1. **What does EMS stand for?**

EMS stands for Electro Muscular Stimulation.

1. **Is it good for both male and female?**

Yes, EMS is the right training solution for both men and women! It saves the joints from extra pressures and ensures the best and realistic training for all the people.

1. **What shall I bring to the EMS FITNESS STUDIO?**

Absolutely nothing! You do not need to bring anything to the EMS Fitness Studio. EMS Sessions provided by us includes the undersuit too that is to be worn during them, and there is also one towel provided for after shower purposes and drying your body. We also provide free water in between the session, and there is also no need of carrying extra shoes as this can even be performed barefoot or wearing only socks.

1. **Is EMS Fitness Training safe?**

100% Safe! EMS training is based on the impulses with a lower frequency that do not cause any harm. These low-frequency electrical impulses contract the muscles just like the central nervous system and eradicate all the side effects.

1. **What are the core benefits of EMS Fitness training?**

EMS training is there to enhance the fitness level along with effectively ensuring the body image and wellbeing. With EMS, major muscles activate, and endorphin is released, and that eventually increases physical strength and activeness with ensuring a better body posture.

Additionally, it offers all the benefits in a lesser period. For getting the best results, only 1 -2 sessions a week are required, and Voila!

1. **Can EMS Fitness training help me recover from an injury?**

Yes, EMS Fitness Training is the best way for recovering from any injury. It is recommended for all the rehabilitation purposes and recovering after the injuries. It helps form the joint-sparing muscles, target back exercises, and get the best results while ensuring lower pressure on the joints.

1. **When will I start seeing the results?**

EMS Fitness Training is fast and effective. People often start experiencing some slight changes just after the first session. After a couple of days, some muscle stiffness is experienced, and that is a normal one. Later, within 4 weeks, you will start feeling stronger and active and will experience better muscle coordination.

By the end of the 7th or 8th week, you will also see some enhanced changes assuring better muscle formations and a reduction in body fat. For ensuring optimal results, EMS Training must be carried out frequently, or as suggested by the professional trainers.