



ELECTRO-MUSCLE-STIMULATION PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

Name

Address

Post Code

Gender

 Male Female

Contact number

Email address

Current Physical Activity

We would like to advise that, in order to obtain the desired outcome with EMS training, you should also consult with your trainer about healthy eating. A well-balanced diet will facilitate, while an unhealthy diet will slow down your progress to your target.

Training with miha bodytec is completely safe. The new generation of EMS devices was developed by German engineers in the 90s and tested by German sports physiotherapists. Its efficiency has been proven in numerous clinical studies and praised by thousands of satisfied clients.

However, it is NOT recommended for use in the following cases:

CONTRAINDICATIONS

In general, this equipment must **NOT be used** unless medically approved by your doctor in writing if you suffer from the following:

- ✘ epilepsy
- ✘ any heart condition (including use of a pacemaker)
- ✘ pregnancy
- ✘ heavy blood circulation disorders
- ✘ abdominal wall or inguinal hernia
- ✘ tuberculosis
- ✘ tumour diseases
- ✘ arteriosclerosis in advanced stadium
- ✘ arterial blood circulation disorders
- ✘ heavy neurological diseases
- ✘ diabetes mellitus
- ✘ febrile diseases
- ✘ acute bacterial or viral diseases (flu)
- ✘ bleedings, haemorrhages, haemophilia
- ✘ liver diseases
- ✘ If under any medication or medical treatment, please consult with your doctor





**EMS IS STRICTLY FORBIDDEN FOR PERSONS WITH
PACEMAKERS OR OTHER ACTIVE MEDICAL IMPLANTS.**

**DO YOU HAVE ANY PAST/CURRENT INJURIES OR SURGERIES
THAT MAY LIMIT PHYSICAL ACTIVITY?**

I hereby agree that all of the above information is correct to the best of my knowledge. I understand that I am fully responsible for my own health and well-being. Should any of the above information change while I am under the miha bodytec training sessions I agree to inform my personal trainer as soon as possible.

With your signature affixed below you confirm that you have read and understood these terms and conditions, that you do not have any of the disorders referred to above and are suitable to use the EMS equipment.

MY GOAL TO REACH WITH EMS-TRAINING IS...

PLACE, DATE

PRINT NAME

SIGNATURE