

**WARNING: once you start EMS training, you may not want to stop**

### **A Q & A on electrical muscle stimulation (EMS) training**

There are many reasons why people find it hard to train regularly – lack of time, busy work and family commitments and cost are chief among them. Whatever the reason, electrical muscle stimulation (EMS) is the antidote.

The benefits of [EMS training over conventional training](#) are extensive. “Work smarter, not harder” is the perfect motto to use when considering the benefits of EMS.

### **What is electrical muscle stimulation (EMS)?**

Electrical muscle stimulation (EMS) is an active, full body workout system. It involves a body suit and software that accelerates your own body’s muscle stimulation. The software used stimulates electrodes that are built into the suit, sending impulses into your muscles. These impulses impersonate electrical signals from the brain, activating both deep and surface muscle fibres. This acceleration of muscle activity means a 20-minute EMS body workout is equivalent to a 4-5 hour conventional one, delivering corresponding results in only a fraction of the time.

### **Electrical? What!? Is EMS safe?**

For many, EMS is now favoured over traditional training methods. Health professionals all over the world have incorporated EMS training into various training and rehabilitation environments, and have concluded that the system is appropriately regulated and... SAFE!

Your qualified 20PerFit EMS personal trainer can also regulate the intensity of muscle activation, meaning each session is tailored to your individual capabilities and needs.

### **What’s keeping me from training using EMS?**

Absolutely nothing! It’s safe, convenient and now it’s mobile! With convenient EMS options [such as 20 PerFit](#), your workout can come to you. Yes, you read it right: EMS training is now mobile and more convenient than ever.

### **How many EMS sessions do I need?**

Before you consider how many you need, it’s important to understand that the maximum number of times you should train using EMS technology is 1-2 sessions per week. This is to allow time for your muscles to repair and recover before your next session.

Yes, your body NEEDS that time to recover!

The question here is better answered by considering how long it will take to see results. As with any other type of training, every individual varies. However, it’s guaranteed that you’ll see results at least twice as fast as you would with regular, conventional training.

### **How hard will the EMS training session be?**

The beauty of EMS training is that the intensity can be modified without sacrificing results. According to your fitness level, EMS training can be:

- Low intensity

- Moderate intensity
- High intensity

The ability to customise the intensity of your sessions means that there's a personalised workout for everyone. Whether you're a couch potato or a fitness freak, EMS is for you! That's why EMS training is the perfect solution for everyone. Twenty minutes is all it takes – all you need to do is set aside 20 minutes for yourself during your busy week for a single EMS session, and you'll have done the equivalent of 4 traditional gym workouts.

### **Is EMS good for parents of young children?**

Having young children keeps you busy and on your feet, all day every day. This means you might not have a moment to yourself, let alone an hour each day to set aside for a gym workout.

That's why EMS training works well with the busy day-to-day lives most parents lead. A single 20-minute session each week is all that's needed to achieve the same results as if you were to do 4 traditional workout sessions.

EMS training is particularly useful for mums who have recently given birth and want to get rid of stubborn pregnancy weight but have almost no time to do so. In addition to better results in a fraction of the time, EMS can assist in the activation and strengthening of pelvic floor muscles postpartum.

Twenty minutes each week is all you need. You'll enjoy a one-on-one EMS session with a qualified trainer who'll guide you and motivate you to reach your goals. We can also provide a dietitian-approved nutritional booklet to help you reach your healthy eating and weight-loss goals.

### **What about people who travel frequently?**

If you travel often for work, maintaining consistent gym workouts every week can be extremely difficult.

Our 20PerFit trainers can work around your busy schedule and put together a training program that will still get you your desired results, despite your frequent travels. Don't let your busy schedule stop you from achieving your goals – EMS is your solution.

### **Is EMS good for rehabilitation?**

Many therapists use EMS to assist with pain relief, muscle memory and muscle activation. EMS can also act as a form of pain relief for patients who are unable to take anti-inflammatory tablets.

EMS also triggers the "memory" of muscle. For example, for an athlete with an injured knee, the muscles will switch off and not function to their full ability. With EMS, a therapist discovers which muscles aren't working and can engage EMS to switch them on again.

### **I struggle to stay motivated. How will EMS make me want to train again?**

- It's a 20-minute workout
- The results are faster and more noticeable

- It's a mobile service (for your convenience)
- A personal trainer is included in each session

It's almost too easy – but it works! You'll train less and perform more with 20PerFit.

### **How can I sign up to join the EMS revolution?**

20 PerFit is Australia's most advanced EMS technology provider. Investing in nothing less than the best, 20 PerFit uses the latest German technology, has franchises all over Sydney and is – wait for it – mobile! It's easy and simple to sign up, you can either contact us via [our website](#) or call us directly on 1300 202 073. If EMS training is what you've been looking for, don't leave it any longer – sign up to 20PerFit today!

If you're simply curious and want to know more, you can email 20PerFit at [info@20perfit.com.au](mailto:info@20perfit.com.au) for more information, visit the 20PerFit website to hear client [testimonials](#) or call 1300 202 073 and speak to our experienced trainers today!