Learn All about Electronic Muscle Stimulators and Tens units, Fitness, weightloss and how they all tie together.

S A T U R D A Y , M A Y 1

EMS FOR BODYBUILDING

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EMS is beneficial to bodybuilders who use it correctly. Since EMS may be able to stimulate muscle tissue which is not voluntarily stimulated, bodybuilders can use EMS soley or in conjunction with weights to supplement their regular training to fully exhaust muscles and to speed recuperation to enhance maximum growth.

EMS has been shown to help improve strength and muscle hypertrophy. It seems that slow-twitch, especially when pain tolerance is used to determine maximal power transmitted to a muscle gives the maximum benefit. However, low current settings utilized in a rythmic manner may be somewhat effective in stimulating slow-twitch muscle fibers.

As the scenario of Lee Haney using EMS in his quadriceps training suggests. EMS can be used to enhance recovery from bodybuilding training. Increased blood flow to the muscles helps to deliver nutrients necessary for recovery and subsequent growth while the pumping action (stimualtion/relaxation action of EMS training) helps to remove waste products, mainly lactic acid, from these muscles.

EMS will enable muscles to relax quicker and more completely. This in itself also serves to increase blood flow to and from the muscles.

Several bodybuilders have reported muscle spasms following their workouts, especially in their calves and hamstrings. EMS is a very effective means of relieving these spasms.

Following very intense workouts, edema or fluid can occur. Such swelling inhibits recovery. The pumping action of EMS training can reduce edema and promote recovery in the manner described above.

EMS has also been shown to block pain signals referred to your brain. By stimulating alternate sensory mechanisms, EMS can reduce pain like the soreness we experience from intense bodybuilding.

As a result of heavy training, muscles can actually become scarred. Adhesions can appear, resulting in a loss of muscle elasticity and maximal force potential. EMS may help prevent such adhesions from occurring as well as possibly stretching old scar tissue.

If you should experience an immobilizing injury, as we all have at one time or another, EMS use can effectively reduce muscle atrophy and prevent large-scale losses in the enzymes responsible for energy production in both slow and fast-switch muscle fibers. In addition, regular EMS use during immobilization improves nerve-muscle interactions necessary for a speedy recovery.

Posted by Allan Fine at 11:36 AM
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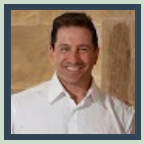

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