervals should be - or whether your muscles should be continuous be addressed.

**Attention:** In some programs the break is necessary.

You can find out more about this in the "Programs" chapter.

### Climb assistant

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

You have these options:

Sensitive: 2 intensity points per second

Default: 3 intensity points per second

Fast: 5 intensity points per second

You can find out more about this in the "Ascent Assistant" chapter.

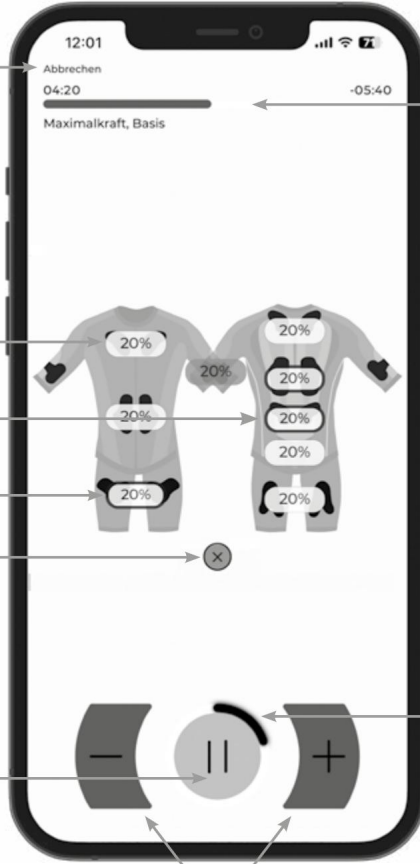
## 5.3 Training control

End the program early

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

Delete selection

Power button – with this is where you start and pause a program.



Timeline of your running program

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

“Plus” and “Minus” click areas, to increase or reduce the intensity.



Would you like to save the settings? Then you can use the **memory intensity** after the training ! You can find out more about this in the following chapter “Helpful functions”.

## Stimulation test

If there is a problem, a yellow plug symbol appears above an electrode. This could be the reason:

- The electrode does not have enough contact with your skin. Please correct the seat of your Antelope Textile.
- Impulse transmission is impaired. Apply electrode contactants to improve them.

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



It may happen that you hardly feel the stimulation in some muscle groups or not at all. If the electrode is displayed green, the electrical muscle stimulation is still working as desired. You should not increase the stimulation.

## 6. HELPFUL FEATURES

### 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 for this training. We call this memory intensity.

The next time you start this program, you can start straight away with these values. The program then automatically starts it up according to your climb assistant.



The "Antelope Go" app offers you more than 40 programs – and each one is unique. That's why you have to set each one individually. So you have to train the program once so that you can save the memory intensity. The app automatically asks you after every workout whether you want to save your values and helps you find the right intensity for you.

### 6.2 Climb assistant

If you have set new intensities, retrieved your memory intensity or restarted the program after a short break, the increase assistant comes into play. It ensures that the stimulation increases slowly and does not go to full speed straight away.

You have these options:

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

#### Stop climb assistant:

If you notice that the intensity is getting too strong for you, you can stop the climb assistant. You have two options for this:

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

## 6.3 Favorites program

Have you found your favorite program and have your training routine set? Perfect!

Then you save it to the favorites button on the booster using this function.

This is how you train quickly and easily without the app with all your configurations:

Memory intensities, duration, increase assistant and, if necessary, stimulation interval (duty cycle).

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

1. Go directly to the "Favorites program" from the app's home page.
2. Under "More" you come up "My equipment". Here you select the booster and then your "favorite program".

### DEIN FAVORITEN-PROGRAMM

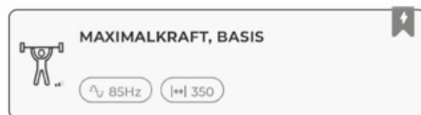
#### Kein Booster verbunden

Bitte verbinde dich mit deinem Booster, um dein Favoriten-Programm zu setzen oder anzuzeigen und zu starten.

JETZT BOOSTER VERBINDEN

Now follow the app to the EMS program you want. Set it the way you want and confirm. From now on you can start the program using the lightning symbol button on your booster.

You can recognize the program in the program list by the flag on the right.



## 6.4 Save body values

In the "Achievements" menu item you will also find the "Physical Stats" tab. Here you can track how your body changes.

Save the daily values of:

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



This can be done in two ways:

1. Manually, click on the "Add data manually" button at the end of the screen.
2. Automatically via a beurer smart scale and the "beurer HealthManager Pro" app (the data must be recorded correctly here). To do this, activate the "Synchronize data" slider 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. It ensures a good start to training. With the Cool Down program you help your muscles to “shut down” or slowly “wind down” after training.

training	Description	Frequency*	Pulse length*	Duty Cycle*	Length of time (min.)
 Warm up	Ready, set, go! Warm up and prepare your muscles for the next training session. The frequency (frequency) of the stimulation increases slowly: from 7 to 40 stimulations per second. You can choose the period in which this increase takes place.	7-40Hz	350µs	–	3, 6
 Cool down	Training done? Great – come down now and start the first regeneration of your muscles. The frequency (frequency) of stimulation increases slowly: from 40 to 7 stimulations per second. You can choose 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 isn't one fitness program for everyone. In this category you will find what exactly suits your training needs, from supportive back or pelvic floor training to a HIIT workout that gets you sweating.










training	Description	Frequency*	Pulse length*	Duty Cycle*	Duration (min.)
 Power	The classic EMS strength program: For strong muscle contractions and an increased depth effect. It is suitable for many types of training and exercises for targeted strength building. A large selection of stimulation intervals (duty cycles) simplifies integration 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 sports and endurance sessions. Our fitness program is a real all-rounder. It continuously sends impulses for effective maximum strength and strength endurance training your muscles. Sports and fitness enthusiasts love this program because of its great variety.	40Hz	350µs	–	5, 10, 15, 20
 Fat burn	40 seconds of strength, 20 seconds of fat burner: This program supports functional training and activates your metabolism. The first 40 seconds are about the strain on your muscles. In the following 20 seconds, the goal is to stimulate blood circulation in the upper skin and fat layers.	85Hz	350µs	[4,4]	5, 10, 15, 20
 Cardio	New impulses for your endurance and cardio training wanted? Then try our cardio program. The continuous muscle stimulation allows a high degree of freedom when integrating it into your training. 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 All-rounder	Choose this combination program to support your high-intensity interval training. The proven EMS program "Strength Endurance - Basic" is the basis for your training. Power yourself up with intense muscle contractions in 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? It works – and it really packs a punch. You should already have experience with HIIT before you try this. Still there? Then hold on tight: one interval lasts 80 seconds. 40 seconds of power, 20 seconds of endurance and 20 seconds of recovery. This means you always stay at operating temperature and at the same time have a variety of training stimuli.	40-85Hz	150- 400µs	[4,4]	4, 8, 12
 HIIT Antelope	Welcome to a special kind of interval training: The Antelope HIIT program demands top performance from you and your body. 30 seconds consists of 20 seconds of a particularly intensive strength program and 10 seconds of active regeneration. The force interval takes place in a duty cycle of 5 seconds.	20-95Hz	350- 400µs	[5,5]	4, 8, 12, 15
 HIIT Strength building	Build a lot of strength in a short time? This is possible with this high-intensity interval program. For 40 seconds, the impulses cause your muscles to be powerfully addressed. This is followed by a 20-second rest period.	85Hz	350µs	[4,4]	4, 5, 8, 10, 15
 Back	Longer pulses of 400 µs penetrate deep into the muscles: This program is specifically aimed at the large and deep muscles. The program is suitable for many types of training and intensive workouts to build strength. A large selection of stimulation intervals (duty cycles) simplifies integration into any training plan.	85Hz	400µs	[2,2] [4,2] [4,4] [6,4] [8,2] [8,4]	5, 10, 15, 20
 Pelvic floor	Strengthen the core of your body with effective pelvic floor training and the right EMS program! You train your pelvic floor for 15 minutes with the maximum strength basic program. This is followed by 5 minutes at 100 Hertz in a one-second interval - that's particularly impressive intense stimulus.	85-100Hz	150- 350µs	[4,4] [1,1]	20

## Sports

EMS should help you become even better in your sport? From running to cycling, boxing to tennis – in this category you will find a variety of sports and program settings tailored to them. They accompany you to your training goals such as upcoming matches or competitions.







training	Description	Frequency*	Pulse length*	Duty Cycle*	Duration (min.)
 Run	Really work out and increase your training intensity while running or jogging. <b>Tip:</b> Start the program shortly after you have started your training and warmed up. In this way you have directly created a good connection between the electrodes and the skin.	40Hz	350µs	-	5, 10, 15, 20, 25






training	Description	Frequency*	Pulse length*	Duty Cycle*	Duration (min.)
 Bicycle	Pedal while the EMS program additionally stimulates your muscles: the continuous stimuli are tailored to the strain of cycling. Choose between short, high-intensity workouts and longer, low-intensity workouts.	40Hz	250µs	–	5, 10, 15, 20, 25
 Boxing	Jab, cross, punches – endurance, speed and strength are all important in the ring. Power plays a decisive role in success. The boxing program continuously sends impulses to your muscles. So you're guaranteed to cut a good figure, whether at the sandbag or in front of the mirror. The pulse length of 400 µs ensures that your muscles are activated in depth.	40Hz	400µs	–	5, 10, 15, 20
 ski	When skiing downhill, your muscles are subjected to different stresses. This high-intensity interval program reflects winter sports: legs and torso receive various training impulses in just 80 seconds. 40 seconds of strength are followed by 20 seconds of endurance and 20 seconds of regeneration. This means that the frequency changes: 85 Hertz, 40 Hertz and 20 Hertz.	20-85Hz	150-400µs	[4,4]	4, 8, 12
 golf	Improve your stability and launch speed without losing momentum. Use the golf program alongside your normal exercises. <b>Tip:</b> Train with EMS support twice a week.	40Hz	350µs	–	5, 10, 15, 20
 tennis	Game, set and win: Get more out of your tennis training! Train your strength endurance and get fit for the next tennis match. The tennis program is excellent for training your punching power and explosive movements more intensively.	40Hz	400µs	–	5, 10, 15, 20
 CrossFit	What is today's Workout of the Day? Maximum strength or strength endurance? No matter what's coming up, with this program you'll get a lot out of the exercise and provide an intensive training stimulus! Because this EMS program is just as varied 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 up yourself and your muscles before the competition: The program stimulates blood circulation and gets you up to operating temperature. Different frequencies ensure that you are well prepared for the stress.	5-70Hz	300-350µs	[4,4]	10
 After competition	After the competition is before the competition: This program promotes active recovery. So you can start training again soon. A variety of frequencies loosen up your muscles and promote blood circulation. <b>Tip:</b> Choose your intensities to match your previous competition load.	5-100Hz	200-350µs	[1,1]	11
 Resistance	A short 9 minute session to build your resilience and prepare you. The program uses 3 different frequencies: 50, 60 and 70 hertz to activate your muscles in 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 maximum strength, strength endurance or speed strength - for You will find the right training for every goal with many different duty cycle options. We have a selection for every level, from beginner to professional. You recognize the intensity by the Training names.


training	Description	Frequency*	Pulse length*	Duty Cycle*	Duration (min.)
 Maximum force - Started	Well suited for EMS beginners who want to increase their maximum strength. The program starts with a lower frequency compared to the other strength programs - like this you can slowly 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
 Maximum force - Base	Intense muscle contractions with the EMS classic. This basic program supports your training with an increased depth effect and is very suitable for many types of training. A large selection of stimulation intervals (duty cycles) simplifies integration into any training plan.	85Hz	350µs	[2,2] [4,2] [4,4] [6,4] [6,6] [8,2] [8,4]	5, 10, 15, 20
 Maximum force - Intensive	The name says it all and is aimed at advanced users who want to provide a supra-threshold training stimulus. With intensive muscle stimulation of 95 Hertz and a long pulse length of 400 µs, you push your body to the limit.  <b>Tip:</b> Start training moderately and adapt the intensity to your training load.	95Hz	400µs	[2,2] [4,2] [4,4] [6,4] [6,6]	5, 10, 15, 20
 Maximum force - Dynamic	Prevent your muscles from getting used to the strain - without worrying about the EMS program: The Dynamic program randomly varies the pulse frequency. With 75 to 95 Hertz you train your maximum strength as usual. Set reliable training stimuli and stick to your training plan at the same time. So let us surprise you and have fun sweating :)	75-95Hz	350µs	[2,2] [4,2] [4,4] [6,4] [6,6]	5, 10, 15, 20
 speed - Started	For getting started and the first training sessions: This speed strength program has a comparatively short pulse length of 300 µs, which means that the stimulus has a less deep effect. This puts less strain 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
 speed - Base	Do you want to improve your speed and explosive strength? With this program you are taking a step in the right direction. This program is suitable for different forms of exercise and you can freely choose from a variety 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.)
 speed - Intensive	A program for advanced users who want to provide a really intensive training stimulus. The high muscle stimulation with a pulse length of 400 µs ensures strong contractions and pushes your body to the limit. <b>Tip:</b> Start training moderately and adapt the intensity to your training load.	100Hz	400µs	[1,1] [2,2] [4,2] [4,4] [6,6] [8,2] [8,4]	5, 10, 15, 20
 speed - Dynamic	Prevent your muscles from getting used to the strain - without worrying about the EMS program do: The Dynamic program randomly varies the pulse frequency. With 100 to 110 Hertz you train your speed strength as usual. Set reliable training stimuli and stick to your training plan at the same time. So let us surprise you and have fun sweating :)	100-110Hz	350µs	[1,1] [2,2] [4,2] [4,4] [6,6] [8,2] [8,4]	5, 10, 15, 20
 strength endurance - Started	For beginners and EMS beginners who want to train their strength endurance. With a comparatively lower pulse length of 250 µs, the muscles are not stressed as intensively. Well suited for the start as well as for the first or longer units.	40Hz	250µs	-	5, 10, 15, 20, 25
 strength endurance - Base	Your faithful companion for effective strength endurance training - or for your favorite sport: whether running, cycling, boxing, rowing, canoeing or cross-country skiing. The continuous pulses are ideal for dynamic movements, many sports and endurance exercises. The program is particularly popular with athletes and endurance specialists.	40Hz	350µs	-	5, 10, 15, 20, 25
 strength endurance - Intensive	The program is suitable for sweaty and good 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 load is quite high. <b>Tip:</b> Start training moderately and adapt the intensity to your training load.	40Hz	400µs	-	5, 10, 15, 20, 25

## regeneration

EMS helps you recover after a training or workout. These programs send loosening and relaxing stimulation to your muscles that work like a massage.

This is good for body and mind and promotes regeneration.

training	Description	Frequency*	Pulse length*	Duty Cycle*	Duration (min.)
 Regeneration active - Base	Actively regenerating means providing a noticeable stimulus without putting too much strain on the body. The basic active recovery program has two advantages. Your blood flows more intensively through your muscles and your metabolism increases Momentum. What do you get out of that? Your muscles regenerate particularly well. The intensity is correspondingly low: 150 µs and 100 Hertz.	100Hz	150µs	[1,1] [2,2]	5, 10, 15, 20, 25

training	Description	Frequency*	Pulse length*	Duty Cycle*	Duration (m
 Regeneration active - Intensive	Regeneration is an important part of training. The intensive program for active recovery has a higher intensity than the basic version: 200 µs pulse length and 100 Hertz. This means you activate the muscles a little more intensively. The program stimulates your blood circulation and promotes the breakdown of your metabolic products.	100Hz	200µs	[1,1] [2,2]	5, 10, 15, 20, 25
 Regeneration active - countdown	The program supports you in your recovery while you perform exercises with a light load. From 100 Hertz we continuously reduce the frequency down to 60 Hertz. Your muscles are addressed by a wide range of impulse frequencies. Due to the rather short pulse length of 200 µs, the muscle contractions are not too intense and can promote regeneration.	60-100Hz	200µs	[1,1]	5, 10, 15, 20
 Regeneration passive - Base	Shake out and loosen up: The program is supported by the use of the so-called shaking frequencies improves blood circulation and metabolism. Your muscles will be in alternating frequencies (5 to 20 Hertz). Because it doesn't trigger full muscle contractions, it feels more like a massage. Therefore, we do not recommend doing any exercises with this program. So rest and let the suit work for you ;)	5-20Hz	200µs	-	2, 4, 6, 8
 Regeneration passive - Intensive	Give yourself a real shake - and treat yourself Muscles what: This comparatively intensive and passive regeneration program has it all. The so-called shaking frequencies (5-20 Hertz) stimulate your blood circulation and metabolism. Since no full muscle contractions are triggered, it feels more like a massage. Therefore, we do not recommend doing any exercises with this program. So rest and let the suit work for you ;)	5-20Hz	350µs	-	2, 4, 6, 8
 Regeneration passive - countdown	Shake out and loosen up: This program makes it possible you a passive regeneration. Your muscles are stimulated in descending frequencies (40 to 7 hertz). This stimulates blood circulation and metabolism. You can Relax completely during the program, training is not recommended. Choose a time period of 3 or 6 minutes.	7-40Hz	200µs	[1,1] [2,2] [4,2] [4,4] [6,4] [6,6] [8,2] [8,4]	3, 6
 metabolism mus	The metabolism program has two functions: on the one hand it stimulates your metabolism and on the other hand it stimulates blood circulation the skin and the underlying fat layers. A low frequency of 7 Hertz is used for this.	7Hz	350µs	-	5, 10, 15, 20, 25
 Mindful regeneration	Combine mindfulness and relaxation with "Mindful Regeneration". A wave of relaxation and regeneration for you: This unique program controls the electrodes one after the other and gives you a unique experience. <b>Tip:</b> Play relaxing music, do a breathing or meditation exercise and let yourself drift away wave after wave.	50Hz	200µs	-	5, 10, 15, 20, 25
 massage	Sit back and enjoy the low frequencies with the massage program. This loosens up your muscles and promotes regeneration. You don't have to do any exercises during this, you can just concentrate on the stimuli.	1-5Hz	200µs	-	5, 10, 15, 20, 25

## The intensity

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

## \*The frequency

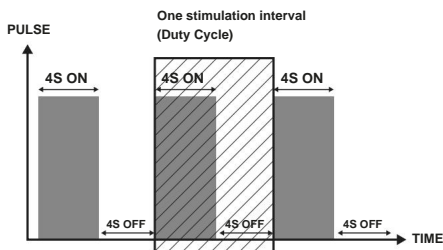
The frequency determines how often an electrical impulse occurs within a certain time. This shows how often individual muscle fibers contract. You cannot change this value in the Antelope programs.

## \*The pulse length (pulse duration)

The pulse length or pulse duration describes the time in which electrical impulses flow into the muscles. The longer, the more intensely and deeply the muscle is addressed.

## \*Duty Cycle

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



### EXAMPLE

ON TIME = 4 second stimulation phase  
OFF TIME = 4 second stimulation pause



ON TIME = constant and continuous

## Programs with Duty Cycle:

Some programs require a stimulation interval. This could look like this:

Example: You select a program with the duty cycle "4 sec ON, 4 sec OFF". This now runs with a repeating interval of four seconds of stimulation and four seconds of pause. During this time, the booster's LED ring fills up or empties again during the break. You can also see this in the app's control screen.

For some programs the duty cycle is fixed, for others you can choose.

Try it out and see what feels good to you!

## Programs without duty cycle:

For some programs there is no duty cycle. Here your muscles are continuously stimulated.

# 8. CLEANING AND CARE

Please follow the tips and advice to ensure that your products work well for as long as possible.

## Washing and care instructions for the textile

This is how you wash your EMS textiles correctly:

- The EMS textiles can be cleaned by hand or in the washing machine. • The washing machine should be as full as possible. This way you prevent the booster holder from getting stuck hits the drum.
- To do this, select a gentle wash cycle at max. 30° C. The machine should spin at a maximum of 800 revolutions.

- Do not use fabric softener when washing. The textiles must not be chemically cleaned or be bleached.
- Do not wash the booster under any circumstances!
- Use the included laundry net to protect your garment.
- Green washing caps are attached to the laundry net. Place these over the USB-C plugs before washing. Remember to remove these after washing.

### **Danger! The textiles can stain!**

#### **After washing:**

- You must not dry your textiles in the tumble dryer.
- Do not wring out the textiles.
- Do not iron the textiles.
- Do not store the EMS textiles and the booster in direct sunlight, but best protected in the cupboard.



#### **Cleaning and care of the booster**

This is how you care for the booster properly:

- Only clean the booster with a fine microfiber cloth.
- Do not use chemical cleaners or scouring fluids.
- Never put boosters or charging cables in the washing machine. • It is best to always store it in a cool, dry place in the designated booster bag.

## **9. ACCESSORIES AND SPARE PARTS**

Do you need a spare part or want to increase your Antelope equipment?

You can purchase the following products from us:

- Antelope Evolution Booster
- EMS shirt for women in sizes XS–XL
- EMS shirt men in sizes S–XXL
- EMS tank top for women in sizes XS–XL
- EMS tank top men in sizes S–XXL
- EMS shorts for women in sizes XS–XL
- EMS shorts for men in sizes S–XXL
- EMS leggings for women in sizes XS–XL
- EMS leggings for men in sizes S–XXL
- Electrode contact gel
- Electrode contact spray

You can find all products in our shop at [www.antelope-shop.com](http://www.antelope-shop.com).

## **10. DISPOSAL**

In the interests of environmental protection, the device must not be disposed of with household waste at the end of its service life. Disposal can take place at appropriate collection points in your country. Dispose of the device in accordance with the EC directive for waste electrical and electronic equipment - WEEE (Waste Electrical and Electronic Equipment). If you have any questions, please contact the for Local authority responsible for disposal.



You must dispose of the used, completely discharged batteries in specially marked collection containers, hazardous waste collection points or via the electrical retailer. You are legally obliged to dispose of the batteries.

Note: You will find these symbols on batteries containing pollutants:

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



**Information for consumers on the disposal and scrapping of old devices in Germany** Owners of old devices can hand them in free of charge within the scope of the options set up and available by the public waste disposal authorities for returning or collecting old devices, so that the proper disposal of the old devices is ensured. The return is required by law.

In addition, returns are also possible from distributors under certain conditions. According to the Electrical and Electronic Equipment Act (ElektroG), the following distributors are obliged to take back old devices free of charge:

- Electrical specialist shops, with a sales area for electrical and electronic equipment of at least 400 square meters
- Grocery stores with a total sales area of at least 800 square meters that offer electrical and electronic equipment several times a year or permanently and make them available on the market.
- Mail order business, whereby the obligation to take back 1:1 in private households only applies to heat exchangers (refrigerators/freezers, air conditioning devices, etc.), screen devices and large appliances. For the 1:1 return of lamps, small appliances and small IT and telecommunications devices as well as the 0:1 return, mail order companies must have return options within a reasonable distance deliver to the end user.

These distributors are obliged to

- when handing over a new electrical or electronic device to an end user, an old device End user of the same type of device, which essentially fulfills the same functions as the new device, to be taken back free of charge at the place of delivery or in the immediate vicinity thereof and
- at the request of the end user, to take back old devices, which are not larger than 25 centimeters in any external dimension, free of charge in the retail store or in the immediate vicinity; The return may not be linked to the purchase of an electrical or electronic device and is limited to three old devices per device type.

If the products contain batteries and accumulators or lamps that can be removed from the old device without being destroyed, these must be removed before disposal and disposed of separately as batteries or lamps. If the old electrical or electronic device contains personal data, you are responsible for deleting it before returning it.

## 11. TECHNICAL INFORMATION

Type	Antelope evolution
Storage/transport conditions	Temperature (-10 ~ 50°C) Humidity (15 – 98%)
Operating conditions	Temperature (10 - 40°C) Humidity (15 – 65%)
Dimensions	Ø 7.8cm x 2cm (booster only)
Weight	86g (booster only)
intensity	adjustable from 0 to 100
Output waveform	Biphasic square wave pulses
Output voltage	Max. 120V pp ±10% (500 ohms)
Output current	Max. 240mA pp ±10% (500 ohms)
Pulse frequency	1-150Hz
Pulse duration	50-500µs
Data transfer	Frequency band: 2402MHz - 2480MHz Transmission power max. < 8 dBm The device uses Bluetooth® low energy technology Compatible with Bluetooth® 4.0 smartphones/tablets
battery pack	Capacity: 700mAh Rated voltage: 3.7V Type designation: Lithium Polymer
Textile components	54% polyamide, 36% polypropylene and 10% elastane

## 12. SERVICE & REPAIR

### Repair instead of throwing away:

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

Would you like to individualize your Antelope products, adjust an electrode shape or size? That's no problem at all - we'll be happy to advise you on how your suit can be tailor-made for you is further adjusted.

If you have any questions regarding possible customization options, defect claims, warranty and service prices, please contact Antelope customer service.



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