



EFFECTS (CTS-262)

Evaluación funcional y
fisiología del ejercicio

WiemsLab 2.0 - Implementation of full-body electrostimulation as a strategy to improve health and physical performance

During **2023-2024**, and with a funding of **€8,067** from Wiemspro S.L. & OTRI, this project assesses the impact of full-body electrostimulation on overall health and physical performance, exploring its use as a supportive exercise technology.