

M&P | exercise



THE EMS ALTERNATIVE TO EXERCISE

Having a fulltime job and being a new parent can mean letting the daily gym workouts slide for a while. Fortunately, there is a way to maintain your fitness routine that requires just one day per week.

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If you enjoy a full body workout but just don't have the time, then EMS training from BODYTEC® offers the perfect alternative. EMS training differs from conventional weight training in that muscle groups and connective tissues are activated simultaneously and the muscle contractions are stronger than what you would experience from an EMS product you can purchase on a home shopping channel. Exercises that use BODYTEC® technology result in improved circulation and a reduction in body fat.

THE BENEFITS OF EMS TRAINING

Research shows that 85 percent of those who tested showed improved results in their body shape after using EMS. BODYTEC® combines personal training with Electro Muscle Stimulation (EMS) to provide the perfect fitness and all-round training solution that enables you to:

- Improve core strength
- Reduce fat content
- Gently define muscles
- Increase physical strength and endurance
- Work on muscular imbalances, like back pain
- Stimulate internal organs, which can improve digestion and the absorption of nutrients.

WHO CAN USE BODYTEC®?

Anyone of any age and any level of fitness can embark on an EMS training programme. However, as with any exercise programme, it is important to consult with your doctor before starting, especially if you have any medical conditions, such as circulatory or neurological disorders, or lifestyle diseases. Once you have been cleared, a trainer will develop a programme to cater to your specific needs. For example:

Post-pregnancy: To get rid of pregnancy weight gain, tone any post-pregnancy flab or strengthen your pelvic floor muscles.

Athlete: To complement your training routine or help recover from injury.

Back pain: Especially for those who work



at computers all day or have sedentary jobs.

Firm and tone: If you are just looking to improve your overall physique and health.

HOW DOES A TRAINING SESSION WORK?

When you arrive for your trial session, you will be given a specially designed BODYTEC® shirt and tights. Regular clients can purchase their own set or use laundered items at the studio. You can train barefoot or wear sneakers. A session lasts 20 minutes and your trainer will guide you through the various movements. You can bring along a partner if you wish as a session can accommodate two people.

WHAT CAN I EXPECT?

You only train once a week because the intense level of whole-body workout requires a longer recovery and adaption period than normal resistance and weight training would. You will feel a difference after your first session, as most of your major muscle groups

have been worked. Muscle stiffness occurs after about two days, as with any workout, and you will notice a difference in your strength and coordination within four weeks. There will be a visible difference in your body within six to eight weeks, and regular training is recommended for continued results. As with any workout, a balanced eating plan will help you achieve optimal results.

PREPARE YOUR BODY

- Eat a meal that contains sustainable carbohydrates and protein about two to three hours before the high-intensity training.
- Ensure that you drink at least half a litre of water an hour before training.

With a combination of healthy eating, portion control and a monitored EMS training programme, BODYTEC® is there to help you achieve your weight-loss or fitness goals. For more information, visit www.bodytec.co.za. 