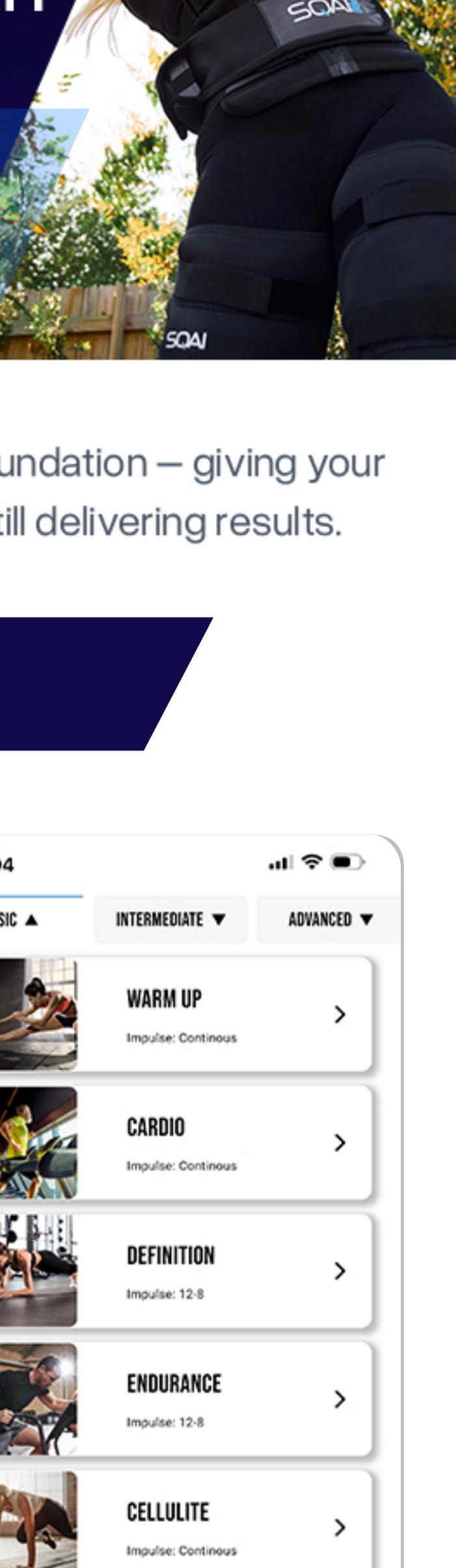




Where to Start Your First Month with SQAI



The first month builds your foundation – giving your body time to adapt while still delivering results.

Month 1 Guidelines

Frequency:

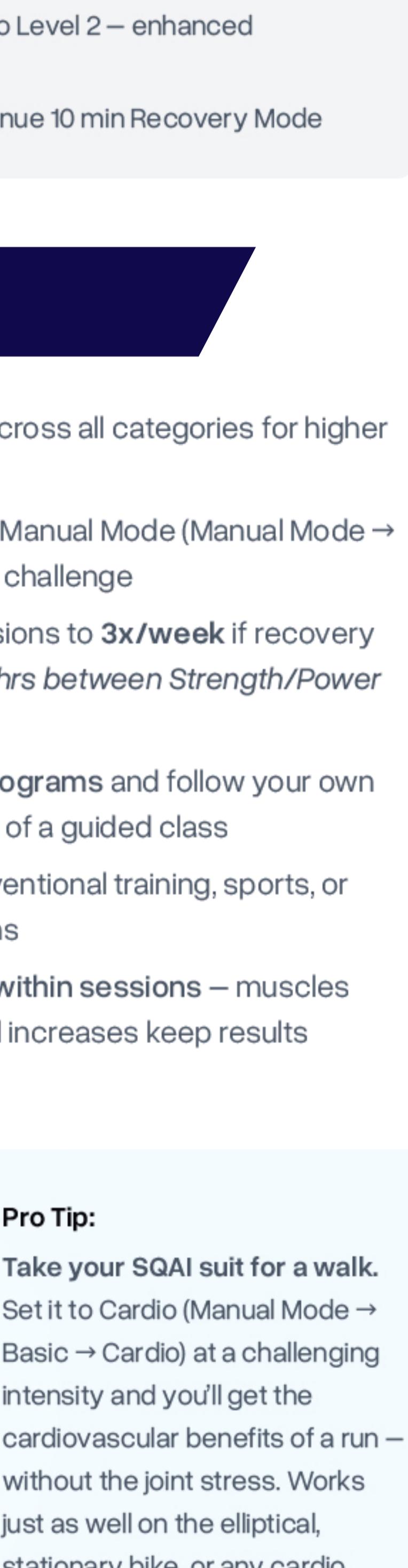
2 EMS sessions per week, with 48–72 hours of rest between workouts

Class Selection:

Begin at Level 1, then progress to Level 2 and beyond over time

Post-Workout:

Add 10–15 minutes in Recovery Mode after each session



Weeks 1–2: Getting Started

Session 1: Cardio Level 1 – the gentlest introduction to EMS

Session 2: Strength Level 1 – balanced activation of slow- and fast-twitch muscle fibers

After each session: 10 min Recovery Mode (5 minutes Lymphatic Drainage + 5 minutes Back Massage)

Weeks 3–4: Progression Phase

Session 1: Strength Level 2 – increased contraction intensity and movement difficulty

Session 2: Power Level 1 – introduces explosive strength and fast-twitch activation

Optional Session 3: Cardio Level 2 – enhanced endurance training

After each session: Continue 10 min Recovery Mode

Month 2 & Beyond

- Progress to Level 2–3 across all categories for higher intensity
- Add 10–15 min Cardio in Manual Mode (Manual Mode → Basic → Cardio) for extra challenge
- Increase number of sessions to **3x/week** if recovery allows (leave at least 48 hrs between Strength/Power sessions)
- Explore the **14 Manual programs** and follow your own freestyle routine instead of a guided class
- Alternate EMS with conventional training, sports, or cardio for maximum gains
- Keep pushing intensity within sessions – muscles adapt quickly, so gradual increases keep results coming

Pro Tip:

Take your SQAI suit for a walk. Set it to Cardio (Manual Mode → Basic → Cardio) at a challenging intensity and you'll get the cardiovascular benefits of a run – without the joint stress. Works just as well on the elliptical, stationary bike, or any cardio equipment. With EMS, 20 minutes is all it takes.

Bonus Tip:

While Strength and Power sessions require 48+ hours recovery (maximum 3 per week), Cardio sessions can be done more frequently. Lower frequencies and gentler contractions mean faster recovery – perfect for active rest days.

Can I Combine SQAI with Conventional Training?

Absolutely. This is where EMS truly shines.

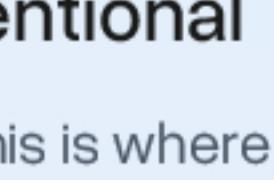
Alternate SQAI sessions with gym workouts, sports training, or classes for even greater results.

Example Week:

DAY 1	SQAI Strength + 10 min Cardio + 5 min Recovery
DAY 2	Rest
DAY 3	Traditional strength training
DAY 4	Rest
DAY 5	SQAI Power + 10 min Cardio + 5 min Recovery
DAY 6	Rest or light cardio/active recovery (yoga, walking, stretching)
DAY 7	Traditional strength training

Bottom Line

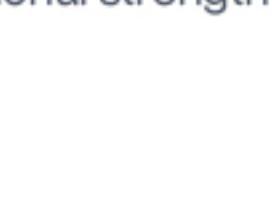
Start simple, stay consistent, and use Recovery Mode to keep your body fresh. Within weeks, you'll be ready to level up – and your results will follow.



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