

E-Sports

FITNESS CENTER

📍 Bahnhofplatz 2, 6700 Bludenz

EMS training - training with electricity

Procedure of the training

You wear the EMS vest which is equipped with electrodes while doing simple movements: stretching, bending, raising and pushing with and without tools like small dumbbells or stepper. All the important muscle groups like legs, butt, back, thoracic and arms are stimulated.

Links

➤ [Homepage](#)







Address

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Contact

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