

The Gym of the Future Is Here

AND IT'S RIGHT IN OUR BACKYARD

BY WILEY ROBINSON, RN, CHIEF OPERATING OFFICER, MANDUU AMERICA

We all know that we *should* be working out. I doubt anyone questions the benefits of staying fit, exercising, building muscle and getting rid of unhealthy body fat. It all sounds good on paper until it's time to actually do the work.

Maybe you wake up one day and realize you haven't exercised in years, and your body doesn't move like it used to. Others may be coping with a substantial injury or chronic pain that makes working out seem impossible. Oftentimes, the idea of becoming fit again is so overwhelming that you don't even know where to start.

Manduu America offers a groundbreaking solution through a technology-driven exercise regimen that combines electrical muscle stimulation (EMS) with personal fitness, creating a 15-minute workout that will revolutionize your health. Manduu America, the only FDA-approved, full-body EMS system in the United States, is bringing this progressive solution to individuals of all ages and fitness levels throughout the country, and we're starting right here in Nashville.

While I'm currently serving as Manduu's chief operating officer, I've been working hands-on in the fields of fitness and healthcare for over thirty years. I began my career as a critical care nurse in the 1980s while also completing further studies in pre-medicine and molecular biology. I served as the general manager for gastroenterology, hepatology and plastic surgery units at Ochsner Clinic in New Orleans for years before eventually moving to Nashville. Here, I established several successful martial arts academies, as well as a personal training company specializing in clients with morbid obesity, diabetes and other debilitating metabolic conditions. When it comes to helping others maintain healthy lifestyles, you could say I've seen it all.

Throughout my career, I studied the benefits of EMS-based workouts, but only recently has technology hardware and software allowed this type of strength training to become reality. Years ago people faced obstacles like safety issues, a basic lack of understanding about electric frequencies and inadequate training programs.

Now these barriers are gone, and 2018 is heralding the bold arrival of

EMS in America. EMS fitness studios are already well established in Europe, which boasts over 2,000 studios. Manduu has already established locations in Miami, Santa Monica and the greater Nashville area.

Perhaps the greatest perk of a Manduu workout is the time commitment of only 15 minutes per week. With expertly designed technology, our machines are able to deliver a low-voltage current that activates over 90 percent of your muscles through an ultra-low impact session of flexing and resistance movements during each session.



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An FDA-certified Manduu personal trainer tailors the program to individuals based on their unique fitness goals, and our INBody™ scan measures skeletal muscle mass, total body fat, visceral fat, hydration, metabolic rate and other relevant metrics before each session. In particular, Manduu targets the dangerous visceral fat that surrounds your organs, while simultaneously building and toning muscle.

Aside from the FDA certification, there are numerous scientific studies that validate the impressive results of EMS training. In 2000, the *International Journal of Sports Medicine* reported that a group of basketball players found that after just eight weeks of EMS training, the players' jump heights increased by 17 percent. In 2011, the *World Journal of Sport Sciences* found that females

who participated in EMS therapy after hip replacement surgery had 95 percent improvement of pain relief, increase in femoris muscle strength, increased hip range of motion and enhanced activities of daily living such as climbing stairs and walking. Whether you're a pro athlete, a busy professional or a senior adult wanting to get fit again, Manduu can be an excellent solution for you.

Manduu is truly the gym of the future, presenting a viable fitness solution for a broad range of clients at different stages in life. I encourage you to check it out at manduu.com and come try it for yourself. The first session is always free, and it might just change your life.

Manduu -Williamson County Locations

125 Cool Springs Boulevard, Suite 290 | Franklin, TN 37067
211 Franklin Road, Suite 125 | Brentwood, TN 37027



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Visit manduu.com to explore the science, hear more perspectives and schedule a complimentary session in Cool Springs or Brentwood.