

## **Physiological Effects of Whole-body Electromyostimulation Training: a Controlled Pilot Study in Healthy Volunteers**

Christian Keicher, Lena Pyrkosch, Bernd Wolfarth, Andreas Strohle

Electromyostimulation, otherwise known to our Manduu family as electrical muscle stimulation, is becoming increasingly popular among all demographics as a quick and effective alternative to traditional exercise. It has long been acknowledged that any kind of fitness modality can have positive psychological effects but until now, the effects of EMS on psychological “wellness” had not been investigated.

25 healthy individuals between the ages of 18 and 65 completed 6 weeks of EMS training. They were split into 2 groups; 1 received an actual EMS workout (the experimental group), the other wore the EMS suit, was hooked up to the device, performed the same movements as the other group, but did not receive EMS impulses (the “sham” group). Subjective well-being, subjective mood, subjective relaxation level and subjective stress levels were measured using credible, research-backed questionnaires. After only one EMS workout, significant psychological improvements were seen in all participants across the board.

At the end of this study, it was found that subjective well-being, relaxation and mood increased greatly as a result of consistent and consecutive EMS training sessions. It is discussed in the research that these findings may aid in the development of training programs for individuals who suffer from psychological disorders. In addition to the psychological effects discussed, this study was able to provide further proof of the physiological benefits and positive results of a time efficient, structured workout routine for not only healthy people, but those with psychosocial disabilities.

All that said – if you want to be a happier person, get in for a Manduu workout!