



IMPORTANT INFORMATION

Please read the conditions listed below carefully before starting your training with SwiftFitness and the X – body EMS technology:

- In case of malaise, ailment, dizziness or a feeling of aching and tightness around the chest or heart area you must immediately stop the training and report it to your SwiftFitness trainer.
- Cable electrodes must not be disconnected or reconnected once the device has been launched. Please make sure that you ALWAYS stop the program and switch off the device before you re-connect the electrodes. High risk of injury!
- Certain electrodes must be placed only onto the appropriate body parts.
- Electrodes must not be placed directly or around the area where the skin surface is injured by way of but not limited to wounds, inflammation, skin burns, itching surface, eczema
- If you feel any hotness or discomfort on your skin during training, you need to switch off the device immediately and report it to your SwiftFitness trainer. High risk of injury!
- The position of the limbs stimulated must be in an isometric tensioned state and fixed under professional control.
- Always start your training on a low intensity impulse and increase the intensity for muscular effort, step by step.
- Always ensure water intake before, during and after training.
- Have a short break (minimum of 30 seconds) during the training and drink a minimum of 0.25L of clear water.
- You must make sure that you haven't consumed any alcohol within 48 hours of training, before beginning training.
- You must make sure that you have had a complete meal a minimum of 4 hours before training.

Contra-indications:

If you have one or more of the contra-indications listed below you are required to obtain medical clearance from a physician to train with EMS at SwiftFitness. A medical certificate must be presented to SwiftFitness before commencement of training.

- Pace maker or other electrical implants
- Cardiovascular disease
- Pregnancy
- Abdominal hernia
- Skin conditions
- Epilepsy



- Hemophilia
- Cancer/tumours
- Thrombosis
- Severe neurological disease
- Psychiatric disease (schizophrenia)
- High Creatine Kinase enzyme (hypothyroidism etc)
- Diseases associated with fever, acute bacterial/viral infections
- Chronic/acute inflammation
- Operation (within 8 weeks)

Recommended before/after training:

- Eat a carbohydrate rich meal 2 – 3 hours before training.
- Drink at least 500ml liquid 30 minutes prior to training.
- Avoid caffeine for 2 – 3 hours prior to training.
- Carbohydrate rich drinks are recommended right before training.
- Drink a protein-rich drink after training.

Stop the training immediately if you experience:

- General feeling of discomfort;
- Dizziness;
- Chest pain

Please Note:

It is important to inform your doctor of your participation in EMS training if you have your blood analyzed 2 – 6 days after your last EMS session. This is to prevent misinterpretation of your values. A high level of Creatine Kinase (CK) may occur during EMS training, so please follow your personal trainers instructions carefully.