

PowerDot 2.0 Electronic Muscle Stimulator Review



Whether you're a serious athlete or just a beginner wouldn't it be nice to have a device that will help you recover faster, prevent muscle atrophy, and exercise your muscles for you? There is such a device called the [Powerdot 2.0 Portable Muscle Stimulator](#). It works with bluetooth technology via your mobile phone and can be used on the fly wherever you are.

PowerDot 2.0 Review

Before we go into detail about how the PowerDot Estim machine works first understand the benefits this product provides athletes, here's a short list:

- Has the power to help you recover faster
- Prevent muscle atrophy
- Works out your muscles
- Focuses on specific areas of your body that's giving you pain or tightness
- Massage out knots
- Relieve muscle and joint soreness
- Increase muscle strength & endurance
- Increase blood circulation

On Amazon the PowerDot 2.0 is a new listing that customers have rated a 4.5 out of 5 stars - [click to read reviews!](#)

How the PowerDot Muscle Stimulator Works



Let's begin with the unboxing of this product in this [PowerDot 2.0 review](#). You will see what comes with your purchase and how it all works together.

PowerDot Uno

Treats one side of your body only

Comes with the following items:

- (1) PowerDot device (available here in black or red)
- (2) Sets of Electrode Pads (last for 4 months of active training)
- (1) 10cm and (1) 25cm lead cable
- (1) Micro USB charging cable
- (1) Carrying case

Mobile App with numerous preset programs

PowerDot 2.0 Duo

Treats both sides of your body at the same time

Comes with the following items:

2 pods and 2 sets of pads

(2) PowerDot devices (available here in black or red)

(1) set of electrode pads (last for 4 months of active training)

(2) 10cm and (1) 25cm lead cable

(2) Micro USB charging cables

(1) Carrying case

Mobile App with numerous preset programs

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To get started with using the PowerDot estim system correctly simply begin with following the instructions on the mobile app. It only takes about 5 minutes set everything up properly. The app offers stimulation programs with these settings:

Light Recovery

Active Recovery

Extended recovery

Massage

Warm up

It also offers five workout settings if you're trying to build strength:

Muscle Endurance

Strength endurance

Resistance

Strength

Explosive strength

Now that you're a little familiar with everything to get started simply attach the lead cables, apply a pad to the end of each lead, and turn on your pod. Using your phone scan for the Dot device and pair with the app. If you are using the [PowerDot 2.0 DUO system](#) you can pair both Dot devices at the same time.

Adjust the app to the appropriate settings for your desired workout or massage. The last step is to hook up your pads to your leg, arm, back, or torso to begin your workout. The PowerDot app displays information on your phone such as the battery life of the Dot, measures your progress, and you will receive reminders to complete your sessions.

How Much Does PowerDot Cost

The PowerDot portable electrical stimulator can be purchased on their product website or [Amazon.com](#). They come in 2 colors to choose from - red or black.

One Pod UNO - \$249

Two Pods PowerDot 2.0 DUO - \$349

Both products come with a 30 day money back guarantee including a one-year warranty against defects in materials and workmanship.

PowerDot Summary Details

PowerDot is an FDA cleared device that massages every muscle in your body through electric stimulation. It is a bluetooth controlled device that is small enough to hold in your hand. Take this device with you anywhere you go and massage your muscles.

It connects to a revolutionary mobile app that allows you to personalize your workout experience. All of your data is tracked in one place and you'll receive reminders when therapy is needed most. I hope you enjoyed reading this [PowerDot 2.0 review](#).