

WHY YOU NEED BEMER THERAPY IN YOUR WORKOUT RECOVERY ROUTINE

Take a second to think about your recovery routine. What does it look like?

Do you cool down with some stretching or light cardio after your workouts? Do you sweat it out in the sauna or ice your muscles? Do you get enough sleep? BEMER therapy can elevate your training, performance, and overall health. Ideally, your recovery plan should include a way to stimulate blood flow in fatigued muscles, rest and relaxation, and plenty of shut-eye.

But we all know that's much easier said than done. Between busy schedules and all of life's responsibilities, staying consistent can be tricky.

But believe it or not, there's an easy way to enhance and support all three of those aspects that make up the ideal recovery plan. And you can do it while watching your favorite Netflix show.

Boost Circulation the Natural Way

BEMER non-invasively stimulates muscles to temporarily enhance local blood flow using a targeted pulsed electromagnetic field (PEMF) signal. The low-frequency waves activate the electrical charge in your muscle cells, opti-

mizing the transfer of vital oxygen and improving carbon dioxide (CO₂) removal. Oxygenated, nutrient-rich muscles have the resources they need to repair faster. So, essentially, BEMER therapy can reduce recovery time, maximize training time, and help you get more out of each workout.

And the best part? You'll get many of the same benefits that cold and heat therapy provide, plus many more, without any of the discomfort.

Recovery Should Be Relaxing

With the BEMER Deluxe-Set, recovery is convenient and comfortable. There's no need for any scorching saunas or frigid cold therapy sessions.

Whether you're at home or staying in a hotel room, just find a good place to sit or lie down and fire up your BEMER device. The therapeutic signal will relax your muscles, reduce stress, and even improve your rest and relaxation.

When your body is well-rested and more resistant to stress, you may notice your muscles become more responsive during training. In short, relaxed muscles perform better.

Adding BEMER therapy to your recovery routine can allow you to ask more of your body and deliver next-level results.

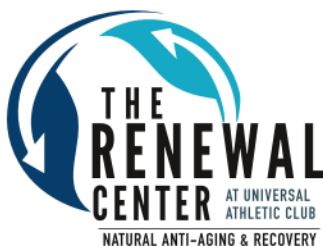
Train More Often. Train More Effectively.

Healthy circulation opens up a new world of possibilities for your workout performance. When you spend less time recovering and get more from each training session, you may find your strength, conditioning, and overall physical fitness improve.

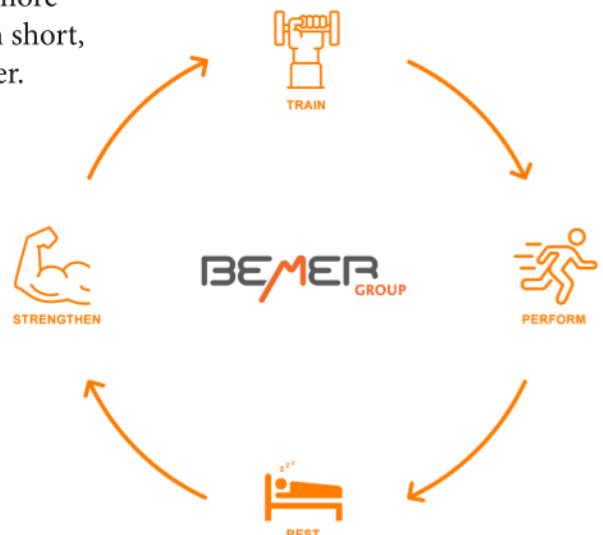
BEMER therapy can also enhance your endurance and energy levels, giving you extra fuel to make it through those intense workouts.

Don't be surprised if you start setting personal records more often and seeing fewer plateaus.

These performance-boosting benefits are what truly set BEMER apart from your standard recovery methods. And they're exactly why professional athletes from around the world use BEMER therapy as part of their recovery routines.



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