

POWERDOT



Athletic Performance / Pain Relief / Injury Rehabilitation

The All New

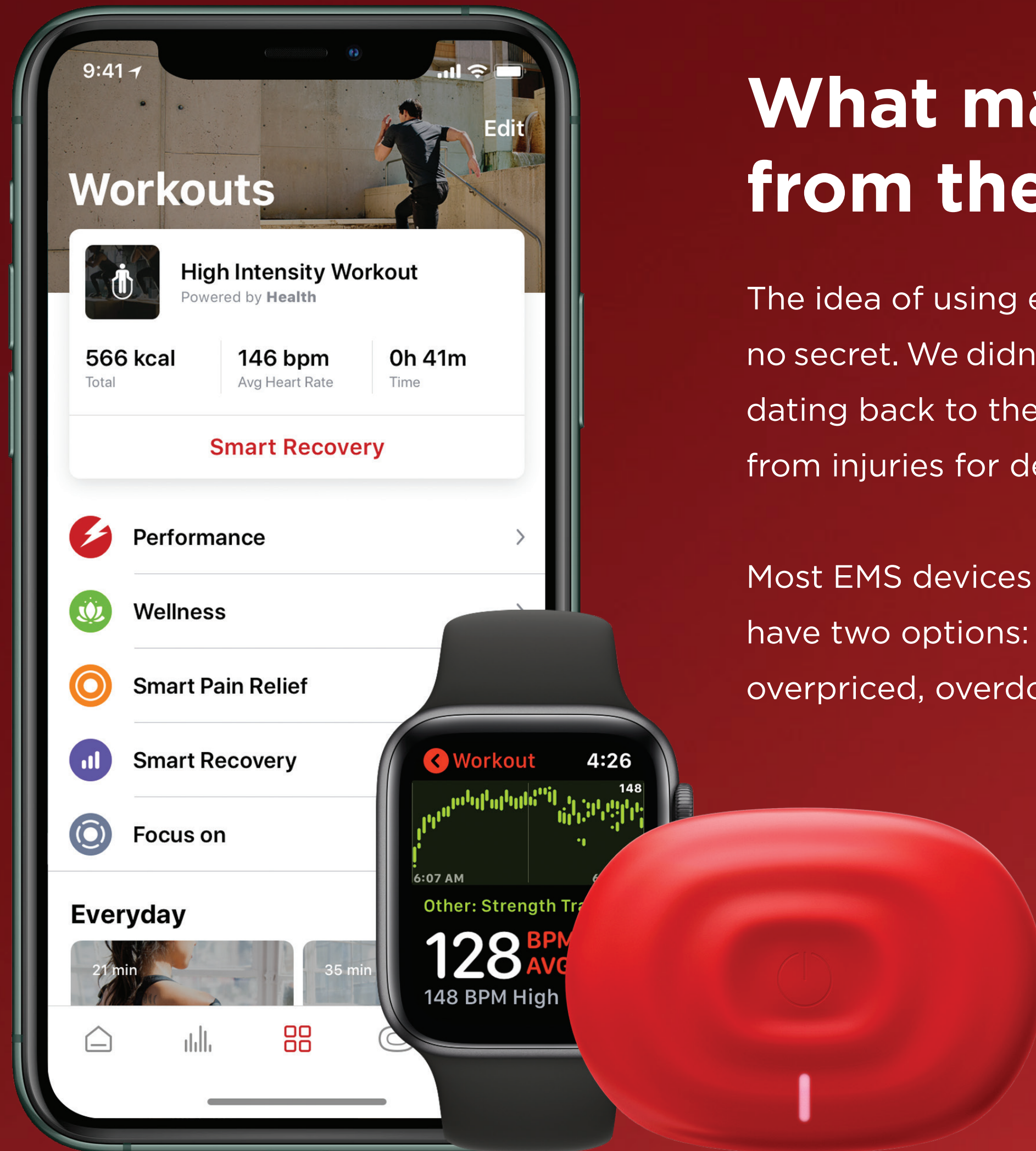
POWERDOT 2.0

with Smart Recovery™ AI

The world's smartest solution for customized muscle recovery & pain relief

PowerDot™ is an electrical muscle stimulator used by everyone from the world's top athletes, to fitness enthusiasts and beyond. PowerDot has taken the proven concept of NeuroMuscular Electric Stimulation (NMES) & Transcutaneous Electric Nerve Stimulation (TENS) and packed it into a small lightweight pod, completely controlled by an app on your smartphone. PowerDot walks you through every step of the process from program selection, to pad placement, to workout duration. We have removed the guessing game and any confusion from traditional electrical muscle stimulation using our Smart Recovery™ AI.





What makes PowerDot® different from the competition?

The idea of using electrical current to activate targeted muscle groups, promote recovery, and relieve pain is no secret. We didn't invent the wheel, we reinvented it. Electrical muscle stimulation is a time tested technology dating back to the 1950s, and has been helping people increase athletic performance, relieve pain, and rehab from injuries for decades.

Most EMS devices on the market are clunky looking medical devices with lots of wires and buttons. You really have two options: The inexpensive, untested devices that can be painful and even harmful to the body, or the overpriced, overdone devices that look like they belong in a doctor's office.

That is where PowerDot comes in. Our Smart Muscle Stimulation takes the technology of traditional EMS and uses the power of our Smart Recovery™ AI to customize programs specific to your needs based on the activities you complete in real time. Not only is it the most portable device on the market, it's accompanied by an ever growing mobile app that provides you with all of the education you need.



How does PowerDot help?



Athletic Performance

Muscle Recovery

By activating the muscle and promoting circulation of blood and nutrients, the muscles are able to get what they need to recover more quickly and efficiently than ever without any supplementation.

Strength

Operating at optimal Hz rates, PowerDot activates the muscle fibers needed to improve strength and help break through those training plateaus.

Endurance

Similar to long workouts, PowerDot's endurance programs stress the muscle and force adaptations that help you go stronger for longer.

Warmup

By recruiting muscles prior to exercise or competition your body is primed and less prone to injury.



Pain Relief

Block Pain Signals

Nerve stimulation works on what is called the Gate Theory. During the time that the nerves are stimulated the brain cannot process pain signals, thus relieving any pain for up to a few hours.

Endorphin Release

Nerve stimulation also promotes the body's release of endorphins that work as a natural pain reliever. These endorphins can further relieve pain.

Improve Circulation

Increased blood and nutrient circulation helps to target a specific area that needs to be treated. This helps the body begin to repair and rebuild.

Reduce Inflammation

Increased circulation also helps to reduce the inflammation in the area and jumpstart recovery.



Injury Rehab

Muscle Recruitment

During injury the brain often loses control of muscles that have not been used. By recruiting muscle with EMS the brain is able to rebuild the connection with the muscles and fire them naturally.

Improve Circulation

Increased blood and nutrient circulation helps to target a specific area that needs to be treated. This helps the body begin to repair and rebuild.

Strength

When muscle atrophies the strength is also lost. EMS allows you to rebuild strength without having to go through any load-bearing exercise that could cause damage.

Reduce Inflammation

Increased circulation also helps to reduce the inflammation in the area and jumpstart recovery.



What is NMES?

NeuroMuscular Electrical Stimulation

- **Targets and forces contractions in Type-I & Type-II muscle fibers**
- **Speeds up muscle recovery, and increases muscle strength & endurance**

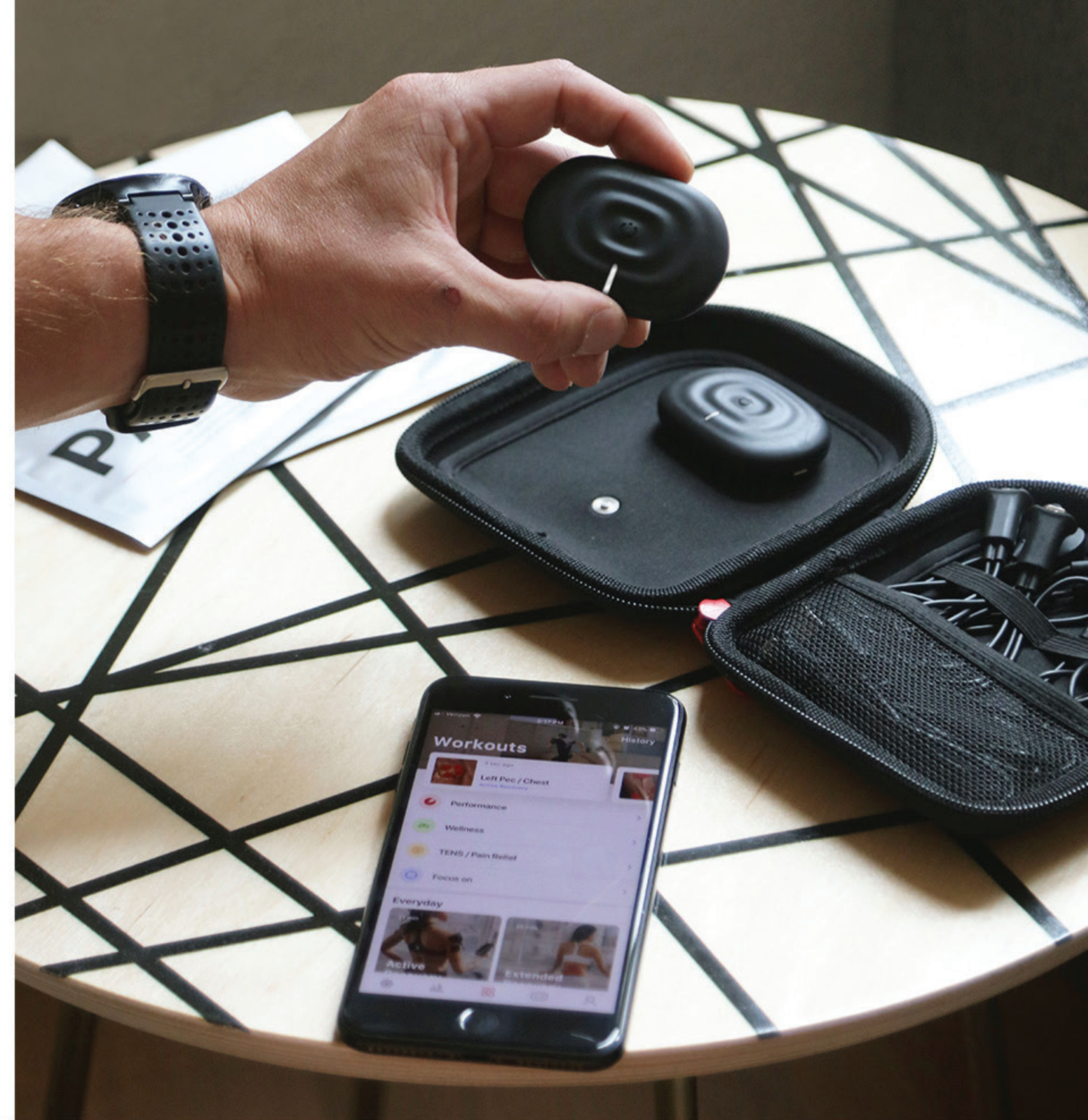
NeuroMuscular Electrical Stimulation (NMES) causes Type-I (slow-twitch) and Type-II (fast-twitch) muscle fibers to contract, and at various Hz levels can provide a number of therapeutic and aesthetic benefits to the user.

What is TENS?

Transcutaneous Electrical Nerve Stimulation

- **Provides temporary pain relief**
- **Works for both chronic and acute pain**

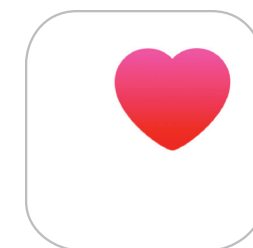
Transcutaneous Electrical Nerve Stimulation (TENS) sends electrical pulses to stimulate sensory nerves and provides pain relief in the applied area. This technology has been used for decades in physical therapy offices, training rooms, and even over-the-counter household settings. When applied at a low frequency, the stimulation creates an endorphin release that can relieve the pain for a period of time post session. Additionally, when used at a high frequency it blocks pain signals from reaching the brain in a natural phenomenon called the Gate Theory.





Introducing **Smart Recovery™ AI**

PowerDot is not your ordinary recovery tool. Built around a smart mobile app, the device learns about your activities and provides custom recovery programs to help you recover faster, more effectively, and relieve your pain. By connecting to popular fitness apps, PowerDot is able to guide you through personalized recovery as if you had your own personal trainer by your side.



An integrated experience:

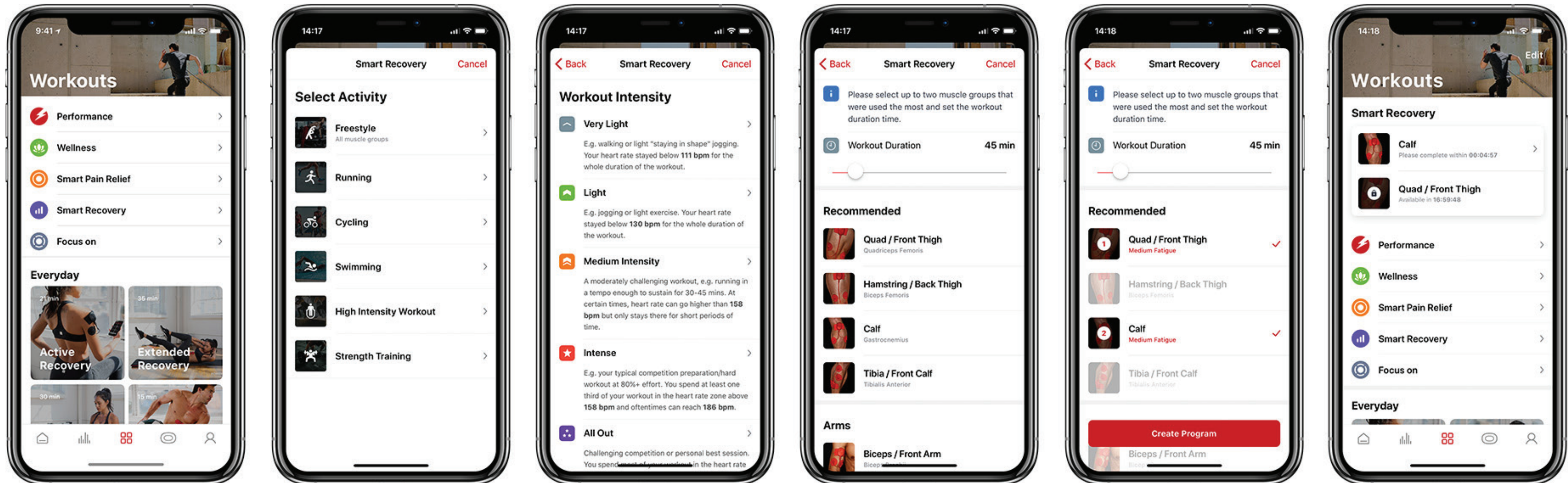
The PowerDot app now connects with popular health apps.. Whenever you complete a workout or activity in that app, PowerDot will recognize the activity and notify you that a recovery session has been scheduled. These sessions will guide you through pad placement, and are aimed to maximize recovery so you get the most benefit from the activity without feeling overly fatigued or sore

No health apps, no problem:

If you aren't currently using any third-party health apps, worry not. PowerDot's Smart Recovery feature also allows you to input basic information that can then guide you through similar protocols. By providing the app with the type of workout, workout duration, and workout intensity – PowerDot can then build a protocol specific to your needs.



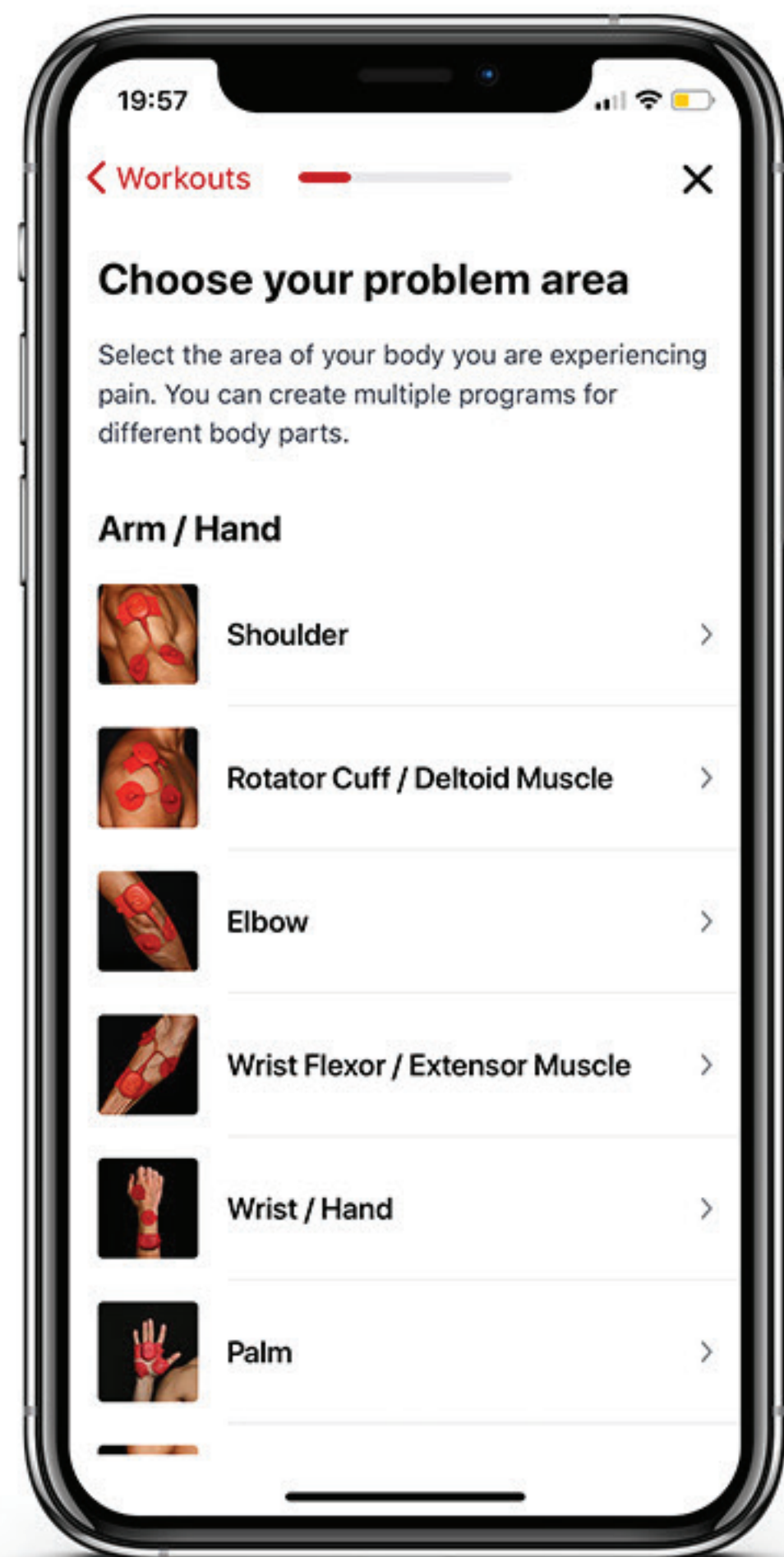
Smart Recovery™ Flow



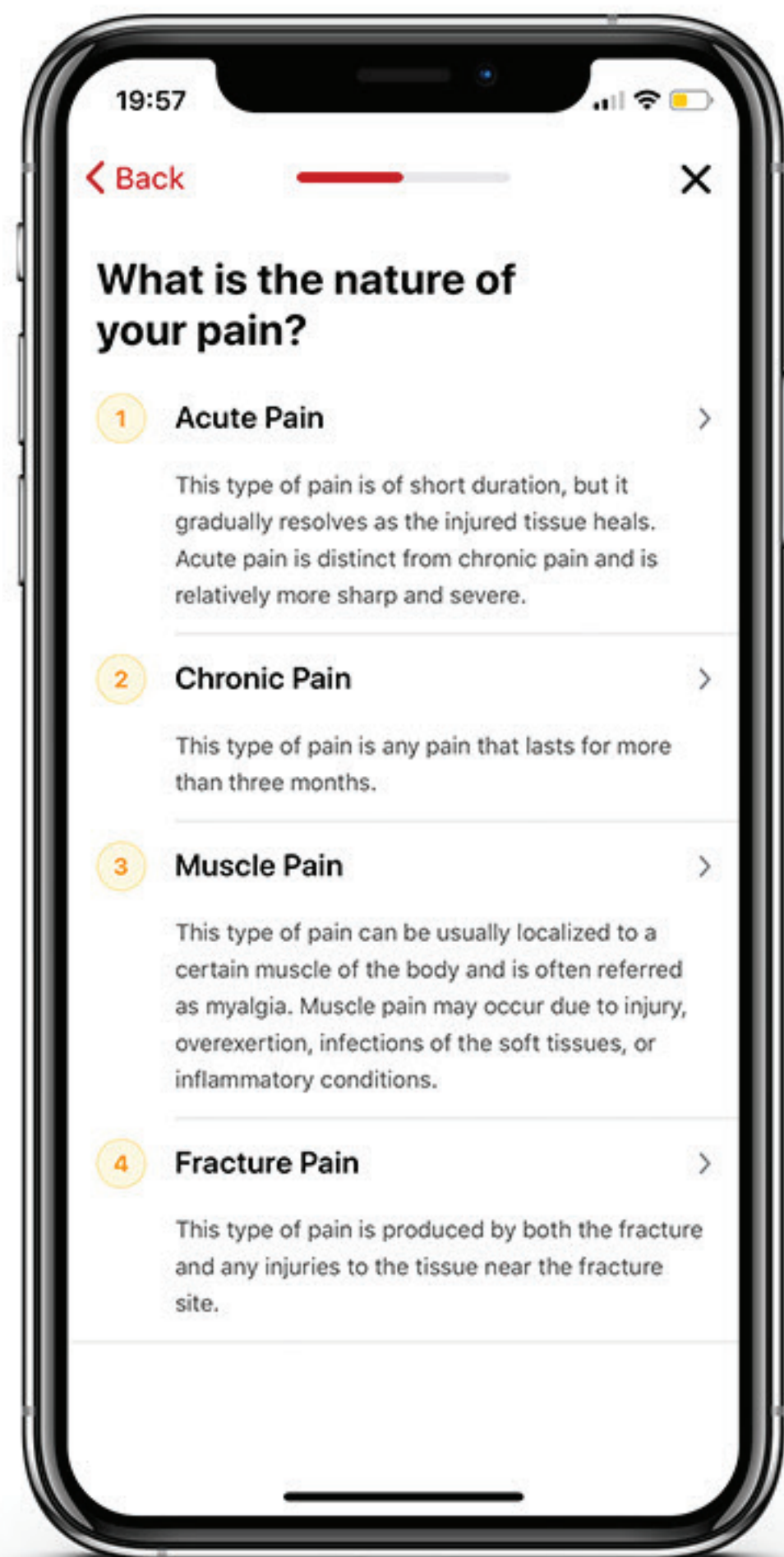
The smart recovery flow begins after a completed workout. The user is prompted to answer a few questions about their workout and a custom recovery program is built specific to their needs.



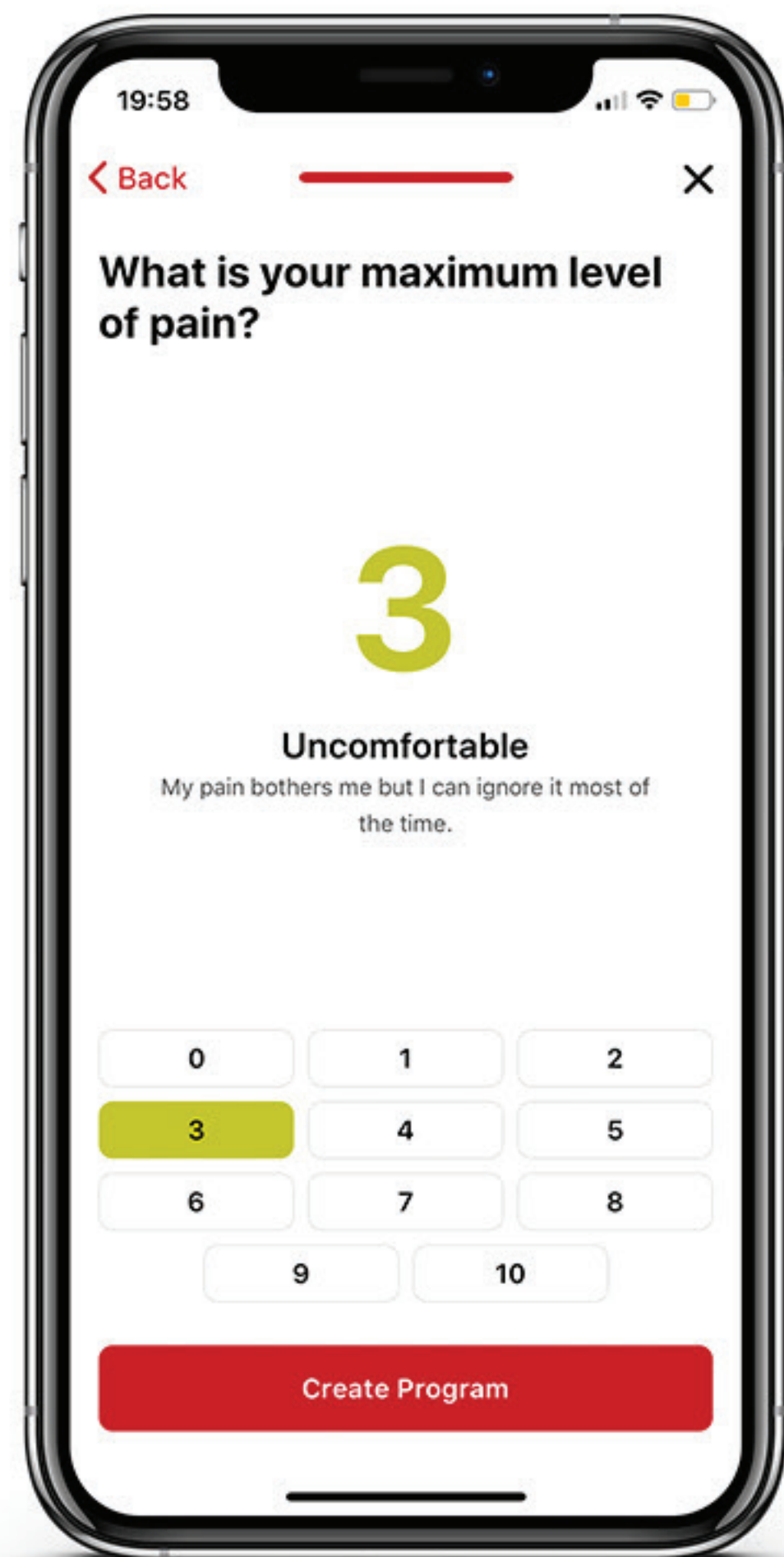
Smart TENS™ Flow



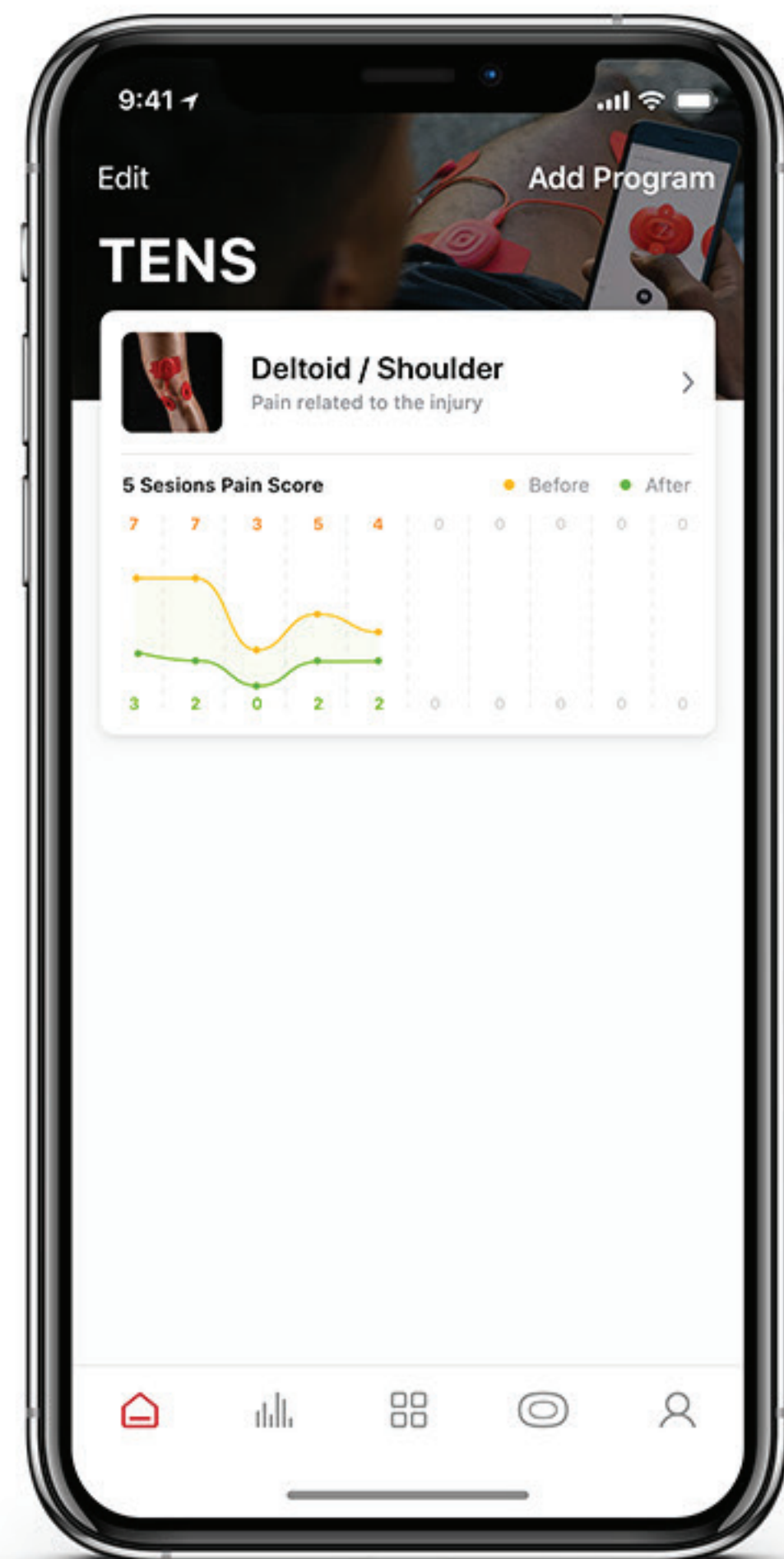
Select body part



Select pain type



Set pain score



Track results





Recover Smarter.



Train Harder.

RUNNER'S

"The most portable, easiest-to-use electrical muscle stimulation system we've ever tried"

P O P S U G A R .

"PowerDot completely changes the game"

GEAR PATROL

"The app is incredibly straightforward and walks you through everything you need to know."

**THE
WALL STREET
JOURNAL**

"This at-home tool can help you bounce back."

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