

## Electronic Muscle Stimulation training – What is it?

EMS (Electronic Muscle Stimulation) training is a training method that evolved out of physiotherapy. This high-intense whole-body workout uses low-frequency electrical impulses to stimulate those muscles that are often ignored by conventional training methods. During an EMS training session, which only lasts about 20 minutes, all big groups of muscles are stimulated, also the underlying muscles. Despite its short duration, EMS is as effective as several hours of traditional strength training.

The workout routine consists of both dynamic and static exercises that can be varied in all kinds of ways. The electrical impulse is transferred to the body via electrodes. Both the duration and the intensity of the impulses are controlled through an EMS device that allows each group of muscles to be stimulated individually, at different or equal intensity.

The efficiency of EMS training has been scientifically proven. EMS is a whole-body workout strengthening all groups of muscles. Through this effective muscle building our body burns more calories and ramps up metabolism, which helps us to lose weight and decrease body fat. EMS also fights cellulite and tightens our skin. It is also an effective way for both preventing and rehabilitating common back problems such as disc herniations and muscle tensions.