

Traditional training vs EMS body training

EMS: not exactly new to the market

The term “EMS” might be new to many, but the concept of electrical muscle stimulation (EMS) has been around for far longer than many people know.

As far back as the 1970s, EMS was used to counteract muscle atrophy in astronauts, focusing on quick muscle repair via the use of electrodes attached to affected areas. EMS was also used to assist with rehabilitation and injuries for athletes training in professional sports. As the technology proved effective in more ways than one, during the 1990s physical therapists began to implement EMS for a wide variety of clients.

Fast forward to 2010, and EMS devices became a worldwide phenomenon in Europe, as regular people began to utilise the new training system as a full-body workout, effectively improving their use of time, workout efficiency and results.

As EMS has been on the training scene for decades, much study and many improvements have been made. [Research](#) now supports this and has shown that EMS leads to an increase in endurance, stamina and fitness levels.

Evolving rapidly in popularity, EMS has now become a common alternative for training in most European countries. And now it’s available in Australia! Sydney has become a strong advocate for EMS body training, as many Sydneysiders are opting for this time-efficient workout over traditional training methods.

Traditional

Risk of injury through muscle pull, strain or impact

Slow to see progress/results

4-5 hours a week

Difficult to stay motivated

Additional cost of personal trainer

The average person uses up to 30% of muscle fibres

Activates some muscle groups

EMS

ZERO risk of injury as muscles are activated; not pulled, strained or shocked

Much faster results than a traditional workout

20 minutes a week

Personalised EMS trainer to guide you

Personal trainer is included in every session

The average person uses up to 90% of muscle fibres

Activates many deeper muscle groups

The 20 PerFit difference:

- 20 PerFit is **completely wireless** – this means that your workout allows for you to move around freely. It’s also mobile, meaning we can come to you!
- 20 PerFit is **completely dry**. Unlike other technologies, there is no need to wet your training suit before your workout.
- 20 PerFit uses the **latest German EMS technology**. This training system is the most advanced currently available.
- 20 PerFit employs **fully qualified and experienced trainers**, maximising the potential of your workouts with skilled and professional expertise.

Do you want to see what all the fuss is about? Contact 20PerFit today on 1300 202 073 or [send us a message](#) to book in your next session!