

Welcome to SQAI!

You've just made one of the smartest investments in your health and longevity.

Over the next week, you'll receive our SQAI Kickstart Series — a four-part guide designed to help you get the most out of your suit.

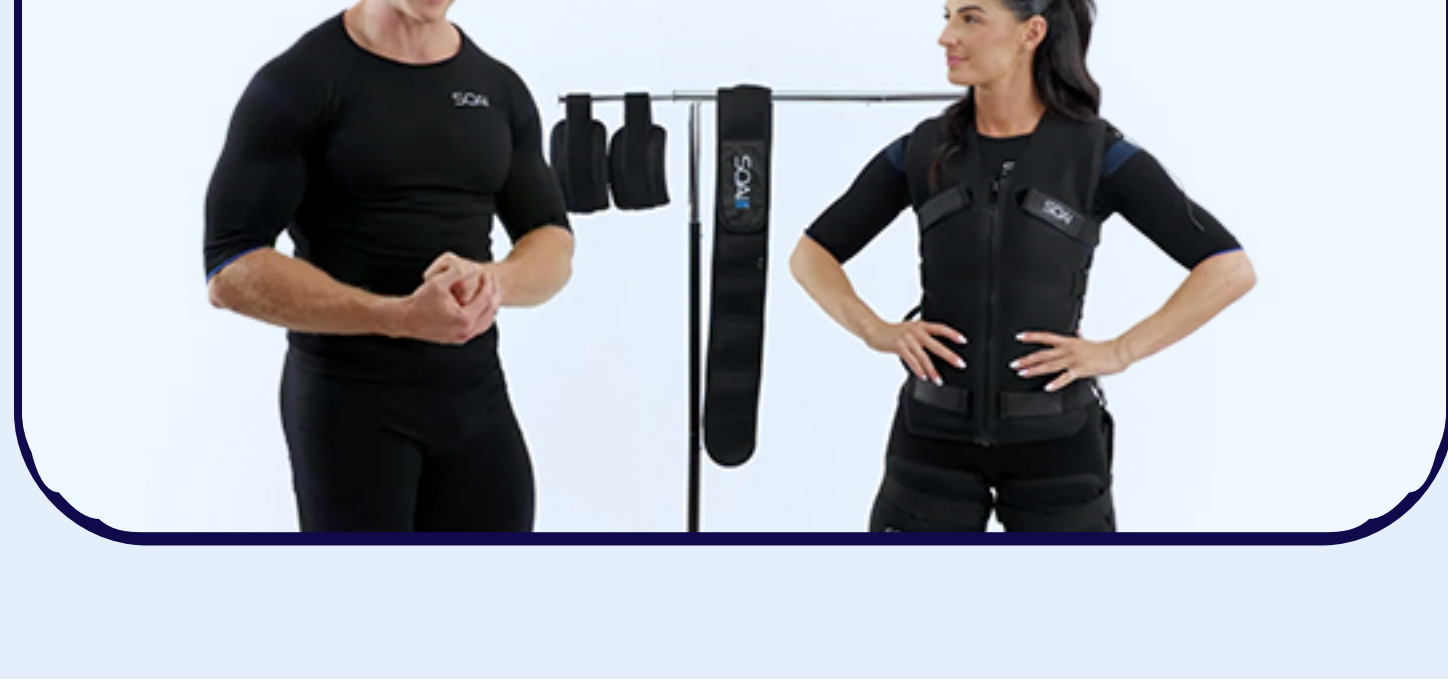
Prefer to see everything at once?

[View the Full Guide](#)

First Things First — Watch This

Before your first session, watch our quick setup videos.

[How-To Videos](#)



Getting the Perfect Fit

A tight, snug fit means better pad contact — and more effective sessions.

1 Adjust the Straps

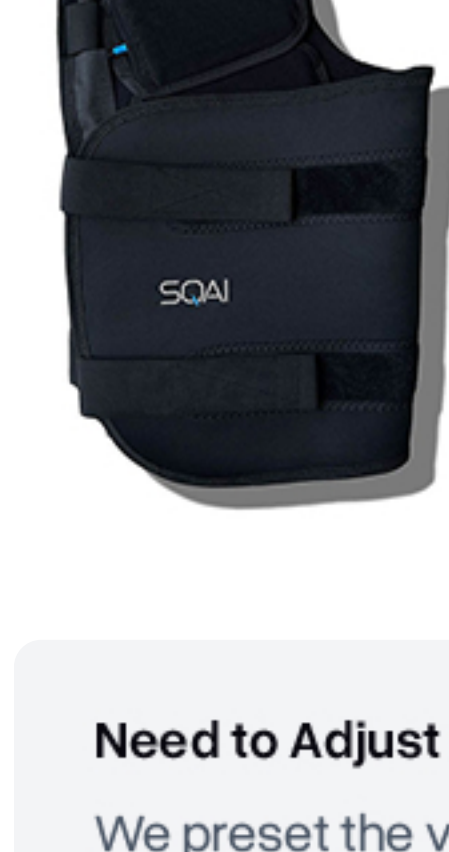
Vest:

Use the 8 velcro straps (4 front, 4 back) to secure the vest across your upper body. Tighten the straps until the pads make firm, even contact.



Pro Tip:

Adjust the straps **once** during your initial fitting — after that, simply use the zipper to put on and remove the suit.



Shorts:

Tighten the straps until they're snug against your legs.

Important: A gap between the front and back panels are normal.

Focus on achieving solid pad contact and stability rather than full overlap between the front and back panels.

Need to Adjust Suit Height?

We preset the vest–shorts connection based on your height, but bodies vary. If the shorts sit too high or low on your thighs, you can fine-tune the fit.

How to adjust:

- Lay the suit flat with the zipper facing down.
- Undo the velcro at the waist to separate the shorts from the vest. The cables stay connected.
- Slide the shorts up or down to the right spot.
- Reattach by pressing the velcro back together along the waist.

2 No Underwear

Wear your SQAI base layer directly on your skin — no underwear, compression shorts, or other layers underneath. This ensures the right amount of stimulation, every time.



3 Soak the Electrodes Thoroughly

Before every session, wet the electrodes on the inside of the suit. This activates the connection between the pads and your skin.

Here's how to do it:

- Spray each electrode **12–15 times** with **tap water** (warm water works best).
- Use about **80–100% of the spray bottle** to cover the whole suit.
- If you feel any stinging or discomfort during use, that usually means the pads need **more water**.



Pro Tip:

Electrode pads are **movable and adjustable**. Simply lift any pad from its velcro base and reposition it for better muscle alignment.

Bonus Tip: Track Your Progress

Monitor your results with monthly body composition scans using options like **InBody** or **DEXA**, or a **smart scale** at home.

These scans can highlight changes in muscle, body fat %, and visceral fat — and seeing those numbers improve can be incredibly motivating.

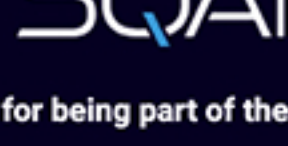
Questions?

Email us anytime at support@sqai.co — we've got you covered.

[Email Us](#)



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