

## Tecnatives Native Training (Nt)

### OUR TECHNOLOGY

TECNATIVES Nt technology is based on more than four years of joint research and development. Scientists and engineering teams from Germany and China have jointly researched and exploited technological boundaries. The TECNATIVES Nt system is more than just a new participant, it takes the lead in a dynamically growing lifestyle market.

The heart of the system is a novel WIRELESS suit-generator-sensor system, the Nt Core.

On the basis of body-like impulses, nerve and muscle fibres are stimulated, measured and optimized. An integrated biofeedback system prevents overexcitation and overtraining of the activated muscle groups. In addition, data are introduced into the stimulation process by means of extended sensor technology in order to optimise training and open up new areas of application.



## Tecnatives Native Training (Nt)

TECNATIVES Nt stimulates a muscle electrically and check whether it is activated neuronally in the correct dosage and with the expected result.

As such it optimizes your Functional electromyostimulation (F-EMS) impulses for the respective exercise or sport. These impulses have an additional or reinforcing effect on your natural movements, acting as an additive to the movements of the user.

Applied correctly, F-EMS technology makes training more efficient and sustainable.



## Tecnatives Native Training (Nt)

The special tracksuit Nt Suit contains all necessary electrodes, cables and the measuring equipment.

The materials were partly developed for space travel and meet all earthly standards.

The efficient system does not require additional wiring or humidification.

Tighten, warm up, done.





## Benefits of EMS (Electromyostimulation)

### STRENGTH & FITNESS BENEFITS

More energy  
Increased strength  
Higher mobility  
Avoid injuries

Improved speed  
Improved endurance  
Ability to carry larger loads  
Compensate for age-related loss of strength

### REHABILITATION & PHYSIOTHERAPY

Repair and strengthen muscles and joints  
Improves brittle bones

No strain on your joints or tendons

### HEALTH BENEFITS

Reduced backache  
Improved blood circulation  
Improves mental ability

Improved posture  
Prevents bone fracture & osteoporosis  
Boosts your immune system



## Benefits of EMS (Electromyostimulation)

### QUICK & LASTING RESULTS

Below are the expected results for a medium build individual, working out twice per week, using F-EMS, for 20 minutes each time to achieve similar results!

#### IN 6 WEEKS:

Average body fat will decrease by around 4%

#### IN 10 WEEKS:

Women: Reduction of between 1.5 – 2cm in the waist and hips

Men: Reduction of between 2 – 2.5cm

Increase muscle size in their legs, chest, and arms by 1 – 2cm

#### IN 12 WEEKS:

Achieve weight loss of between 3–4kg

Reduce your body fat ratio by up to 10%

Reduction of 6–7cm in the waist and 2cm in the upper arm.



## How Does EMS Work?



### 1) ELECTRICAL IMPULSES DELIVERED



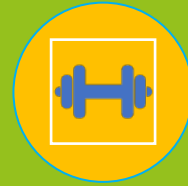
The electrical impulses are generated by the F-EMS unit and delivered through electrodes on the skin fairly close to the muscles that you want stimulated.



### 2) MUSCLES CONTRACT



The impulses resemble the action potential (AP) coming from the central nervous system (CNS), causing the muscles to contract.



### 3) MUSCLES STRENGTHENED



Electrical muscle stimulation can provide greater contraction as compared to a normal voluntary contraction, up to 30% higher. Thus, more muscles are being strengthened and conditioned, which equates to a more effective training workout.

### IT'S PAIN FREE

The electrical current is low impulse and completely safe.

Whilst the sessions can be intense, the actual feeling of the impulses is gentle and non-invasive.

Our trainers will customise your routine suited to your personal capabilities and goals.



### IT'S FOR ANYONE

Whether you are a professional athlete, or someone that hasn't exercised in years, we can help you.

We welcome clients as young as eighteen, or as old as eighty from all walks of life!

F-EMS will enable you to achieve your fitness goals & target shape.

It is a highly effective workout that is low impact, making it safe for anyone from newbies and injured athletes to decided gym-goers.



### IT'S ATTAINABLE

We'll work together with you to set your fitness goals, and we'll help track your progress on a monthly basis with a body composition analyser.

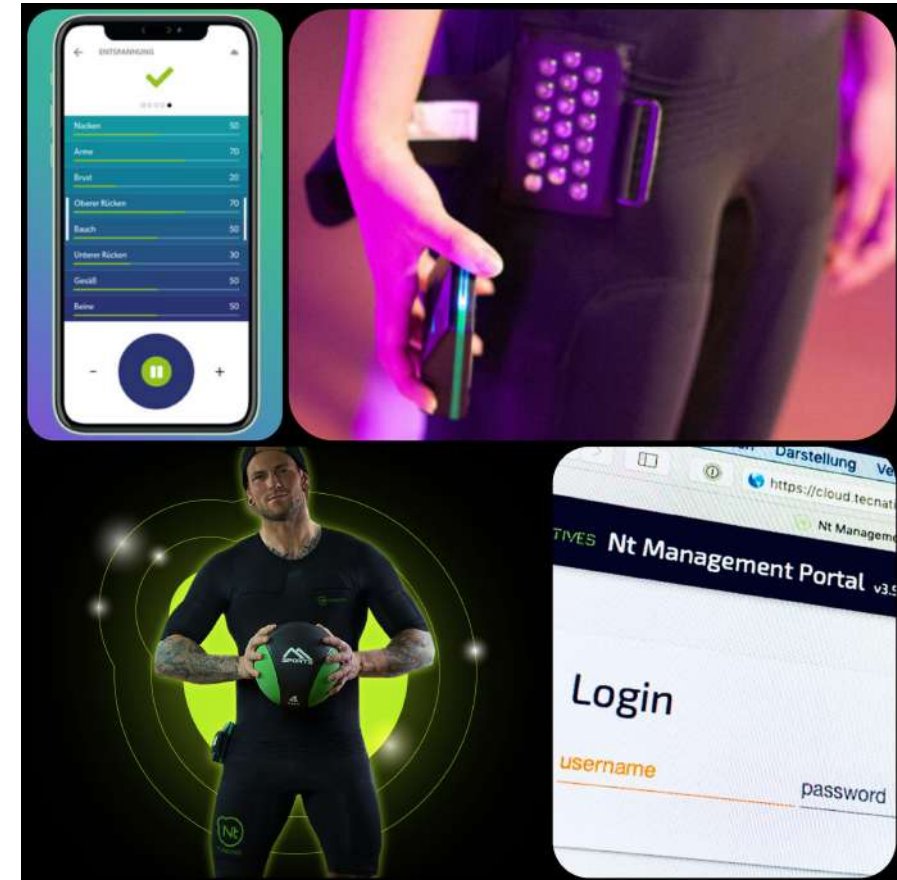
Commit to our program and achieve your target body shape in a short period of time!

## Nt Technology

### F-EMS

Functional electromyostimulation (F-EMS) is more than training with electricity. Like the human brain, the TECNATIVES Nt system sends biologically adapted impulses to the body for optimal muscle contraction. This means that far more muscle groups are integrated and trained during training. The training becomes more intensive and you can develop your maximum training power in a much shorter time

In our system, the electrophysiological body characteristics are measured during training and directly included in the impulse generation. Through this innovative and unique TECNATIVES Nt impulse model, the electromyostimulation is adapted to every skin type and perceived as extremely pleasant.



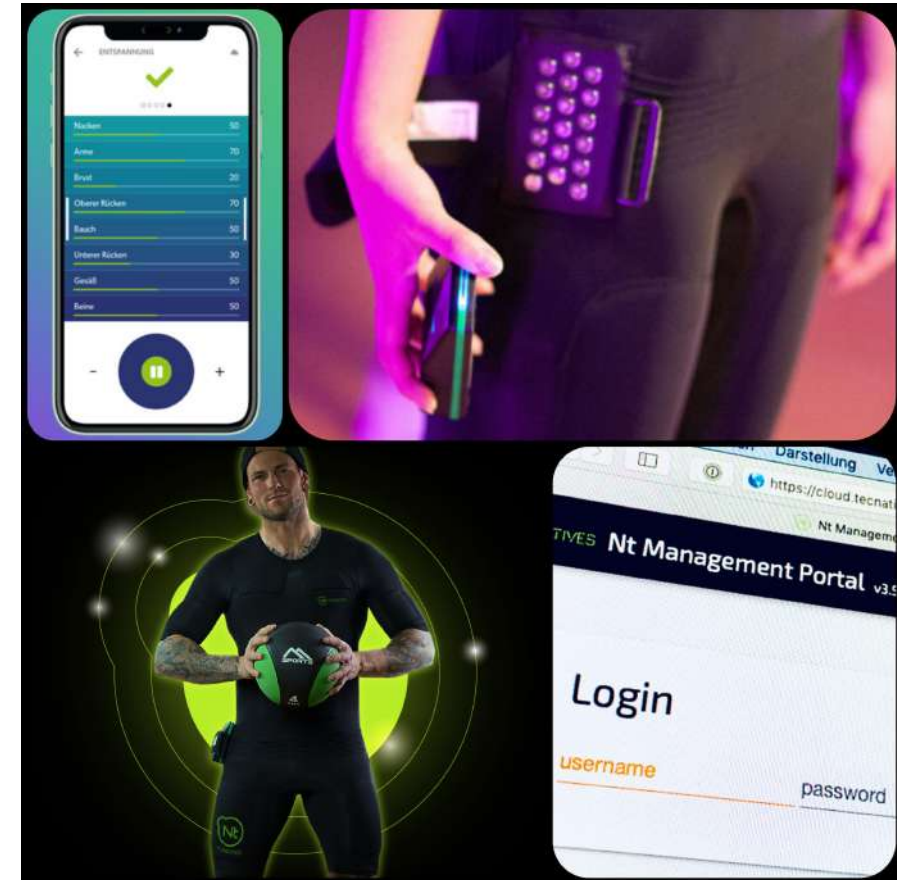


## Nt Technology

### BIA

BIA, short for Bioelectrical Impedance Analysis, is a technique for determining various body parameters. Body water, lean mass and body fat are measured. This also allows conclusions to be drawn about changes in muscle mass. This is done by conducting measuring currents through the body between measuring electrodes on arms and legs. The resistances and phase shifts detected on the way then allow conclusions to be drawn about the composition of the tissue crossed.

These data are of highest importance for the determination of your training success. By offering it, the Nt system can eliminate the need for additional measurement equipment and link measurements directly to training. This makes the training experience even more tangible, accessible and, above all, provable.



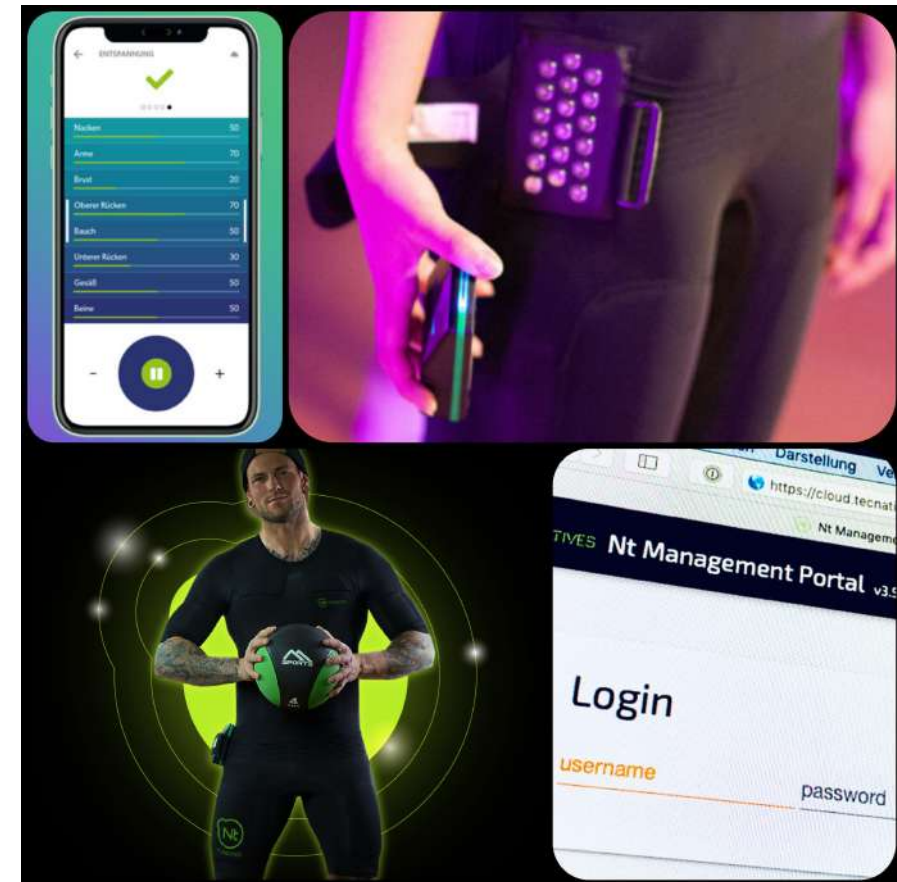
## Nt Technology

### EMG

Electromyography represents the deep-seated connection of electrical potentials and muscle contractions.

Our system uses these signals to obtain information about the condition of your muscles during training. By not only stimulating muscle contractions but also measuring them simultaneously, the signals can be adjusted to optimize muscle training and even prevent overtraining.

The development of the muscular apparatus is also better trackable – another guarantee for the visualization of your training success.



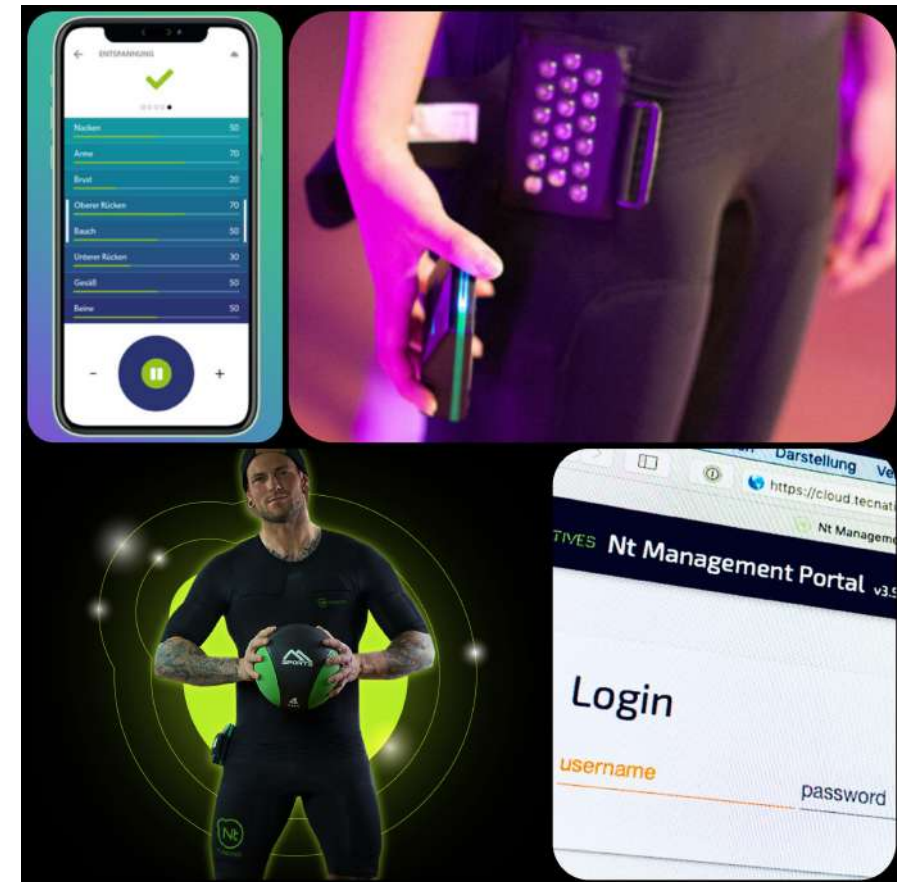
## Nt Technology

### ECG / Heart Rate Breathing Rate

Similar to electromyography, an electrocardiogram uses the electrical impulses of the heart muscles to draw conclusions about heart activity. The most relevant parameter for training is the heart rate curve, which can be used to reliably determine your degree of fatigue. The display of your respiratory rate also helps you to further optimize your training.

Even further health aspects of the heart musculature can be determined by detailed considerations.

The TECNATIVES Nt system can therefore not only monitor your performance but also provide important data for holistic health care.

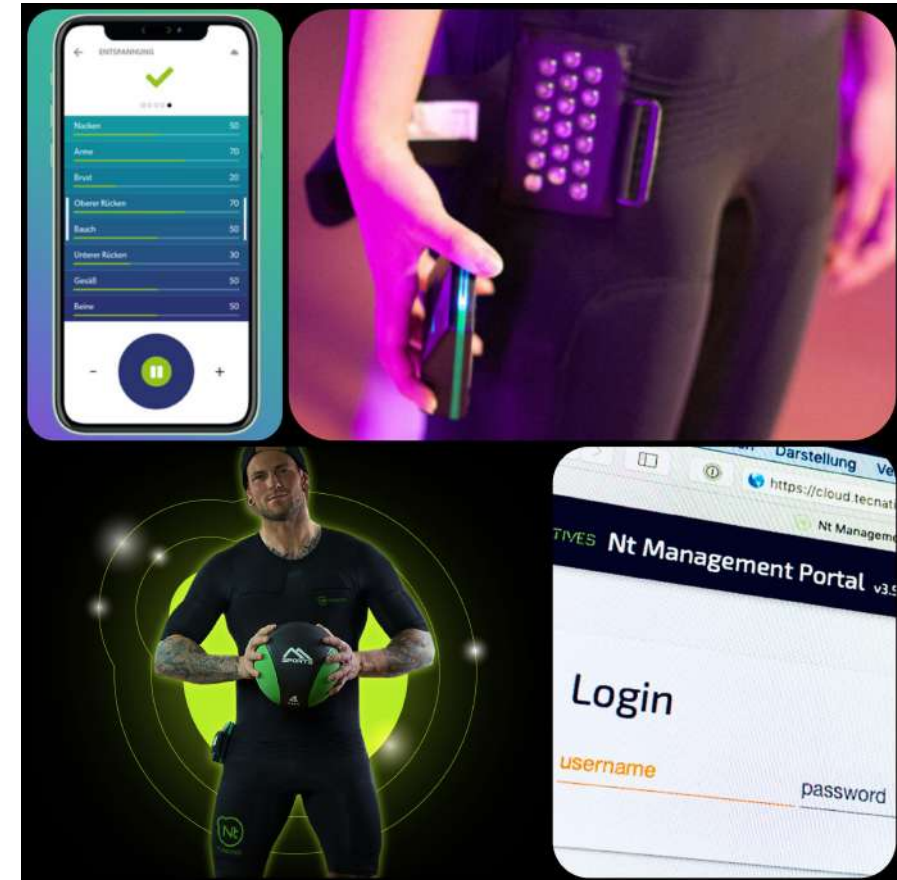


## Nt Technology

### AI / Machine Learning

Artificial intelligence is a branch of machine learning. The TECNATIVES Nt system uses Machine Learning to leverage the wealth of information provided anonymously by the worldwide TECNATIVES Nt community for your training optimization.

Through machine learning, the training algorithms and the product evolve in real time. As you learn about your training habits through the system, the system can improve and customize its predictive capabilities for you from millions of other users' data.



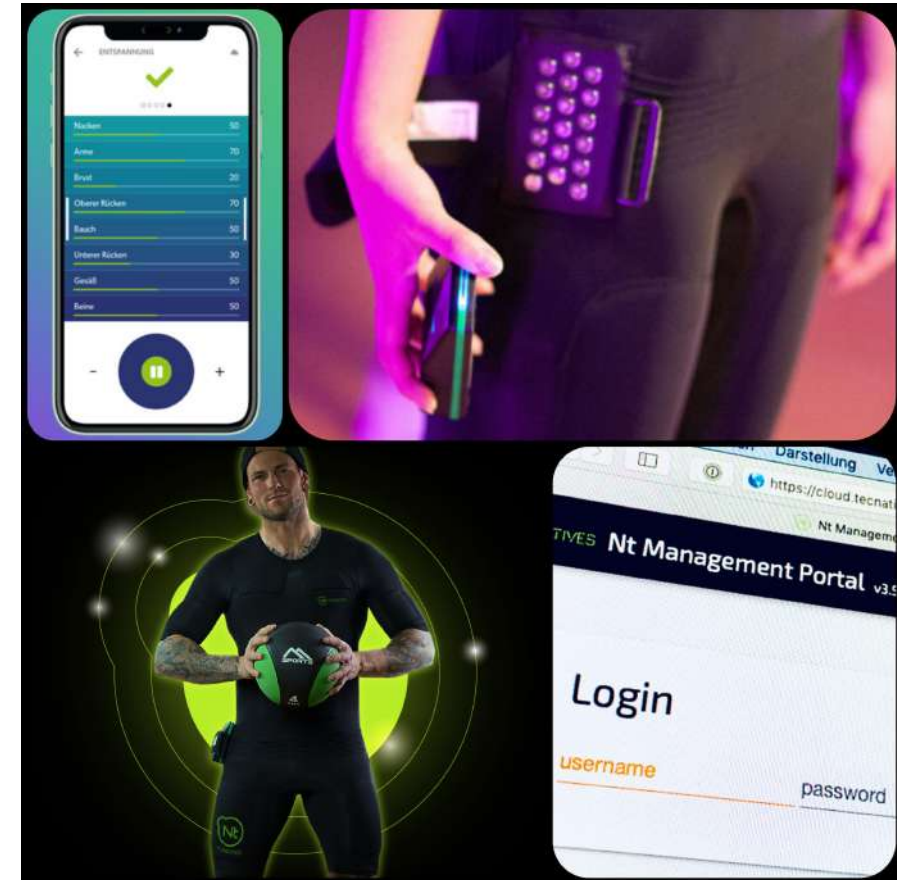


## Nt Technology

### Motion Detection

Gyroscopes and accelerometers are classic sensors for tracking motion. They measure rotations and accelerations of an object in three-dimensional space.

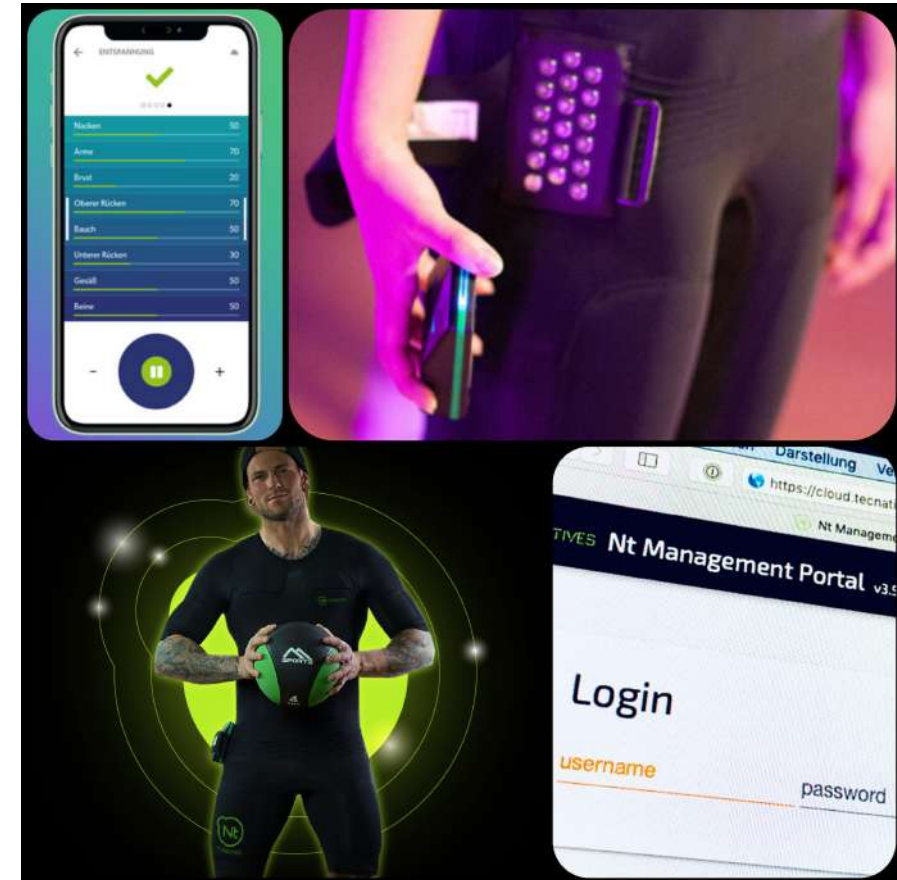
The TECNATIVES Nt system uses both sensors and can thus determine the type, quality and number of your exercise units. This allows a simpler administration of trainings by automatically recording repetitions, among other things. In the context of a supervised workout, details in motion sequences are better recognized.



## Nt Technology

### Environment Analysis

For optimum training, the TECNATIVES Nt system also knows the temperature, humidity and air pressure of the training environment through integrated sensors. This allows warm-up times and training sequences to be optimised.

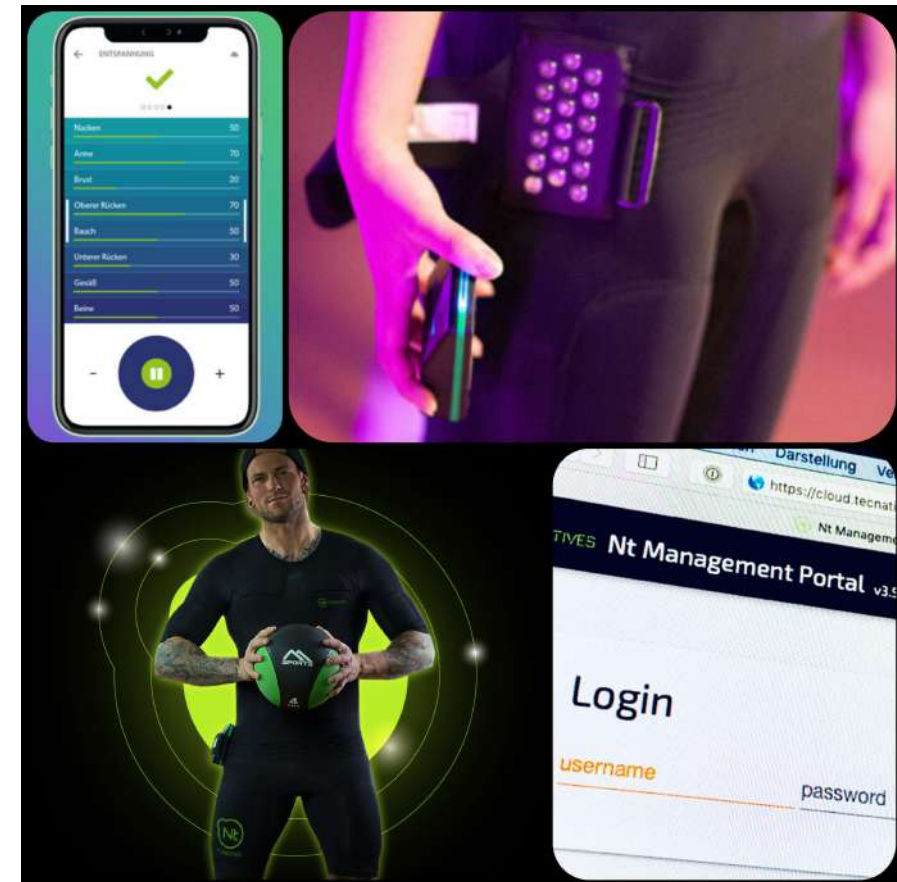


## Nt Technology

### NT Cloud

The Nt Cloud offers comprehensive services for the administration, use and optimization of the TECNATIVES Nt system. For this purpose, training analyses are carried out via the Nt Cloud and the results are used in the Nt App.

The powerful Nt Cloud system maintains data centres on all continents to ensure reliability and performance.

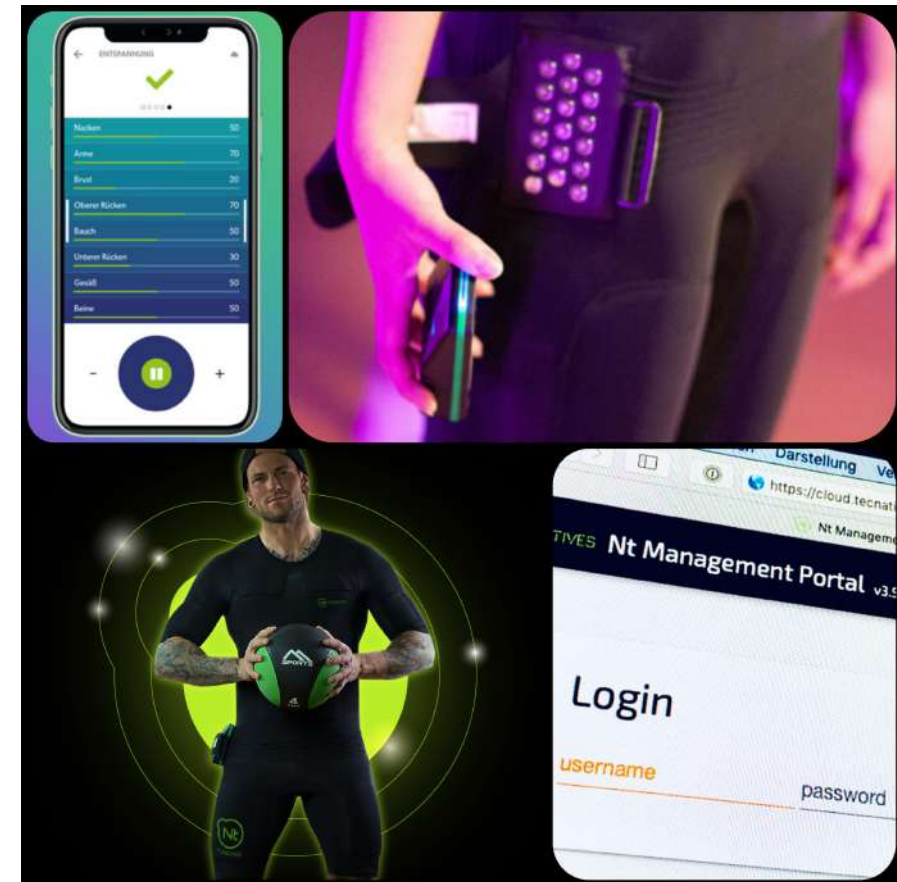


## Nt Technology

### Extension Port

With the versatile capabilities of the TECNATIVES Nt system, new applications are always possible.

For this purpose, we have integrated a universal extension port into the Nt Suit. With it you can connect further hardware, also from third parties, and thus extend the spectrum of possibilities as you like.





## Nt Technology

### Status Analysis

In order for you to enjoy your TECNATIVES Nt system to an unlimited extent, we have integrated extensive diagnostic and lifetime components. This means you are proactively informed when you need to service or replace your system components.

