



## The Importance of Understanding Intensity

New to owning a BEMER device? If you're not sure how often you should be using your BEMER or how to find your ideal settings, we're here to help. Keep reading to learn how to create your ideal routine, as recommended by BEMER's Chief Medical & Science Consultant, Dr. Joshua Berka, NMD.

The first thing to keep in mind is that everyone's needs and goals are different. These two factors will influence your ideal routine, including:

- How long your sessions are
- The intensity setting you select

Most users will get great results from the Basic Plan, which is outlined in the user manual included with your BEMER device. This plan was created with two goals in mind: supporting local blood flow and

optimizing muscle performance, particularly focusing on stimulating back muscles, leg muscles, and other larger areas of the body. As you'll notice in the user manual, the plan recommends using an intensity level of 1-6 for the average user, and an intensity level of 7-10 for trained athletes.

Using the B.SPOT or B.PAD, you can complete the Basic Plan using one of the three programs that come standard and preloaded into your BEMER system:

Dr. Berka also recommends starting low and going slow. For example, start with Program 1 (low setting) before moving to Program 2 (medium setting) or Program 3 (high setting). Some people respond better to low intensity than high intensity, so it's all about finding what works for your body! It's important to remember that just because you are using higher



intensities, that doesn't mean that you will achieve your desired outcome faster. Pay attention to how you feel after using your BEMER regularly, and adjust as needed.

## A Note for Trained Athletes

Want to give a higher intensity a shot? This can be effective for trained athletes, assisting with pre-training and supporting your overall performance. You may also benefit from using a lower intensity to support your cool-down phase after training. Again, you'll need to experiment and determine what works best for you.

## Better Circulation. Better Health. Better Life.

Still need help finding the right routine for you? Browse through our other blogs to learn more about PEMF therapy, boosting your circulation, and more. For more than 20 years, the benefits of BEMER have impacted millions of people around the world, helping them achieve better health and athletic performance. We can't wait to hear how your BEMER device has improved your life and health!

\*BEMER does not provide any medical advice or services. This device is not intended to diagnose, treat, cure or prevent any disease. It should not be used for any purpose other than as described in the user manual. Please consult your own healthcare provider if you have any medical issues.

