



# WHAT IS E20?

A COMPLETE TRAINING METHOD THAT COMBINES EMS WITH STRENGTH TRAINING.

E20 combines **EMS technology, strength training, and expert coaching** into one personalized workout.

Unlike traditional EMS sessions, E20 uses **real gym equipment** while wearing the EMS suit.

EMS stimulates multiple major muscle groups at the same time, allowing trainers to create **full-body workouts** or target specific training goals.

Every workout is customized based on your **fitness level, strength, goals, and experience.**



## EMS TECHNOLOGY

Electrical impulses activate your muscles during exercise.



## STRENGTH TRAINING

Use real gym equipment for effective, functional strength training.



## CERTIFIED COACHING

Every session is guided by an E20 Certified Trainer.



## PROGRESS TRACKING

Training is adjusted as your strength and fitness improve.



E20 COMBINES EMS WITH STRENGTH TRAINING TO DELIVER PERSONALIZED, FULL-BODY WORKOUTS THAT ADAPT TO EVERY CLIENT.

# THE E20 TRAINING PROTOCOL

## SCIENCE. METHOD. RESULTS.

The E20 Protocol combines Whole-Body EMS with purposeful exercise to deliver **maximum results** in every session.

### THE E20 FORMULA



#### EMS

Activates more muscle fibers

#### EXERCISE

Adds resistance and movement

#### RESULTS

Stronger, leaner, healthier

### THE STRUCTURE OF EVERY E20 SESSION (60 MINUTES)



#### 1. PREPARE 10 MIN

Suit setup & electrode check



#### 2. ACTIVATE 5 MIN

Pulse settings & warm-up



#### 3. TRAIN 20-25 MIN

EMS + Exercise (strength + functional movements)



#### 4. RECOVER 5 MIN

Active recovery & fat drainage



#### 5. COOL DOWN 5 MIN

Stretching & relax



#### 6. WRAP UP 5 MIN

Suit off & feedback

Total: 60 Minutes | Efficient. Effective. Built for real life.

### THE E20 PRINCIPLES

- ✓ Full-body activation
- ✓ Progressive overload
- ✓ Individualized intensity
- ✓ Smart periodization
- ✓ Consistent monitoring
- ✓ Results that last

### WHAT MAKES THE E20 PROTOCOL DIFFERENT?



#### MAXIMUM MUSCLE RECRUITMENT

EMS activates up to 90% of your muscle fibers, exercise makes them stronger.



#### PURPOSEFUL EXERCISE

Functional movements with resistance create real-life strength and performance.



#### INDIVIDUALIZED INTENSITY

Each session is tailored to your goals, fitness level and body response.



#### TRACKED & MEASURED

We monitor your progress and adjust to keep you moving forward.

### TRAINING FOCUS

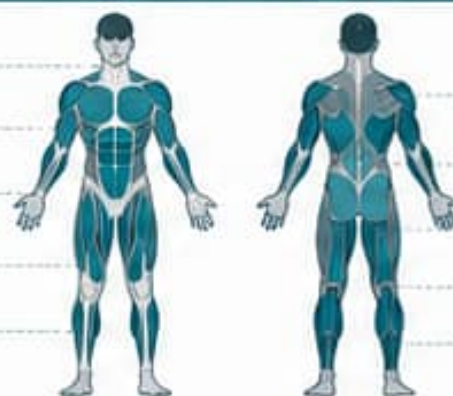
Shoulders

Chest

Arms

Abs

Quads



Upper Back

Lower Back

Glutes

Hamstrings

Calves

Whole-body. Balanced. Functional.

### SESSION FREQUENCY



#### 2 SESSIONS PER WEEK

Consistent training. Better results. Stronger you.

### PROGRESSIVE BY DESIGN

WEEK 1-2

Adapt

WEEK 3-6

Build

WEEK 7-12+

Transform

We progress step by step, so your body transforms.



Build muscle



Burn fat



Improve shape



Boost performance



Improve overall health

# THE SCIENCE BEHIND EMS

EMS uses electrical impulses to activate your muscles.

These impulses travel through the body and stimulate motor nerves, causing the muscles to contract.

At E20, this stimulation **works with strength training** to help you achieve more in less time.

## WHAT MAKES EMS EFFECTIVE?



### MORE MUSCLE ACTIVATION

EMS can activate up to 90% of muscle fibers compared to 40–60% in voluntary training <sup>(1)</sup>.



### TIME EFFICIENT

Achieve a high-quality workout in just 20 minutes.



### IMPROVED STRENGTH & PERFORMANCE

Studies show significant improvements in muscle strength and power with WB-EMS training <sup>(2)</sup>.



### SAFE & SUPERVISED

When done with proper screening and by a certified trainer, EMS is safe and effective <sup>(3)</sup>.

## HOW IT WORKS

01



### SIGNAL SENT

The EMS device sends safe electrical impulses through electrodes in the suit.

02



### MOTOR NERVES ACTIVATED

The impulses reach the motor nerves and trigger a signal to the muscles.

03



### MUSCLE CONTRACTION

The muscles contract in response, just like they do during voluntary exercise.



### BRAIN

Your brain makes a movement decision.



### MOTOR NERVES

Electrical impulses travel through the nerves.



### MUSCLES

Muscles contract and produce force to move your body.

## KEY POINT



**EMS DOES NOT REPLACE EXERCISE. IT ENHANCES IT.**

Movement + EMS =  
Stronger, Faster Results.



## SCIENTIFIC EVIDENCE

(1) Kemmler W, et al. Journal of Strength and Conditioning Research. 2010.

(2) Kemmler W, et al. Frontiers in Physiology. 2018.

(3) Weissenfels A, et al. European Journal of Applied Physiology. 2019.

# THE PHYSIOLOGY OF WB-EMS

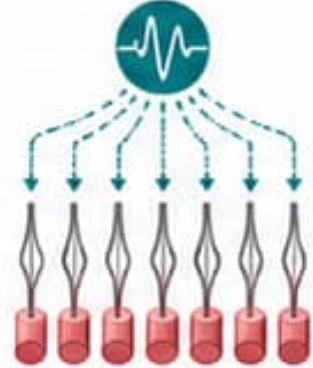
HOW WHOLE-BODY EMS CREATES STRONGER, MORE EFFICIENT WORKOUTS.

## 01 MOTOR UNIT RECRUITMENT

Voluntary Contraction



WB-EMS Contraction



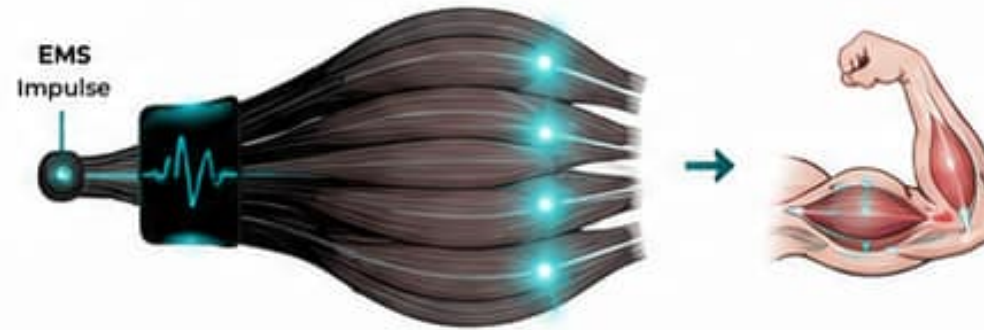
Recruits more motor units at the same time



Greater potential for strength and performance

## 02 MUSCLE CONTRACTION

EMS Impulse



Relaxed Muscle

EMS Impulse Triggers Contraction

Muscle Contracts

## 03 FAST- AND SLOW-TWITCH FIBERS

Slow-Twitch (Type I)  
Endurance



- ✓ Fatigue resistant
- ✓ Supports posture and endurance

Fast-Twitch (Type II)  
Power



- ✓ High force production
- ✓ Improves strength and power



WB-EMS activates both fiber types simultaneously for balanced strength, power, and endurance.

## 04 NEUROMUSCULAR ACTIVATION



Brain

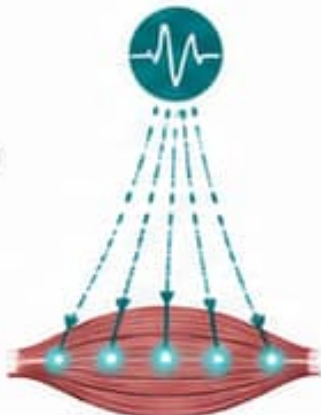


Spinal Cord



Muscle

WB-EMS



Improved muscle activation



Better coordination and control



Reduced risk of muscle inhibition

## 05 METABOLIC DEMAND



Increased heart rate



Higher oxygen uptake



More calories burned



Enhanced metabolism



EMS increases the body's demand for energy during exercise.

## 06 ENERGY EXPENDITURE

Traditional Training



WB-EMS Training



Higher energy expenditure in less time compared to traditional training.

# SCIENTIFIC EVIDENCE

WB-EMS HAS BEEN STUDIED. THE RESULTS ARE CLEAR.

Systematic reviews and controlled studies show that WB-EMS, when combined with strength training, **REDUCES FAT, BUILDS MUSCLE, AND IMPROVES BODY COMPOSITION.**

## 1. REDUCES FAT

WB-EMS combined with strength training leads to significant reductions in body fat.



REDUCES TOTAL  
BODY FAT %



REDUCES VISCERAL  
(BELLY) FAT

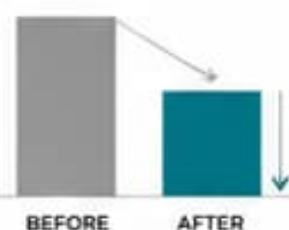


IMPROVES FAT  
MASS (KG)

AVERAGE REDUCTION AFTER 8-12 WEEKS\*

BODY FAT %

**-1.6%**  
to **-3.5%**



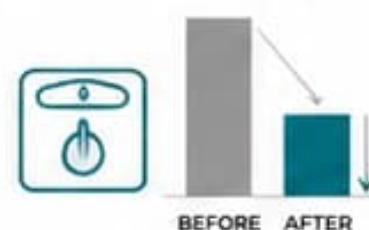
VISCERAL FAT

**-15%**  
to **-20%**



FAT MASS

**-1.5 kg**  
to **-2.5 kg**



\*Results vary based on population, program and nutrition.

## 2. BUILDS MUSCLE

WB-EMS combined with strength training leads to significant increases in muscle mass and strength.



INCREASES  
MUSCLE MASS



INCREASES  
MUSCLE STRENGTH



IMPROVES MUSCLE  
PERFORMANCE

AVERAGE INCREASE AFTER 8-12 WEEKS\*

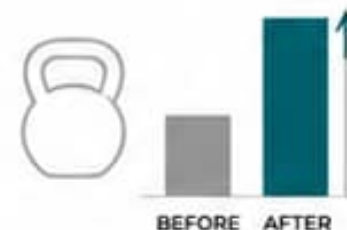
MUSCLE MASS

**+1.0 kg**  
to **+2.5 kg**



STRENGTH

**+10%**  
to **+30%**



MUSCLE SIZE

**+5%**  
to **+15%**



## THE BOTTOM LINE

- ✓ Strong scientific evidence shows WB-EMS helps reduce fat and build muscle.
- ✓ Results come from the combination of EMS, strength training and proper program design.



### SCIENTIFIC SOURCES

Kemmler W. et al.  
J Strength Cond Res.  
2010;24(1):188-197.

Fröhlich M. et al.  
J Strength Cond Res.  
2014;28(2):464-470.

García-Manso J. M. et al.  
Eur J Appl Physiol.  
2011;111(11):2833-2841.

Miot J. et al.  
J Strength Cond Res.  
2016;30(4):1027-1036.

Kemmler W. et al.  
Front Physiol.  
2018;9:573.



# WHY EXERCISE MATTERS DURING EMS

EMS gives the signal.  
EXERCISE gives the result.

EMS sends electrical impulses to your muscles. When you add movement and resistance, your body turns that signal into real results: **more muscle, less fat, a stronger, healthier you.**

## THE FORMULA FOR RESULTS



## WHAT HAPPENS WHEN YOU EXERCISE WITH EMS?

### 01 MORE MUSCLE ACTIVATION



EMS activates more motor units than voluntary effort alone – including deep and hard-to-reach muscles.

✓ Result: More muscles working at the same time.

### 02 STRONGER MUSCLE CONTRACTIONS



Exercise adds voluntary force to the electrical impulses, creating stronger and more effective contractions.

✓ Result: More strength stimulus and progress.

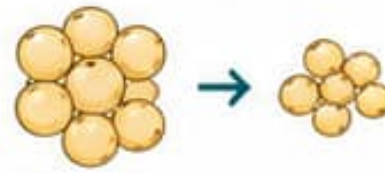
### 03 INCREASED METABOLIC STRESS



The combination of EMS and exercise increases oxygen demand, lactate production, and metabolic stress.

✓ Result: More calories burned and improved conditioning.

### 04 ENHANCED FAT BURNING



Higher metabolic stress and hormonal response promote the breakdown of fat stores for energy.

✓ Result: Reduction in body fat and waist size.

### 05 BETTER MUSCLE ADAPTATION



Progressive exercise with EMS stimulates muscle growth, strength gains, and improved muscle endurance.

✓ Result: Lean muscle gain and body shaping.

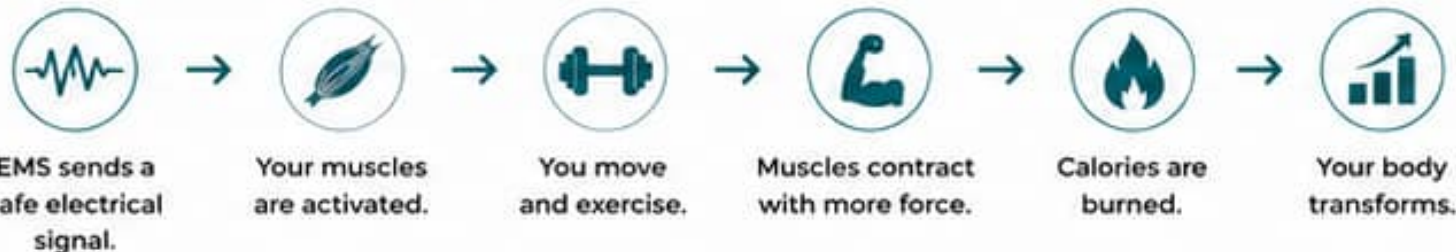
### 06 IMPROVED FUNCTIONAL PERFORMANCE



Stronger muscles, better coordination and more power transfer to real-life movements and daily activities.

✓ Result: Better posture, balance, and daily function.

## HOW IT WORKS (IN SIMPLE TERMS)



## KEY TAKEAWAY



EMS opens the door. Exercise walks you through it. Together, they create the conditions your body needs to build muscle, burn fat, and transform.

## WHAT YOU GET WITH EMS + EXERCISE

- ✓ More muscle activation
- ✓ Stronger and leaner body
- ✓ Less body fat
- ✓ Better shape and definition
- ✓ More energy and confidence
- ✓ Long-term health benefits



More muscle activation

Better muscle contractions

More calories burned

Stronger results

# CONTRAINDICATIONS & SAFETY

## SAFETY FIRST. RESULTS FOLLOW.

EMS is a safe and effective training method when used correctly and under professional supervision.

Knowing when **NOT** to use it is just as important as knowing how it works.



### WHO SHOULD **NOT** USE EMS

EMS is not recommended for individuals with the following conditions:



**Cardiac pacemaker or**  
Implantable defibrillator



**Severe heart conditions**  
(e.g., uncontrolled arrhythmia,  
heart failure)



**Epilepsy**  
(uncontrolled seizures)



**Active cancer**  
(unless cleared by a physician)



**Pregnancy**



**Metal implants in the stimulation**  
area (e.g., metal plates, screws)  
unless cleared by a physician



**Deep vein thrombosis (DVT)**  
or high risk of thrombosis



**Open wounds, skin infections**  
or skin diseases in the  
stimulation area



**High fever or acute illness**



**Severe osteoporosis**



A full health screening is required before starting EMS.  
**Always follow medical advice.**



### SAFETY IN PRACTICE

When applied correctly, EMS is safe and well tolerated.



#### Professional Supervision

All E20 sessions are supervised  
by certified trainers.



#### Individual Settings

Intensity and program are  
adjusted to each person's  
fitness level and goals.



#### Continuous Monitoring

We monitor how you feel  
throughout the session and  
adjust when needed.



#### High-Quality Equipment

E20 uses certified EMS  
devices and suits that  
meet safety standards.



#### Hygiene & Clean Equipment

Suits and equipment are  
cleaned and disinfected  
after every use.



#### Health Screening

Every client fills out a  
health form and shares  
medical history.



Possible mild effects  
(normal and temporary):



Muscle  
soreness



Fatigue



Slight skin  
redness



Relaxed  
feeling

When used correctly, EMS has an excellent safety profile.  
**Your safety** is our top priority.



EMS is a powerful tool when used the right way,  
for the right person, at the right time.

If in doubt,  
ask. Check.  
Protect.



#### COMMUNICATION IS KEY

Always inform your trainer about any medical condition,  
discomfort, or change in how you feel.



#### WE'RE HERE TO HELP YOU

Safe training today,  
stronger results tomorrow.



# THE ROLE OF THE E20 TRAINER

## TECHNOLOGY GUIDES. THE TRAINER DELIVERS.

The E20 Method is only as good as the coach delivering it.  
As an E20 Certified Trainer, you are the difference between a workout  
and a **real transformation**.

### WHAT GREAT E20 TRAINERS DO



#### 1. ASSESS

Understand every client's goals, medical history, fitness level, and movement patterns.



#### 2. PROGRAM

Set the right EMS intensity and choose exercises that match the client's needs and goals.



#### 3. COACH

Teach, guide, and motivate with clear cues, correct form, and a supportive approach.



#### 4. MONITOR

Watch, feel, and listen. Adjust intensity, volume, and exercises in real time for the best results and safety.



#### 5. PROGRESS

Apply progressive overload to keep challenging the body and drive continuous improvement.



#### 6. INSPIRE

Build trust, create consistency, and empower clients to stay committed to their journey.



### YOU ARE THE CONNECTOR BETWEEN SCIENCE AND RESULTS.

You turn the E20 Method into life-changing transformations.

### THE E20 TRAINER MINDSET



Always learn.  
Always improve.



Safety is  
non-negotiable.



Every client is  
different.



Details create  
results.



We don't train  
bodies, we build  
better versions  
of people.



### THE E20 PROMISE

We give you the knowledge.  
We give you the tools.  
You deliver the results.

Together, we make the E20 Method  
the most effective EMS experience.

“ E20 TRAINERS DON'T JUST  
RUN SESSIONS.  
WE CHANGE LIVES. ”