

WIEMS pro
WIRELESS · SERVICES · INNOVATION

WIEMS bio
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WIRELESS

MULTI-USER

EFICIENT

FREE-MOVEMENT

MULTI-COMPATIBLE

FULLY CUSTOMIZABLE

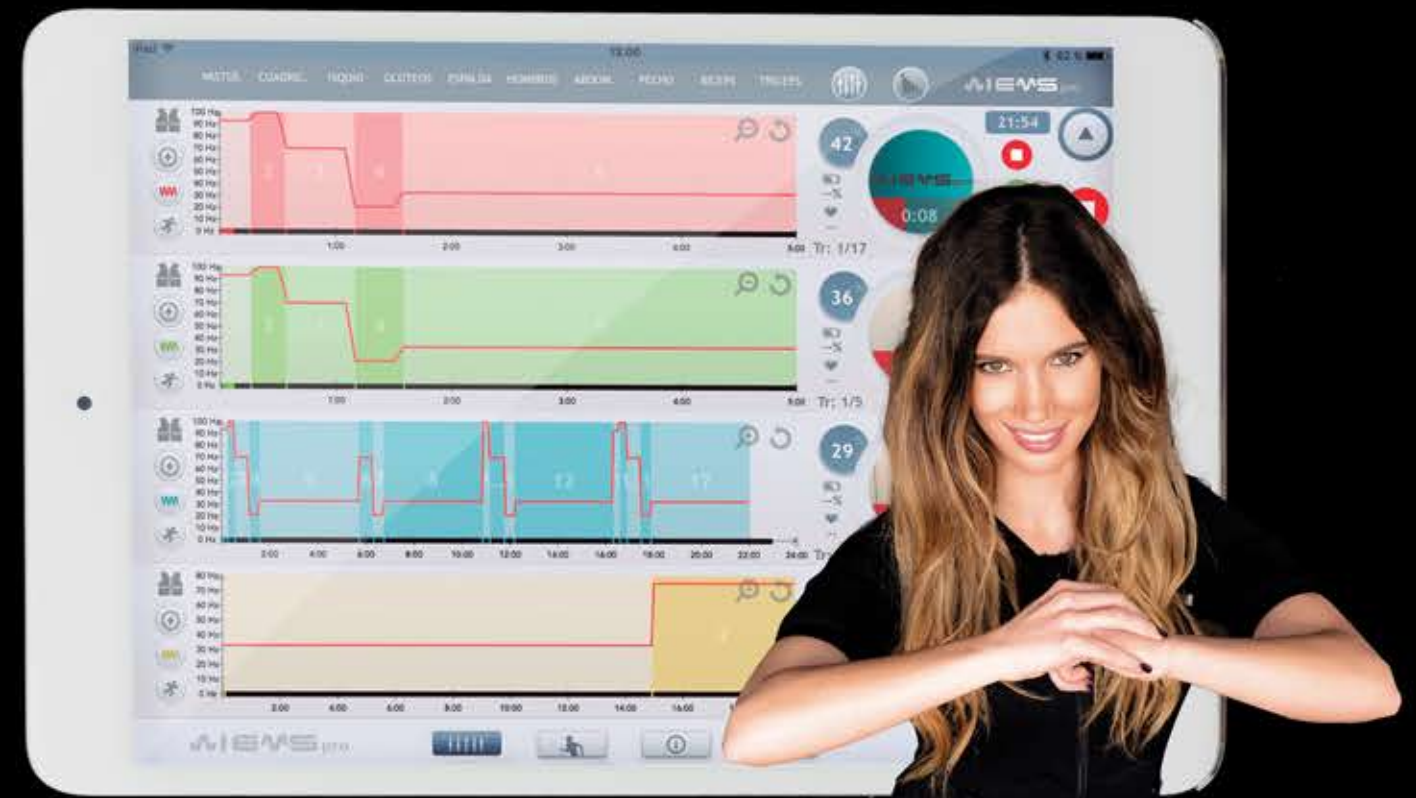


TECHNOLOGY AT YOUR SERVICE

Wiemspro technology allows you configure your training to the full, in group and personal trainings, assuring a unique experience for user and trainer. Wiemspro offers a dynamic, versatile and powerful tool, which will always be updated.

Our App, available in Apple Store, has an easy and intuitive interface fully upgradeable by the trainer with just one click. Anywhere, Anytime.

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ELECTROSTIMULATION PROGRAMS

Wiemspro system offers a wide range of programs to trainer and user with the aim of reaching goals in a personal and safe way. Our application includes 20 different electrostimulation programmes predefined, furthermore, you could create new programs with the possibility of customizing each of its parameters during training.

WIEMSPRO

TOTAL CONTROL

By using our system you could control your training programs precisely. You could perform group or individual training (12 users at the same time maximum). Manage your client agenda. Customize each of the wave parameters fitting them to each part of the training according to the user needs.



ADVANTAJES OF WEMS

MUSCULAR ACTIVATION

Achieve higher muscular activation in much shorter time

POWER AND RESISTANCE

Improve your power and resistance without loading high weights.

ENERGY EXPENDITURE

Increase caloric expenditure reducing articular impact.

ELECTROESTIMULATION: A SAFE PROGRESSION

In any training planification is very important to start with a good adaptation period. The following programs are an example of programs that could be used during adaptation periods.

- 01. Endorphinic:**
Very low frequency program. It improves the blood flow and its analgesic qualities. Use recommended after each session.
- 02. Definition 1:**
33 Hz program. Its length and duty-cycle make it perfect for resistance athletes or beginners in loss-fat programs.
- 03. Activation 2:**
10 minutes program. Same frequency and bigger chronaxy (width 350 ms). Same intensity raising levels. Duty-cycle changes to 4-4 sec. Very useful for warm-up and resistance exercises.
- 04. Tone up 1:**
Perfect to improve you muscular tone, fat loose and rehabilitation sessions where the aim is to increase muscle mass and the strength levels after atrophy.

MANUAL PROGRAMS WEMS



TOTAL CONTROL

Wiemsprom App just allows you to manage intensity, but also to customize electric impulse, creating programs suitable to the different needs of each user. You could set everything with no need of stop anytime the electrostimulation or the training program.

In addition, you could perform progressions adapted to the physical condition of each user by any time. Surprise you clients with dynamic, funny and effective sessions.

LATEST WIRELESS TECHNOLOGY

Our device is REALLY WIRELESS. It means that user will be able to move without any restriction. You could run outdoor, cycling and performance any kind of group trainings. Wiemspro is the first electrostimulation system that suits to every kind training (it could not be app in aquatic environments).

ADVANCED PROGRAMS

The most popular programs for the adaptation period.



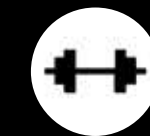
PERSONAL TRAINING

Allows you to control and modify every wave parameter during training in a dynamic way and non-stopping the session.



FAT-BURNING

Tonifies, hardens and helps to burn post-training fat. Ideal to combine with cardiovascular programs.



STRENGTH

Faced to develop strength, achieving big goals with short-time trainings.



TÁBATA

Based in in time intervals. Design to generate high metabolic stress. Focused on the athlete performance.



PROGRAMS: HOW TO USE IT

01. **Personal training:** You will be able to control and modify the wave parameters without stop the program.
02. **Activation 1:** Short term program (5min.) and low frequency (21 Hz). Perfect for beginners and people with a low fitness level. The increase of the intensity and work cycle makes necessary previous experience, that is why it is not recommended for demos.
03. **Activation 2:** 10 minutes program. Same frequency and bigger chronaxy (width 350 ms). Same intensity raising levels. Duty-cycle changes to 4-4 sec. Very useful for war-up and resistance exercises.
04. **Definition 1:** 33 Hz program. Its length and duty-cycle make it perfect for resistance athletes or beginners in loss-fat programs.
05. **Definition 2:** It is the natural evolution of 'Definition 1'. Longer lasting, with a bigger duty-cycle and higher chronaxies. It is not recommend for beginners.
06. **Endorphinic:** Very low frequency program. It improves the blood flow and its analgesic qualities. Use recommended after each session.
07. **Drainage:** 10 minutes of 'continuous' program. It could be use in active and passive way. It helps to fight fluid retentions and to improve oxydative capacities
08. **Explosive force:** Warning! It is just for professionals and elite athletes. High chronaxy and frequency. It helps to improve the power (jumps, hits, sprints...).

MANUAL PROGRAMS EMS

09. **Force 1:** Designed in order to increase strength and hypertrophy levels in people with good fitness levels. It could be combined with low and medium frequency programmes.
10. **Force 2:** Very similar to the previous one. With a little bit higher and 5 minutes longer.
11. **Force 3:** The last version of the 85 Hz programmes. 20 minutes of duration with a high chronaxy. The user will feel the electric impulse deeper, that is why trainers should control the time very good.
12. **Relaxation 1:** Very low frequency program (3Hz), perfect to relax musculature. It could be use in an independent complementary way to the training (active or passive usage). Its chronaxy levels help to relax the muscles, equilibrating muscular tone.
13. **Relaxation 2:** High frequency program and low chronaxy. Its characteristic help to delete muscle contractures and 'trigger point'.

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OUR APP

Software easy to use which will allow you to manage you clients agenda, design and carry out your trainings.



CREATE YOUR OWN PROGRAMS

Wiemspro App allows you to save your electrostimulation programs for you to use it whenever you wish.



ONE PROFILE FOR EACH USER

You could register and save the evaluation of your users. All the data and settings of the training will be save. Total control from the App.



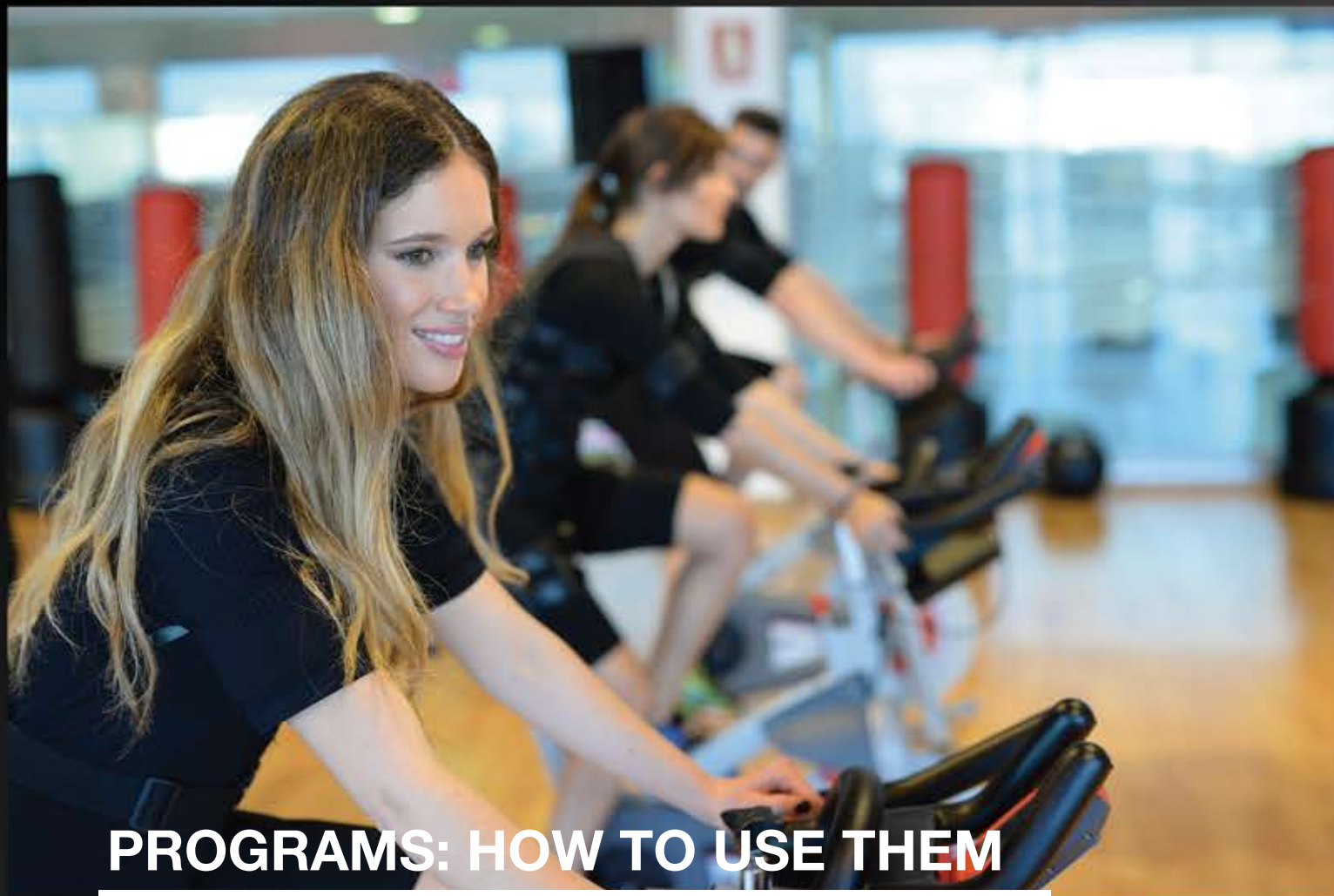
SAFE YOUR TRAINING SETTINGS

Wiemspro allows you to save the settings of each user in all the programs. Save time and enjoy.



PERSONAL TRAINING

The most popular from the Wiemspro programmes. It allows you to set all the wave parameters without stopt training or the electrostimulation program.



PROGRAMS: HOW TO USE THEM

14. Fat-Burner:

Low frequency program, 20 minutes long. Perfect for users who need losing fat and have fulfilled the adaptation period. It is not recommended for beginners.

15. Resistance 1:

Short, medium frequency (45 Hz). Very useful combined with hypertrophy programs. It could be used with beginners which aim is body toning or fat-loss. For levels of not very good physical condition or to be combined with other programs.

18. Tabata 1:

Program specially designed to be used with HIT methods (High Interval Training) and SIT (Sprint Interval Training). We recommend its use at the beginning of the training to avoid over-tiredness in musculature.

19. Tabata 2:

Its frequency is increased when the training intensity decreases or during training.

16. Resistance 2:

Its program fulfills the same requirements than the previous one. Longer, denser, and with a bigger frequency (50 Hz) than 'Resistance 1', which allows the trainer to continue the perfect progression for

17. Resistance 3:

It has similar characteristics to the previous one but 5 minutes longer and higher frequency (55Hz).

20. Tone up 1:

Perfect to adapt your muscular tone and lose weight. It could be used in rehabilitation to increase muscular mass and strength levels after atrophy. Its 50 Hz makes it the stronger program on the adaptation period

21. Tone up 2:

The evolution of the previous program. The unique difference is the increasing of duration and chronaxia..

RECOMMENDATIONS:

For beginners:

Fulfill an adaptation period between 4 and 6 sessions, with a frequency limit of 50 Hz. ('Tonification 1')

Nutrition:

Eating habits are very important for your health and to reach your aims. We recommend consulting the specialist.

Hydration:

You should drink enough water before, during and after exercise.

Training intensity:

It is not necessary to train always until exhaustion. Continue with a logical progression in the intensity increasing, in training and in electrostimulation.

