



Technology

Product

Features

Workout Program

Summary

HI-EMT™

High-Intensity Electromagnetic Muscle Training

CM
Slim

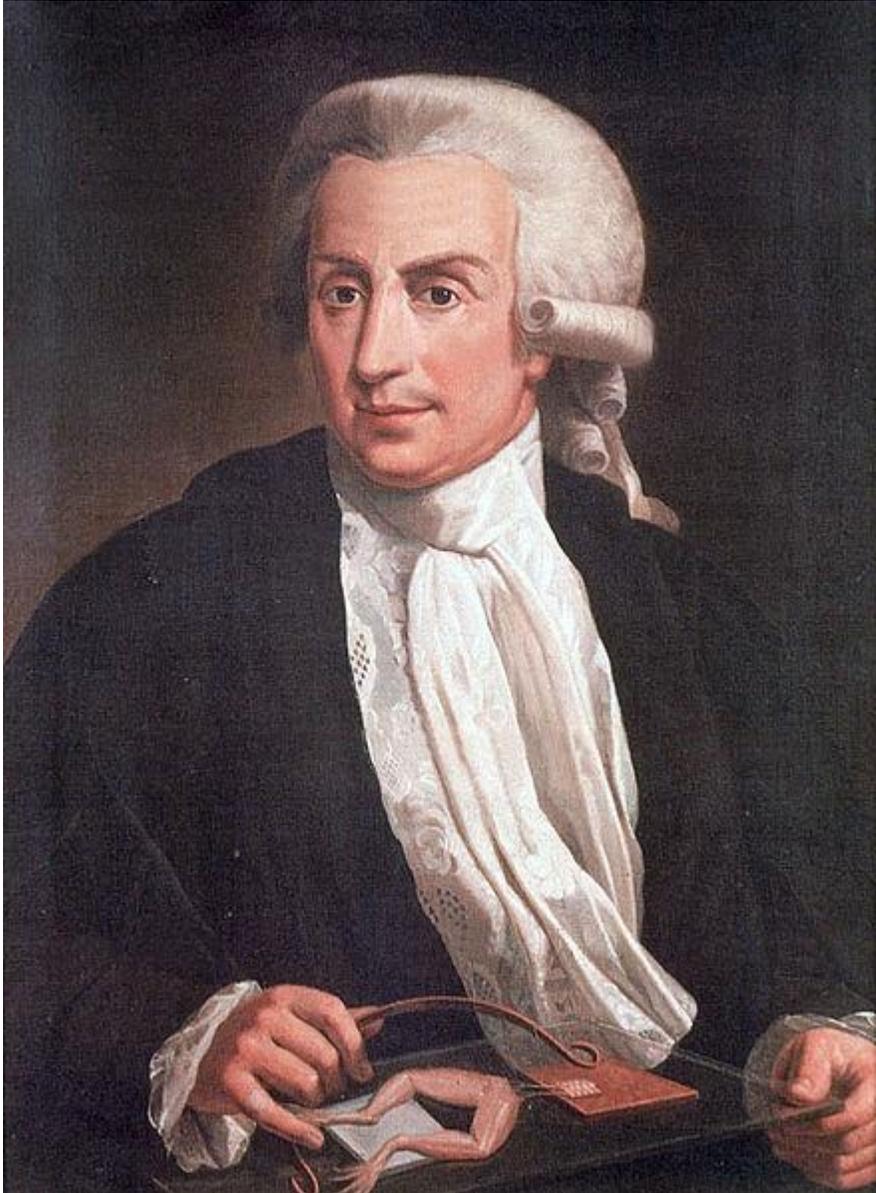
www.CMSLIM.com

Originated From Medical

Electrotherapy is primarily used in physical therapy for relaxation of muscle spasms, prevention and retardation of disuse atrophy, increase of local blood circulation, muscle rehabilitation and re-education electrical muscle stimulation, maintaining and increasing range of motion, management of chronic and intractable pain, post-traumatic acute pain, post-surgical acute pain, immediate post-surgical stimulation of muscles to prevent venous thrombosis, wound healing and drug delivery.

- Musculoskeletal conditions
- Neck and back pain
- Shoulder disorders
- Other Musculoskeletal disorders
- Chronic pain
- Chronic wounds





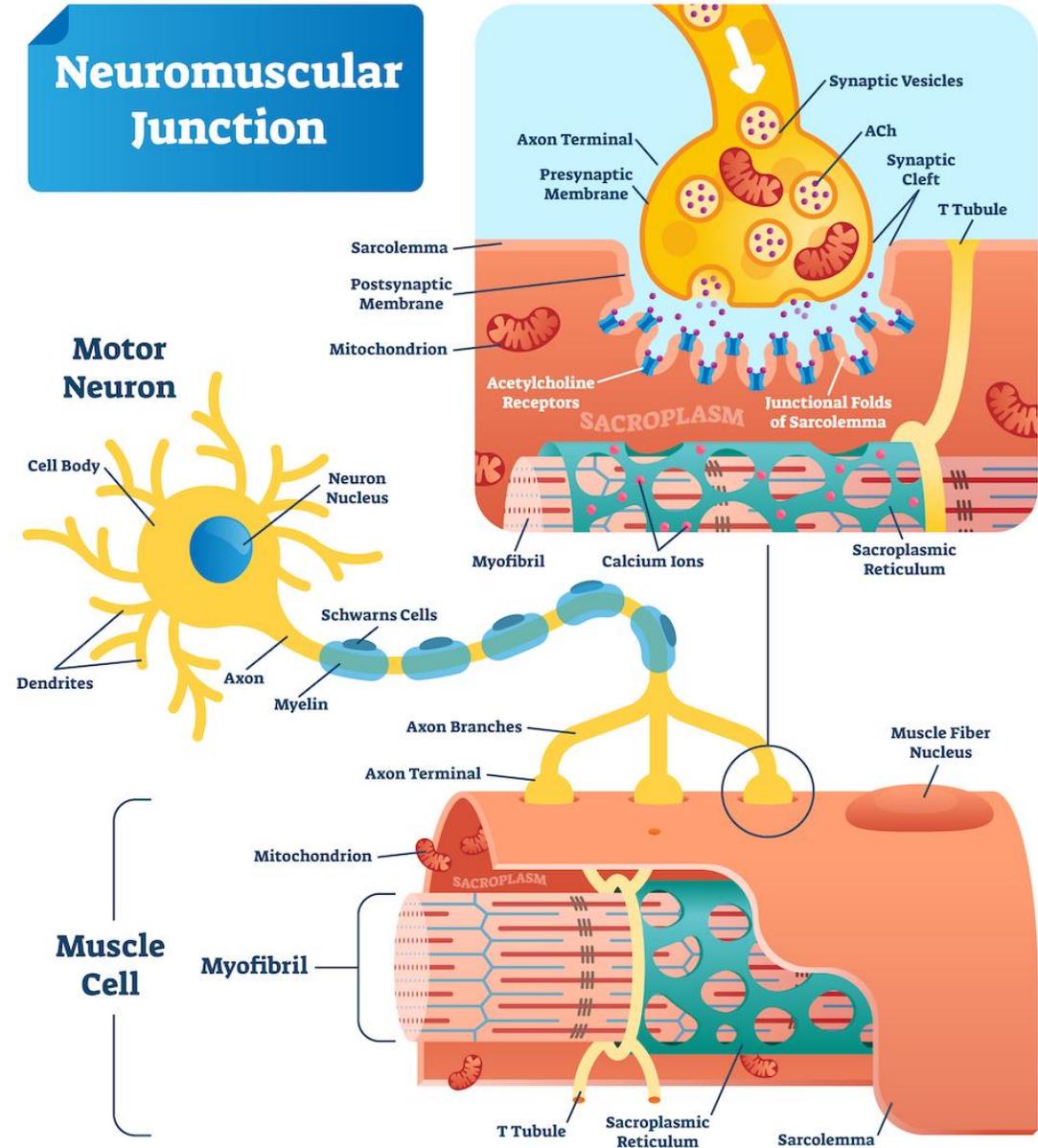
Electromagnetics & EMS

Luigi Galvani (1761) provided the first scientific evidence that current can activate muscle. During the 19th and 20th centuries, researchers studied and documented the exact electrical properties that generate muscle movement. It was discovered that the body functions induced by electrical stimulation caused long-term changes in the muscles.

In the 1960s, Soviet sport scientists applied EMS in the training of elite athletes, claiming 40% force gains. In the 1970s, these studies were shared during conferences with the Western sport establishments.

How EMS works

Electrical muscle stimulation (EMS), also known as neuromuscular electrical stimulation (NMES) or electromyostimulation, is the elicitation of muscle contraction using electric impulses.



EMS History #1



1st Generation

Too Heavy & Bulky System
For Hospital, Rehab Center

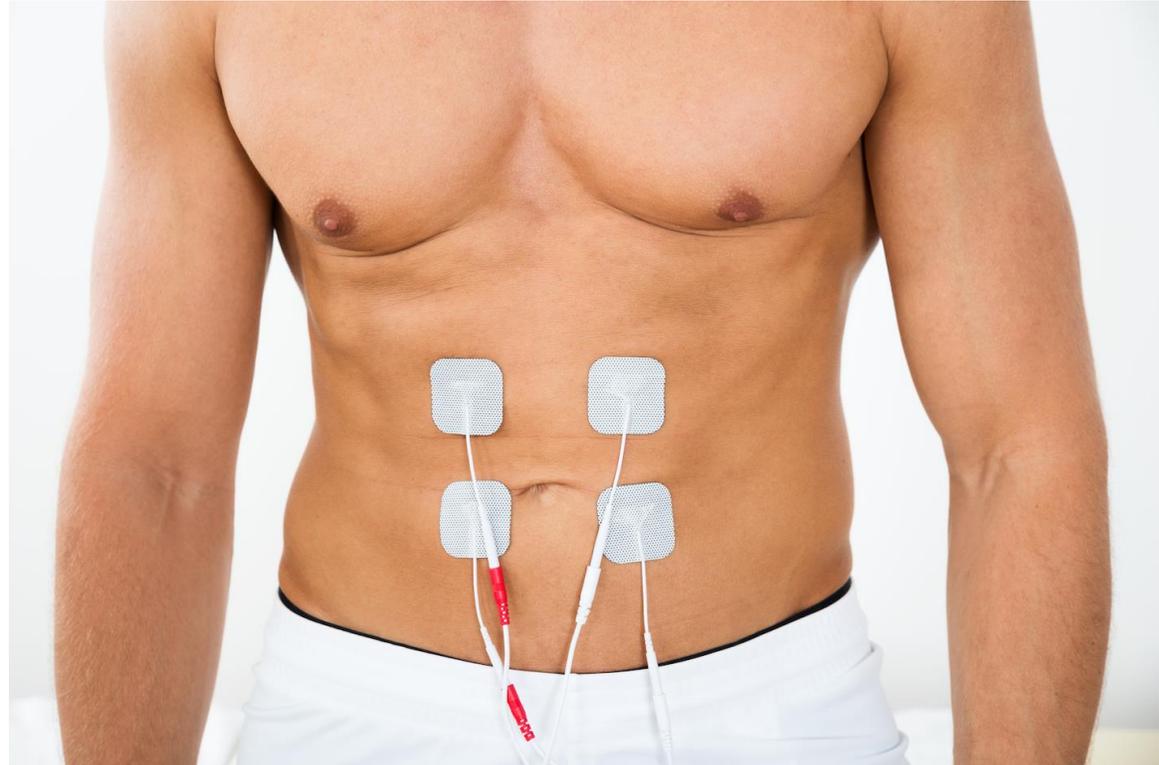


EMS History #2



2nd Generation

Light & Portable System
Superficial Electrical Stimulation



EMS History #3



3rd Generation

More Comfortable Electrode
Superficial Electrical Stimulation

CMSLIM™ is coming in town

Please see more videos [HERE.](#)



Australian Government
Department of Industry,
Innovation and Science



CMSLIM™ opens New Era

CMSLIM™ is a HI-EMT™ device designed for aesthetic purpose, having 2(two) applicators with higher intensity. It's cutting-edge technology in non-invasive body contouring, as it not only **BURNS FAT**, but also **BUILDS MUSCLE**.

Additionally, the treatment require no anesthesia, incisions, or discomfort. In fact, patients are able to sit back and relax, while the device performs the equivalent of more than over 20,000 sit-ups or squats.



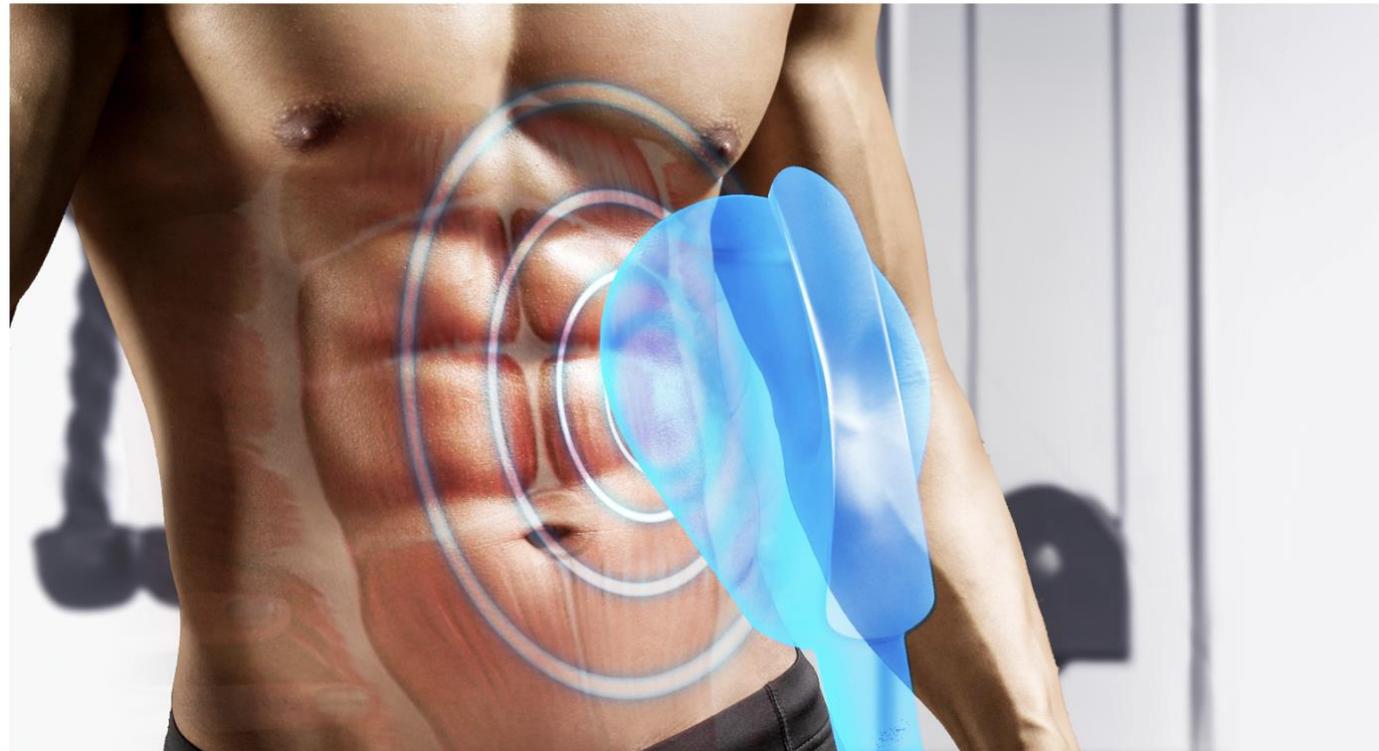
HI-EMT™

HI-EMT™ (High-Intensity Electromagnetic Muscle Training) is the medical technology that is used in aesthetic medicine, urology and gynecology. It uses focused electro-magnetic field with safe intensity level. Electro- magnetic field passes non-invasively through the body and interacts with motor neurons which subsequently trigger supramaximal muscle contractions, due to the action potential.

The exposure of muscles to these contractions leads to muscle strengthening.

It's just the safest technology as MRI.

(<https://www.nhs.uk/conditions/mri-scan/what-happens/>)



Two Applicators

Two applicators are placed on the target muscle area, such as your abs, thighs, or buttocks. The applicators then generate intense electromagnetic energy that causes involuntary muscle contractions. These contractions trigger the release of free fatty acids, which break down fat deposits and increase muscular tone and strength, similar to the way doing a workout.



Most Advanced

CMSLIM™'s is the most advanced and intensive electric muscle stimulator. Focused electromagnetic field passes through all skin and fat in order to effectively stimulate the muscle, providing the most intensive continuous contractions which is ideal for muscle growth, and also inducing apoptosis.

Additionally, CMSLIM™ is an extremely efficient treatment that takes place over the course of 10-14 days, rather than months, and it also produces a more toned abs and uptight buttocks within two-to-four weeks.





Proven Technology

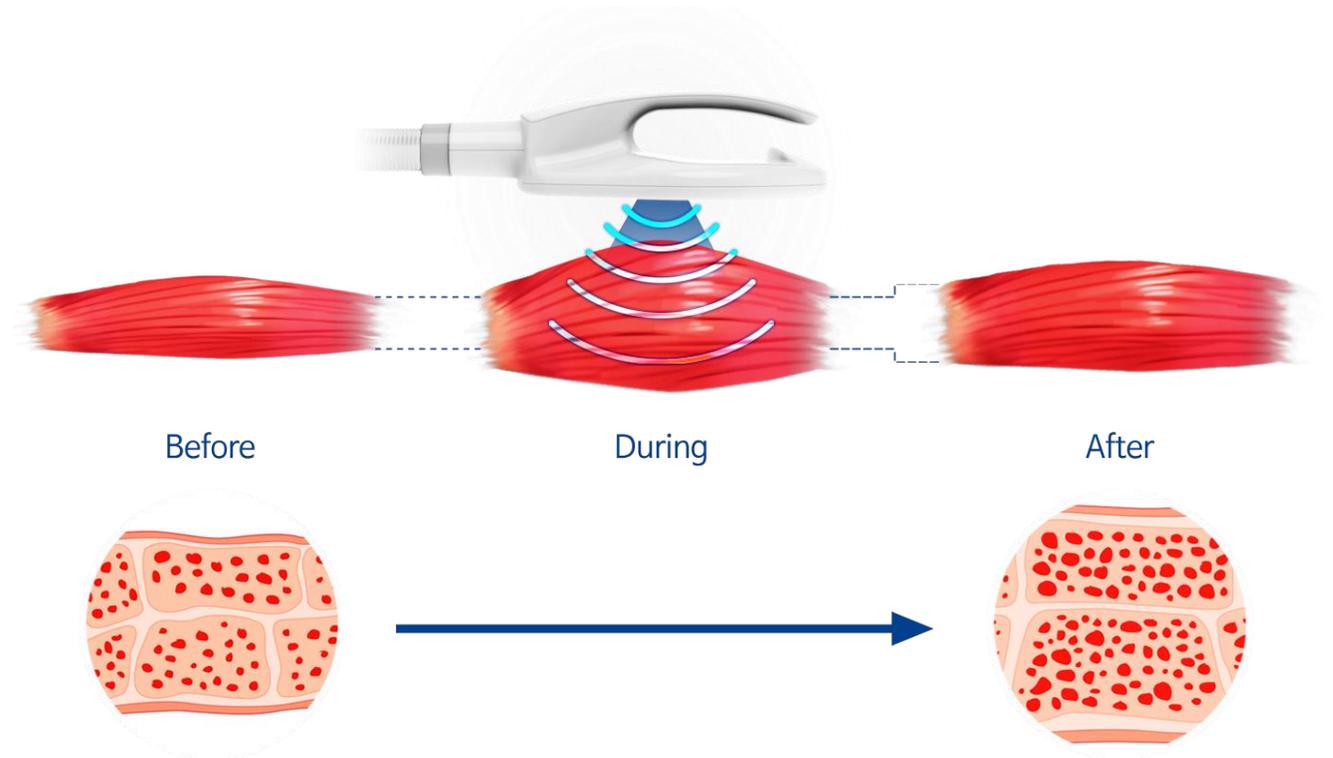
“ **HI-EMT™** is a non-invasive **body contouring treatment** for abdomen, buttocks and other body parts.”

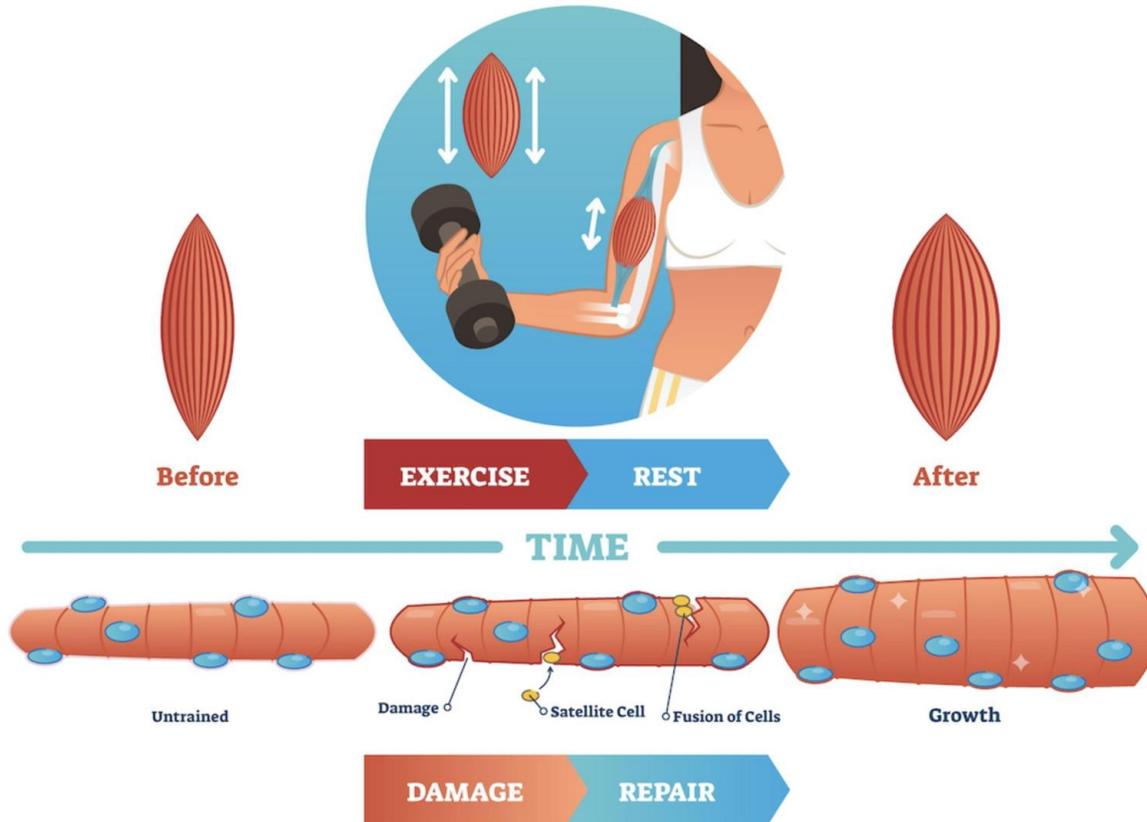
Non-invasive medical technology that is used for strengthening and re-education of muscles via interaction of the magnetic field with the tissue of the patient. The same technology has been used and proven in urology and gynecology to treat urinary incontinence through strengthening of the pelvic floor muscles.

Download and see the clinical report [HERE](#).

Effect on Muscle

The muscle is forced to remain in contracted state for multiple seconds. When repeatedly exposed to these high load conditions the muscle tissue is stressed and is forced to adapt. Recent studies reported that on average **13% - 18%** increase in abdominal muscle thickness was observed in treated patients one to two months after treatments similar to HI-EMT™.





How Muscle Grows

After you workout, your body repairs or replaces damaged muscle fibers through a cellular process where it fuses muscle fibers together to form new muscle protein strands or myofibrils. These repaired myofibrils increase in thickness and number to create muscle hypertrophy. Muscle growth occurs whenever the rate of muscle protein synthesis is greater than the rate of muscle protein breakdown.

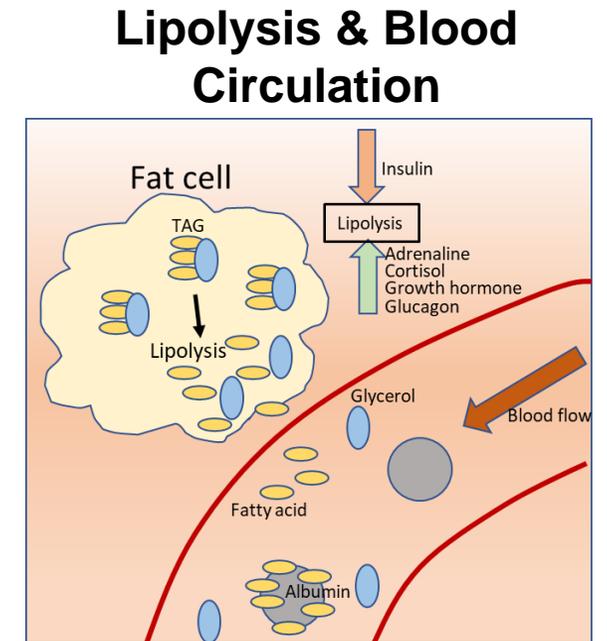
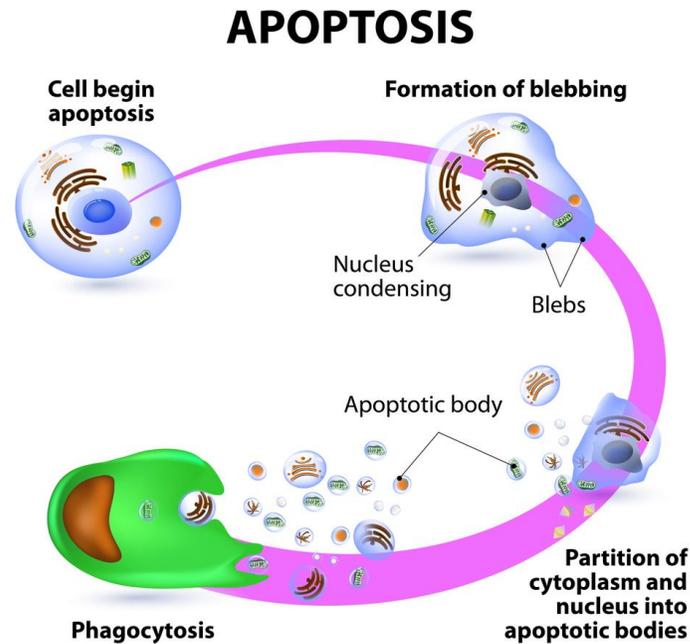


Muscle Soreness

As working out, the stimulation causes to rebuild and repair muscle tissue, resulting in stronger, firmer muscles. The patients feel the same soreness after CMSLIM™ as you would after a high intensity workout. Still, the muscle soreness is not essentially experienced by all patients because all of CMSLIM™ treatments are scientifically designed to have ‘Cooldown workout’ after all Workout session.

Effect on Fat

Several recent studies using CT, MRI and ultrasound evaluations have reported approximately **19%** reduction in subcutaneous fat layer in patients treated by HI-EMT™ based device on their abdomen. The principle of cell apoptosis induced by increased concentrations of free fatty acids has been previously observed and demonstrated in numerous research studies.



HOW TO BUILD MUSCLE AND LOSE FAT

(AT THE SAME TIME)

ACCORDING TO "THE INTERNET"

- ✘ "Anyone" can do it!
- ✘ Rely on "fat burners", etc.
- ✘ Perform "spot reduction" exercises
- ✘ Avoid carbs at all costs (smh...)
- ✘ Lots and lots and lots of super-sets
- ✘ Aggressive calorie deficits
- ✘ Lots of "LISS" cardio/exercise

ACCORDING TO SCIENCE

- ✔ Beginner/intermediate lifters
- ✔ Supplement where necessary
- ✔ Focus on compound exercises
- ✔ Proper macronutrient breakdown
- ✔ Focus on progressive overload
- ✔ Slight/moderate calorie deficits
- ✔ Some "HIIT" cardio/exercise

Is this magic POSSIBLE?

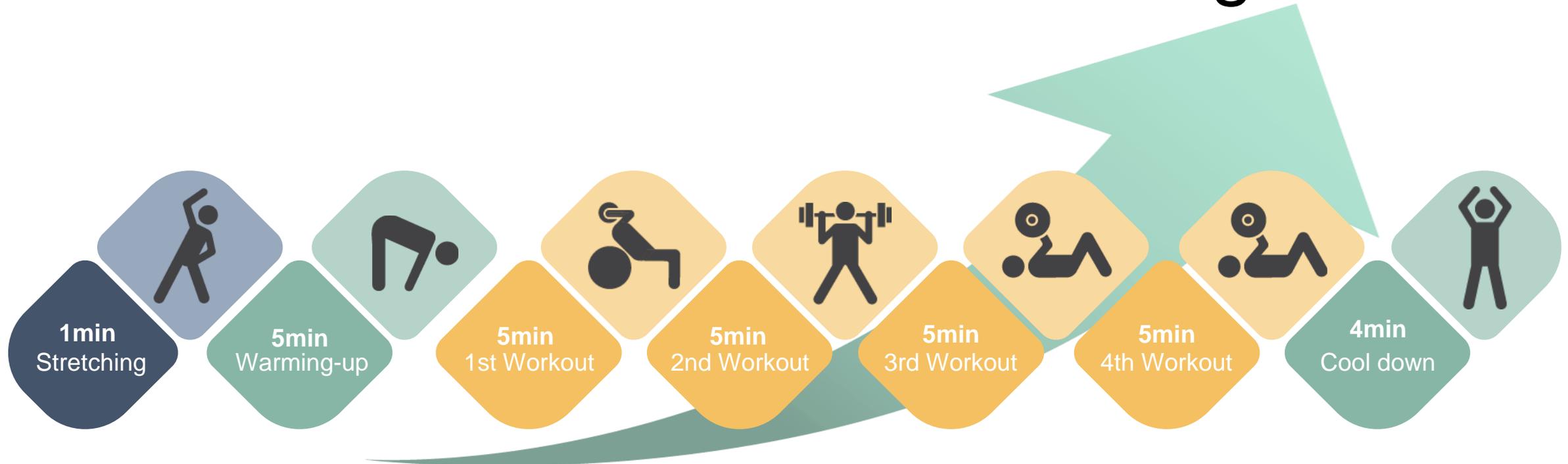
Building muscle and losing fat at the same time is the ultimate goal of CMSLIM™ treatment. It sounds impossible make them happening at the same time but it actually, can be. However, a patient should be following the rules to take maximum benefit of the CMSLIM™ treatment. Since CMSLIM™ is designed to help the patient to get the best result based on various scientific background, the result is guaranteed if the patient follow the directions.



Weight Training



Science-based Workout Program

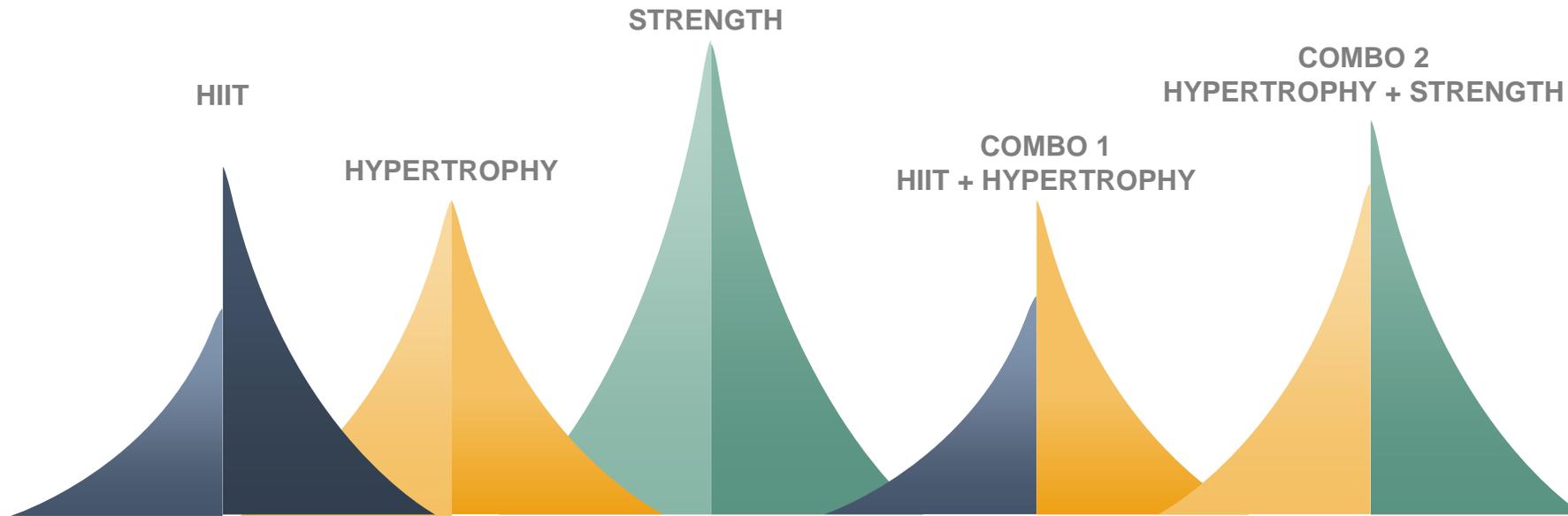


Click the picture
to get more information.



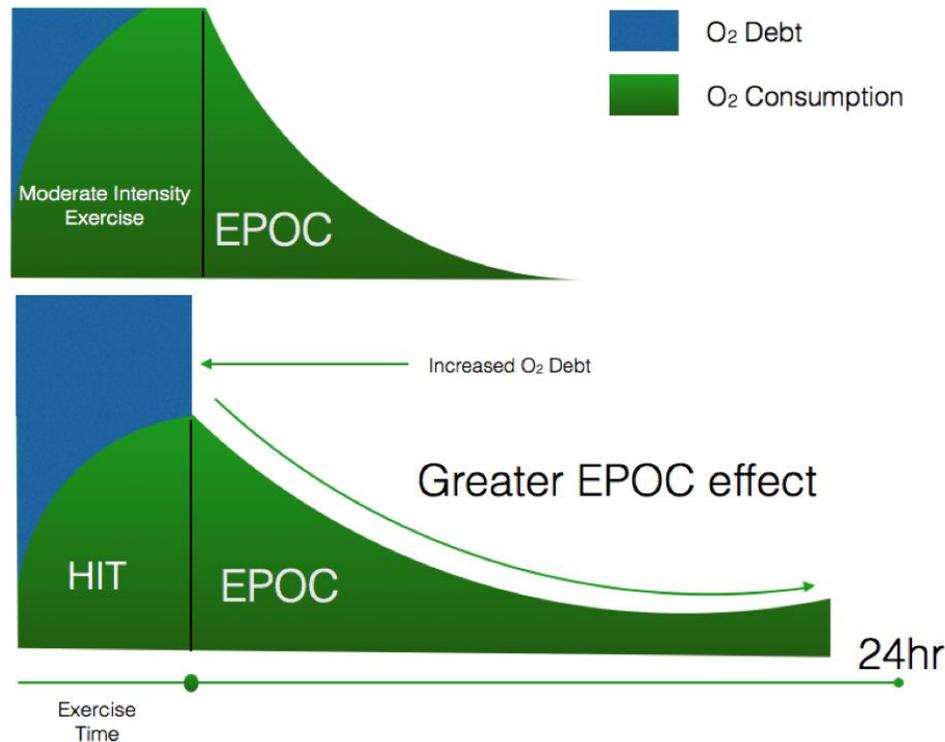
WHAT IS
**PYRAMID
TRAINING?**

Preset-workout Program



CMSLIM™'s unique workout program consists of a series of an actual physical training program, which has been ideally designed for the maximum stimulation leading to the best result.

HIIT : Just for Everyone



High-intensity interval training (HIIT) has become the "it" way to work out over the last few years.

The biggest benefit of HIIT is your body's ability to stay in fat-burning mode long after your workout is finished. Known as the **Afterburn Effect**, this process is said to rev up your metabolism and torch calories for 12 up to 24 hours after exercise. It's a theory many HIIT-based studios tout as a major health benefit of their workout, promising you'll reap the rewards of their one-hour workout for days.

* EPOC(Excess Post-exercise Oxygen Consumption)

HYPERTROPHY vs. STRENGTH

: for Lean Body Trainee

Training Purpose	Load RM(%)	Goal Repetition(s)	Remark
Power : Single-Effort	90-100	1-2	Olympic Weight Lifter
STRENGTH	75-85 (High Load)	4-6	Power Lifter
HYPERTROPHY	60-80 (Mid-high Load)	6-15	Body Builder
Muscular Endurance	below 65	over 15	Long distance Runner

STRENGTH



3-5 SETS
1-5 REPS
2-5 MIN REST

HYPERTROPHY (MUSCLE GROWTH)



3-5 SETS
6-12 REPS
1-2 MIN REST

ENDURANCE



2-3 SETS
12-20+ REPS
30-75SEC REST

CMSLIM™ Treatment Guide

Venus Course : Building Muscle

Treatment	1	2	3	4	5	6
Program	Hypertrophy	HIIT	Combo 1	Hypertrophy	HIIT	Combo 1

Aphrodite Course : Burning Fat

Treatment	1	2	3	4	5	6
Program	HIIT	Combo1	HIIT	Combo1	HIIT	Combo1

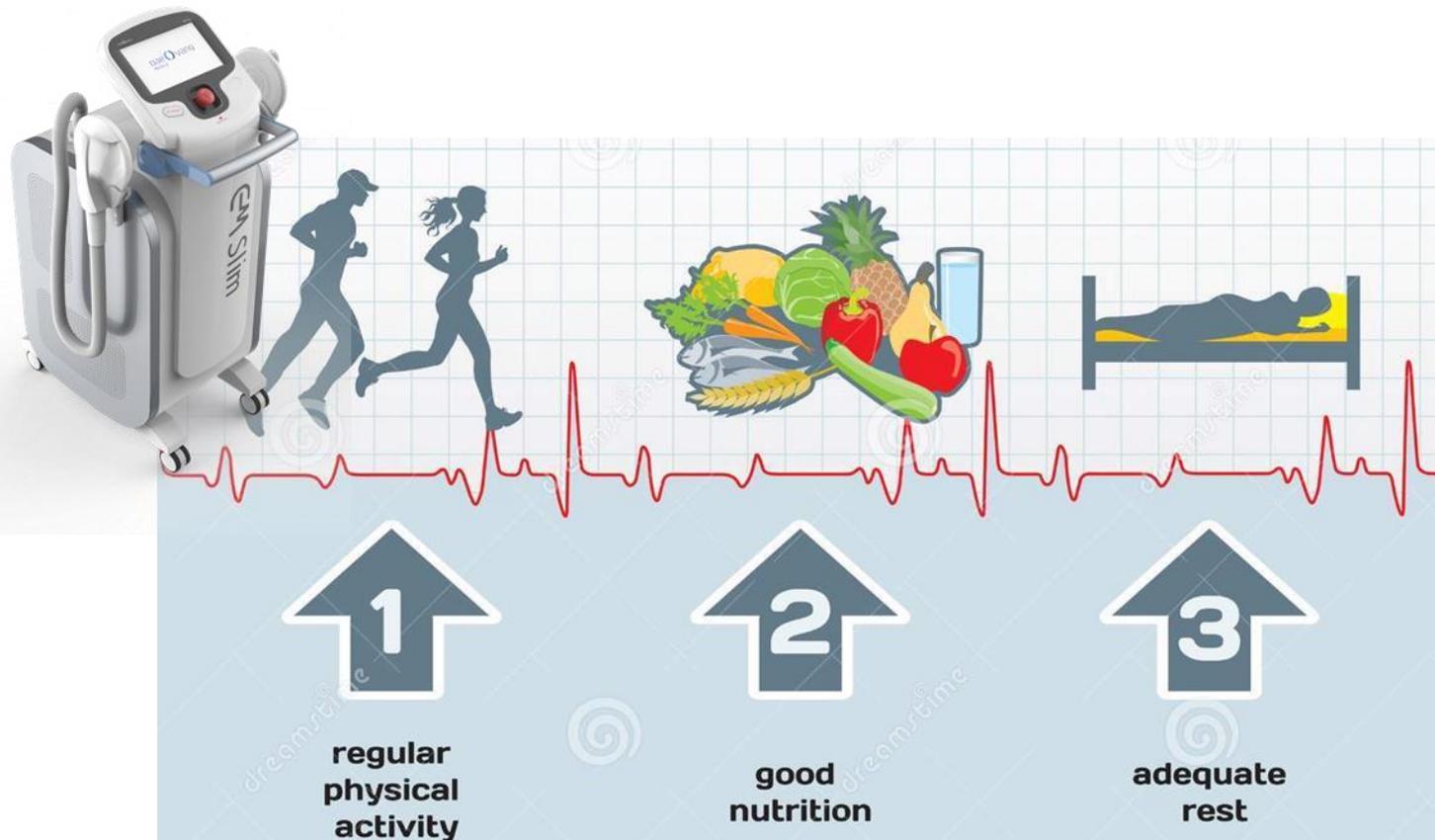
Hercules Course : Building Muscle

Treatment	1	2	3	4	5	6
Program	Hypertrophy	Combo2	Hypertrophy	Combo2	Hypertrophy	Combo2

David Course : Burning Fat

Treatment	1	2	3	4	5	6
Program	HIIT	Combo1	Strength	Strength	HIIT	Combo1

For the BEST RESULT



You should understand how the muscle grows. For that, you need three things. 1. Intensive Stimulation 2. Nutrition 3. Rest.

The treatment itself only provides no.1 - the stimulation.

For the best result, the patient is highly recommended to follow the high protein diet and the total amount of calorie intake should be under the basal calorie of the patient.

To lose your fat your body need to be in calorie deficit, and to build your muscle, your body should be in calorie surplus. But if you are beginner and your body is not trained enough, both are happening at the same time.

Reference website : <https://healthyeater.com/flexible-dieting-calculator>

Contraindication & Restriction



- **In General, it's prohibited when the patients are,**
Pregnancy / When the patient does not feel thermal changes / A patient with a coagulation disorder or bleeding tendency / A hypertensive / Patient where such as aid as implant, pacemaker or any other artificial organ inside the body / A burn or care after such a burn / Patient suspected of carrying serious infectious disease and or disease where it is advisable, for general medical purposes, to suppress heat or fevers / Bleeding, circulation troubles (thrombus arterial sclerosis, etc.), acute inflammation of joint and bone, suppuration of soft tissues, etc. / Patients with a history of complications of convulsive diseases such as epilepsy / Cancerous lesions / Over or near bone growth centers / Head, Brain, backbone, eye, heart, testicles, ovary, good or bad tumor and tuberculosis.
- **Not allowed to used on the chest and the upper back or crossing over the heart.**
- **Not allowed to wear conductive material on/with themselves such as spandex sport wear, a shirt with spangles on and some tatoo.**
- **Please consult your doctor before you decided to get the treatment if you have chronic disease.**

How to position **APPLICATORS**



Specifications

A

- Output : 3 Tesla
- Pulse : 150us
- Unknown
- **Oil Cooling - Leakage**
- Manual Training : X
- Unknown

CMSLIM™

- **Output : 7 Tesla**
- **Pulse : 300us**
- **More than 20,000**
- **No Consumables**
(1 year or 2,000 hours guaranteed)
- **Water Cooling**
- **No Leakage**
- **Manual Training : O**

B

- Output : 2.5 Tesla
- Pulse : unknown
- 20,000 contraction
- **300 Treatment Limit**
- Air Circulation
- No Leakage
- Manual Training : X



Why **CMSLIM™**?

- ◆ Intensity **MUCH HIGHER**
- ◆ Durability **EVEN STRONGER**
- ◆ Maintenance **NO CONSUMABLE**
- ◆ Convenience **EASY & EFFECTIVE PRESET**
- ◆ Proven Technology **PATENTED**

Marvelous Results



Marvelous Results



Marvelous Results



Marvelous Results



Marvelous Results



Marvelous Results



Marvelous Results





FAQ

- ◆ A CANDIDATE? **ANYBODY**
- ◆ A DOWNTIME? **NOT AT ALL**
- ◆ HOW LONG? **30 MIN PER A TREATMENT**
- ◆ HOW OFTEN? **2-3 TIMES A WEEK**
- ◆ HOW MANY TIMES? **4-6 TREATMENT RECOMMENDED**
- ◆ HOW MANY TREATMENT CAN I USE IT? **NO LIMIT**
- ◆ HOW LONG WILL IT LAST? **DEPENDING ON LIFESTYLE**



Contact Us

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A close-up photograph of a person's muscular torso, showing the abdominal muscles and a navel. The person is wearing a grey, ribbed waistband. The lighting is dramatic, highlighting the contours of the muscles.

Thanks