

## Antelope by Beurer: Take your workout to a new level

**Ulm, 1 September 2023 - EMS stands for electromyostimulation, a popular and effective form of training which delivers external pulses of additional stimulation to individually targeted muscles in order to increase training intensity. Antelope by Beurer offers next-level EMS training that is effective, flexible and convenient, and which you can do whenever and wherever you want. The new EMS suits and tank tops in the Evolution series, as well as the corefit I abdominal toning belt and corefit II abdominal and back toning belt will be presented at IFA 2023.**

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### Antelope by Beurer EMS suit Evolution – shirt & shorts

The Antelope by Beurer Evolution EMS suit offers very comfortable wear and is specially designed in versions to suit male and female anatomy. The combination of shirt, shorts and booster offers intensive full-body training.

**18 high-tech silicone electrodes:** The shirt has 12 electrodes on the chest, stomach, upper arm, neck, middle back and lower back, and the shorts have six electrodes on the buttocks and front and back of the thighs.

**Comfortable wear and fit:** The EMS suit is easy to put on and has a close fit thanks to an integrated zip. The material is breathable and machine-washable.



**Sizes and size combinations:** The suit is available in female and male versions, each in different sizes. The shirt and shorts are available for women

in sizes XS to XL and for men from S to XXL. Beurer offers various size combinations to provide the perfect training outfit for the user.

### Antelope by Beurer EMS tank top

The **EMS tank top with eight electrodes** and booster is suitable for high-intensity back and abdominal training. The top can be paired with the shorts or leggings for intense full-body training – see also the Antelope Suit. The tank top is available in sizes XS to XL for women and in sizes S to XXL for men.



### Antelope Go app – for individualised training



In the matching app, the user has the option of configuring programmes according to their personal training objectives: warm-up, fitness, sport, strength building or recovery, and at a training intensity that can be adjusted from 0 to 100. The muscle groups can also be controlled individually. Data from the Beurer Connect diagnostic bathroom scale can be loaded into the app to facilitate comprehensive body analysis.

**42 EMS programmes can be accessed for each performance level when using the suits as well as the tank tops:** A range of programmes support sports, fitness and HIIT training (high-intensity interval training). But that isn't all it is for – the suit can also be used for health exercises, rehabilitation, strength-building and recovery.

Tennis pro Angelique Kerber is convinced:

***"The Antelope EMS suit is the perfect option for anyone who wants to achieve more."***



### Antelope by Beurer EMS abdominal and back toning belt

Beurer is expanding its Antelope range with **corefit I**, a new abdominal toning belt, and **corefit II**, a new abdominal and back toning belt. Both are intended for supplementary training and they are effective and powerful

while also being easy to use. Different body zones can be trained, with four electrodes for each area. Both devices also feature:

**Removable controller with LCD**

Intensity adjustable from 0 to 40. If required, two adhesive electrodes can be ordered for customised muscle stimulation, and these can be connected to the controller.

**9 EMS programmes** for endurance, fitness and HIIT training (high-intensity interval training), muscle and strength building as well as recovery.

**Other functions:** Countdown timer, safety switch-off, pause function, automatic switch-off, key lock and low battery indicator.

**corefit I and corefit II: the differences**

**corefit I**

EMS abdominal toning belt



**Training area:**

Central and lateral abdominal muscles

**Electrodes:** 4x on the stomach

**Flexible abdominal belt:**

Can be used for waist circumferences from 70 to max. 140 cm (28 to 55 inches), with extension strap included

**corefit II**

EMS abdominal and back toning belt



**Training area:**

Central abdominal muscles and lower back muscles

**Electrodes:** 2x stomach, 2x back

**Flexible abdominal belt:**

For waist circumferences of 70 to max. 130 cm

**Next-level EMS training from Antelope by Beurer**

A short workout that's also effective. How does it work? With electrical muscle stimulation (EMS). The additional pulses increase the intensity of training. Professional athletes, hobby athletes and anyone who wants to stay

fit and healthy benefits from the EMS units. And it offers flexible use: whether you're at home, on the sports field or out in the woods – with the Antelope products you can train whenever and wherever you want.

More information about the new Antelope Evolution series can be found [in the promotional video](#).

All Beurer highlights will be presented at IFA from **1 to 5 September 2023** in **Hall 4.1 at Stand 216**.

### **About Beurer**

Beurer was founded in 1919 in Ulm and is synonymous with health and well-being. Today, the long-standing company leads the way in several product fields in this segment; the company is a market leader in Europe in the area of flexible heating and a market leader in Germany for blood pressure monitors and massage products. Beurer is also one of the leading suppliers of personal bathroom scales in Europe. This portfolio is under constant development in all areas and includes products for home use. It includes: heating products, personal bathroom scales, kitchen scales, luggage scales, air purifiers, air humidifiers, air washers, a sea air simulator, fans, thermo hygrometers, aroma diffusers, blood pressure monitors, blood glucose monitors, a resuscitation aid, mobile ECG devices, hearing amplifiers, pulse oximeters, nebulisers, clinical thermometers, insect bite healers, wake up lights, daylight therapy lamps, infrared lamps, TENS/EMS devices, massage products (foot massage, Shiatsu massage, massage chairs, massage cushions, fascia massage, leg compression massager), relaxation aids, hair removal devices (classic, IPL), FaceCare and HairCare products, a cellulite releaZer, cosmetics mirrors, manicure/pedicure sets, grooming and body care products for men, a Babycare line, an ovulation thermometer, a fertility set, activity sensors, and heart rate monitors. USB ports and *Bluetooth*<sup>®</sup> enable an increasing number of Connect products to connect to the growing Beurer app world and/or software. The family-run company operates a global distribution network in more than 100 countries and currently has a workforce of around 1,700 people. You can find more information at [www.beurer.com](http://www.beurer.com).