

Get the body you've always dreamed of with 20 PerFit

It's a workout that celebrities, athletes and everyday Australians swear by. And once you try electrical muscle stimulation (EMS) training, you'll most likely never go back to conventional training.

Unlike many fad diets and self-proclaimed methods of weight loss, EMS training is scientifically proven to provide lasting and visible results in a significantly shorter time than regular gym workouts,

20PerFit offers Sydney's leading EMS training services with qualified and experienced personal trainers, who provide a safe workout, in any environment.

Most Australians want to be fit and healthy, yet many of us find it difficult to maintain a training program because of our busy day-to-day schedules.

With EMS, 20 minutes is all it takes for you to feel a difference. With regular sessions, you'll be guaranteed lasting and effective results, simultaneously improving strength and fitness.

Why is an EMS workout more effective than a traditional gym session?

Essentially, EMS training is a faster, more effective way of training your muscles. 20PerFit's EMS system utilises small electrodes that are concealed in a bodysuit. These electrodes send pulses to muscles deep within the body; enhancing your performance during training and activating more muscles than a regular workout.

Here are some reasons why EMS is more effective when compared to a standard gym session:

Engage more muscles

EMS stimulates approximately 90% of your muscle fibres during a single 20-minute session. In comparison, only around 30% of muscles are activated during a conventional gym workout. An EMS full-body workout also targets deeper muscle fibres, producing an effect more rapidly and effectively than conventional weight training. And in a single EMS workout, you'll have done the equivalent of 3-4 gym workouts in a fraction of the time! This extra stimulation means you can start to see visible results in just a handful of EMS sessions.

Burn fat faster

During a standard EMS training session, the average person will burn more calories due to the increased muscle activity that EMS provides. EMS also works to build muscle, which in turn boosts the metabolism – so you'll burn more fat even while at rest.

Of course, just like any other training program, EMS is most effective when combined with a healthy, balanced diet.

Reduce cellulite

EMS targets the soft tissue in the body, such as fat cells, and it can help reduce the appearance of cellulite by improving circulation.

EMS also assists in the removal of toxins, tones up muscles, stimulates the production of collagen and promotes a better flow of blood throughout the body.

Relieve pain from injuries

EMS not only helps you to increase your strength and fitness. It's also been used by physiotherapists for decades as an effective method of pain relief for injured and patients.

Physiotherapists who have adopted EMS as part of the recovery routine have noticed significant results and claim that EMS provides faster and more effective pain relief.

Improve muscle balance

Some people unknowingly suffer from muscle imbalance. EMS can help to correct these imbalances by selectively targeting affected muscles.

Why should you trust the EMS specialists at 20PerFit?

20PerFit is one of Sydney's most trusted EMS companies, offering both a mobile and a studio service, offering one-on-one or group training sessions.

Unlike the crowds and outdated equipment you'll find at many gyms, 20PerFit offers ample space to move around. Plus, with every session, you'll be working with a qualified and experienced personal trainer.

Our personal trainers can customise each workout to suit your individual needs and are flexible, so they can work around your busy daily schedule.

EMS is a scientifically-approved method for gaining muscle, correcting injuries, toning up and burning fat. Whether you're new to the gym scene, are a fitness fanatic or even a professional athlete, EMS can help you to achieve the results you want – improving health, boosting weight loss and strengthening muscles.

For more information, contact our experienced personal trainers by sending your enquiry online or calling 1300 202 073 today.