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Muscle Training

by electrical muscle stimulation (EMS)



effective, easy & safe support for

- Muscle growth/ strengthening around the chest, arms (biceps, triceps) and legs
- Firming of abs and buttocks
- Warming up before training
- Supplementary training for active forms of sport (jogging, cycling, tennis, football etc.)
- Aerobic und anaerobic endurance training
- Strength and speed training
- Explosive strength training
- Crosstraining (overall conditioning)
- Pain relief for athletic injuries
- Relaxation, regeneration or stretching after training



Further products SaneoLINE



i'm healthy!



Pain Relief

- chronic and acute pain
- headaches/ migraines
- neck pains/ tension
- pains in back and shoulder
- pains in joints
- sciatic nerve complaints
- rheumatic complaints and others



i'm relaxed!



Massage

- Relaxation massage
- Leg-bum-tum massage
- Facial massage
- Circulation massage
- Knead and grip massage
- Vibration massage
- Hydro jet massage
- Vein massage etc.

I'm in shape!



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(0,14 €/min. from a German landline, other providers may differ)

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German Quality Brand



You have tried numerous fitness programs – without any success? Or you regularly work out and are looking for the ideal supplementary training? The muscle stimulator **SaneoSPORT** effectively supports you with targeted muscle building!

Whether on the couch while watching TV, during a walk or while reading - the EMS Training with **SaneoSPORT** is possible on the side in almost any situation and therefore provides an ideal, time-saving addition to your personal workout. In other words, with **SaneoSPORT** Muscle Training you can significantly increase the extent and the intensity of the workout.

There is absolutely no physical exhaustion and stress on the joints during EMS training. The best effect with the muscle stimulator **SaneoSPORT** is achieved when you support the electrical stimulation by random muscle contraction and relaxation.



The results of the training with **SaneoSPORT** may not only be well-formed muscles but also firmer skin. An attractive appearance and thereby increased self-confidence can awake unimagined energy! Give yourself a nudge - you shape your own future!

- 20 programs (2 with individual settings)
- 8 self-adhesive, reusable electrodes (50 x 50 mm, 50 x 90 mm, 4 pieces each)
- 2 separately adjustable channels for training several body regions



Technical characteristics

Digital 2 channel system
Output: 0 - 60 mA / channel, rectangular, charge compensated, biphasic pulses
Frequency: 2 - 100 Hz
Pulse width: 150 - 800 μ s

- easy-to-use
- incl. clip for fixing at belt
- large display for good readability
- timer function (automatic turning-off)
- comprehensive safety features
- high quality accessories (incl. 9V block battery)
- certified medical product

