

# A 21<sup>ST</sup> CENTURY SOLUTION FOR ATHLETIC PERFORMANCE

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

Strength and power begin at the cellular level. Fortunately, there's a way to leverage technology in a way that can increase athletic performance while decreasing the risk of injury. The introduction of Whole-Body Electrical Muscle Stimulation (WB-EMS) to the United States creates an entirely new concept for increasing athletic performance, and Manduu America – the only FDA-cleared provider in the country – is headquartered here in Nashville.

Whole-body EMS prompts unique and powerful changes inside the human body. When you exercise at Manduu, your trainer guides you through a series of exercises as low-level current activates muscle fibers in a very efficient, effective and safe way. What's really happening is those specific frequencies and pulse widths stimulate and enhance red blood cells, helping them navigate through the tiniest blood vessels to deliver oxygen to muscle tissues. That translates into stronger, healthier muscles, which facilitates better sports performance.

Many are not aware that there are stem cells inside our muscle cells waiting to replace damaged muscle tissue. Exercise breaks down muscle fibers, and these stem cells replace the ones we damage during strenuous activity. These are called satellite cells, and they work at any age. When you spend 15 minutes working out at Manduu, a significant number of satellite cells are released; whole-body EMS activates far more of the muscle compartment than ordinary weight training ever could. This massive release can have tremendously positive effects on our bodies, in terms of muscle regeneration, strength and even flexibility.

Whether you're an athlete in your prime or a middle-aged person (like most of us) staying fit, joint safety and stability is a paramount concern. For instance, a strong quadriceps muscle group is critically important to a stable knee joint. Too often we see people trying to get back into shape by attempting exercise programs that are inherently unsafe for non-athletes. Knee injuries are a



common and unfortunate result. With an ultra-low-impact whole-body EMS program like Manduu offers, quadricep muscle strength can be significantly increased while drastically reducing the inherent risk of tearing ligaments.

With the clinical results that are becoming more prevalent every day, it is no wonder that mega-athletes like world champion sprinter Usain Bolt and European soccer star Cristiano Ronaldo have used WB-EMS to further their abilities. Today, Manduu is available to any adult, regardless of age or fitness level, and professional sports teams are rapidly adopting EMS technology because it delivers impressive results in a time-efficient manner while decreasing injuries, starting at the cellular level.

Take a look at the reams of research and clinical results posted on our website at [Manduu.com](http://Manduu.com), then come spend 15 minutes with us. It could change your life!

## Manduu Locations

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