

# TRAINING CONDITIONS ANTELOPE.EMS

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## What do I need to consider when training?

- Train max. 2 to 3 times per week.
- Respect the breaks, always train only after at least 48 hours of rest.
- Do not train longer than 20 to 30 minutes, depending on the load and intensity.
- Listen to your body and know your limits.
- Drink enough water.

If you feel unwell or experience any discomfort during training, stop training immediately and contact your family doctor or the emergency services. If dizziness, heart problems or severe pain occur after the training, a doctor should also be consulted.

### Warning:

Training despite the presence of a contraindication and / or non-compliance with the training conditions can cause significant health problems, which in rare cases can lead to death. This can result from, among other things, severe overtraining, and non-compliance with the necessary rest periods. Possible side effects include partial loss of strength, delayed onset muscle soreness, and a significant increase in blood levels of muscle proteins such as creatine kinase. In individual cases, creatine kinase can damage the kidneys or other organs in overdoses and lead to their failure. Especially after too intensive training sessions with the ANTELOPE.PRODUCTS there is an increased risk of muscle damage. However, if you follow our training instructions carefully, none of the mentioned problems should occur.

Some users may experience skin irritation or hypersensitivity due to the electronic stimulation or electrodes. The following may indicate severe damage to muscle tissue (rhabdomyolysis). If any of these symptoms occur, please contact a physician:

- Brown urine
- Myalgia (severe muscle pain)
- Extreme swelling of the muscle