

EMS | TRAINER INSTITUTE

powered by  **BODY**





The EMS Trainer Institute was designed to be a platform for transferring the know-how of the 21st century training philosophy to enhance skills and knowledge of EMS trainers worldwide.

Our highly experienced team of educators and consultants aim for and go beyond excellence in competencies and is dedicated to providing high-quality services. This is accomplished by supporting our partners worldwide with the most recent scientific background of professional training and medical application.

With this new, peer-reviewed education system, **the goal of EMS Trainer Institute is to create well-prepared professional trainers with comprehensive knowledge about EMS technology** thereby enhancing the business.

FITNESS INDUSTRY



XBODY EMS TRAINER COURSE



XBody EMS Trainer Course

The pre-requisite of the participation in the XBody EMS Trainer Course is to be qualified as a Fitness Trainer, Personal Trainer and/or education in Sports Science complemented by previous sports or training background. Hence this course assumes a basic knowledge of sports science and work experience in the field of fitness.

The primary purpose of this course is to provide a comprehensive knowledge of the safe and effective utilization of WB-EMS devices. It is for trainers who are working with alternate training methods in fitness industry and now broadening their horizons by utilizing the vast benefits of XBody WB-EMS devices.

The focus and therefore the competence attained in this course is to train "healthy clients with healthy muscles". This will be accomplished by teaching the application of training programs with preset stimulation settings. This course also includes essential education of the appropriate skills in communication, coaching techniques and the principles of XBody Training®. It also gives them the ability to conduct training programs in an effective and safe way.

The theoretical part of the education contains a review of the history of electrical muscle stimulation technology, basic information regarding the connection between the fitness industry and electrical muscle stimulation, and it also introduces how to combine WB-EMS technology and conventional workout techniques.

In addition, this course introduces the Client's consent that includes contraindications, relative contraindications in connection with WB-EMS technology. Furthermore, the anatomic and neurologic background of WB-EMS will be presented, as well as the basics of electrophysiology. Finally, in the theoretical section, the candidate will learn about stimulation parameters by considering the XBody Safety Protocol.

In the practical part, the trainer will learn how to put WB-EMS theory into practice. The education assists the candidate in the application of XBody Exercises and in building safe routines by applying XBody Rules and Safety Protocol. Furthermore, during this course the candidate acquires the necessary knowledge of handling and maintaining the training suit.

We recommend this course for motivated and responsible people who have a history in fitness industry and would like to be professional in the latest technological developments in connection with WB-EMS. It is for those who would like to gain knowledge about WB-EMS training, which provides a unique experience for every client and the trainer as well. Moreover, we would like to share our knowledge of this exceptional and efficient training method thanks to which clients can live a healthier life.



PREVENTION AND REHABILITATION



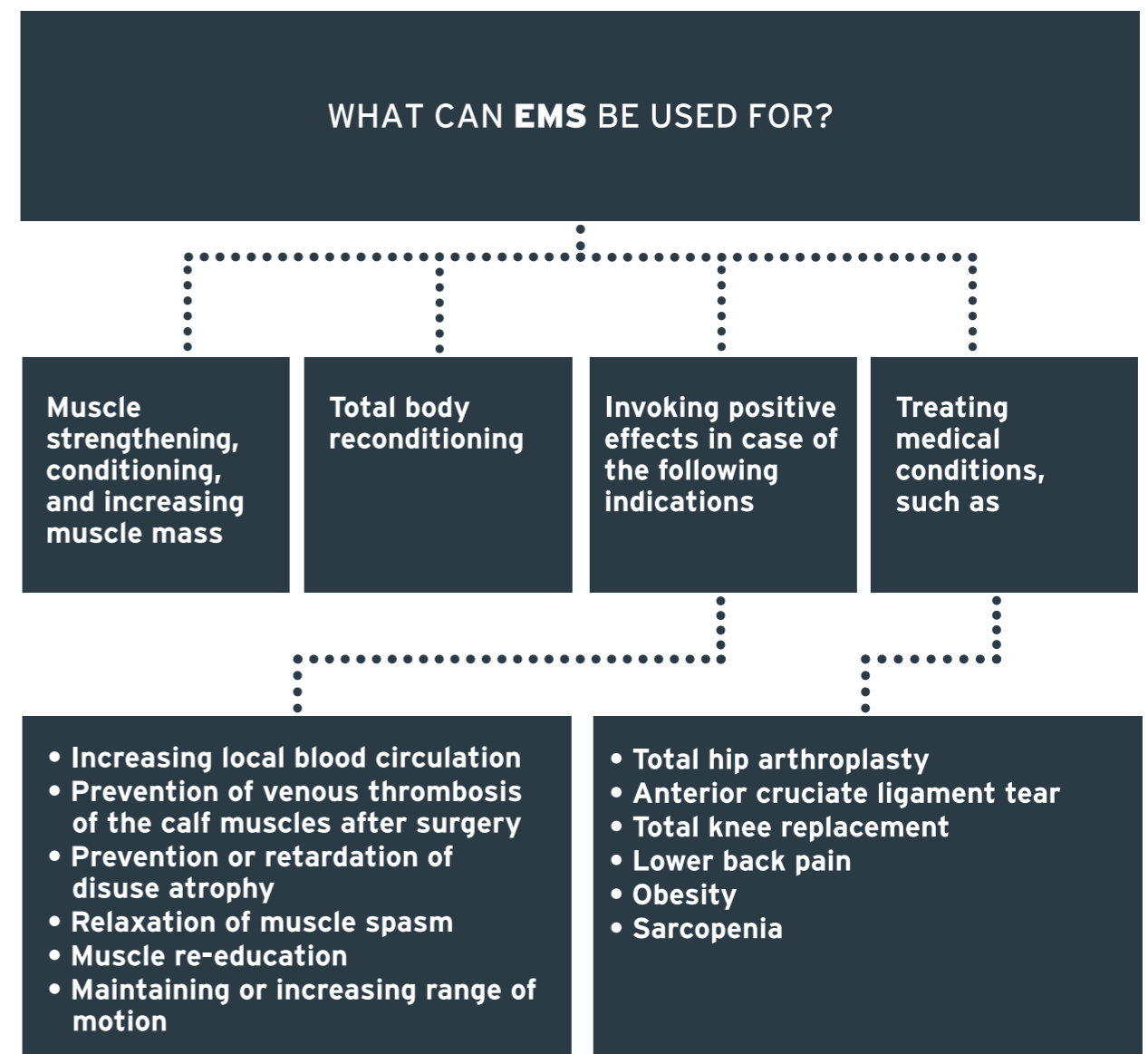
Rehabilitation Course

EMS is an efficient method for increasing or maintaining muscle mass, strength and functionality. In clinical application, it has several known beneficial effects. **It can be used for preventive and rehabilitation purposes in neurology, orthopaedics, rheumatology and many other medical fields.**

The prerequisite of the Rehabilitation Course is qualification in the field of medicine or previous experience in the field of physiotherapy. In this course, the candidate becomes competent in treating clients with the above-mentioned health problems by using the XBody Newave Med device and rehabilitation guidelines complementing the candidate's own therapeutic techniques.

This course will outline the first steps of the treatment, also the scientific background and usage of EMS technology in prevention and rehabilitation will be presented. The Rehabilitation Course gives information about common health problems and EMS treatment methods, supplying the appropriate exercises related to them.

We recommend this course for motivated individuals who want to acquire the knowledge to apply EMS therapy within their own rehabilitation treatment plans with a unique, 21st century method.



WORKSHOPS



Workshops

The prerequisite of the workshops is to be a certified XBody EMS Trainer with at least three months experience in training with XBody WB-EMS devices.

GROUP TRAINING WORKSHOP

The Group Training Workshop qualifies the trainers to conduct group training sessions with up to six clients. They gain advanced information about using the built-in virtual trainer and they have the possibility to create their own personalized WB-EMS training sessions. **This workshop aims to give deeper understanding and experience in individual and synchronized training programs for 1-6 clients and in how to apply cardio and/or strengthening program at the same time.** We also focus on how to set up customized video programs and how to optimize wired and wireless operation simultaneously.

POSTURE CORRECTION WORKSHOP

EMS is a very effective way to improve functional performance and the quality of life by eliminating postural problems. WB-EMS can specifically target and train deep sitting muscle groups, often causing a noticeable reduction in symptoms and an improvement in overall posture and flexibility.

This workshop concentrates on several target groups, such as clients with orthopedic and rheumatic problems, scoliosis, elderly subjects, etc. We focus on specific exercises combined with WB-EMS technology for strengthening back, abdomen and pelvic floor muscles. Besides, we learn unique stretching methods for the whole body and special stimulation programs to relieve back pain.



Workshops

REFRESHER WORKSHOP (PERSONALIZED WB-EMS TRAINING)

Thanks to this workshop, the trainer becomes competent in professional customized personal training by using the full range of the stimulation parameters (Professional and the Manual Training Programs).

The theoretical part of this course includes a more thorough and in-depth education of anatomy, neurology, and electrophysiology. It provides a deeper insight into recently published scientific researches of EMS by analyzing several different studies and cases.

Up-to-date knowledge and effective tools enable the candidates to conduct customized personal trainings and to design programs for special needs.

The practical part contains complex advanced WB-EMS exercises using sports equipment. It also presents proper modifications of exercises for clients with physical limitations. This course is appropriate for those, who would like to expand their knowledge of WB-EMS technology.

We continuously broaden the range of our education programs.



HOW TO APPLY?

Please contact us on www.xbodyworld.com if you need any further information regarding EMS Trainer Institute Courses and workshops. We recommend our courses for everyone who would like to learn about the latest technological developments in connection with EMS. Our goal is to provide comprehensive knowledge through which the trainers become well-prepared professionals. Qualified trainers can provide high-quality service thus the business becomes more successful. Our courses are not only qualifying trainers, but they also provide business development skills as well, to help the personnel in understanding business aspects of the EMS concept. **We believe that education is a key component to any business.**

Benefits for trainers



**Worldwide
job opportunity**



**International
career**



**Unique and innovative
technology**



**Exploit most recent
technological developments
in connection with EMS**



**Become a
successful trainer**



**Strong brand and
professional backup**



**Contribute to the
spectacular improvements
of clients**

Benefits for business



**Education is a key component
to any successful business**



**Maximizing financial results
and turnover**



Qualified trainers mean

- Premium service
- Increased customer satisfaction
- Safe and efficient trainings

WHERE CAN YOU FIND US?

Our Master Trainers are available in the following regions.



EMS Trainer Institute

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www.xbodyworld.com