



### **About EMS Workout Technology:**

- Whole-Body EMS (Electro Muscle Stimulation) is a complete, time-efficient workout that is highly effective and scientifically proven. It's a way to get fit and stay fit, with a manageable time-commitment and fast, visible results.
- The miha bodytec II device is FDA Cleared for Physical Medicine (exercise and rehabilitation) when supervised by a licensed practitioner.
- EMS increases muscle, toning and strength, and reduces body fat. It improves endurance and overall physical performance. It makes people feel healthier and stronger. There's a long list of scientifically proven, positive fitness and wellness effects.
- EMS training sessions last 20 minutes. This 20-minute workout delivers the same benefits as two and half hours of conventional strength training, and two hours of high intensity training (HIT).
- EMS sends impulses to muscles via electrodes on a specially designed training suit. The impulses target and activate all major muscle groups simultaneously — so you're using more of your body's muscles (90+%) than with traditional workouts. At the same time, EMS prompts a more complete muscle contraction — so you're using more of the fibers inside each muscle (98% vs. 60%), and this creates a greater number of muscle contractions.
- WB-EMS has been used in Europe since 2007. It's been proven effective in a vast array of scientific studies and by tens of thousands of people who use it and have gotten tangible results.
- EMS workouts are always conducted by a certified trainer. This guarantees visible, measurable results and safety.

### **How EMS Training Works:**

- Participants wear a training suit consisting of a shirt and shorts. Then a vest and straps, that contain electrodes, are placed on your muscles. A certified trainer then leads the participant through a series of traditional bodyweight exercises such as squats, crunches, lunges or arm curls.
- During the exercises, electro muscular impulses are delivered through the electrodes to the muscles. The impulses cause muscles to contract involuntary and the contractions are more intense and occur in more of the muscles. This makes EMS more effective in developing strength, stamina and improving body shape in a shorter time period.
- For example: performing squats and biceps curls without EMS activates <10% of the body's muscles. With EMS, 92-98% of the muscles in your body are activated - that's nearly 300 muscles in the body, many of which are hard to activate through conventional exercise.

## **What the Impulses & Training Feel Like:**

- The impulses, depending on the levels sent to your muscles, range from a tingle, to a tapping, to a pulse along the lines of what a massage chair feels like. None of it is painful.
- The workout is always well within the abilities of the person doing it — trainers are very careful about that — but within that range for each person. It's a very challenging training session.
- In the days following an EMS workout, you might experience soreness as you would from any challenging workout session.

## **Health, Fitness, Wellness Benefits of EMS:**

There are multiple positive health and wellness effects that result from an EMS workout, including:

- A tighter, more toned and shaped body
- Increased strength and stamina
- Improved coordination and flexibility
- Improved metabolism
- The release of endorphins
- Improved blood circulation
- Increased functionality
- Better balance
- Injury rehabilitation through muscular relaxation and rejuvenation.
- Cardiovascular efficiency
- Increased bone density
- Positive mental effects
- Proven to help cardiologic patients (heart and circulatory system)
- EMS is scientifically proven to reduce Sarcopenia.

EMS has the potential to be a game-changer when it comes to improving and sustaining health and wellness, and encourages people to make permanent behavior changes toward a more active lifestyle. This can have a dramatic positive effect on the prevalence of things like obesity (73.6% of the U.S. population is overweight or obese), diabetes, arthritis, heart disease, and any ailment related to the circulatory system.

## **About miha bodytec:**

- miha bodytec is the leading premium manufacturer of EMS training equipment, perfecting and spreading the whole-body training method for improved fitness and health.
- Founded in Germany in 2007, miha bodytec, Inc. established a U.S. headquarters in Addison, IL with a showroom, warehouse, service and assembly operations to service the North American market.
- The company's vision is to establish EMS Personal Training globally as a recognized, trend-setting form of exercise across the world.
- miha bodytec stands for reliable, innovative and safe.