

# 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

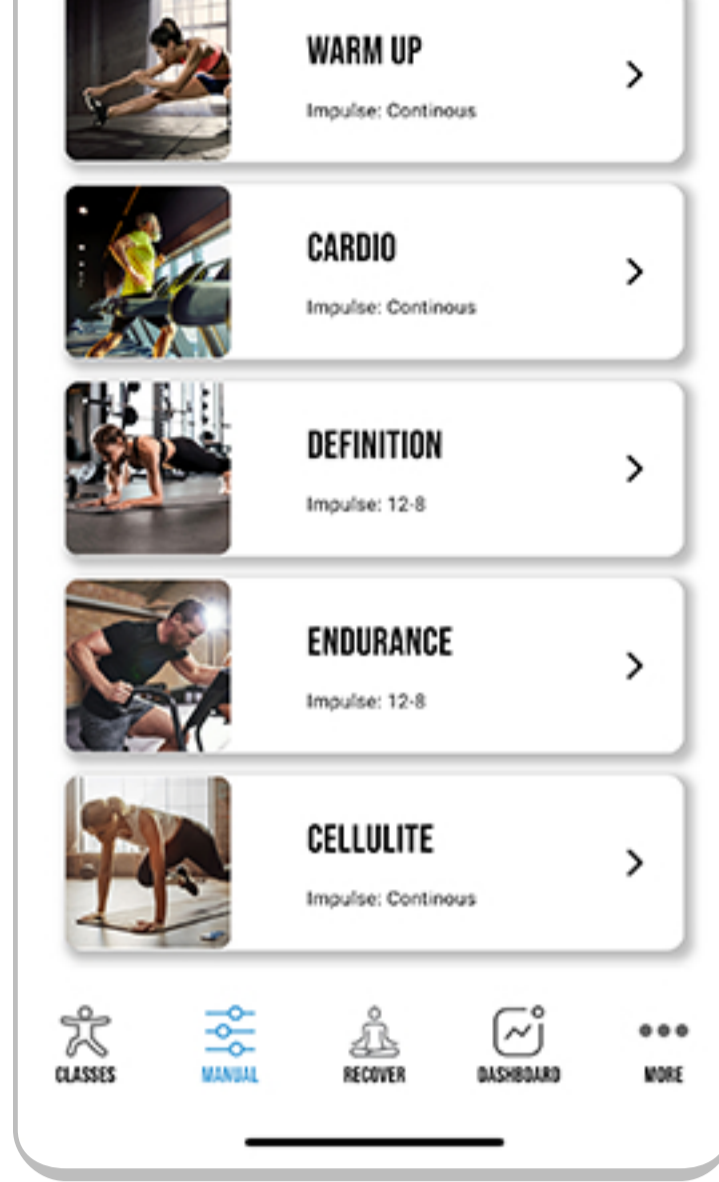
beyond over time

### 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

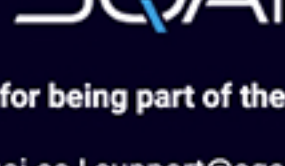
Recovery Mode to keep your body fresh.

Within weeks, you'll be ready to level up

– and your results will follow.



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