

Match Your Program to *Your Goal*



Every SQAI program runs at a **specific frequency (Hz)** and **pulse width (microseconds)**. These settings determine *which muscle fibers get activated and how each contraction feels*.



1

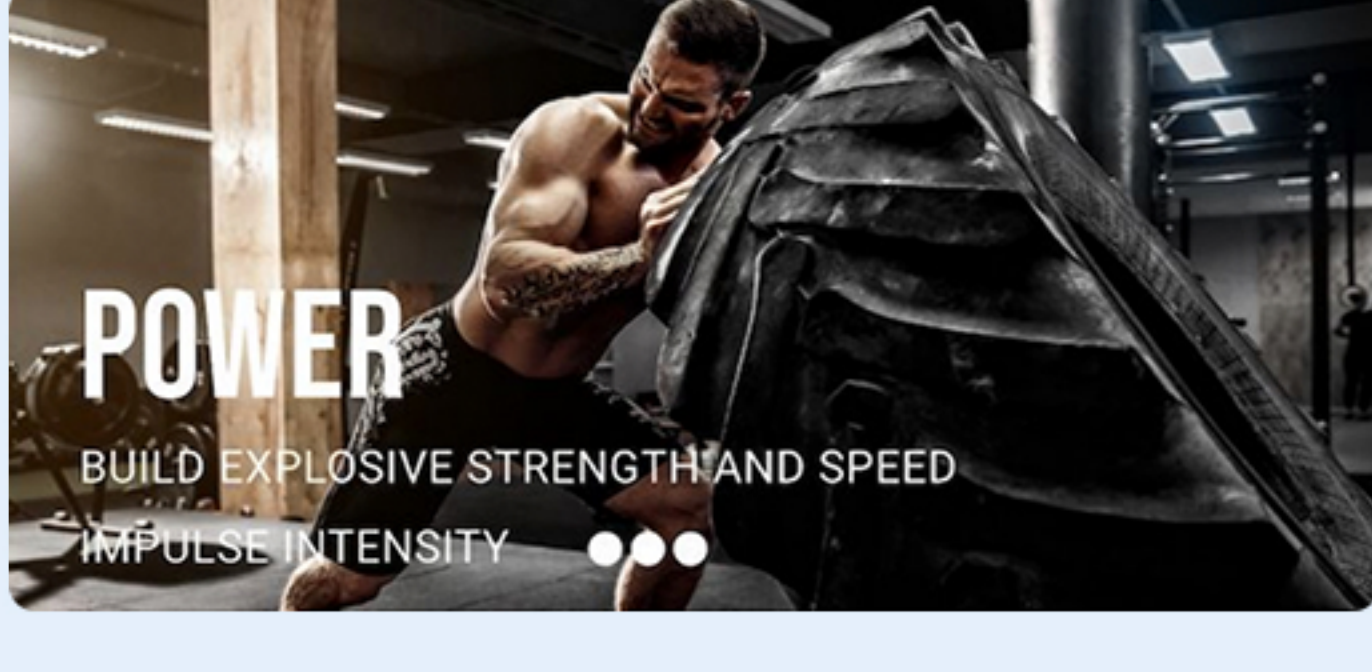
Lower Frequencies = *Slow-Twitch Muscle Activation*

Used in: Cardio Classes, and programs under *Manual Mode* → *Basic* (~10–40 Hz)

Targets: Slow-twitch muscle fibers — key for stamina, endurance, and postural control

How it feels: Because of the lower frequency and shorter pulse width, there is more time between impulses which allows muscles to fully contract and relax — like a smooth wave rising and falling

Best for: Low-impact cardio, building endurance, and active recovery days.



2

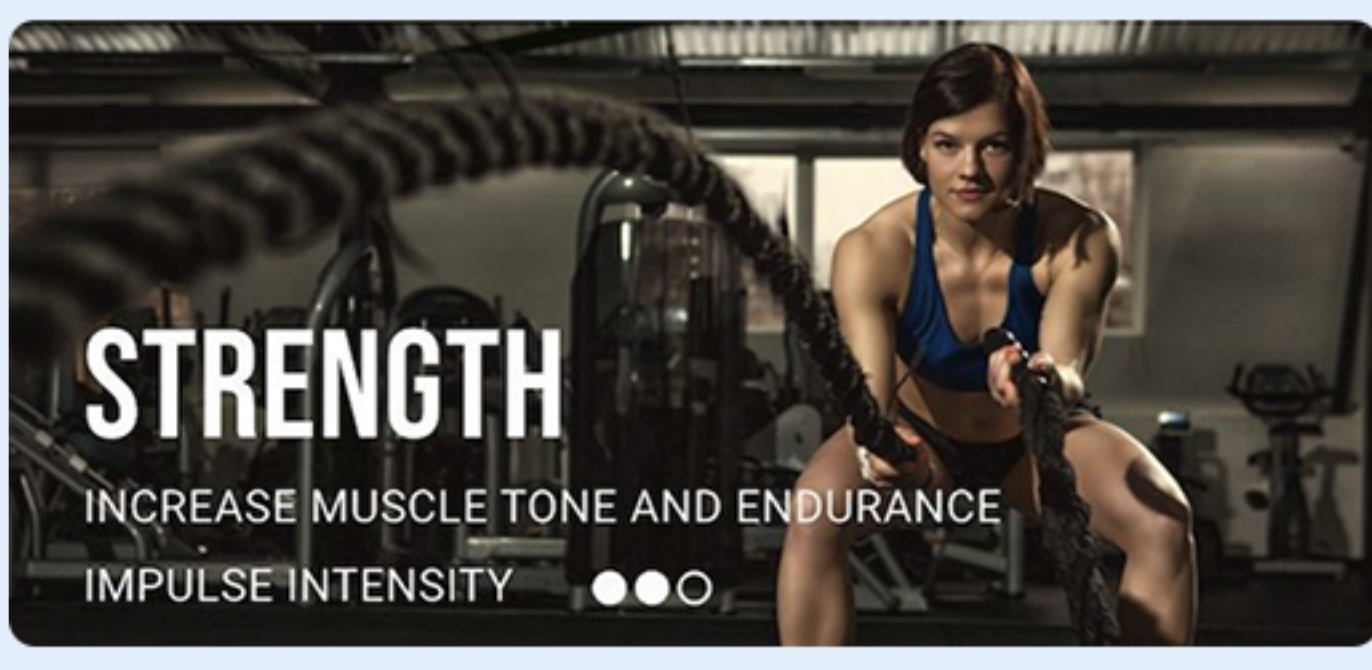
Higher Frequencies = *Fast-Twitch Muscle Activation*

Used in: Power Classes, and programs under *Manual Mode* → *Advanced* (~70–90 Hz)

Targets: Fast-twitch fibers — your “power movers” for explosive strength, hypertrophy, and heavy lifting

How it feels: Because of the higher frequency and longer pulse width, there is no time for the muscles to relax between impulses — the contraction builds quickly and holds at maximum intensity

Best for: Building rapid strength and muscle size (hypertrophy) in the shortest time.



3

The Middle Ground — *Balanced Muscle Activation*

Used in: Strength Classes, and programs under *Manual Mode* → *Intermediate* (~40–70 Hz)

Targets: A blend of slow- and fast-twitch fibers

Best for: Improving *both* endurance and strength in the same session

Pro Tip:

Your muscles adapt quickly.

Rotate between programs weekly — or even session-to-session — for the best results.

What About the Levels?

Each class category — Cardio, Strength, and Power — has three difficulty levels: Level 1, Level 2, and Level 3.

Level 1:

Easier movements, accessible for beginners or light training days

Level 2:

More challenging movements that require greater skill and control

Level 3:

Designed for those ready to push their limits



Remember — *intensity is king*. With a high enough intensity, Level 1 can feel brutally hard, while Level 3 can be made relatively easy. It's all in how you set it.

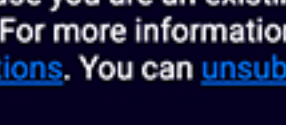
Bottom Line

The program and level you choose set the foundation, but **your intensity settings drive real results**.

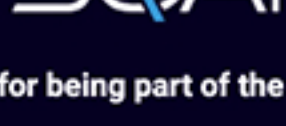
[Intensity Guide](#)

Questions?

Just reply — we'll help match you with the perfect program for your goals.



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sqai.co | support@sqai.co

11900 Biscayne Blvd Ste 105 Miami, FL 33181