

EASY  
MOTION  
SKIN

Home Edition

EN



# EasyMotionSkin

World's smallest gym





# EasyMotionSkin

The future is now



## Next-generation EMS training

Electromuscular stimulation (EMS) stimulates up to 90 % of your musculature simultaneously and evenly. Dynamic EMS training is up to 20 times more effective than a classic workout. In addition to stimulating your metabolism, another major benefit of training with EasyMotionSkin is muscle regeneration.

## Effective and customised

The system's high training efficiency keeps your body sustainably fit and healthy. With this system it is possible to achieve outstanding results with very little training time. Almost immediately your well-being and zest for life will improve. 33 different training programmes offer tailored training, according to your needs and goals.





## Technology

EMS training with EasyMotionSkin combines all important aspects of a balanced fitness training programme. Patented dry electrodes and wireless training management enable dynamics, efficiency, mobility and fun to be brought into harmony with the highly-efficient form of training yet. The advancement of medical electrical stimulation technology makes it possible to use EMS as a form of high-intensity training, or as an aid in popular forms of exercise such as walking, cycling or jogging. Developed by doctors, the regeneration programmes also provide the perfect way to relax after a workout or a long day.



## Training results

Medical studies confirm the effect and efficiency of training with EasyMotionSkin.

93 %

**Muscles** are trained simultaneously without straining the joints

18x

**More time efficient** than traditional training

33 %

**Improved strength after 6 weeks** with only 2x 20 min sessions/week

35 %

**Improved stamina after 4-6 weeks** with only 2x 20 min sessions/week

3x

**Burns more calories** than traditional training



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# HIGHLIGHTS

Everything but competition



MADE IN GERMANY

## Hightech Made in Germany

In order to meet high design objectives and quality requirements, EasyMotionSkin develops and manufactures its products exclusively in Germany.

## Dynamic EMS training

Strength, cardiovascular or metabolic sessions in static or dynamic form can be carried out in conjunction with traditional training methods, both indoors and outdoors.

## Health and training effects

A number of scientifically recognised studies show the positive effects of EMS training.

## Training and support

Personal recommendations and expert support in direct marketing ensure the perfect training for the world's most efficient training concept.



# INNOVATIONS

## Training & Hightech



### Wireless and free

EasyMotionSkin allows maximum freedom of movement. Restrictive factors are a thing of the past thanks to Bluetooth® technology.

### Patented dry electrodes

Thanks to the patented dry electrodes which cling tightly to your skin, no additional soaking of the EasyMotionSkin or functional underwear is required.

### Hightech textiles

The high elasticity of the antibacterial hightech fibres ensures a unique fit. The materials used are lightweight, durable, long-lasting, and machine washable.

### App control

The intuitive and easy-to-use iOS app is packed with useful features, such as the virtual trainer and training diary.



## Developed by doctors

Professor Fritzsche is a heart surgeon and senior consultant at the Sana Heart Centre in Cottbus. He and his team are heavily involved in the design and further development of EasyMotionSkin.



Professor Fritzsche recognised the weaknesses of EMS technology and developed the first wireless, internally connected EMS system as part of a project funded by the Federal Ministry of Science. He also went on to patent the first dry electrode, allowing EMS training to take place without additional moisture.

Throughout the development period, he initiated and supervised more than 2000 training sessions of patients with cardiac insufficiency at the Heart Centre in North Rhine-Westphalia. The astounding results of Professor Fritzsche and his team were published in various publications.







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