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Michael Fröhlich · Christoph Eifler

Whole-Body Electromyostimulation

Effects, Limitations, Perspectives
of an Innovative Training Method

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What you can find in this *essential*

- Introduction to whole-body electromyostimulation (WB-EMS)
- Methods, procedures and parameters of WB-EMS
- Recommendations for WB-EMS application, contraindications and safety aspects
- Evidence on effects of WB-EMS application on functional and health-related outcomes
- WB-EMS from the commercial point of view