

# EMS Combined With Resistance Training in Weight Lifters

NCT07484646

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Riphah International University
Enrollment	34 participants

## Key Eligibility Criteria

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### Inclusion (4)

- Male participants aged 18-40 years
- Resistance training e3 times/week for at least 1 year
- Active participation in weightlifting, bodybuilding, or strength athletics
- Medically cleared for physical activity

### Exclusion (4)

- Neuromuscular disorders
- Cardiac pacemaker or implantable electronic device
- Recent musculoskeletal injury (within the last 6 months)
- Skin sensitivity or allergy to EMS electrodes

## Locations (1 total)

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Punjab Sports Board, Lahore, Punjab Province, Pakistan