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U>>GYM
Muscle Health Platform

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UGYM PRO

UGYM PRO is a smart and professional deep muscle massager to help you advance in every sport. It's a portable accessory designed for sport enthusiasts to get powerful and effective massage on the go. UGYM PRO helps relieving muscle stiffness and soreness for different types of sports to improve exercise performance, speed up muscle recovery and prevent potential sport injury.

Before exercise – Body warm up

UGYM PRO can help you warm up on the way to GYM. It's small and discrete to carry around and use it on the go before doing any intensive workout.

During exercise – Enhance or assist training

You can use UGYM PRO to train certain part of muscle more effectively. For example, you can use UGYM PRO to build abs while jogging to enhance exercise efficiency.

After exercise – Relax muscle and metalize chemical

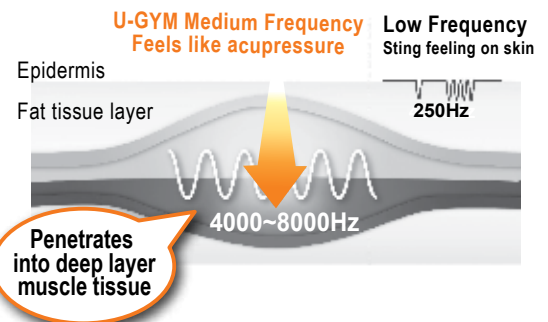
Unbearable muscle sore after intensive training session? Speed up muscle recovery and avoid soreness by metabolizing build up chemicals in deep muscle.

No time to exercise?

UGYM PRO can be a great substitute to passively massage and exercise your muscle to help consume calories, enhance or maintain muscle strength. Use it up to 10 hours after fully charge to make the most of fractured time such as during walking, commuting or taking a short break.

Product Spec:

U-GYM Weight: 150g
Dimensions : 128mm(L) x 63mm(W) x 17mm(H)
Embedded : Bluetooth module,
3200mAh Lithium battery
Included : User manual, 2-electrode cord,
4-electrode cord, micro USB charging
cable, Storage bag, electrodes
(size and quantity vary between models)



UGYM operates at frequency between 4000 to 8000Hz to stimulate deep in to the muscle, nerves and meridians, simulating the acupressure feel instead of stinging feeling on skin with conventional low frequency electrotherapy.

Relieve your pain and fatigue
by massaging deep muscle.



How to download APP
U-GYM Supports iOS & Android

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Testimonial

Jason Severiano Lampkin is a half-English, half-Spanish former professional soccer player. He has represented England at youth level and has spent the past three seasons playing and studying at LIU Post in New York.



The problem with explosive players is that they push their bodies to such extremes that something – sooner or later – is bound to snap. Stretching helps to keep the muscles supple, but any aspiring sportsman knows the chore that spending 15 minutes cooling down can be, even though skipping this practice puts your hamstrings and quads at great risk the next time out. Trust me, I speak from experience.

Not everyone has a personal sports-performance expert at their disposal. Not everyone can simply book in for a relaxing massage to loosen up their aching limbs. Not everyone can be bothered to put in the extra 5% maintenance work.

When I received UGYM PRO package I was surprised to see just how compact and portable

the device was; and after further testing I can confirm that it packs a potent punch for something so small! Its size makes it perfect to carry and use on the go, and though it fits nicely into your pocket, you won't be shy about bringing it out in public thanks to its sleek design.

After the sessions I'll be soothing my body with modes 1, 2, and 3. They must be working, as I'm now waking up with a grin instead of a groan; despite the miles of wear-and-tear I've accumulated over the years, this device seems to be turning back the clock like a shifty second-hand car salesman. My lower back already feels much looser and it's allowed me to start building muscle instead of maintaining and monitoring.



Paula Gorycka is a Polish cross-country mountain biker. At the 2012 Summer Olympics, she competed in the Women's cross-country at Hadleigh Farm, finishing in 22nd place.



After using U-GYM PRO for two months, I can really stress the difference between “before” and “after”. I always took recovery seriously, as it's one of the important parts in building my shape. And recovery means healthy eating, well sleeping, getting hydrated during and after trainings, stretching, muscle rolling, and massaging. Sometimes it is hard to have it all, but I always eat healthy, get enough sleep and stretch after training. But when I



became in elite level, the requirement in every aspect heightened – the efficiency for muscle recovery becomes demanding. Because of that, I tried rolling, compression clothes, and if there was time I will also do massages.

Now I can use U-GYM PRO and the muscle stimulation works really good for my body. After sessions with U-GYM PRO I feel relaxed and more likely to do the next coming training. It is always good to change stimulus, because then your body does not get accustomed and reacts the same constantly. In U-GYM PRO there are four different programs with 30 levels (2 levels for one notch) of strength. It is possible to manipulate in many ways and have pretty nice effects in a long term. It works really great for me because I can make change to different muscle, mode and intensity freely. Sometimes I connect two different modes in one session. I also modulate the level during one session. With the new self-define mode in UGYM app, now I have more options to play around.

I can say that it has helped me to optimize my recovery between training sessions. Because of that, I could make my training in much more effective way and still feel good about myself. I really like this product and for sure I will keep using it. If you think are like me, loves to exercise but lack of time treat yourself a good massage, maybe UGYM PRO can your solution. Just have fun using it and improve your shape in life and sport!

