

Train smarter, not harder, with EMS body training

There is an inexhaustible list of reasons why we say “no” when it comes to training. Let’s face it, living in a busy city means that there’s little time to focus on exercise or a regular training program.

But now, the solution to the “I don’t have time” conundrum is here – EMS body training.

What is EMS body training?

EMS stands for electrical muscle stimulation. It’s an active, full-body workout system that incorporates the latest technology to boost muscle stimulation. This muscle stimulation targets deep muscle fibres, making them work harder and more efficiently.

Muscle stimulation is achieved via electrodes which send impulses through the body via the pulse areas of your bodysuit. These electrodes are concealed in a special bodysuit, which you wear while you train. The electrodes are controlled by your qualified trainer, who has a tablet linked to your suit, personalising your individual workout needs.

As muscle tissue is working at a maximum, a 20-minute EMS full-body workout is equivalent to a 4-5 hour conventional training session, achieving the same results in only a fraction of the time.

Guided by your trainer, EMS training is a tailored approach to working out – this means that the system can be personalised to suit your needs. The trainer has the ability to increase or decrease the intensity of the impulses while you train, focusing on specific areas on your body.

How does EMS body training work?

The bodysuit

- The suit is the vehicle for the electrodes during your EMS body training. It should be skin tight (and fully zipped!) to ensure correct positioning and functioning of the electrodes.
- The suit is fitted with pulse generators that are concentrated in areas of high muscle mass, such as the buttocks, thighs, chest and abdominal area.
- You don’t wear underclothing under the suit. This is to ensure maximum exposure of electrodes through pulse generators. But you don’t have to worry – the suit is made of material containing antibacterial properties.
- Unlike other EMS systems, your bodysuit doesn’t need to be moistened with water. Natural perspiration is all the moisture required to achieve optimum results.
- There is an optionally available belt that you can wear to improve your workout.

The technology

- The technology is the connection between you, your trainer and your workout.
- Each suit is required to connect a novel pulse generator at the hip, which powers the entire EMS system of your suit – generating, measuring and optimising nerves and muscles.

- Muscles in the body contract in response to electrical signals sent from the brain. 20PerFit's EMS system activates the electrodes that are built into the bodysuit, sending impulses into your body. These impulses replicate or mimic the electrical signals from the brain, causing both deep and surface muscle to contract.
- Your trainer facilitates the intensity of the novel pulse generator using 20PerFit's software, selecting and controlling the workout session.
- 20PerFit's technology also measures data such as calories burned during each workout, to help you with your weight-loss goals.

EMS can help you to train smarter, not harder. 20PerFit provides the ultimate personalised workout using revolutionary German EMS technology.

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!