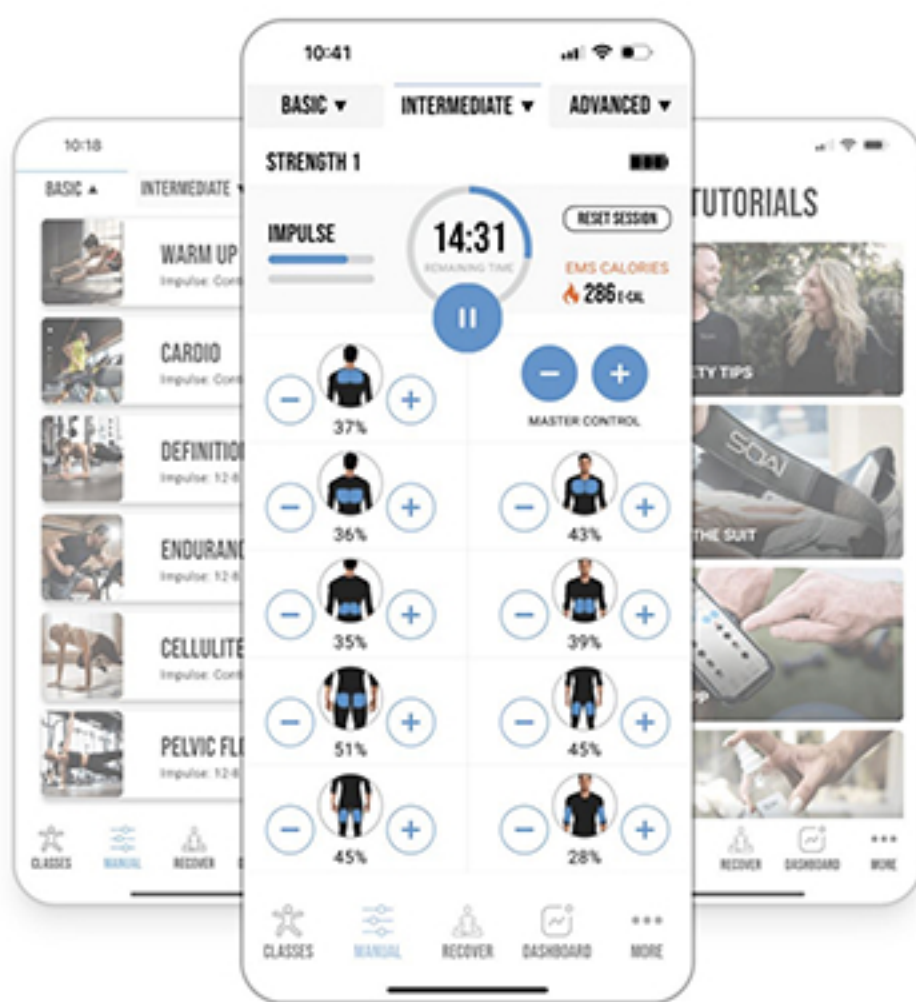


Think of your *EMS Intensities* Like Weights



What are intensities?

This is how much power each electrode sends into your muscles. In the app, these appear as percentages (0–100%) next to each muscle group, and are controlled by the + / – buttons.



Intensities are the equivalent of weights in the gym. If you lift **tiny** weights every day, you'll stay active — but you won't get stronger.

EMS works the same way: **if your intensities are too low, you won't see real results.**

Here's how to optimize your intensities:

1 Train at Your Highest Tolerable Intensity

This is the #1 rule.

Push yourself to where the impulses feel really challenging — right at the edge where you can still complete movements with proper form — but just barely! That's your Highest Tolerable Intensity. You should feel your muscles *working hard*, not just tingling.

2 Increase Intensity Within Each Session

EMS becomes easier as your muscles adapt during the session, so continuously adjust intensity upward. What feels challenging at 15% intensity in minute 2 will feel too easy by minute 5. Keep increasing throughout the entire 20-minute session.

Rule of Thumb: Aim to roughly double your starting intensity by session's end. Example:

- Start: 15% intensity (minute 2)
- Finish: 30% intensity (minute 19)



Pro Tip:

Larger muscles tolerate much higher stimulation than smaller ones. It's normal to reach 50% intensity on legs and glutes while keeping arms and chest around 20% in the same session.

3 Increase Intensity Over Time

Like progressive overload at the gym, you need to keep challenging your muscles.

- Gradually raise your peak intensity week by week
- Small increases compound: If you're peaking at 30% this month, aim for 33–35% next month

4 Use Soreness as Feedback

Muscle soreness is normal after EMS, especially at first. If you feel no soreness or fatigue, you're probably training at intensities that are too conservative.

Remember: *Intensity Beats Frequency*

Two high-effort sessions per week will deliver better results than four easy ones. Push yourself, track your progress, and keep dialing it up — *your results will follow.*



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