CURRENT COR EMS
Client Guide

What to wear

- **Top**: A fitted short sleeve or ¾ sleeve shirt (men & women). This ensures proper contact and comfort.

- **Bottom**: Shorts close to the knee for full thigh activation.

- **Shoes:** Wear lightweight, supportive sneakers (like cross-trainers or running shoes) for balance and stability. Avoid bulky shoes. Training barefoot is also an option.

- **Color**: Dark colors are best. Light fabrics may show water spots from the dampening process.

- **Fabric**: Avoid thick seams or bulky fabrics think smooth, breathable, and fitted.

COMFORT

Why this matters?

EMS suits work by sending gentle electrical impulses to your muscles. Clothing acts as the layer between your body and the suit, so:

- Sleeves keep the arms engaged.
- Shorts allow full thigh training.
- Fitted fabrics make sure impulses reach your muscles evenly.

Getting Started

When you arrive:

1. We'll guide you into your EMS base layer.
2. You'll step into the EMS suit, which we adjust snugly for the perfect fit.
3. We'll lightly dampen the suit – this helps the impulses travel smoothly to your muscles.

The Damp Suit

- Expect the suit to feel cool and damp at first – this is normal.

- Within a few minutes of moving, your body warms up and the suit feels natural.

- Dampness = better conductivity, smoother impulses, and more effective training.

During Training

- Each impulse feels like a gentle vibration or pulse.

- You'll always be in control – we adjust intensity to your comfort.

- Movements are guided and safe, activating deep stabilizing muscles traditional workouts often miss.

After Training

- You'll step out of the suit, dry off, and feel a post-workout lightness.

- Many clients describe it as an "energized calm."

- Hydrate well — your muscles have done deep work.

Quick Tips

✔ Bring a water bottle.
✔ Wear dark, fitted workout gear.
✔ Don't skip your snack — it fuels your training.
✔ Trust the process — EMS feels new at first, but quickly becomes second nature.