

RELEASE: SPORT AND HOME WORKOUT GADGET



The Home Gym, Reinvented: PEPPER's Wireless EMS Suit Delivers the Benefits of a 60-Minute Strength Workout in 20 Minutes

No rack, no dumbbells, no floor space. The workout gadget that turns a bodyweight session into full-body strength training

The home gym has gone through bikes, mirrors, smart racks and adjustable dumbbells. PEPPER takes it somewhere new: a wireless suit that fits in a bag and turns squats, lunges and planks into full-body strength training. Using electrical muscle stimulation (EMS), PEPPER activates up to 90% of muscle fibers at once, up to three times more than conventional training, and delivers the benefits of a 60-minute strength session in just 20 minutes.

No heavy weights, no equipment, no space to clear. Just the suit, a wireless Powerbox and the PEPPER app.

Why simple moves get hard fast

When you move, your brain recruits muscle fibers in order: smallest first, and the largest only when the load gets heavy. EMS sends the signal straight to the muscle, so the big fibers fire during a bodyweight squat too. EMS research shows electrical stimulation recruits motor units non-selectively, unlike voluntary effort (Gregory & Bickel, Physical Therapy, 2005). The result: deep contractions, every major muscle group working, and a session that's joint-friendly because the intensity comes from activation, not external load.

The gear

- **Suit:** lightweight, machine washable, 20 dry electrodes. No water, no cables, no buckles.
- **Powerbox:** wireless control unit and battery, clips to the suit, up to 10 workouts per charge.
- **App:** 100+ coach-led workouts, synced in real time so each muscle group fires the moment the move appears on screen.
- **Smart progression:** AI uses performance and wearable data to raise intensity as you get stronger.
- **Footprint:** zero. Train in the living room, a hotel room or the park.

Built for athletes, too

EMS has been used by physiotherapists for decades and by professional athletes for performance training. A systematic review of 89 studies found EMS improved maximal strength, power, sprint and jump performance, including in trained athletes (Filipovic et al., 2012). PEPPER works as a standalone 20-minute session twice a week, or layered on top of running, cycling, lifting or Pilates to get more out of training time.

"The home workout has been stuck on the same idea: put more equipment in your house," said Emilia von Keyserlingk, founder of PEPPER. "We went the other way. You don't need a rack or a set of dumbbells to train strength. You put on the suit, press start, and in 20 minutes every major muscle group has worked."

PEPPER has been reviewed by WIRED, Men's Fitness, mindbodygreen and Gear Diary, and is used in 30 countries with more than one million training minutes completed.

Availability

PEPPER is available at peppermove.com/us. The suit is \$1,395 with a 30-day trial; the app subscription is \$200 per year. The PEPPER EMS Training System is FDA cleared. Review units available on request.

About PEPPER

PEPPER makes strength training simple enough to do at home. Its wireless suit uses electrical muscle stimulation (EMS), long offered in European fitness studios, to make each muscle group work harder during a guided 20-minute bodyweight workout. The electrodes work dry, so there's no wetting or cables, and the PEPPER app leads every session. Founded in Munich by Emilia von Keyserlingk, PEPPER is used in 30 countries and launched in the US in June 2026. The PEPPER EMS Training System is FDA cleared.

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