



RECHARGE LAB

WELLNESS | PERFORMANCE | LONGEVITY



*Strong*  
IS THE NEW  
*Beautiful*



## **WELCOME TO STRONG IS THE NEW BEAUTIFUL**

*Lessons in Strength, Fitness, Food, and Attitude.*

*At Recharge Lab, we believe it's time for women to move beyond the mindset of "losing weight fast" and instead invest in something that will provide you with sustainable long lasting results. True beauty is cultivated through the harmonious balance of a powerful mind and a Strong body.*

*So we are really excited to introduce you to Wonder Axon, a groundbreaking technology that's revolutionising the way we build strong, healthy bodies for women of all shapes and sizes.*

*Get ready to be inspired as we explore how you can elevate your fitness routine, accelerate your recovery, and transform your body with precision and efficiency.*

*Let's shape your future, boost your self-confidence, and build a stronger, healthier body and mind together.*

*Belinda xoxo*

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# EFFICIENT. EFFECTIVE. RESULTS-FOCUSED.

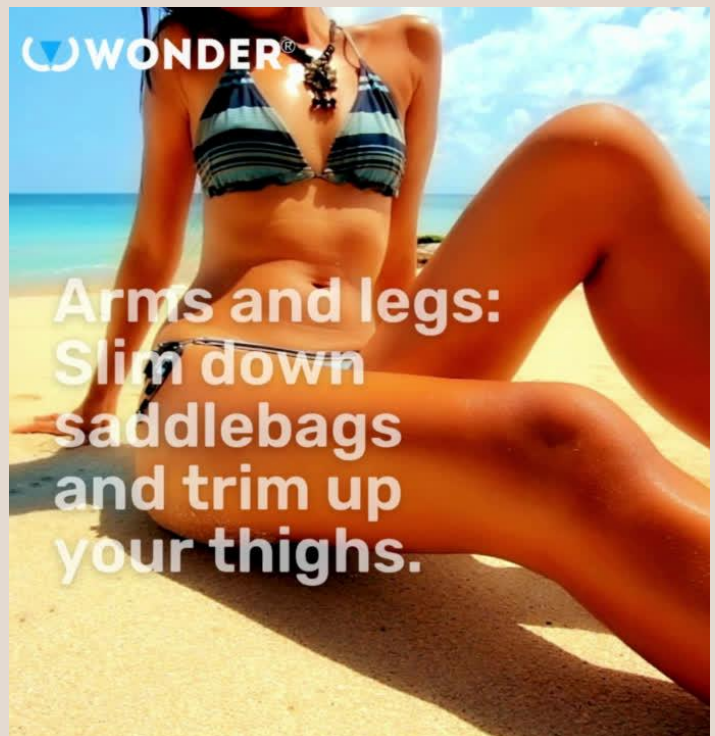
Welcome to the next evolution in fitness with Wonder Axon, Europe's most powerful and award-winning body sculpting device. This revolutionary, non-invasive technology is transforming how we approach fitness by fusing innovation and efficiency to help you build muscle, tone your body, and naturally reduce fat—all in just 25-minute sessions. With TGA approval and backing from clinical studies, Wonder Axon is a trusted solution for those serious about results.

Imagine a 25-minute session that delivers the metabolic impact, muscle activation, and calorie burn equivalent to hours of high-intensity interval training (HIIT). Whether you're striving for a stronger, more defined physique, enhanced endurance, or faster recovery, Wonder Axon is designed to help you achieve your fitness goals with unmatched efficiency.

Wonder Axon offers targeted solutions for today's most sought-after treatments, including:

- Buttock lifting
- Arm toning
- Leg strength and toning
- A flat abdomen
- Improved pelvic floor
- Increased strength and endurance
- And the best part?

Wonder Axon is the only device capable of targeting all these areas simultaneously—in just one session!



Each 25-minute session allows you to get back to what you love, feeling stronger and healthier without any downtime or discomfort. It's as easy as it is effective.

# *Now Wonder is a* **GAME CHANGER**

Prepare to experience a groundbreaking approach to fitness and body sculpting that delivers real, tangible results. Wonder Axon is not just a device; it's your partner in building a stronger, healthier you.

*Power & Precision*

# THE SCIENCE BEHIND WONDER AXON

Wonder Axon is a technological marvel, engineered to deliver results that surpass expectations. By harnessing the combined power of N1 technology, EMS, and radio frequency, it creates a synergy that maximises muscle activation, promotes fat loss, and strengthens your body like never before.

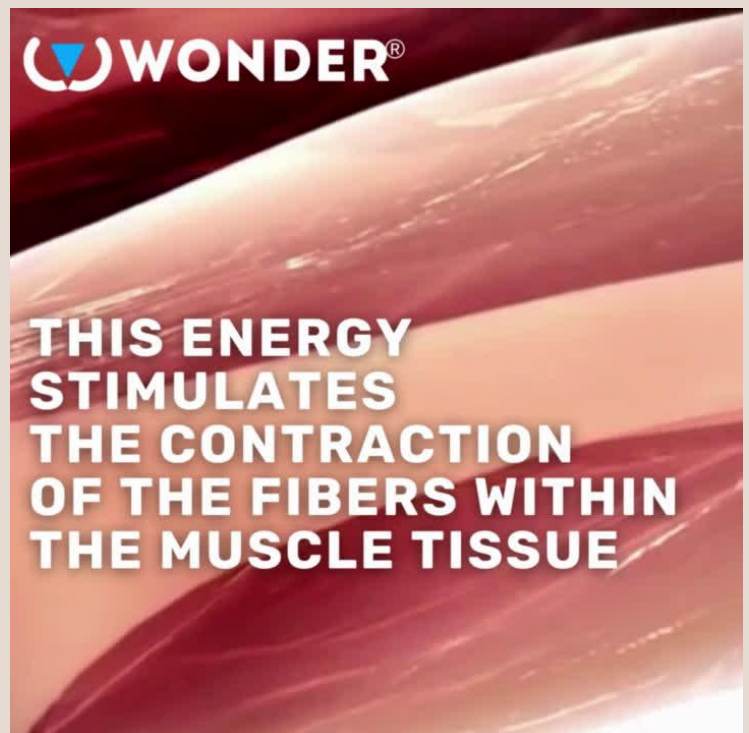
This is not just a workout — it's a full body optimisation, designed for those who demand the best.

With three times the power of conventional devices, Wonder Axon delivers an astonishing 60,000 muscle contractions per session. This intense stimulation is six times more effective than standard treatments, as it targets and engages six muscle groups simultaneously, allowing you to achieve your fitness goals more efficiently.

Unlike other devices that primarily focus on one aspect of body sculpting, Wonder Axon integrates advanced neuromuscular emissions and radio frequency alongside EMS.

This powerful combination not only optimises muscle strength and enhances the mind-muscle connection but also boosts your metabolic rate, leading to more effective fat loss.

This multi-action approach sets Wonder Axon apart, ensuring superior muscle gain and faster fat reduction. What other devices struggle to accomplish over multiple sessions, Wonder Axon achieves in less time, with greater precision and efficiency.



LEARN MORE

*For more information regarding the Strong & Healthy Body Program, click learn more to schedule a free consultation.*

# *The Benefits*

## WHO IS WONDER AXON FOR?

### Breaking Through Plateaus

Feeling stuck in your workout routine? Wonder Axon introduces fresh stimuli to your muscles, helping you break through plateaus and reach new milestones in strength and growth. It's the perfect tool to take your fitness to the next level.

### New to Fitness

Just starting your fitness journey? Wonder Axon offers a gentle yet effective way to build strength and muscle while minimising the risk of injury—ideal for beginners taking their first steps toward a healthier lifestyle.

### Postpartum Recovery

Recovering from childbirth and dealing with diastasis-recti? Wonder Axon specifically targets and strengthens your deep core muscles, aiding in a smoother recovery and helping you regain confidence in your physical abilities.

### Preventing Muscle Loss

Unable to exercise traditionally due to injury or other limitations? Wonder Axon helps maintain muscle strength and prevent atrophy, ensuring you stay strong even when physical activity is restricted.

### Body Confidence

Looking to improve your body confidence? Wonder Axon enhances muscle strength and tone, leading to noticeable improvements in your physical appearance and self-esteem.

### Busy Lifestyle

Struggling to find time for workouts? Wonder Axon delivers effective results in just 25 minutes, making it easy to fit a powerful workout into even the most hectic schedule.

### Staying Active

Want to maintain mobility and muscle mass as you get older? Wonder Axon supports muscle maintenance and mobility, helping you stay active, independent, and vibrant as you age.

*The Benefits*

# TRANSFORM YOUR BODY, ELEVATE YOUR MIND

01

## **INCREASED MUSCLE TISSUE**

Clinical studies have shown that just four sessions of Wonder Axon can significantly increase muscle mass, particularly in untrained individuals. Whether you're looking to lift your buttocks, flatten your abdomen, or tone your arms and legs, Wonder Axon delivers results without the need for heavy lifting or intense workouts.

02

## **INCREASED STRENGTH**

By engaging a larger percentage of muscle fibers, including those that are often neglected in regular exercise, Wonder Axon leads to superior strength development. This is strength training redefined—efficient, effective, and tailored to your body's needs.

03

## **IMPROVED ENDURANCE & PERFORMANCE**

For athletes and fitness enthusiasts, Wonder Axon offers a powerful boost in muscular endurance and overall athletic performance. It's the edge you need to push past your limits and achieve new levels of fitness.

04

## **REDUCED BODY FAT**

With the combination of EMS and N1 (Neuromuscular Emissions), Wonder Axon accelerates fat loss by increasing muscle activation. This leads to higher energy expenditure, more efficient fat depletion, and a leaner physique.

05

## **IMPROVED METABOLISM**

Wonder Axon doesn't just help you burn calories during your workout—it keeps your metabolism revved up long after your session ends. By stimulating muscle activity, it boosts your metabolic rate, enhancing calorie burn throughout the day.

06

## **PAIN RELIEF & REHABILITATION:**

Wonder Axon isn't just for those looking to build muscle or lose fat—it's also an effective tool for pain relief and rehabilitation. By assisting in muscular rehabilitation and providing relief from chronic pain, Wonder Axon is ideal for those recovering from injury or surgery.



# *Story of Transformation*

# MEET VOULA

At 59, Voula was facing the common yet challenging symptoms of menopause, including stubborn weight gain and disrupted sleep. Feeling out of balance and searching for a solution, she turned to Recharge Lab with the hope of reclaiming her vitality.

In just 12 weeks, Voula experienced a remarkable transformation. Not only did she significantly improve her sleep and energy levels, but she also saw a profound change in her overall well-being.

The true catalyst for this change was Wonder Axon, the cutting-edge technology that helped Voula build muscle and reshape her body.

Her results are nothing short of extraordinary: Voula:

Lost 5.1% body fat

Lost 3.1 kg of fat mass,

Gained 4.9% lean muscle

Gained 3 kg increase in muscle mass

Increased bone mass by 7.9%,

A critical improvement that underscores her renewed health.

Transitioning from an 'average' health profile to a 'fit' one, Voula now exudes confidence and enthusiasm.

With a stronger, healthier body and a positive outlook, she's eagerly planning her dream trip to Greece to celebrate her 60th birthday.

Voula's success story is a powerful reminder of what's possible when determination meets innovation. At Recharge Lab, we're proud to have been part of her journey to a better, Stronger future.



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# Breaking Through the Plateau

## MEET SEBASTIANA

Sebastiana, a dedicated fitness enthusiast, found herself stuck in a frustrating plateau. Despite regular exercise, she struggled to shed stubborn menopausal belly fat, which left her feeling discouraged. Determined to see real change, she turned to Wonder Axon.

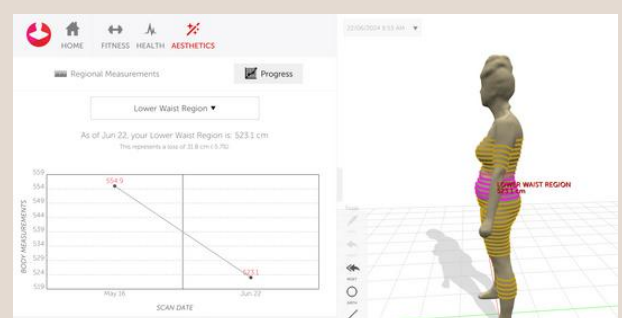
After just 12 sessions (two per week), Sebastiana's progress was nothing short of remarkable. Her strength and endurance skyrocketed—she began lifting heavier weights and walking longer distances with newfound ease. But the most significant change was in her body composition: her body fat percentage dropped from at-risk to average, marking a pivotal achievement in her fitness journey.

“I’m thrilled with my results,” The nutritional support was invaluable—I learned exactly what my body needed to see real results. I lost body fat, gained muscle, and feel stronger than ever. This program gave me the confidence to push myself and increase my weight training at the gym, which is crucial for maintaining muscle and strength at my age.”

### Sebastiana's amazing results:

- Body Fat: Lost 3.9%
- Muscle Mass: Gained 3.7%
- Waist: Lost 5.8 cm (lower waist region lost 31.8 cm)
- Hips/Glutes: Lost 3.5 cm (hip/glute region lost 25.2 cm)

Sebastiana's transformation is a powerful testament to the effectiveness of Wonder Axon and the importance of personalised support. Her story is a shining example of how breaking through barriers and embracing the right tools can lead to incredible, lasting results.



# *Reclaiming Strength & Mobility*

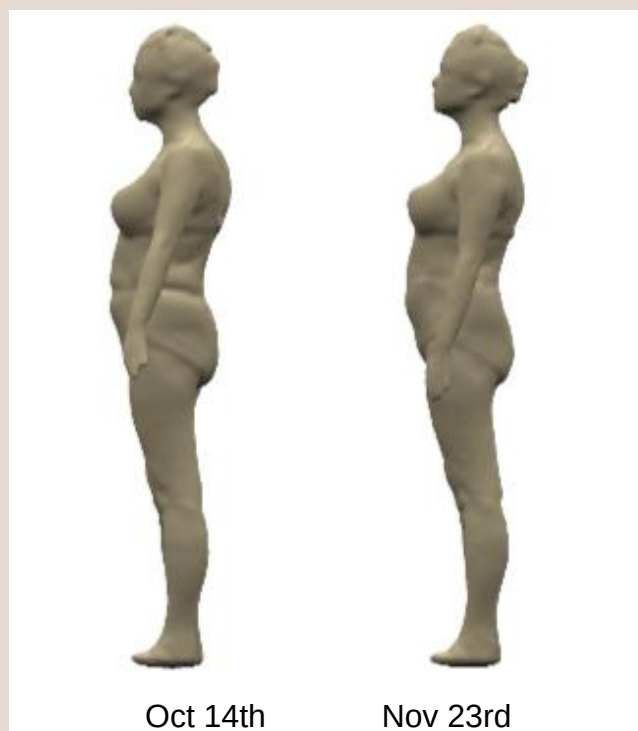
## MEET SERENA

At 55, Serena had been battling fibromyalgia for 30 years, enduring relentless muscle pain, stiffness, and constant fatigue. She had grown accustomed to these challenges, but everything changed after her first EMS session.

"After just one session, I felt a remarkable uplift in my mood and a significant reduction in pain," Serena recalls. "Walking became easier, and I could move freely without the usual struggle."

The Styku scan revealed the toll fibromyalgia had taken on her posture, but EMS sessions began to reverse those effects. "I felt taller and more energised," Serena says, reflecting on the improvements. "My strength improved drastically, making daily tasks like gardening and lifting groceries effortless."

Although her demanding job made it difficult to fully commit to the diet component, Serena found that the twice-weekly treatments over six weeks made a profound difference. "I feel like my health has received a substantial boost," she shares. "I'm excited to continue with a regular diet and exercise routine."



### IMPROVED POSTURE AND MOBILITY

How EMS Helped Serena:

- Improved Posture: Strengthened deep core muscles, providing better spinal support and reducing slouching.
- Enhanced Mobility: Supported muscles around joints, decreasing tension and stiffness while enhancing flexibility and range of motion.

Serena's story is a powerful example of how EMS can help reclaim strength, mobility, and vitality, even after decades of living with a chronic condition.



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*A Journey of strength & Confidence*

# MEET RITA

Rita faced rapid weight loss and muscle atrophy after surgery, leaving her feeling vulnerable and hesitant about returning to the gym after a decade of inactivity. She knew she needed a solution to support her recovery but felt overwhelmed by the idea of traditional exercise. That's when she discovered the Wonder Axon.

## Rita's Testimonial

"After my surgery, the thought of hitting the gym was daunting, but I desperately needed something to help rebuild my strength and tone. The Wonder Axon has been a game changer for me.

After just 12 sessions, not only did it help me rebuild and strengthen my muscles, but I also lost some extra weight — an unexpected bonus! I clearly remember after my second session thinking, 'Wow, I can feel my bicep muscle for the first time in years.'

Now, I feel stronger and more self-assured than I have in years. It's incredible how much this technology has transformed not just my body but my self-esteem as well. The difference in how I feel and see myself every day is remarkable."

## HOW WONDER AXON HELPED RITA:

**Combatting Muscle Atrophy:** Advanced (EMS) & N1 emissions mimics intense exercise, rebuilding and strengthening weakened muscles.

**Rebuilding Strength:** The technology enhances muscle tone, promotes growth, and helps counteract muscle mass loss.

**Boosting Confidence:** As her physical strength returned, so did her self-esteem, transforming how she felt about herself.



LEARN MORE

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# Postpartum Transformation

## MEET BETH

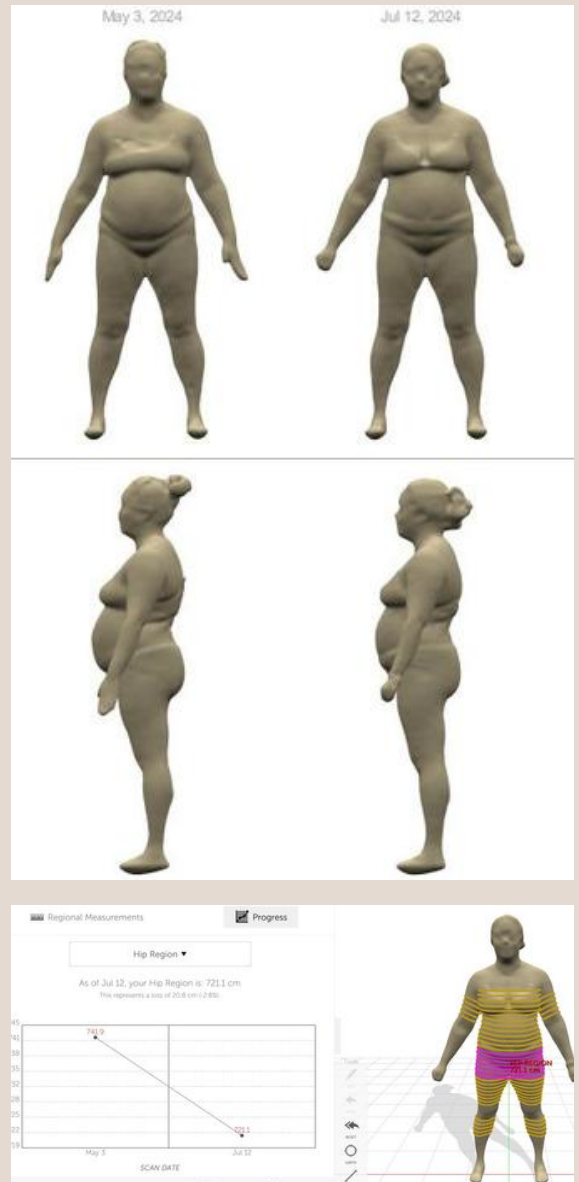
When Beth started the Wonder program, she was nine months postpartum with a 9 cm diastasis recti gap. Despite her efforts with light exercise, she struggled with fatigue and saw no visible changes. Determined to find a solution, she committed to 12 weekly sessions – and the results were transformative.

### Beth's Testimonial

"I'm amazed by my results, especially with my diastasis-recti. I feel so much stronger and can finally engage my core muscles again. I've lost weight and gained muscle, and I'm happier, more confident, and have so much more energy for my little one. Every session boosted my energy and lifted my mood. Thank you—these results have far exceeded my expectations!"

### Beth's Remarkable Results:

- Diastasis Recti: Reduced from 9 cm to 1 cm
- Body Fat: Lost 2.5%
- Muscle Mass: Gained 2.3%
- Waist: Lost 5.4 cm (lower waist region lost 31.7 cm)
- Hips/Glutes: Lost 4 cm
- (hip/glute region lost 20.8 cm)



### HOW WONDER AXON SUPPORTED BETH'S POSTPARTUM RECOVERY:

- Strengthening Core and Pelvic Floor: EMS effectively rebuilds muscle tone and reduces diastasis recti.
- Enhancing Stability and Posture: Improved muscle function and stability promote better posture and overall strength.
- Boosting Circulation and Energy:
- Gentle contractions enhance circulation
- Accelerate recovery and combat fatigue.



LEARN MORE





*fitness guide*

# BEYOND THE GYM: LEVERAGING ADVANCED TECH FOR SUPERIOR RESULTS

The future of fitness isn't confined to the traditional gym—it's about integrating advanced technology to achieve superior results and elevate every aspect of your wellness journey.

Wonder Axon is at the forefront of this revolution, transforming how women of all fitness levels build strength, enhance performance, and accelerate recovery.

Whether you're an athlete striving for peak performance, a dedicated fitness enthusiast looking for optimal results, or a newcomer embarking on your wellness journey, Wonder Axon provides the innovative tools you need to reach your goals with unparalleled efficiency.

Incorporate Wonder Axon into your existing fitness routine to amplify progress, use it strategically for accelerated recovery, or embrace it as a stand-alone session that seamlessly fits into even the busiest schedules. The potential is limitless, and the outcomes are extraordinary.

Ready to take your fitness to the next level?

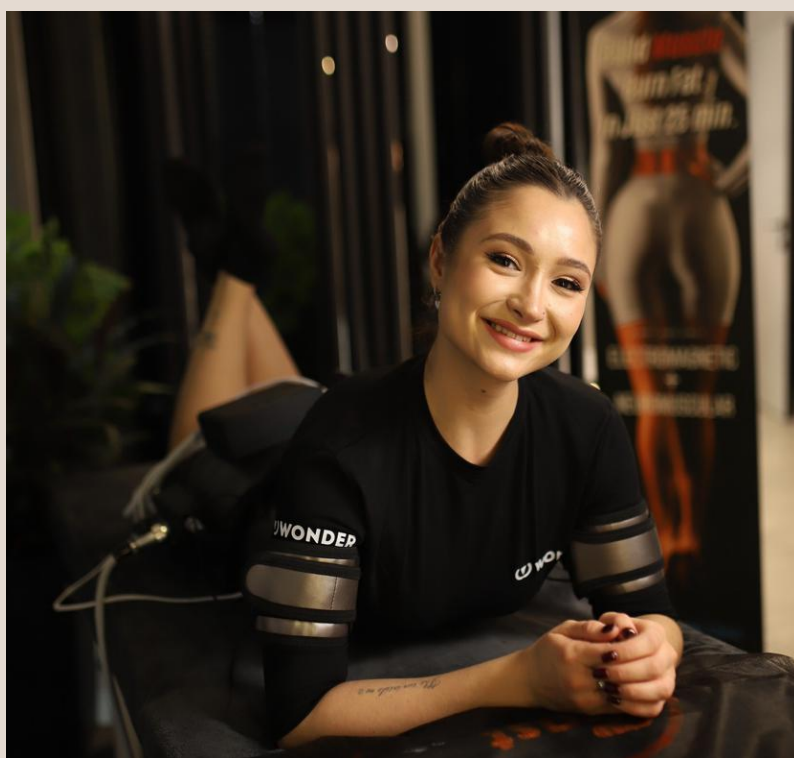


LEARN MORE

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# *Health & Wellness*

## **INTEGRATING FITNESS WITH MENTAL WELL-BEING**



True wellness is about more than just physical strength; it's about nurturing both body and mind. At the heart of Wonder Axon is the belief that mental clarity and physical fitness are deeply interconnected.

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Incorporating Wonder Axon into your routine isn't just about sculpting your body—it's about sharpening your mind.

The technology not only stimulates your muscles but it enhances neural pathways, leading to improved focus, and heightened cognitive function.

Muscle stimulation also triggers the release of endorphins, the body's natural "feel-good" hormones, which alleviate pain and stress, improving overall mood and well-being

Pair your Wonder Axon sessions with some mindfulness practices, a balanced diet, and restorative sleep to unlock your full potential.

Imagine a life where your body and mind are strong, and your energy is boundless.

Discover how Wonder Axon can elevate your entire wellness journey.



# Mindset & Motivation

## BODY COMPOSTION & NUTRITION

Fitness is as much a mental game as it is a physical one. Staying motivated, setting goals, and maintaining focus are all crucial to achieving long-term success. With Wonder Axon and Styku, you're not just training your body — you're training your mind to be more resilient, and more focused.

### BODY COMPOSITION ANALYSIS



Styku, a cutting-edge 3D body scanning technology, is the perfect companion to Wonder Axon. By providing detailed measurements and tracking progress over time, Styku allows you to set precise, measurable goals for your fitness journey. By understanding your body composition and metabolic rate, we can tailor your nutrition to support your fitness journey more effectively.

Whether you're aiming to increase muscle mass, reduce body fat or improve overall health, Styku gives you real time data you need to stay motivated and on track.



### GOAL SETTING & NUTRITION PLANNING

Fueling your body the right way is essential for getting the most out of your Wonder Axon sessions.

By combining the power of Wonder Axon with an accurate nutrition plan guided by Styku's data, you'll be well on your way to achieving your fitness goals—and feeling great while doing it.



Whether it's optimising your macronutrient intake or adjusting your calorie consumption, Styku provides the insights we need to make informed decisions.

It's not just about achieving results; it's about sustaining them with knowledge and a strong, focused mindset.



[LEARN MORE](#)

*For more information regarding the Strong & Healthy Body Program, click [learn more](#) to schedule a free consultation.*



# *Your path to a* **STRONG & HEALTHY BODY**

As you close this e-book, remember that the path to a stronger, healthier you is well within your grasp. Knowledge is just the start — true transformation comes from taking decisive action.

Wonder Axon and Styku are more than just advanced fitness tools; they are your keys to unlocking a new level of wellness. With cutting-edge technology designed to deliver real results, you're equipped to achieve your goals — whether it's building strength, boosting endurance, or supporting your recovery.

At Recharge Lab, we are committed to guiding you every step of the way. Our personalised Wonder Axon programs and nutrition plans are crafted to meet your unique needs, ensuring you achieve optimal results.

Your journey to transformation starts now. Let us help you reach your fullest potential.

01

**Complimentary Consultation:** Book in for a free phone or in-person consult with our experts to discuss your goals.

## **PERSONALISED PROGRAM INCLUSIONS:**

02

**Private Wonder Axon Sessions:** 1 on 1 sessions with your facilitator using the world's most powerful body sculpting technology for muscle activation, toning, and fat reduction.

03

**2 x Body Composition Scans:** Track your progress with 3D body scans to measure changes in muscle mass, body fat, and overall body composition.

04

**Goal Setting:** Establish clear, personalised goals to guide your journey.

05

**App-Based Nutrition Plan:** Access personalised meal plans and tracking tools tailored to your needs.



**LEARN MORE**

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*Build **Muscle.**  
Burn **Fat.**  
In Just 25 min.*

FIRST AND ONLY  
ELECTROMAGNETIC  
+  
NEUROMUSCULAR

UWONDER®