

RELEASE: HEALTH / LONGEVITY / GLP-1



Muscle Is the New Longevity Metric. PEPPER Makes Strength Training Possible in 20 Minutes at Home

As doctors call muscle mass a key marker of healthy aging, and millions of Americans on GLP-1s work to protect it, a wireless EMS suit offers a joint-friendly way to train

Muscle has moved to the center of the longevity conversation. Researchers and physicians increasingly point to muscle mass and strength as some of the strongest indicators of long-term health, linked to metabolic function, bone density, balance and independence with age. Yet only about a third of US adults (32.9%) meet the guideline of strength training twice a week (CDC, National Health Interview Survey, 2024).

PEPPER, the Munich-based maker of a wireless electrical muscle stimulation (EMS) suit, closes that gap with a strength workout people can do at home in 20 minutes. The suit activates up to 90% of muscle fibers simultaneously, up to three times more than conventional training, and delivers the benefits of a 60-minute strength session without heavy weights or added joint strain.

The GLP-1 muscle question

For the millions of Americans using GLP-1 medications, maintaining muscle during weight loss has become a clinical priority. Physicians recommend strength training to protect it, but many patients find it hard to start: low energy, no gym routine, or worries about their joints.

PEPPER is designed for exactly that starting point. Sessions use simple bodyweight moves like squats and lunges while the suit activates every major muscle group. Intensity is fully adjustable, and the app starts easy and builds as strength improves.

"Everyone now knows muscle matters for how we age. The problem has never been knowledge, it's access," said Emilia von Keyserlingk, founder of PEPPER. "If you're on a beginner and have never lifted a weight, the gym can feel like the hardest place to start. PEPPER brings real strength training to your living room, twice a week, 20 minutes, no heavy weights."

Built on decades of science

- EMS has been used in physiotherapy for decades to build strength without stressing the joints.
- A 16-week randomized trial found whole-body EMS produced lean-mass and strength gains comparable to high-intensity resistance training in untrained adults, making it a time-efficient option for people who don't lift (Kemmler et al., 2016).
- WB-EMS is considered safe for healthy adults when used as directed (safety reviews and guidelines by Kemmler and colleagues).
- The PEPPER EMS Training System is FDA cleared.

How PEPPER works

The lightweight suit has 20 dry electrodes and a wireless Powerbox that lasts up to 10 workouts per charge. The PEPPER app guides every session with 100+ workouts from certified coaches, activating each muscle group at the moment the move appears on screen. Two 20-minute sessions a week is enough to see meaningful results, and the suit can be used on its own or alongside walking, yoga, Pilates or other training.

Availability

PEPPER is available at peppermove.com/us. The suit is \$1,395 with a 30-day trial and Klarna payment options; the app subscription is \$200 per year.

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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