

The background is a low-poly, abstract geometric pattern. It features a color gradient that transitions from a bright yellow on the left side to a deep blue on the right side. The pattern is composed of numerous irregular polygons of varying sizes and shades, creating a textured, crystalline appearance.

XBODY EMS TRAINING

Whole-Body Electromyostimulation Training

Whole-body EMS is a safe and effective method for training all types of people. It uses basic EMS technology that has been used since the early 1970's in the rehabilitation arena. Current is directed between two electrodes exciting the motor neuron and forcing a muscle contraction. The XBody device has 9 pair of electrodes that cover all major muscle groups. The hertz are adjustable from 1-100 allowing specific muscle fiber type recruitment. With this ability a training can immediately recruit the fast twitch fibers and combined (fast oxidative) fibers instead of waiting for the normal recruitment pattern (Henneman principle). This is extremely important for individuals suffering from injuries, joint pain and those unable to workout at the necessary loads to recruit specific muscle fiber types. This is also helpful for those suffering from cardiovascular conditions and significant obesity issues, the circulatory system is taxed at a lower rate than traditional training and yielding a significant caloric and metabolic response.

The device is extremely safe and has shown no risk of impacting organs due to the type of current used and its inability to pass through visceral (cutaneous) fat. This specific technology is new to the US but has been used in Europe for over 10 years and can be found in over 82 countries without medical concern (if used correctly).

Electric Muscle Stimulation training allows the use of a computer to turn on your muscles. Review the videos for examples and more information



The Doctors

https://www.youtube.com/watch?v=Zf0wBIH1uKI&list=P_LRKud3XxWQzM4SoKnfdITfnLI0D4IVTWQ&index=2&t=0s



Promo video

https://www.youtube.com/watch?v=xMUne5diNzY&list=P_LRKud3XxWQzM4SoKnfdITfnLI0D4IVTWQ&index=2



Safety

https://www.youtube.com/watch?v=s8JhrOMcZF8&list=P_LRKud3XxWQzM4SoKnfdITfnLI0D4IVTWQ&index=8

EMS Training Claims

More efficient workouts, 20 minutes of strength is equivalent to a 75-90 minute workout.

High caloric and metabolic load, can be up to 1000 calories.

Effective body composition changes. At least 1 study showed specific changes to central body fat.

2 X 3 times per week for 8-12 weeks is enough to make measurable changes in strength, body comp and muscle endurance.

Postural correction due to awakening inefficient muscles.

Increase in strength of core muscles leading to improvement in low back pain.

Low joint loads.