

iFitzone - Health and Performance Studio - now offers EMS Training in Vaughan

iFitzone Launches EMS Fitness Services In The City Of Vaughan, ON



Ontario, Vaughan, Jan 28, 2021 (Issuewire.com) - iFitzone is a health and performance studio in Vaughan. iFitzone offers personal and fitness training, ems training, hybrid training, strength, and conditioning and medically supervised weight loss programs.

iFIT ZONE Studio provides its clients innovative training and wellness services to address the individual needs of a wide range of participants. The mission is to give everybody the chance to accomplish their fitness and wellness goals. To accomplish this goal, we have gathered in one facility expert doctors, coaches, and dieticians.

HEALTH & PERFORMANCE TRAINING PROGRAMS

At the [iFitzone - Health and Performance Studio](#), we have a customized complete-body strength and fitness approach that only takes 20 minutes to train EMS (Electro Muscle Stimulation). Only two(2) 20-minute workouts a week achieve the same results as 4-5 hours of conventional training at the gym.

The electrical signals activate the muscles directly to prevent joint excesses and muscle injury. The impulses not only activate the top but also the deep muscle tissue and thereby help relieve

musculoskeletal distress, such as back pain.

WHY CHOOSE EMS TRAINING WITH iFITZONE?

Electrical Muscle Stimulation (EMS) is a kind of exercise that uses a wearable system that fits into the body and activates muscles by means of small electrodes that speed up your workout and increase your body tone performance.

EMS exercises with iFitzone are a fantastic way to boost health levels, tone the body and build muscles in a brief amount of time.

Daily exercise strengthens only the fast twitching muscles, which ensures you cannot get as far from exercises as you like. EMS training can produce fast results even under small loads when both your slow and your fast switching muscles work.

You should shave your daily workout with an EMS device, and the tool operates much more effectively on your muscles to accelerate your desired performance. Since the EMS system multiplies the exercises, only about 20 minutes a day need to be exercised.

BENEFITS OF EMS

With EMS, you'll be able to get 90-minute workout results in just 20 minutes, plus guidance and cardio workouts as you like.

To attain the goal of all impulses, the electrodes are directly attached to your body over each main muscle group. It's quick, stable, and reliable.

Unlike standard weight lifting, EMS training should not pressure the joints more. It can be utilized following an operation or for joint pain with the aid of our physical therapy doctor.

As there are movements for your spine, lower back, abs and even shoulders in the special fitness programs using EMS will add to your stance.

HYBRID TRAINING

This is a combination EMS-training and traditional training model that allows you to attain your maximum fitness potential.

Hybrid training is the perfect way to accomplish someone with a breath of lean muscles, fat, power, weight loss, and stamina, and efficiency. It consists of 20 minutes of EMS exercise x 2 days a week and forty minutes of normal full-body workout x 1 to 2 times a week.

The hybrid exercise technique is an outstanding way to improve fitness and produce the desired results. Besides the EMS training, IFIT ZONE's hybrid training involves standard training for cardio and resistance machines, free weights, and strength racks for each category of muscles.

PROVEN PROGRAM RESULTS

We're so confident that your first session is free, our awesome program will blow you away. No shares, no additional costs. Come in, get a good job and launch your fitness and wellness adventure with us! It's

too easy to begin to take shape! [Contact us](#) today!

LOCATION

iFitzone is located at [9587 Weston Rd, Vaughan, Woodbridge, ON L4H 3A5](#) (43.834508876354015, -79.55652755897812), nearby Vellore Hall Park (Woodbridge, ON L4H 3A5), Matthew Park (1 Villa Royale Ave, Woodbridge, ON L4H 2Z7), Starling Park, 131 Starling Blvd, Woodbridge, ON L4H 2T9, and Comdel Park, 60 Comdel Blvd, Woodbridge, ON L4H 2P9.

WORKING HOURS: Mon - Fri (08.30 am - 09.00 PM), Sat (09.00 am - 03.00 PM)

FIND iFITZONE ON SOCIAL MEDIA:

[iFitzone on Instagram](#)

[iFitzone on Yelp](#)

[iFitzone on Google](#)



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