

FORM



EMS facilitates recovery

Form uses EMS (electrical muscle stimulation) technology to target muscles for local and whole-body recovery, allowing you to recover and return to activity faster. EMS, widely used by sports professionals to maximise training and performance, is suitable for fitness training at all levels. Designed to be used post-workout, Form sends small electrical impulses via body-worn electrodes. The electrical stimulation activates the motor nerves in the muscles to create small muscle contractions, providing all the benefits of active recovery without causing cardiovascular fatigue.

Form is effective whether used at home or on-the-go. Designed with athletes in mind, EMS is beneficial in situations where athletes must travel. When used during long journeys, Form helps to promote blood flow and oxygen circulation of the muscles, ensuring athletes can remain in top condition. Form is equally suited for the casual actives. Whether you are looking to reduce muscle soreness after exercise, or want to enhance your recovery so that you can return to training sooner, EMS applied post-exercise will help promote blood flow and accelerate the overall muscle recovery process. Completely pain-free and scientifically proven, adding electrical stimulation to your recovery process will help you train harder and perform better.

Who Should Use Form?

Anyone from casual actives to sports professionals

Those needing to recover faster allowing you to train harder and perform better

Essential for away matches, recovery between matches in quick succession

Use after every training to feel ready to go the next day

Benefits of Form



Hands free



Portable



Targeted muscle recovery



Full body muscle recovery



Bespoke treatment settings per muscle



Affordable

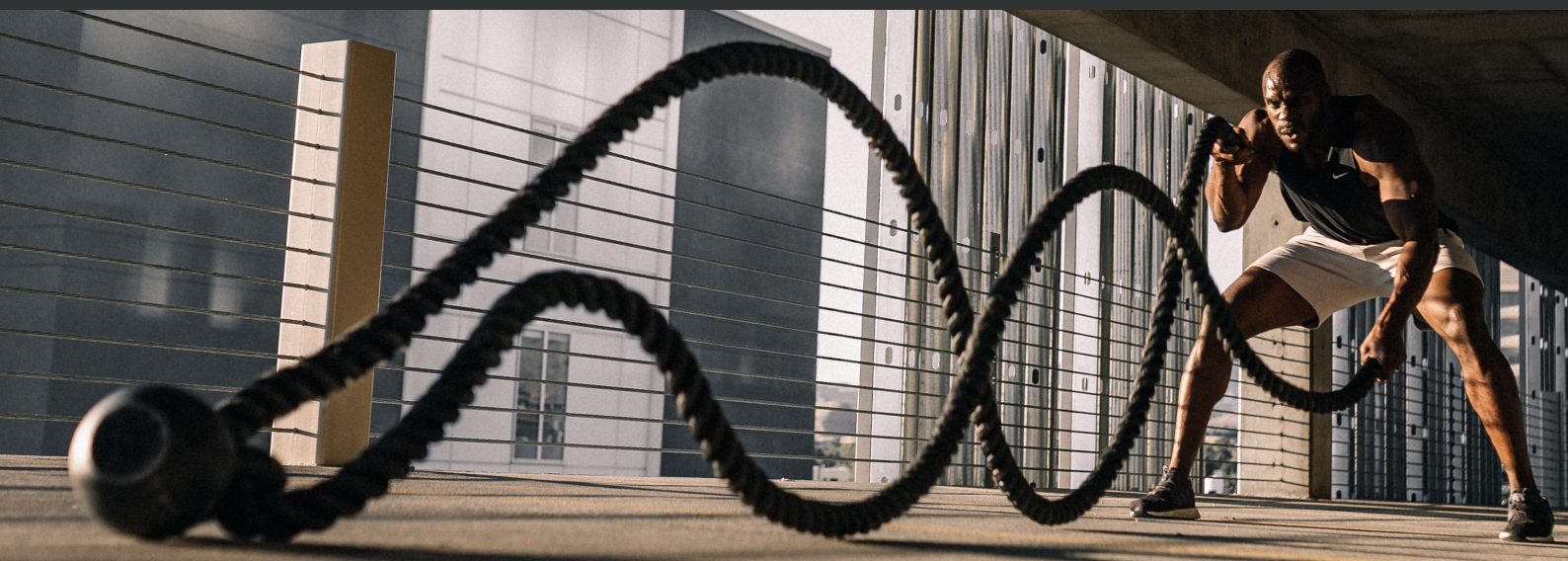
Clinical Benefits

Helps ease muscle tension

Reduces muscle soreness

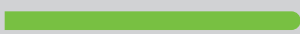
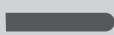
Helps promote blood flow

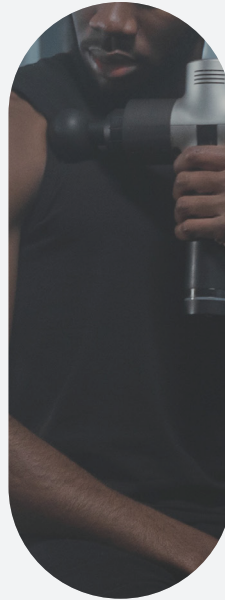
Accelerates muscle recovery



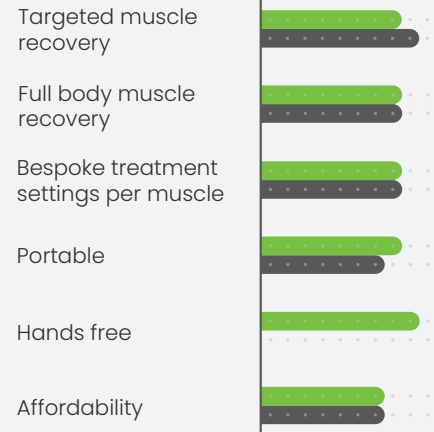
Why you should choose Form

Over other muscle recovery devices

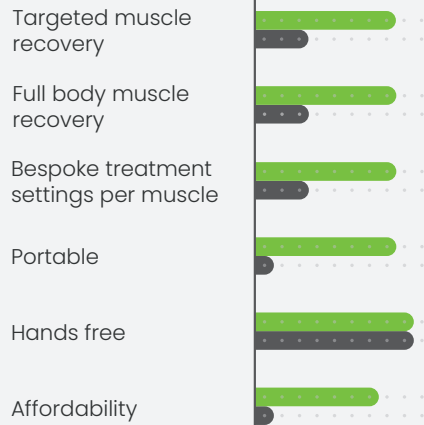
Form 
Compared device 



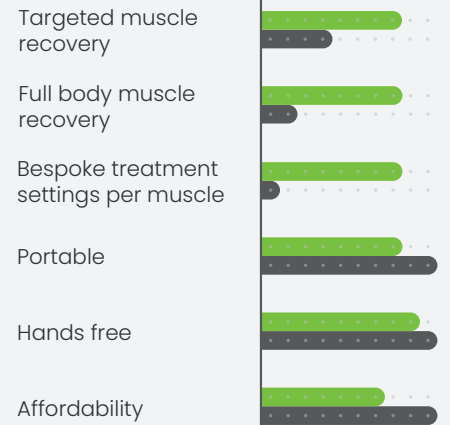
PERCUSSION GUN



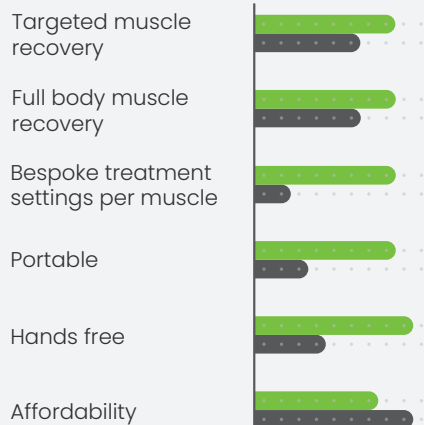
COMPRESSION BOOTS



COMPRESSION CLOTHING



FOAM ROLLER



CUPPING

