

RELEASE: WOMEN & STRENGTH



Strength Without the Weight Room: PEPPER Gives Women a New Way Into Strength Training at Home

A wireless EMS suit and guided app turn a 20-minute living-room workout into a full-body strength session, no barbell required

More women than ever are strength training, and training for every stage of life is one of the top fitness trends heading into 2026. Yet for many, the weight room is still the hardest part: knowing what to do, having the time, and walking in at all.

PEPPER offers a different way in. Its wireless suit uses electrical muscle stimulation (EMS) to activate up to 90% of muscle fibers during a guided bodyweight workout at home, delivering the benefits of a 60-minute strength session in just 20 minutes. No heavy weights, no equipment, no audience.

Muscle has become one of the most talked-about markers of long-term health, from metabolism to bone density and balance. For the growing number of women using GLP-1 medications, maintaining muscle during weight loss has become a priority, and strength training is the most effective way to do it.

"So many women tell us they know they should be doing strength training, and they've felt out of place in the weight room," said Emilia von Keyserlingk, founder of PEPPER. "PEPPER gives you real strength work in your own space, at your own pace. You put on the suit, press start, and the app tells you exactly what to do."

Built around the barriers

- **Confidence:** guided sessions from certified coaches, plus a live onboarding call to get started.
- **Time:** a full-body strength session in 20 minutes; two sessions a week is a great start.
- **Know-how:** 100+ workouts, from beginner to advanced. The app starts easy and raises intensity as you get stronger.
- **Joint-friendly:** squats, lunges and Pilates-style moves, no heavy weights or added joint strain.

- **Fits your routine:** use it on its own or alongside Pilates, yoga or running.

Designed to wear

The PEPPER suit is lightweight, dry and machine washable, with 20 integrated electrodes and no cables. It moves with the body for floor work and dynamic moves alike.

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. The PEPPER EMS Training System is FDA cleared.

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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