



GluckerKolleg

**LIZENZ · LICENSE · LICENCE · LICENCIA**

# EMS License Trainer

for

# Candace Crowhurst

In Kooperation mit/in cooperation with/  
en coopération avec/en cooperación con



Anerkannt von/Recognised by/  
Reconnu par/Reconocido por



During the **EMS License Trainer Course** course by GluckerKolleg in cooperation with miha bodytec, at least 40 training sessions over a two-month period were spent covering the following topics in theory and practice:

- Definition of EMS training
- History of EMS training
- Contraindications and medical history
- Using the device in theory and practice
- Spotting techniques for EMS training
- EMS training in pairs
- EMS training for body shaping for men & women
- Basics of electrophysiology
- Load parameters and training plans
- Difference between localized & whole-body EMS
- Advantages and limitations of EMS training
- Lower back training with EMS
- Muscular endurance training with EMS
- Relaxation training with EMS

The license certificate is accepted by miha bodytec and the GluckerNetwork. The participant will receive 1.9 CEUs from NASM / 15 CEU's from AFAA for the successful completion of the training.

**The licensing exam was completed on 20.02.2024 and the license is valid until 20.02.2026.**

Kornwestheim, 20.02.2024

(GluckerKolleg, Training Department)

GluckerKolleg®  
Germany

[www.gluckerkolleg.com](http://www.gluckerkolleg.com)  
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