

Effects of Longitudinal Whole-Body Electromyostimulation on Muscular Power and Endurance Parameters in Sportspeople and Athletes



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OBJECTIVES

- Whole-Body Electromyostimulation
- Athletes
- Performance
- Power
- Endurance

METHODS

- Systematic Review and Meta-analysis
- Random effect analysis
- Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA)

KEY FINDINGS

- ➔ There is evidence for positive effects of WB-EMS on power development.
- ➔ Even superimposed WB-EMS versus underlying voluntary exercise results in significant positive effects on power development.
- ➔ In contrast, there is no evidence of positive effects of WB-EMS on endurance performance.

