

## LEVEL UP YOUR RUNNING IN LESS TIME WITH IMAGINE FLOAT

You follow your training plan. You do your long runs. The hill repeats. The interval training. Maybe you do a bit of cross training. Perhaps some strength training. All while juggling recovery, work, family, and friends. No matter what training plan you use, the hardest part is the **time** commitment. **What if I told you that Imagine Float could help improve your running performance, reduce your potential for injury, and save you time???** With the EMSCULPT NEO I believe we can!

While the EMSCULPT NEO is primarily marketed as an aesthetic device, we believe the **power** truly resides in the ability to build significant muscle strength, improve recovery time, and reduce delayed onset muscle soreness.

Tight end Rob Gronkowski, wide receiver Chris Hogan, NHL great Mark Messier, boxer Floyd Mayweather and others are using EMSCULPT NEO to improve their strength, performance, and resistance to injury. If it's good enough for them, it is good enough for YOU!



EMSCULPT NEO is the world's first and only technology that uses Radiofrequency and HIFEM+ (high intensity focused electromagnetic field) to non-invasively **reduce fat by 30% and build muscle by 25%**, on average<sup>1,2,3</sup> in 30-minute sessions. A single session provides **20,000 supramaximal contractions**. These contractions bypass the brain's limitations and provide intensities not achievable during a voluntary workout<sup>4</sup>, **safely and comfortably**.

While the Radiofrequency can result in fat reduction, it also provides other benefits such as:

- Enhanced Blood Supply<sup>5</sup> – better delivery of oxygen and nutrients, faster regeneration, and growth of muscles
- Increased Heat Shock Proteins<sup>6,7</sup> – crucial role muscle growth

- Increased Comfort<sup>8</sup> – pre-heated muscles allow for higher muscle contraction intensities in a shorter time, increasing outcomes
- Faster Results Than Exercise<sup>9</sup> – Activates muscle growth to a level roughly **equivalent to 12 – 16 weeks of resistance training**
- Muscle Mass Increase<sup>9,10,11</sup> - Not only build muscle but inspire the growth of new muscle fibers

Athletes with developed muscles, especially core muscles, will be more efficient and expend the least amount of energy necessary to achieve their goals. Additionally, this increase in muscle will stabilize their gait, protecting their back, hips, knees, and ankles while simultaneously maintaining the full expansion of their chest cavity helping to breath efficiently.

If you are interested in leveling up your running performance while saving time, call Imagine Float and book your complimentary consultation and demo of the EMSCULPT NEO with our Medical Director, Karen Myrick, APRN today!

Michele Beaulé

Owner, Imagine Float

Award-Winning, Independent, Female-Owned Business

<https://imaginefloat.com>

(860) 255-7771

1. Jacob C, Kent D, Ibrahim O. Efficacy and Safety of Simultaneous Application of HIFEM and Synchronized Radiofrequency for Abdominal Fat Reduction and Muscle Toning: A Multicenter Magnetic Resonance Imaging Evaluation Study. *Dermatol Surg.* 2021;47(7):969-973.

- 2.** Samuels JB, Katz B, Weiss RA. Radiofrequency Heating and High-Intensity Focused Electromagnetic Treatment Delivered Simultaneously: The First Sham-Controlled Randomized Trial. *Plastic & Reconstructive Surgery*. 2022;149(5):893e-900e.
- 3.** Palm M, Halaas Y, Kinney B, Goldfarb R. Spot Reduction of Localized Fat Deposits on the Lateral Thighs by Simultaneous Emission of Synchronized Radiofrequency and HIFEM energy: Magnetic Resonance Multicentre Study. Presented at: 41st Annual Conference of the American Society for Laser Medicine and Surgery. April 27-30, 2022; San Diego, CA
- 4.** Jubeau M, Sartorio A, Marinone PG, et al. Comparison between voluntary and stimulated contractions of the quadriceps femoris for growth hormone response and muscle damage. *J Appl Physiol*. 2008;104(1):75-81. doi:10.1152/jappphysiol.00335.2007
- 5.** Ranjbar K, Fayazi B. Vascularisation of Skeletal Muscle. In: T. Valarmathi M, ed. *Muscle Cells - Recent Advances and Future Perspectives*. IntechOpen; 2020. doi:10.5772/intechopen.85903
- 6.** Kakigi R, Naito H, Ogura Y, et al. Heat stress enhances mTOR signaling after resistance exercise in human skeletal muscle. *J Physiol Sci*. 2011;61(2):131-140. doi:10.1007/s12576-010-0130-y
- 7.** Yoshihara T, Naito H, Kakigi R, et al. Heat stress activates the Akt/mTOR signalling pathway in rat skeletal muscle. *Acta Physiol*. 2013;207(2):416-426. doi:10.1111/apha.12040
- 8.** Kilduff LP, Finn CV, Baker JS, Cook CJ, West DJ. Preconditioning Strategies to Enhance Physical Performance on the Day of Competition. *Int J Sports Physiol Perform*. 2013;8(6):677-681. doi:10.1123/ijsp.8.6.677
- 9.** Halaas Y, Duncan D, Bernardy J, Ondrackova P, Dinev I. Activation of Skeletal Muscle Satellite Cells by a Device Simultaneously Applying High-Intensity Focused Electromagnetic Technology and Novel RF Technology: Fluorescent Microscopy Facilitated Detection of NCAM/CD56. *Aesthet Surg J*. 2021;41(7):NP939-NP947. doi:10.1093/asj/sjab002
- 10.** Jacob C, Kent D, Ibrahim O. Efficacy and Safety of Simultaneous Application of HIFEM and Synchronized Radiofrequency for Abdominal Fat Reduction and Muscle Toning: A Multicenter Magnetic Resonance Imaging Evaluation Study. *Dermatol Surg*. 2021;47(7):969-973. doi:10.1097/DSS.0000000000003086.
- 11.** Samuels JB, Weiss RA, Katz B. Radiofrequency Heating and HIFEM Delivered Simultaneously: The First Sham-Controlled Randomized Trial. *Plast Reconstr Surg*. In press

*\*For additional clinical studies, email Imagine Float at [contactus@imaginefloat.com](mailto:contactus@imaginefloat.com)*