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Nota di contenuto	Introduction -- Methods and procedures of WB-EMS -- Potential risks, recommendations and contraindication for WB-EMS application -- Evidence of WB-EMS on different outcomes -- Development of WB-EMS with Germany as an blueprint for an early established market -- Literature.
Sommario/riassunto	This essential is intended as a compact reference for issues and aspects related to the innovative training technology of whole-body electromyostimulation (WB-EMS). In addition to background and information on WB-EMS application, in which the authors pay particular attention to safe and effective use, there is a current overview of research results summarizing the effects of WB-EMS on various target outcomes. Finally, a characterization of the market situation, current trends and a forecast of developments in the field of WB-EMS is presented. Content Introduction to WB-EMS Methods and procedures of WB-EMS Scientific evidence on different fitness- and health-related outcomes Recommendations for effective and safe WB-EMS Market

situation and future developments Target Groups Scientific and commercial users of WB-EMS Trainees and students in the health- and therapy-oriented sport and fitness domain Authors Prof. Dr. Wolfgang Kemmler, Institute of Medical Physics, Friedrich-Alexander-University Erlangen-Nürnberg and Institute of Radiology, University-Hospital Erlangen, Germany; Round-Table WB-EMS, Germany Prof. Dr. Michael Fröhlich, Department of Sports Science, Rheinland-Pfälzische Technische Universität Kaiserslautern-Landau, Kaiserslautern, Germany; Round-Table WB-EMS, Germany Prof. Dr. Christoph Eifler, German University for Prevention and Health Management, Saarbrücken, Germany; Round-Table WB-EMS, Germany.