

FLASH FITNESS

Lose weight and build muscle in less than one hour a week.

BY SHARAE L KOLBERG

Don't have time to hit the gym for an hour every day? You're certainly not alone. Plenty of people are looking for a way to get in shape quick. One option that might be part of the answer is the E-Fit suit, which helps build muscle using stimulation through electric impulses and burns fat in only one or two sessions per week, all without adjusting your current exercise regime.

This innovative equipment is available at Lightning Fit, a fitness studio in Costa Mesa, near the Newport Beach border. Lightning Fit is the only FDA-approved company with these Bluetooth-enabled suits that allow for freedom and range of movement, rather than being tethered by a cord to the operational device like similar products.

Colleen McNutt, founder of Lightning Fit and a former NCAA Division 1 volleyball player at Columbia University, was compelled to offer her clients this high-tech workout because of its efficiency in delivering the results they were seeking. Here, McNutt shares more about this training method.



Left: Lightning Fit founder Colleen McNutt leads an E-Fit training session, which incorporates electric impulses to stimulate muscles, resulting in the loss of fat and an increase in muscle mass. Right: McNutt poses in an E-Fit suit.

Newport Beach Magazine: What are the benefits of using an E-Fit suit?

Colleen McNutt: You can reach your fitness goals in a ... [shorter] amount of time with light weightlifting while wearing our E-Fit device. Workouts last only 25 minutes; it's a great fitness routine for those with a busy schedule.

How does the E-Fit device work to enhance one's exercise routine?

CM: Customers start by putting on breathable cotton workout wear [that is provided] and then put on the E-Fit suit, which is equipped with 10 electrode pairs that attach to the abs, front and back of [the] legs, back, butt, and front and

back of [the] arms. The device uses EMS [or electronic muscle stimulation] technology that activates 95% of muscles, rather than [the] 65% you get from a regular workout.

Why did you feel it was important to incorporate this unique piece of equipment at your gym?

CM: Working out for 25 minutes [with the EMS suit] equals a [regular] 90-minute workout. ... You can burn about 700 calories in one session and continue to burn calories for the next 48 hours, rather than only 24 hours. The maximum times you should do it is twice a week.

What are the common results?

CM: Our unique process is designed to promote weight loss, build muscle and improve your health and appearance. It can also tighten the skin and ... [reduce] the appearance of cellulite.

How do you cater the workout to various body types?

CM: It is a great workout for anyone. It puts no pressure on joints [because] you're lifting only light weights. We customize each fitness plan to help our clients meet their objectives, [while] E-Fit's electrical impulse output and levels can be adjusted to best fit every user's needs.