

Table S1. Benefits perceived by WB-EMS users.

Items	SD		D		AD		A		SA	
#1 Enjoy	23	(8.5)	6	(2.2)	9	(3.3)	42	(15.6)	190	(70.4)
#2 Decrease stress and tension	16	(5.9)	24	(8.9)	39	(14.4)	74	(27.4)	117	(43.3)
#3 Improve mental health	17	(6.3)	12	(4.4)	37	(13.7)	80	(29.6)	124	(45.9)
#4 Prevent heart attack	21	(7.8)	22	(8.1)	102	(37.8)	71	(26.3)	54	(20.0)
#5 Increase my muscle strength	24	(8.9)	10	(3.7)	22	(8.1)	74	(27.4)	140	(51.9)
#6 Personal accomplishment	20	(7.4)	12	(4.4)	31	(11.5)	64	(23.7)	143	(53.0)
#7 Feel relaxed	17	(6.3)	18	(6.7)	64	(23.7)	70	(25.9)	101	(37.4)
#8 Contact with persons I enjoy	29	(10.7)	24	(8.9)	71	(26.3)	62	(23.0)	84	(31.1)
#9 Keep me high blood pressure	21	(7.8)	15	(5.6)	121	(44.8)	54	(20.0)	59	(21.9)
#10 Increase physical fitness	25	(9.3)	5	(1.9)	17	(6.3)	73	(27.0)	150	(55.6)
#11 Muscle tone improved	18	(6.7)	10	(3.7)	33	(12.2)	71	(26.3)	138	(51.1)
#12 Cardiovascular system improve	18	(6.7)	17	(6.3)	65	(24.1)	80	(29.6)	90	(33.3)
#13 Well-being	17	(6.3)	9	(3.3)	28	(10.4)	85	(31.5)	131	(48.5)
#14 Stamina increase	17	(6.3)	12	(4.4)	42	(15.6)	66	(24.4)	133	(49.3)
#15 Improve my flexibility	21	(7.8)	30	(11.1)	85	(31.5)	63	(23.3)	71	(26.3)
#16 My disposition is improved	14	(5.2)	14	(5.2)	46	(17.0)	70	(25.9)	126	(46.7)
#17 Sleep better	18	(6.7)	21	(7.8)	88	(32.6)	62	(23.0)	81	(30.0)
#18 Live longer	18	(6.7)	33	(12.2)	116	(43.0)	45	(16.7)	58	(21.5)
#19 Decrease fatigue	19	(7.0)	25	(9.3)	82	(30.4)	72	(26.7)	72	(26.7)
#20 Meet new people	56	(20.7)	53	(19.6)	93	(34.4)	34	(12.6)	34	(12.6)
#21 Endurance improved	25	(9.3)	12	(4.4)	24	(8.9)	82	(30.4)	127	(47.0)
#22 Improve my self-concept	13	(4.8)	20	(7.4)	75	(27.8)	87	(32.2)	75	(27.8)
#23 Increase my mental alertness	15	(5.6)	27	(10.0)	93	(34.4)	74	(27.4)	61	(22.6)
#24 Carry out normal activities	18	(6.7)	21	(7.8)	74	(27.4)	82	(30.4)	75	(27.8)
#25 Improve quality of my work	15	(5.6)	32	(11.9)	99	(36.7)	57	(21.1)	67	(24.8)
#26 Entertainment	15	(5.6)	15	(5.6)	63	(23.3)	78	(28.9)	99	(36.7)
#27 Increase my acceptance by others	51	(18.9)	38	(14.1)	118	(43.7)	31	(11.5)	32	(11.9)
#28 Improve overall body	19	(7.0)	10	(3.7)	34	(12.6)	67	(24.8)	140	(51.9)
#29 Physical appearance	17	(6.3)	10	(3.7)	49	(18.1)	68	(25.2)	126	(46.7)

Data presented in absolute and relative frequencies. SD (Strongly disagree); D (Disagree); AD (Neither Agree nor Disagree); A (Agree); SA (Strongly agree); # (Items's number in questionnaire).

Table S2. Barriers perceived by WB-EMS users.

Items	SA		A		AD		D		SD	
#1 Take too time	182	(67.4)	36	(13.3)	11	(4.1)	8	(3.0)	33	(12.2)
#2 Tire me	50	(18.5)	33	(12.2)	70	(25.9)	74	(27.4)	43	(15.9)
#3 Far away	170	(63.0)	28	(10.4)	34	(12.6)	15	(5.6)	23	(8.5)
#4 Embarrassed	162	(60.0)	37	(13.7)	28	(10.4)	16	(5.9)	27	(10.0)
#5 Costs too much	24	(8.9)	42	(15.6)	78	(28.9)	71	(26.3)	55	(20.4)
#6 Not schedules for me	163	(60.4)	47	(17.4)	23	(8.5)	11	(4.1)	26	(9.6)
#7 Fatigued	58	(21.5)	27	(10.0)	82	(30.4)	60	(22.2)	43	(15.9)
#8 My partner not encourage me	182	(67.4)	23	(8.5)	27	(10.0)	12	(4.4)	26	(9.6)
#9 Take too time from family	199	(73.7)	27	(10.0)	13	(4.8)	8	(3.0)	23	(8.5)
#10 Uncomfortable	137	(50.7)	49	(18.1)	41	(15.2)	22	(8.1)	21	(7.8)
#11 My family not encourage me	182	(67.4)	23	(8.5)	27	(10.0)	9	(3.3)	29	(10.7)
#12 Take too time from responsibilities	193	(71.5)	34	(12.6)	8	(3.0)	13	(4.8)	22	(8.1)
#13 Hard work for me	95	(35.2)	69	(25.6)	57	(21.1)	27	(10.0)	22	(8.1)

#14 Few places	70	(25.9)	32	(11.9)	75	(27.8)	46	(17.0)	47	(17.4)
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Data presented in absolute and relative frequencies. SD (Strongly disagree); D (Disagree); AD (Neither Agree nor Disagree); A (Agree); SA (Strongly agree); # (Items's number in questionnaire).

Table S3. . Perceived benefits (strongly agree or agree) from WB-EMS training and gender analysis

	Women		Men		Total		x <sup>2</sup>	df	p
#1 Enjoy	173	(86.9)	59	(83.1)	232	(85.9)	4.1	2	0.127
#2 Decrease stress and tension	136	(68.3)	55	(77.5)	191	(70.7)	2.3	2	0.314
#3 Improve mental health	147	(73.9)	57	(80.3)	204	(75.6)	1.4	2	0.498
#4 Prevent heart attack	85	(42.7)	40	(56.3)*	125	(46.3)	8.5	2	0.014
#5 Increase my muscle strength	156	(78.4)	58	(81.7)	214	(79.3)	0.7	2	0.721
#6 Personal accomplishment	150	(75.4)	57	(80.3)	207	(76.7)	2.2	2	0.339
#7 Feel relaxed	128	(64.3)	43	(60.6)	171	(63.3)	2.2	2	0.327
#8 Contact with persons I enjoy	107	(53.8)	39	(54.9)	146	(54.1)	0.5	2	0.776
#9 Keep me high blood pressure	81	(40.7)	32	(45.1)	113	(41.9)	0.6	2	0.750
#10 Increase physical fitness	162	(81.4)	61	(85.9)	223	(82.6)	0.9	2	0.631
#11 Muscle tone improved	150	(75.4)	59	(83.1)	209	(77.4)	1.9	2	0.393
#12 Cardiovascular system improve	124	(62.3)	46	(64.8)	170	(63.0)	0.2	2	0.927
#13 Well-being	158	(79.4)	58	(81.7)	216	(80.0)	1.3	2	0.514
#14 Stamina increase	144	(72.4)	55	(77.5)	199	(73.7)	1.3	2	0.510
#15 Improve my flexibility	101	(50.8)	33	(46.5)	134	(49.6)	1.6	2	0.448
#16 My disposition is improved	145	(72.9)	51	(71.8)	196	(72.6)	0.8	2	0.685
#17 Sleep better	106	(53.3)	37	(52.1)	143	(53.0)	3.8	2	0.150
#18 Live longer	72	(36.2)	31	(43.7)	103	(38.1)	2.7	2	0.253
#19 Decrease fatigue	106	(53.3)	38	(53.5)	144	(53.3)	1.1	2	0.575
#20 Meet new people	46	(23.1)	22	(31.0)	68	(25.2)	2.0	2	0.373
#21 Endurance improved	149	(74.9)	60	(84.5)	209	(77.4)	2.8	2	0.245
#22 Improve my self-concept	116	(58.3)	46	(64.8)	162	(60.0)	3.9	2	0.142
#23 Increase my mental alertness	94	(47.2)	41	(57.7)	135	(50.0)	4.3	2	0.117
#24 Carry out normal activities	115	(57.8)	42	(59.2)	157	(58.1)	0.8	2	0.657
#25 Improve quality of my work	92	(46.2)	32	(45.1)	124	(45.9)	0.1	2	0.970
#26 Entertainment	132	(66.3)	45	(63.4)	177	(65.6)	0.7	2	0.708
#27 Increase my acceptance by others	49	(24.6)	14	(19.7)	63	(23.3)	0.9	2	0.627
#28 Improve overall body	158	(79.4)	49	(69.0)	207	(76.7)	6.4	2	0.041
#29 Physical appearance	143	(71.9)	51	(71.8)	194	(71.9)	0.0	2	0.998

Data presented in absolute and relative frequencies; x<sup>2</sup> (Pearson's chi-square); df (Degrees of freedom); p (p-value from chi-square test); \* (Significant differences between proportions in the z-test. p<0.05).

Table S4. Barriers perceived of WB-EMS training and gender analysis.

	Women		Men		Total		x <sup>2</sup>	df	p
#1 Take too time	165	(82.9)	53	(74.6)	218	(80.7)	3.2	2	0.207
#2 Tire me	67	(33.7)	16	(22.5)	83	(30.7)	3.1	2	0.216
#3 Far away	150	(74.4)	48	(67.6)	198	(73.3)	5.9	2	0.052
#4 Embarrassed	151	(75.9)	48	(67.6)	199	(73.7)	4.5	2	0.108
#5 Costs too much	49	(24.6)	17	(23.9)	66	(24.4)	0.0	2	0.987
#6 Not schedules for me	160	(80.4)	50	(70.4)	210	(77.8)	3.3	2	0.188
#7 Fatigued	66	(33.2)	19	(26.8)	85	(31.5)	3.9	2	0.144
#8 My partner not encourage me	146	(73.4)	59	(83.1)	205	(75.9)	2.7	2	0.258
#9 Take too time from family	171	(85.9)	55	(77.5)	226	(83.7)	5.7	2	0.059

#10 Uncomfortable	138	(69.3)	48	(67.6)	186	(68.9)	0.1	2	0.958
#11 My family not encourage me	150	(75.4)	55	(77.5)	205	(75.9)	0.2	2	0.878
#12 Take too time from responsibilities	174	(87.4)	54	(74.6)*	227	(84.1)	12.0	2	0.003
#13 Hard work for me	123	(61.8)	41	(57.7)	164	(60.7)	1.0	2	0.593
#14 Few places	78	(39.2)	24	(33.8)	102	(37.8)	1.8	2	0.416

Data presented in absolute and relative frequencies;  $\chi^2$  (Pearson's chi-square); df (Degrees of freedom); p (p-value from chi-square test); \* (Significant differences between proportions in the z-test.  $p < 0.05$ ).

The exploratory analyses (EFA) were carried out using the free statistical package FACTOR v.10.10.02 (Rovira I Virgili University: Tarragona, Spain) [25], which considers the ordinal nature of the data.

Therefore, a single factor was obtained for both barriers and benefits, following explained variance based on eigenvalues [40] and the reliability of expected a posteriori (EAP) scores [41], which were provided using the RULS technique [42] with Promin rotation. Below are the values of benefits and barriers, respectively.

#### EXPLAINED VARIANCE AND RELIABILITY OF EAP SCORES

Ferrando & Lorenzo-Seva (2016)

Factor	Variance	EAP Reliability	Factor Determinacy Index
1	17.288	0.984	0.992

#### EXPLAINED VARIANCE AND RELIABILITY OF EAP SCORES

Ferrando & Lorenzo-Seva (2016)

Factor	Variance	EAP Reliability	Factor Determinacy Index
1	5.487	0.967	0.983

Prior to the EFA, 2 items from benefits` scale (items 20 and 27) and 4 items from barriers` scale (items 2, 5, 7 and 13) were eliminated, due to values below 0.50 on the normed Measure of Sampling Adequacy (MSA) [43]. Since the structure of both scales is single-factor, a rotation method is not required.

The viability of the EFA was analyzed by the sampling adequacy indices, that provided good results for both benefits (KMO test = 0.88; and Bartlett test = 2983.8; df = 351; p = 0.000) and barriers questionnaires (KMO test = 0.82; and Bartlett test = 3049.0; df = 45; p = 0.000).

#### ADEQUACY OF THE POLYCHORIC CORRELATION MATRIX

Determinant of the matrix < 0.000001  
 Bartlett's statistic = 2983.8 (df = 351; P = 0.000010)  
 Kaiser-Meyer-Olkin (KMO) test = 0.87598 (good)

## ADEQUACY OF THE POLYCHORIC CORRELATION MATRIX

Determinant of the matrix < 0.000001  
 Bartlett's statistic = 3049.0 (df = 45; P = 0.000010)  
 Kaiser-Meyer-Olkin (KMO) test = 0.82444 (good)

The load and polychoric correlation matrices for both scales are shown below.

## UNROTATED LOADING MATRIX

Variable	F	1	Communality
V 1	0.872		0.760
V 2	0.798		0.637
V 3	0.849		0.721
V 4	0.506		0.256
V 5	0.855		0.731
V 6	0.857		0.735
V 7	0.811		0.657
V 8	0.493		0.243
V 9	0.677		0.458
V 10	0.889		0.790
V 11	0.817		0.667
V 12	0.836		0.699
V 13	0.883		0.780
V 14	0.886		0.785
V 15	0.640		0.410
V 16	0.875		0.766
V 17	0.787		0.619
V 18	0.599		0.358
V 19	0.797		0.635
V 21	0.897		0.804
V 22	0.790		0.624
V 23	0.778		0.605
V 24	0.852		0.726
V 25	0.830		0.690
V 26	0.738		0.544
V 28	0.897		0.805
V 29	0.885		0.783

## UNROTATED LOADING MATRIX

Variable	F	1	Communality
V 1	0.797		0.635
V 3	0.567		0.321
V 4	0.699		0.488
V 6	0.595		0.354
V 8	0.817		0.668
V 9	0.970		0.941
V 10	0.687		0.471
V 11	0.821		0.673
V 12	0.899		0.808
V 14	0.357		0.127

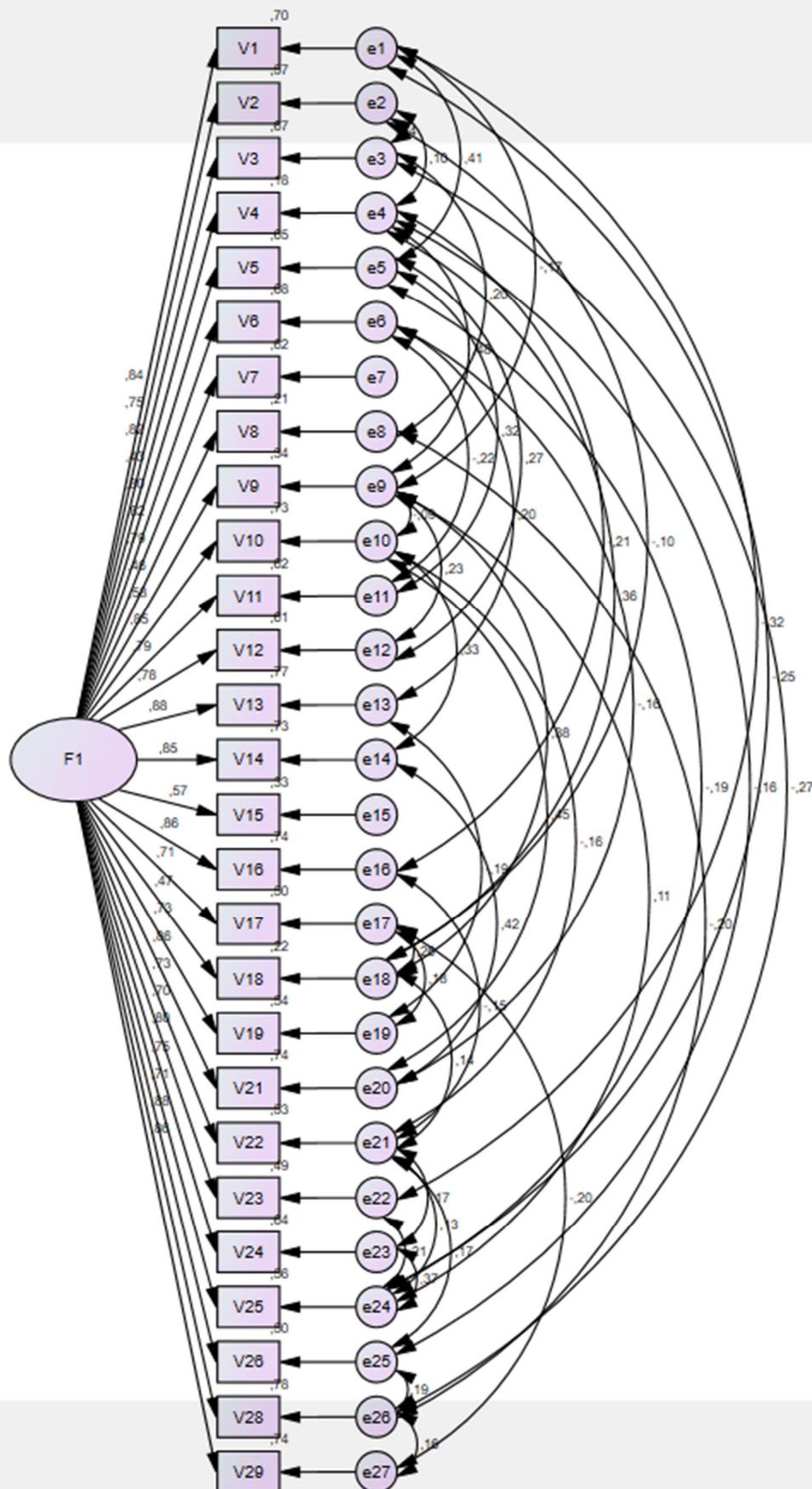
STANDARDIZED VARIANCE / COVARIANCE MATRIX (POLYCHORIC CORRELATION)  
 (Polychoric algorithm: Bayes modal estimation; Choi, Kim, Chen, & Dannels, 2011)

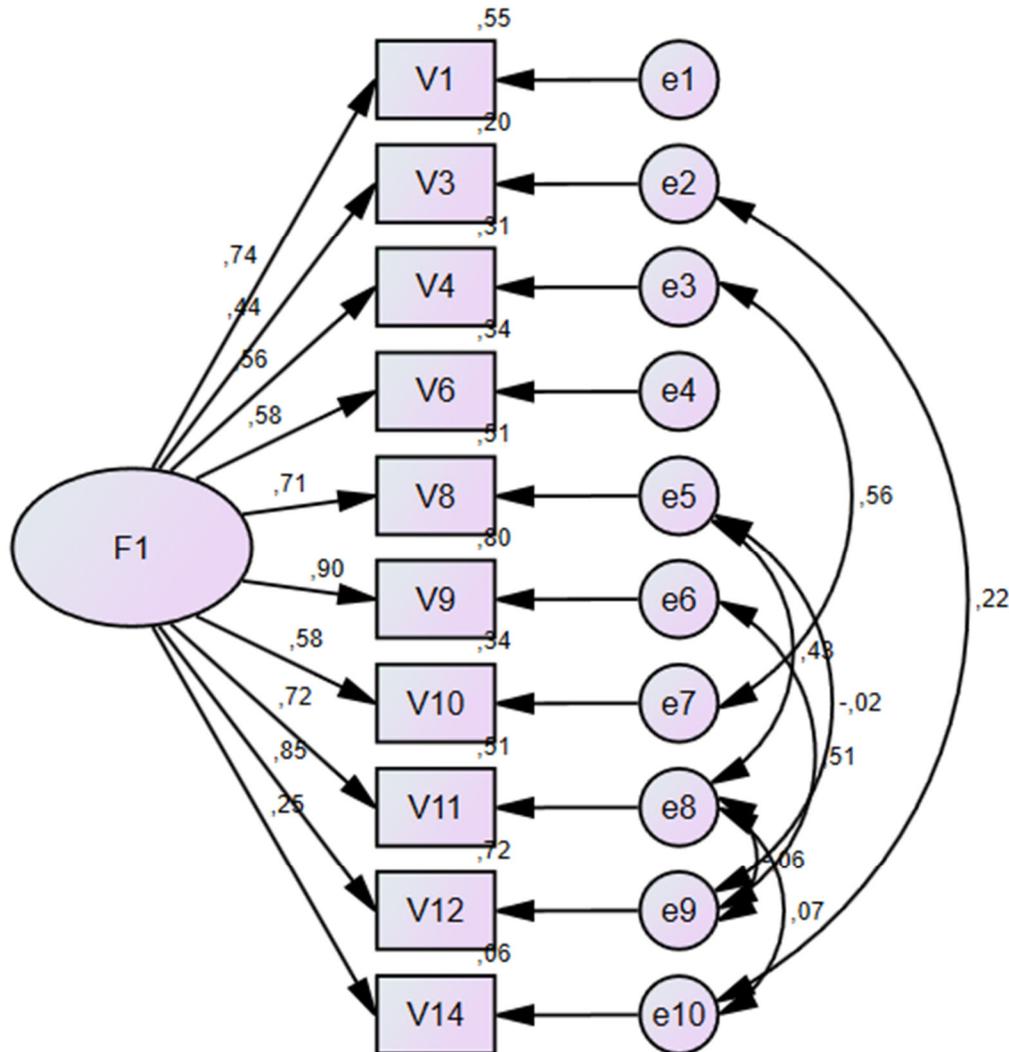
Variable	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	21	22	23	24	25	26	28	29
V 1	1.000																										
V 2	0.838	1.000																									
V 3	0.945	0.911	1.000																								
V 4	0.408	0.469	0.465	1.000																							
V 5	0.851	0.763	0.750	0.550	1.000																						
V 6	0.860	0.717	0.792	0.449	0.761	1.000																					
V 7	0.789	0.736	0.775	0.420	0.662	0.765	1.000																				
V 8	0.548	0.513	0.598	0.381	0.479	0.490	0.400	1.000																			
V 9	0.430	0.491	0.538	0.708	0.587	0.550	0.503	0.377	1.000																		
V 10	0.771	0.690	0.724	0.351	0.779	0.744	0.687	0.423	0.493	1.000																	
V 11	0.701	0.595	0.608	0.452	0.813	0.640	0.639	0.371	0.570	0.786	1.000																
V 12	0.652	0.596	0.634	0.535	0.778	0.674	0.616	0.376	0.725	0.754	0.749	1.000															
V 13	0.819	0.735	0.753	0.371	0.752	0.824	0.708	0.491	0.514	0.809	0.737	0.726	1.000														
V 14	0.757	0.685	0.722	0.415	0.758	0.746	0.693	0.393	0.536	0.807	0.781	0.760	0.768	1.000													
V 15	0.510	0.456	0.483	0.276	0.548	0.599	0.502	0.323	0.502	0.533	0.507	0.563	0.631	0.562	1.000												
V 16	0.812	0.709	0.749	0.255	0.702	0.746	0.730	0.330	0.496	0.838	0.703	0.730	0.817	0.826	0.558	1.000											
V 17	0.650	0.654	0.684	0.331	0.605	0.634	0.636	0.290	0.539	0.768	0.562	0.653	0.699	0.696	0.525	0.751	1.000										
V 18	0.325	0.384	0.494	0.168	0.409	0.475	0.384	0.255	0.783	0.521	0.497	0.593	0.423	0.462	0.437	0.444	0.583	1.000									
V 19	0.702	0.612	0.684	0.336	0.665	0.722	0.690	0.312	0.490	0.713	0.628	0.625	0.663	0.691	0.479	0.724	0.708	0.490	1.000								
V 21	0.734	0.679	0.755	0.356	0.738	0.705	0.699	0.395	0.555	0.885	0.752	0.743	0.774	0.917	0.546	0.850	0.758	0.538	0.718	1.000							
V 22	0.618	0.546	0.640	0.441	0.592	0.675	0.648	0.365	0.587	0.639	0.618	0.693	0.704	0.691	0.537	0.628	0.576	0.562	0.626	0.704	1.000						
V 23	0.579	0.622	0.692	0.363	0.634	0.599	0.616	0.313	0.567	0.688	0.571	0.644	0.682	0.685	0.588	0.685	0.666	0.575	0.618	0.732	0.664	1.000					
V 24	0.689	0.632	0.661	0.443	0.667	0.677	0.702	0.346	0.633	0.728	0.671	0.717	0.727	0.721	0.515	0.738	0.704	0.526	0.732	0.734	0.718	1.000					
V 25	0.643	0.589	0.628	0.411	0.600	0.618	0.664	0.354	0.655	0.696	0.677	0.717	0.722	0.665	0.587	0.720	0.710	0.566	0.701	0.721	0.735	0.728	0.857	1.000			
V 26	0.652	0.539	0.603	0.301	0.560	0.620	0.599	0.371	0.444	0.617	0.612	0.560	0.651	0.654	0.513	0.678	0.544	0.361	0.578	0.671	0.683	0.566	0.703	0.685	1.000		
V 28	0.779	0.638	0.640	0.368	0.737	0.753	0.705	0.362	0.554	0.830	0.771	0.780	0.795	0.850	0.547	0.830	0.691	0.467	0.735	0.830	0.740	0.678	0.816	0.770	0.756	1.000	
V 29	0.848	0.661	0.701	0.451	0.795	0.788	0.687	0.495	0.565	0.798	0.775	0.685	0.811	0.784	0.563	0.745	0.606	0.514	0.701	0.814	0.690	0.648	0.724	0.715	0.720	0.859	1.000

STANDARDIZED VARIANCE / COVARIANCE MATRIX (POLYCHORIC CORRELATION)  
 (Polychoric algorithm: Bayes modal estimation; Choi, Kim, Chen, & Dannels, 2011)

Variable	1	3	4	6	8	9	10	11	12	14
V 1	1.000									
V 3	0.523	1.000								
V 4	0.589	0.342	1.000							
V 6	0.475	0.477	0.312	1.000						
V 8	0.636	0.397	0.545	0.480	1.000					
V 9	0.804	0.519	0.651	0.635	0.751	1.000				
V 10	0.505	0.280	0.804	0.276	0.502	0.672	1.000			
V 11	0.618	0.463	0.511	0.459	0.854	0.750	0.565	1.000		
V 12	0.734	0.486	0.594	0.577	0.715	0.941	0.615	0.695	1.000	
V 14	0.174	0.425	0.173	0.264	0.346	0.296	0.216	0.356	0.272	1.000

Once the EFA were carried out and the structure of the scales were defined, the CFA were conducted to assess the characteristics of the models.





Once both structures have been presented, the goodness-of-fit indices are shown.

Indices	Benefits	Barriers
NNFI	2.25	1.87
CFI	0.94	0.98
CMIN/DF	0.91	0.97
RMSEA	0.63	0.57
RMSR	0.06	0.59

Finally, the reliability of the factors was evaluated using McDonald's Omega.

Indices	Benefits	Barriers
McDonald's Omega	0.97	0.87