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The world's most efficient personal training method has finally come to London. This 21st century programme, which claims to convert body fat into lean muscle in just twenty minutes, is used by Usain Bolt and FC Bayern Munich. It promises that even this short period of workout is equivalent to six hours of conventional exercise using 98% muscle engagement in a single session to burn up 500 kcal. As a result, noticeable results can be seen after only four sessions. It is scientifically approved as safe by reputable sports universities and is used by respected doctors and physiotherapists. Electrical Muscle Stimulation (EMS), as this globally renowned programme is called, is the brain child of two young entrepreneurs, Eladio de Leon and Mario Kaspers. In just five months, their company, EPulsive, has revolutionised the way successful Londoners with a busy lifestyle can work out.

The clientele could hardly be more exclusive: royals, CEO's, bankers, top models, architects and athletes. Each result driven programme is fully customised. The personal trainers, all both personable and supremely well trained, use the very latest equipment. In addition, all sessions can take place at the members' address of choice. This could be at their home, an office or anywhere within central London.

EPulsive helps its members to keep a healthy lifestyle while sacrificing as little time and effort as possible. Although they are a fairly young company, EPulsive is highly endorsed by its clientele who are delighted by such rapid and sustainable results.

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