Table S1

Patient's Involvement. R=Response.

PATIENT'S INVOLVEMENT
1. Were patients/service users/caregivers/laypersons involved in the design of this study?
R. No, they weren't involved.
2. Were patient priorities and experiences considered in the development and/or selection of outcome measures?
R. Not the outcomes measured, but the intensity of the WB-EMS.
3.Were patients/service users/caregivers/laity involved in developing plans for participant recruitment and study implementation? If so, how?
R. No, they weren't involved.
4. Do you have plans to share the results of the study with participants? If so, how will this be done?
R. We will share the results with the participants individually and confidentially.
5.Will patients be thanked in the participation statement or acknowledgements?
R. Yes, they're being thank in the acknowledgements.
6.For articles reporting on randomized controlled trials: Did you assess the impact of the intervention on patients' quality of life and health status? If so, what assessment method did you use and what did you find?
R. Yes, we assessed the possible repercussions to their health based on previous studies, as well as informing them through the informed consent before the intervention.

Table S2

Summary Box

SUMMARY BOX
Proper use of WB-EMS does not cause excessive muscle damage or autonomic stress in healthy people who had been physically active for at least one year.
Applying WB-EMS did not increase performance fatigability.
More studies are needed to assess what health or performance effects WB-EMS may have when engaging in combination with physical activity or training at a long term.