

SQAI

USER MANUAL



THE FUTURE OF FITNESS IS HERE

Welcome to SQAI, where fitness meets innovation. We're thrilled to have you embark on this revolutionary journey, redefining your workouts and achieving your goals with cutting-edge EMS technology.

What is EMS?

Electrical Muscle Stimulation (EMS) is a proven method that uses gentle electrical impulses to stimulate muscle contractions. It's a supercharged workout, activating more muscles, more efficiently, than traditional exercise and delivering results in a fraction of the time.

Benefits of Training with SQAI

Maximize Efficiency: Achieve the results of a 2-hour workout in just 20 minutes

Build Strength and Endurance: Safely and effectively build muscle and boost endurance

Train Anywhere: Work out at home, on the road, or wherever life takes you

Protect Your Joints: Engage in low-impact exercises that are gentle on your joints and suitable for all fitness levels and abilities

Personalize Your Progress: Tailor your workouts to your specific goals and fitness level for optimal results

About This Manual

This user manual will guide you through every step of your SQAI journey, from unboxing and setup to training tips and maintenance. We're committed to providing you with the knowledge and support you need to achieve your best self.

Contraindications

Before starting any new training or exercise program, consult your physician. EMS is no exception.

Do NOT use SQAI if you have any of the following:

- ✘ Active medical implants, including pacemakers and defibrillators
- ✘ Pregnancy
- ✘ Muscle trauma, spasms, or Rhabdomyolysis
- ✘ Epilepsy and other neurological disorders
- ✘ Heart disease, circulatory disorders, hemophilia, ischemia, or arteriosclerosis
- ✘ Bleeding conditions or hemorrhage
- ✘ Cancers or tumors
- ✘ Skin diseases
- ✘ Hernia
- ✘ Recent surgery

Additional Safety Precautions

- 👉 Do **not** use SQAI over the uterus during menstruation
- 👉 Do **not** use SQAI while driving, cycling, or operating machinery
- 👉 Do **not** place the electrode pads on body parts they were not designed for
- 👉 Do **not** touch the electrode pads with your hands during training
- 👉 When training with SQAI, **always** wear the included base layer under your suit

Adverse Reactions

Training with SQAI should feel **challenging**, but **never painful**. If you experience adverse reactions or pain, stop using SQAI immediately and consult your doctor.

Prefer Video?

Video tutorials covering the key points of this manual are a tap away in our app. To access them, simply:

1. Download the SQAI app from the App Store (iOS) or the SQAI website (Android)
2. Tap “MORE” at the bottom of the screen
3. Select “Video Tutorials” from the menu

Important: The video tutorials provide a brief overview and are intended to be a quick-start guide. They are not a substitute for thoroughly reviewing the User Manual, which contains important safety information, detailed instructions, and troubleshooting guidance.

Activating the Software License

Before using your suit or accessing all the app’s features, you’ll need to validate the SQAI license you received with your purchase.

Here’s how:

1. Download the SQAI app from the App Store (iOS) or the SQAI website (Android)
2. Tap “MORE” at the bottom of the screen
3. Select “Software License” from the menu
4. Enter (or paste) your software license code
5. Tap “Validate”
6. Restart the app and when prompted, tap “Allow” to enable Bluetooth
7. Restart the app again
8. After that, the app will connect to the Power Box automatically

Important: You can use the SQAI app on multiple iOS and Android devices (phones and tablets). Remember, you must validate your license on each device you plan to use with your SQAI suit.

In the Box



SQAI Suit: Fitted with 18 strategically placed electrodes, the Suit is the heart of your EMS experience. It includes a belt which holds the Power Box in place and ensures optimal contact between the suit and the abdominal muscles.



Power Box: This small but powerful device controls your suit and wirelessly connects to the SQAI app. Charger included.



Base layer: What you'll wear under your suit to for a hygienic and comfortable training experience.



Water Spray Bottle: Use the bottle to dampen the electrode pads before putting on your suit. This ensures optimal conductivity for the EMS pulses to reach your muscles.



Essential Oil Refresh Spray: Our specially formulated blend of eucalyptus, lemon, and geranium, combined with alcohol, effectively cleanses and deodorizes. Use the spray on the inside of the suit after your workout.

Putting on the suit

<p>Step 1:</p>	<p>Put on the base layer (top and bottom). Don't wear anything under the base layer.</p>
<p>Step 2:</p>	<p>Prepare the Suit</p> <ol style="list-style-type: none"> 1. Lay the suit on a flat surface and open it to expose the electrode pads. 2. Fill up the Spray Bottle with warm water. 3. Soak the pads. Apply 10 pumps of water on each pad, ensuring the water fully absorbs into the fabric and does not roll off the pad. If needed, gently tap the pad to spread the water evenly. Don't forget to spray the armbands too. <p>Pro Tip: You should use <u>at least</u> half the water in the Spray Bottle to adequately soak all the electrodes.</p> <p>Remember: Using enough water is crucial for a comfortable experience and proper conductivity. If you feel any discomfort when you turn on the suit, it's likely due to insufficient water. Simply remove the suit and apply more water to the pads.</p>

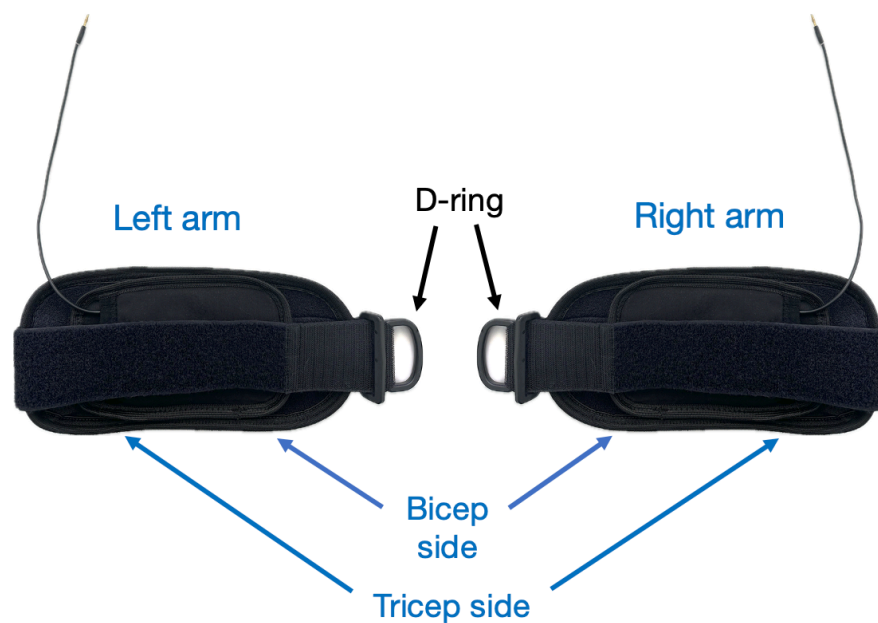
Step 3:

Put on the Suit

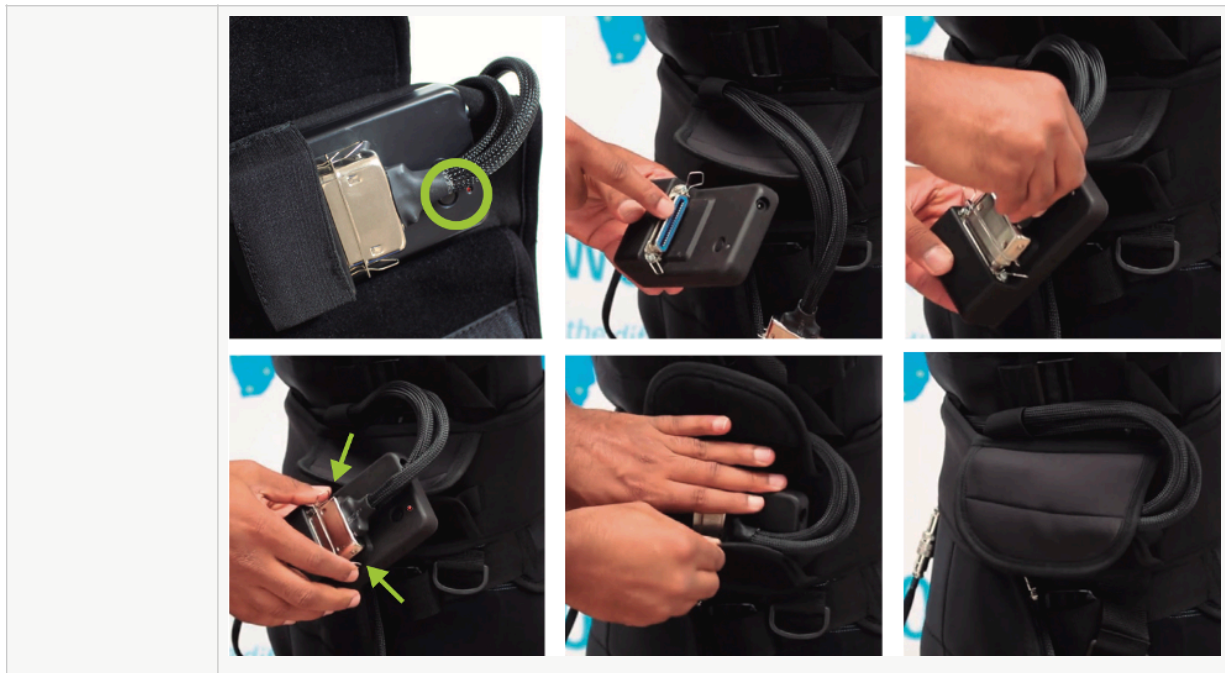
1. Put on the vest and zip it up.
2. Wrap the thigh pads around your legs, ensuring the velcro straps are secure.
3. The Suit should feel snug on the body for good contact with the pads.

Put on the Armbands

- Position each Armband on the outside of your arm, covering both the bicep and tricep as much as possible. You'll still get a great workout even if the pad doesn't fully cover both muscles.
- **Pro Tip:** Make sure the Armband cable points OUT and UP (away from the D-ring), as shown below:



	<p>Connect the Armbands</p> <ol style="list-style-type: none"> 1. Slide your arm through the Armband loop, ensuring the D-ring is positioned on the bicep side. 2. Hold the Armband cable in one hand. 3. Connect it to the Suit cable that comes from the Suit shoulder pad. 4. When connected, the cable should hang freely behind your arm, so it's out of the way during the workout. <p>Secure the Belt</p> <ul style="list-style-type: none"> • Fasten the belt tightly to ensure optimal contact between the suit and your abdominal muscles. • Ensure the Suit cable remains over the belt.
<p>Step 4:</p>	<p>Attach the Power Box</p> <ol style="list-style-type: none"> 1. Turn ON the Power Box by pressing the power button once. A red blinking light will indicate that it's on. 2. Connect the Suit cable to the Power Box. Close the safety clips to secure in place. 3. Place Power Box inside the Belt pocket and fasten the velcro flap. <p>See the images below for a visual guide.</p>



Using the App

The App connects to the Power Box via Bluetooth. Before you pair the App with the Power Box, make sure you validate the SQAI software license by following the instructions on Page 4.

After Validating the Software License

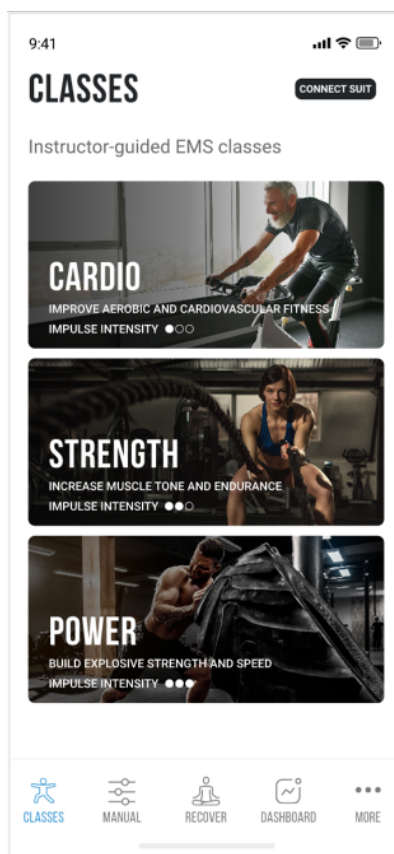
1. Turn on the Power Box by pressing the power button. The light on the box will start blinking red.
2. Start (or restart) the SQAI App. The App should automatically connect to the Power Box after several seconds.
3. Once connected, the “**Connecting...**” indicator in the upper right corner of the App will disappear.

App Navigation

The App has five main screens: Classes, Manual, Recover, Dashboard, and More.

Our Classes

Our on-demand, instructor-guided classes are designed to cater to a wide range of fitness levels and goals. We offer three training categories:



Cardio

These classes utilize lower-frequency impulses to engage slow-twitch muscle fibers, enhancing your endurance.

Power

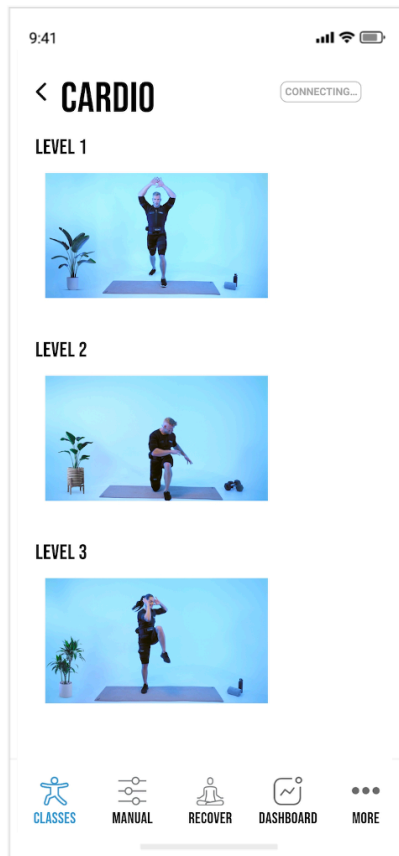
Experience higher-frequency impulses that target fast-twitch muscle fibers, improving explosiveness, speed, and power.

Strength

These classes use mid-range frequency impulses to activate both slow- and fast-twitch muscle fibers and provide a balanced workout.

Our Levels

Each of our Classes, whether Cardio, Strength, or Power, is offered in three different levels to accommodate various fitness abilities. The EMS impulses remain the same across all levels; the difference lies in the choreography and movements demonstrated by the instructors.



Level 1

Features easier movements suitable for older individuals or those with limited mobility due to past injuries or other conditions.

Level 2

Incorporates more difficult movements that require a moderate level of fitness and coordination. This level is ideal for individuals who are comfortable with basic exercises and looking for a challenge.

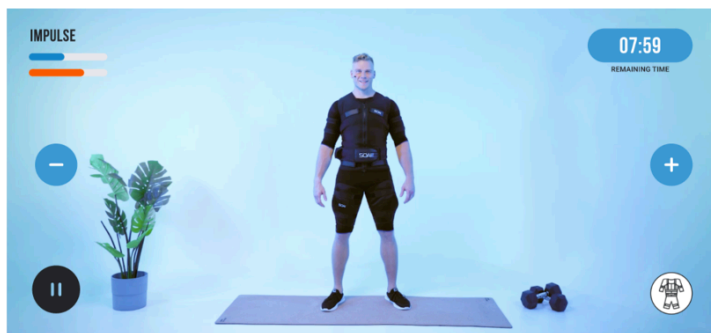
Level 3

Designed for experienced fitness enthusiasts, this level includes our most challenging movements. It's perfect for individuals who are already in good shape and want to push their limits.

In-Workout Intensity Adjustments

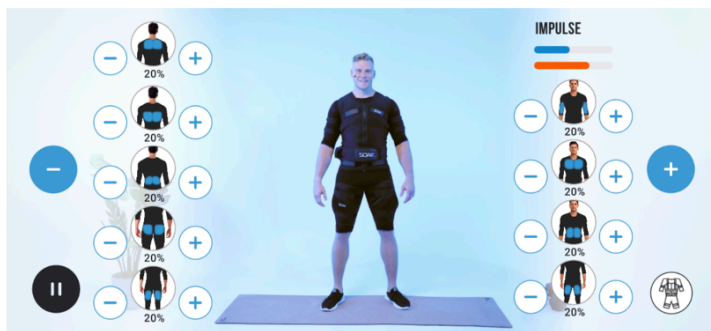
Our Classes provide a guided experience, much like having a personal trainer. The intensity automatically increases every 2 minutes, but **you have complete control**. Easily adjust the intensity for all muscle groups at once or fine-tune specific areas for a truly personalized workout.

Here's how to do it:



Adjust All Muscles at Once

Simply tap the Plus or Minus buttons at the screen's edges for quick changes to all muscle groups at once



Adjust Individual Muscles

For more precise control, tap the middle of the screen to reveal the additional controls which allow you to fine-tune the intensity of individual muscle groups.

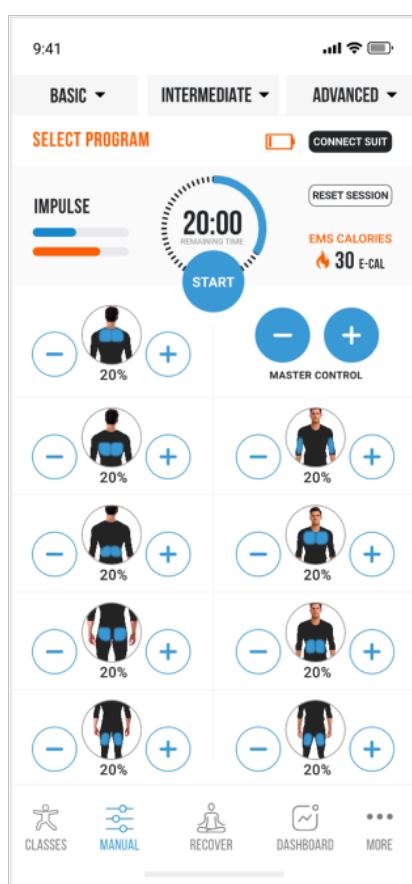
Class Structure

- **Duration:** Classes are 20 minutes long, followed by a 30-second cool-down (Suit is in Recover mode).
- **Exercise Format:** Each minute features a new exercise, performed in 3 sets. Each set consists of 12 seconds of work followed by 8 seconds of rest. Our trainers will guide you through each exercise, and help you maintain the rhythm.

Manual Mode

For experienced users or those who prefer a customized approach, our Manual mode offers the flexibility to design your own workouts. Choose from a variety of specialized modalities and fine-tune the intensity for each muscle group, similar to Class mode.

Modalities are categorized as:



Basic: Lower-frequency programs primarily targeting slow-twitch muscle fibers. Programs include: Warmup, Cardio, Definition, Endurance, Cellulite, and Pelvic Floor.

Intermediate: Mid-range frequency programs offering a balanced workout. Programs include: Abdominal, Glutes, Slim, Bodybuilding 1, and Strength 1

Advanced: High-frequency programs focusing on fast-twitch muscle fibers. Programs include: Fitness, Bodybuilding 2, and Strength 2.

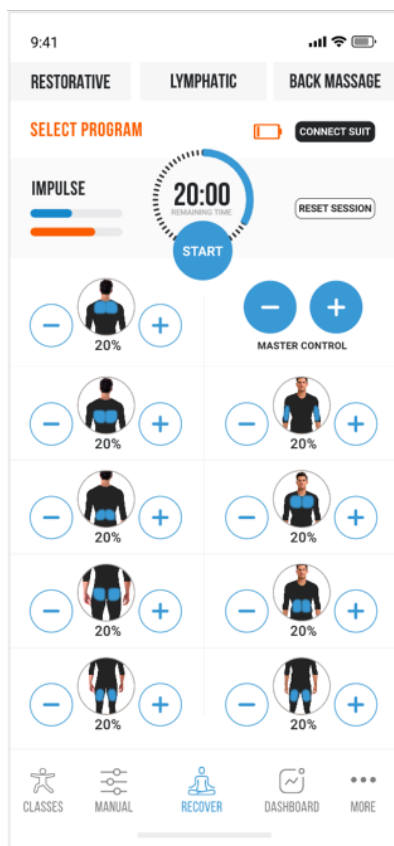
Calorie Tracker

SQAI's unique EMS Calorie metric provides a more comprehensive measure of effort than traditional calorie counting. It takes into account various EMS factors like frequency, pulse, contraction time, session length, intensity, and muscle groups targeted.

The EMS Calorie score updates live during your workout, allowing you to gauge the intensity of each session and compare it to others. This score also estimates the total calories burned, not only during your workout but also in the following 2 days due to the “after-burn” effect of EMS which elevates your metabolic rate for up to 48 hours after your workout.

Recover Mode

SQAI offers three massage and recovery modes that can be used on their own or after a workout:



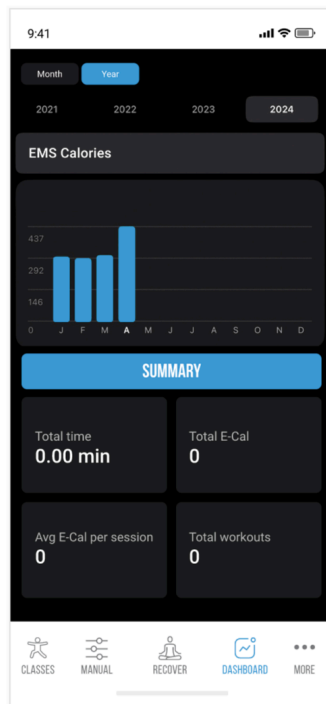
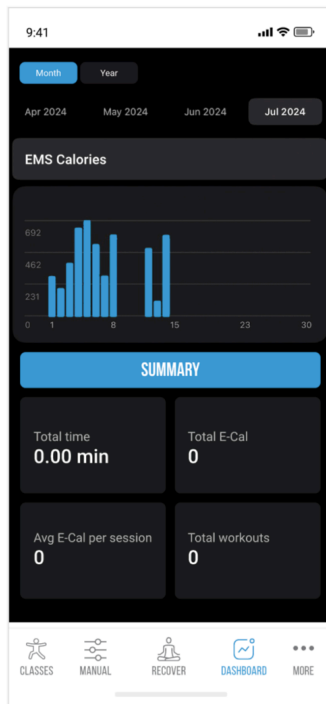
Restorative: A soothing muscle massage to promote relaxation and reduce muscle soreness.

Lymphatic: Lymphatic drainage to stimulate the lymphatic system, helping to reduce swelling and improve circulation.

Back Massage: For back tension relief to alleviate pain and stiffness.

Dashboard

The SQAI Dashboard tracks your fitness progress day after day, month after month, year after year. Because it's cloud-based, your data is always safe, even if you reinstall the app or switch to a new device.



The 5 Golden Rules of EMS

1. **Start Slowly:** Start each session at a low intensity and gradually increase it over the 20 minutes. This allows your muscles to warm up, minimizing the risk of injury and ensuring a comfortable workout experience.
2. **Adjust Muscle Groups According to Size:** Different muscle groups have varying sizes and fiber counts. Larger muscles like your glutes and quads can handle higher intensity stimulation compared to smaller muscles like your biceps and triceps. It's normal to use a lower intensity for your arms and chest compared to your legs during a session.
3. **Manage Breaks Effectively:** If, during your 20-minute workout, you need to take a break longer than 60 seconds, lower the suit's intensity before resuming your session. This is because your muscles cool down during the break, and jumping back into the same high intensity can lead to discomfort or even injury.
4. **Prioritize Rest:** Allow at least 48 hours between EMS sessions for optimal muscle recovery and growth. Remember: muscle growth happens during rest, not during the workout itself. Make recovery a priority to maximize your results and reach your fitness goals.
5. **Combine with Traditional Training:** For optimal results, integrate EMS into your existing fitness routine alongside conventional exercise. EMS enhances the benefits of traditional training, rather than completely replacing it.

By following these rules, you can safely and effectively incorporate EMS into your fitness routine and achieve your goals faster.

Taking Off the Suit

1. **Disconnect Power Box:** Unplug the cable from the Power Box.
2. **Shut Down Power Box:** Press and hold the power button for 5 seconds. This is important for preserving battery life as the Box does not have an auto-shut-off feature at this point.
3. **Remove Belt:** Unfasten and remove the belt.
4. **Disconnect Armbands:** Gently pull down on the lower cable of each armband to detach it, then unfasten the velcro straps and remove them.
5. **Undo Thigh Straps:** Unfasten the thigh straps.
6. **Unzip Vest:** Unzip the vest and remove it.
7. **Hang Suit:** Hang the suit to dry.

Post-workout Routine

- **Freshen Up:** Spray the inside of the suit with the Essential Oil Refresh Spray to maintain freshness and hygiene.
- **Air Dry:** Always air dry the suit, paying extra attention to the electrodes. Avoid exposing the suit to direct sunlight for prolonged periods.
- **Store with Care:** Keep the suit in a cool, dry, well-ventilated space.

Additional Tips

- **Wash the Base Layer:** Wash the base layer after every use to ensure cleanliness and hygiene.
- **Power Box Care:** Turn off the Power Box after each use. A full charge provides enough power for up to 6 workouts, so recharge it weekly to ensure optimal performance.



We're Here to Help

If you have any questions about setup, use, maintenance, or encounter any issues with your SQAI Suit, please don't hesitate to contact us at:

support@sqai.co