EASY MOTION SKIN

Programme description

EN

This programme description comes as part of the delivery of the Easy Motion Skin®. The accompanying programme description and all manufacturer documentation relating to bought-in components supplement the existing documentation. All documentation applies exclusively in conjunction with each other.

The programme description is aimed at end customers.

They must be in a position to read and understand the information contained in the programme description and the accompanying documents.

The programme description must be consulted if there is ever the slightest doubt about anything. The programme description, as part of the documentation, will be kept as a verification document at the manufacturer for at least 10 years.

The manufacturer accepts no liability for damage to persons, animals or property or to the product itself which arises from improper use, failure to observe or inadequate observation of the safety criteria contained in this programme description, or any alterations to the Easy Motion Skin® or the use of unsuitable replacement parts (not original parts).

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Table of contents

**General
Information**

Responsible handling of the Easy Motion Skin® is a condition of successful and safe use. Careful studying of this instruction manual is a prerequisite for safe operation of the Easy Motion Skin®. Should you still have questions, or are unsure whether the Easy Motion Skin® is suitable for you, please contact the manufacturer.

The manufacturer advises purchasing the Easy Motion Skin® from a distribution partner trained by the manufacturer.

This programme description describes the use of the Easy Motion Skin® app.

**Using the Easy
Motion Skin®
app**

Start the Easy Motion Skin® app by tapping on the corresponding icon. This is located on the iPad's home screen.

This brings you to the log-in screen for the app.

⚠ DANGER

Risk of fatality from contraindications

Contraindications may cause injury or even death.

- Before every training session, you must check the safety instructions and contraindications (instruction manual).
- Do not use the Easy Motion Skin® if there is any doubt about the presence of a contraindication.


NOTE

Instruction manual

For further information, in particular danger-free use of the Easy Motion Skin®, please refer to the separate instruction manual.

To ensure the best possible protection when using the system, the training system power is limited when the user first starts using the device:

1st use	Maximum of 25% intensity
2nd use	Maximum of 35% intensity
3rd use	Maximum of 45% intensity
4th use	Maximum of 55% intensity

For safety reasons, the system is then limited to 75% for end customers.
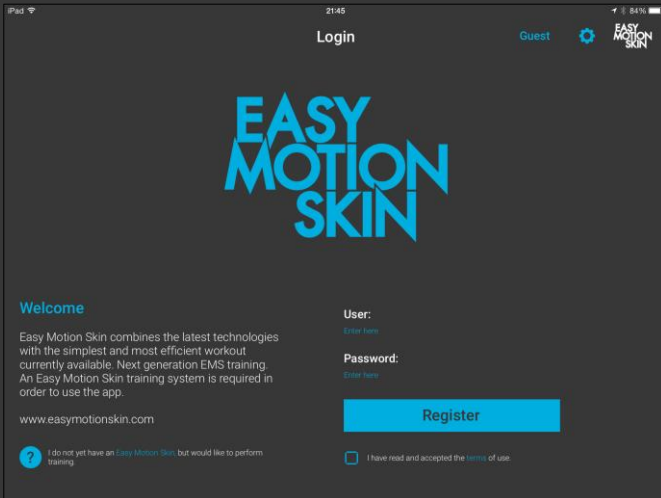
After reading and accepting the "Terms of Use", confirm by tapping the button.

Please log on with your user name and password. You will receive your personal access data upon purchasing the Easy Motion Skin®.

If you do not have your personal access data, you can still carry out training using guest access. As a guest user, you will only have a selected number of programme functions at your disposal.

You will then be taken to the overview screen of the app.

You are now on the "overview screen" of the app.

This is where your previous training sessions, latest achievements and total score are displayed. You can retrieve details about completed training or get an overview of the achievements you have attained.

You can log out as a registered user, you can reach the settings by clicking on the cog symbol.

As a guest user, you will only have a selected number of programme functions at your disposal.

Selecting "Training" will lead to the Powerbox link-up function.

The Powerbox will now be linked to an tablet or smartphone. The Powerbox must be switched on for pairing
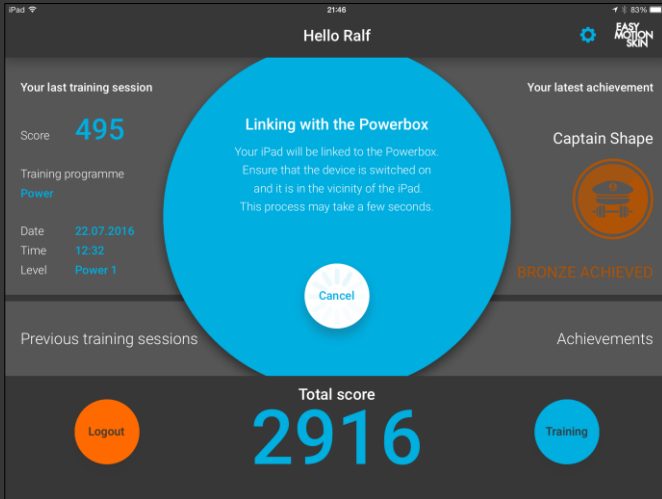
To link up the Powerbox as a logged in user you need to wait until the Powerbox has been linked. The app identifies your Powerbox automatically in a few seconds, and moves to the next screen.

As a guest user, hold the QR code located on the Powerbox in front of the tablet or smartphone camera until it is successfully recognised by the app.
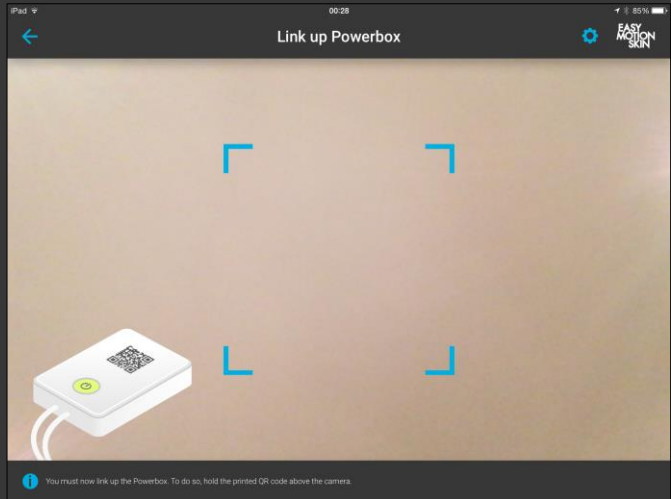
The app identifies your Powerbox automatically in a few seconds, and moves to the next screen.

If your Powerbox is not recognised automatically, the QR code on your Powerbox is not located correctly in front of the camera, and its position should be corrected accordingly. For this, you should find a position for the QR code which is as central and straight as possible in front of the camera.

Every training session should be preceded by an appropriate warm up, otherwise there is a risk of muscle tear or strain. As well as reducing the chances of muscle injury, the warm up also helps improve the contact between the electrodes on the MotionSkin and the skin of the person training. You are fully warmed up when a light sweat forms.

Warm up now using suitable exercises. You will see a graphic depiction of all the MotionSkin electrodes in the virtual trainer. The electrodes are actively measured during the warm up phase. You can see if the electrodes in the MotionSkin are ready for the training session.

The following displays are possible:

Red	There is no adequate connection between the electrode and the skin. The corresponding electrodes are not ready for training. The warm up process should continue, or check the MotionSkin fits properly.
Grey	There is a connection with the electrode. The active existing connection will be checked permanently over a longer period.
Green	There is an adequate connection between the electrode and the skin. The corresponding electrodes are ready for training.

Continue the warm up until you are adequately warmed up and all electrodes are showing green.

Check whether the MotionSkin's electrodes maintain sufficient contact while taking a variety of training positions. Help the MotionSkin fit properly and ensure the electrodes are closely positioned by using additional tightening straps.

To start the training session, activate the button "Continue" in the top right corner of the screen.

This screen gives you the option to select different training programmes.

First, choose the desired programme group from the left-hand side of the screen. You will get information on the currently selected programme group in the top right section of the screen.

You can select the desired programme level in the bottom right section. The level is specified by type of impulse, frequency, duration, stimulation time and recovery time. You can retrieve additional information on the programme level by clicking on the arrow to the left of the level in question.

Strength building programmes may only be used for training if there is an interval of 2 days between sessions - a maximum of twice per week. This is due to medical reasons. Once strength training is initiated, it will be counted as a full training session after only 2 minutes.

You will find the specifications of the training programmes in the overview table from page 15.

Start training by clicking on the desired programme level.

You will be on the training start screen.
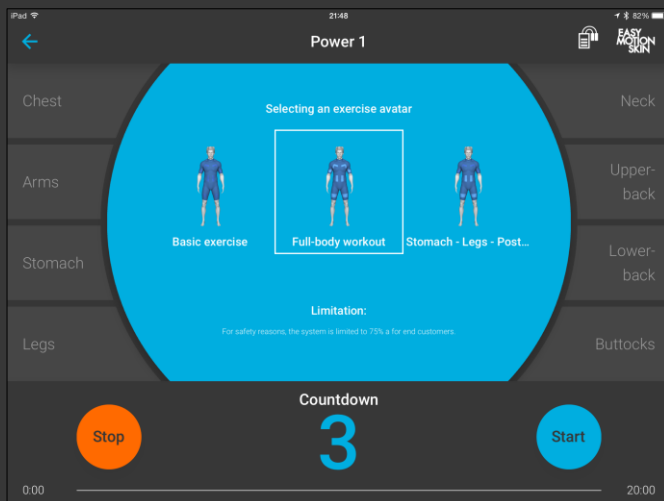
Choose which exercises the virtual trainer (avatar) should display during training from the upper section of the screen.

Limitation: For safety reasons, the system is limited to 75% for end customers.

Automatic upwards adjustment: this function can be activated in the settings if the user has already completed training at the same programme level. If you want to repeat training on the same level, increase the intensities incrementally from the start of training up to 60% of the last training session. If you intervene manually during an automatic upwards adjustment, this operating mode will be cancelled.

Click on "Start" to commence the training countdown.

This screen is used to manage the training session.

Selection buttons for the various electrodes in the MotionSkin are located on the left and right of the screen. These can be selected or de-selected individually. Double click on an electrode button to select or de-select all electrodes simultaneously.

If an electrode is selected, this is indicated by a blue edge around the selection button in question. Selected electrodes will also be depicted on the virtual trainer.

If contact between the electrode and skin is lost, this will be indicated by a section highlighted in red on the virtual trainer. The stimulation strength of the corresponding electrode channel is also automatically reduced in the event of a loss of contact, depending on the programme settings (see page 13).

The pause and stop training buttons are located in the lower portion of the screen.

Button ✚ in the centre of the screen increases the stimulation intensity of all the electrodes selected, button ━ reduces the stimulation intensity of all electrodes selected.

Master controller: If all electrode channels have been selected, the ✚ ━ button will function as master controllers. This enables the intensities of all electrodes to be controlled while keeping the percentage ratio between the intensities in place.

Training progress

Training begins at the end of the displayed countdown. In most training programmes, the stimulation and rest phases alternate in cycles. The stimulation phase is signalled by a growing circle around the virtual trainer and the rest phase is signalled by a circle decreasing in size around the virtual trainer.

Select the electrodes to be stimulated and set the desired stimulation intensity using ✚ or ━. The intensity set is shown in the relevant selection are in per cent, and also using increasing bars.

The elapsed and remaining training time for the training programme selected is shown in the lower screen area.

After the end of the training session, all stimulation values are automatically returned to 0% and you will be taken to the training summary (see page 12).

Simple screen

If using an tablet or smartphone, you can switch to the simplified screen for easier operation.

To do so, click on the **<·>** symbol at the top edge of the screen, or make a swipe gesture from outside the screen.

The simplified screen only displays "Stop", "Pause", ✚ and ━. The ✚ ━ button functions when using master controller mode.

You can return to the normal view by re-swiping or clicking on the **<·>** symbol.

You can pause the training programme at any time by clicking or the "Pause" button, or you can stop the programme by clicking on "Stop".

If a training session has been paused, it can be re-started using the button "Start". If a training session has be ended using "STOP", it cannot be continued and you will be automatically taken to the training summary (see page 12).

Stop

This screen gives you a training summary.

The point score achieved from training and the maximum intensities of the individual electrode channels will be displayed.

Clicking on the symbol at the top edge of the screen enables you to share the achieved training result.

You can reach settings/help by pressing the (⚙) button at the top right edge of the screen.

You can display general information and documentation for the Easy Motion Skin® or make changes to the training settings in the Settings/Help screen. To do this, choose the corresponding sub-menu by selecting it on the left edge of the screen.

Pressing the "←" button at the top edge of the screen will close settings/help.
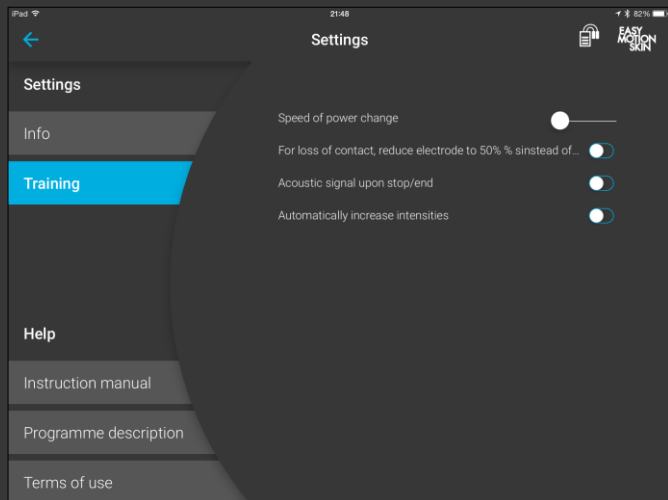
Info

Here you will find information about the software versions installed and general information about your Powerbox.

Training

Speed of power change	Default value 100% If this value is increased, the sensitivity of buttons ✚ and ▬ in the training screen increases.
For loss of contact, reduce electrode to 1% instead of 50%	If an electrode loses contact during training, the current stimulation value is reduced to 50% or 1%.
Acoustic signal upon ending/cancelling	If this function is active, an acoustic signal is given when the Stop button is activated during training, or once the training time has elapsed.
Automatically increase intensities	If activated, the electrode intensities will automatically be increased at the start of training to 60% of the last training session.

Help

Here is where you can view documentation on the Easy Motion Skin®.

Training programme "Power"

Our Power programmes give priority to stimulating your glycolytic muscle fibres. These programmes are used for controlled muscle building, body toning and shaping. Power programmes are strength building programmes which can be used with an interval of 2 days between sessions for a maximum of twice per week.

Pro-gramme	Training time	Fre-quency	Progress	Stimulation	Pause	Description
1	20 min	85 Hz	Gentle	3 s	5 s	Learning by doing. Short stimulation followed by a long pause is perfectly suited to get to know the training.
2	20 min	85 Hz	Gentle	4 s	4 s	The universal basic programme. Steady, for pure concentration on breathing, body tension and increasing performance.
3	20 min	85 Hz	Gentle	6 s	4 s	Power & dynamic. Longer stimulation periods enable gentle and controlled movements for coordination, joints and tendons.
4	30 min	85 Hz	Gentle	6 s	4 s	The programme is suitable for well-trained users with plenty of time for regeneration or for warming up with low intensity.
5	30 min	85 Hz	Gentle	8 s	4 s	The programme is suitable for well-trained users with plenty of time for regeneration or for warming up with low intensity.
6	30 min	85 Hz	Gentle	5 s	3 s	Power for professionals! A long training period paired with increasing and abruptly decreasing stimulation with a challenging ratio between stimulation and break times.

"Advanced" training programme

The advanced programmes for advanced users mainly stimulate fast, glycolytic-working muscle fibres (Type II) which are decisive in increasing power and shaping the body. In the advanced programmes, the pulse comes in strong and additionally increases fast power training. Advanced programmes are strength building programmes which can be used with an interval of 2 days between sessions for a maximum of twice per week.

Pro-gramme	Training time	Fre-quency	Progress	Stimulation	Pause	Description
1	20 min	85 Hz	Hard	4 s	4 s	A challenging training programme with a balance between stimulation and break phases.
2	20 min	85 Hz	Hard	6 s	4 s	A challenging training programme with an increased stimulation phase.
3	20 min	85 Hz	Hard	5 s	3 s	A challenging training programme with an increased stimulation phase and shortened break phase.
4	20 min	85 Hz	Hard	8 s	3 s	The hardcore work-out programme for advanced users, in a ratio of 8 s to 3 s.
5	20 min	85 Hz	Hard	4 s	2 s	The hardcore work-out programme for advanced users, in a ratio of 4 s to 2 s.
6	30 min	85 Hz	Hard	6 s	4 s	The hardcore work-out programme for advanced users, 6 sec to 4 sec ratio, with increased training duration.
7	30 min	85 Hz	Hard	8 s	3 s	The hardcore work-out programme for advanced users, 8 sec to 3 sec ratio, with increased training duration.

"Endurance" training programme

The low frequency of 40Hz especially stimulates slow, aerobically functioning muscle fibres (type I). These muscle fibres play a prominent role in the holding and supporting function of the muscles on the skeletal system and are instrumental in the generation of endurance perfor-mance. The endurance programmes are adjusted according to the various performance levels from beginner to professional.

Pro-gramme	Training time	Fre-quency	Progress	Stimulation	Pause	Description
1	20 min	40 Hz	Gentle	4 s	4 s	The endurance basic programme for consistent movements when running, climbing stairs or on the cross-trainer.
2	20 min	40 Hz	Gentle	8 s	4 s	The endurance programme with increased stimulation period for consistent movements when running, climbing stairs or on the cross-trainer.
3	30 min	40 Hz	Gentle	6 s	4 s	The endurance programme for advanced users with increased training period for consistent movements when running, climbing stairs or on the cross-trainer.
4	45 min	40 Hz	Gentle	6 s	1 s	The endurance programme for professionals with increased train-ing period for consistent movements when running, climbing stairs or on the cross-trainer. Maximum combination of power and en-durance.

"Metabolism/ Cellulite" training programme

The cellulitis/metabolism programme stimulates blood circulation and loss of subcutaneous fat using its low bipolar current. This leads to increased blood flow and an increase in fat burning in the subcutis. The programmes are mainly used in the treatment of unsightly deposits of fat and cellulite. These programmes can be used while static and can be further supported using consistent movements.

Pro-gramme	Training time	Fre-quency	Progress	Stimulation	Pause	Description
1	20 min	7 Hz	Hard	Non-stop	0 s	The basic cellulitis/metabolism programme.
2	30 min	7 Hz	Hard	Non-stop	0 s	The cellulitis/metabolism programme for advanced users.
3	45 min	7 Hz	Hard	Non-stop	0 s	The cellulitis/metabolism programme for advanced users with In-creased training duration.
4	60 min	7 Hz	Hard	Non-stop	0 s	The cellulitis/metabolism programme for professionals with significantly increased training duration.

"Fat-burning" training programme

The fat burning programme combines the effects of powerful stimulation of the musculature which promotes bloodflow/fat burning in the sub-cutis (see also Cellulite/Metabolism). The energy consumption of the whole body is therefore increased through the 'powerhouse' musculature and local fat burning in the subcutis. Advanced programmes are strength building programmes which can be used with an interval of 2 days between sessions for a maximum of twice per week.

Pro-gramme	Training time	Fre-quency	Progress	Stimulation	Pause	Description
1	20 min	85/7 Hz	Gentle	4 s	4 s	The programme is suitable for static and dynamic training units.
2	20 min	85/7 Hz	Gentle	6 s	4 s	The programme is aimed at advanced users and is suitable for static and dynamic training units.
3	30 min	85/7 Hz	Gentle	4 s	4 s	The programme is suitable for static and dynamic training units. Training duration is increased.
4	30 min	85/7 Hz	Gentle	6 s	4 s	The programme is aimed at advanced users and is suitable for static and dynamic training units. Training duration and stimulation period are increased.
5	45 min	85/7 Hz	Gentle	4 s	4 s	The programme is aimed at professionals and is suitable for static and dynamic training units. The training duration is raised consid-erably.
6	45 min	85/7 Hz	Gentle	6 s	4 s	The programme is aimed at professionals and is suitable for static and dynamic training units. Training duration and stimulation pe-riod are increased.

"Relax" training programme

The body relax programme achieves incomplete tetanic contracting of all muscle fibre types using high-frequency bipolar stimulation with extremely short pulse widths. This corresponds to 'cooling down' after high bodily exertion. The muscle fibres remain active at a low level - they consume energy but no longer produce lactate, blood flow is maintained at a high level which promotes the removal of lactate and metabolites.

Pro-gramme	Training time	Fre-quency	Progress	Stimulation	Pause	Description
1	10 min	100 Hz	Gentle	2 s	2 s	The programme helps you relax after a hard workout. Static, sitting, or lying down.
2	20 min	100 Hz	Gentle	2 s	2 s	The programme helps you relax after a hard workout. Static, sitting, or lying down. Duration is increased.
3	20 min	100 Hz	Hard	1 s	1 s	The programme helps you relax after a hard workout. Static, sitting, or lying down. The stimulation pulse comes through strongly.

"Demo" training programme
The demo programme is aimed at presenting the features of the Easy Motion Skin®.

Pro-gramme	Training time	Fre-quency	Progress	Stimulation	Pause	Description
1	2 min	85 Hz	Gentle	3 s	5 s	Short stimulation followed by a long pause is perfectly suited to get to know the training.
2	2 min	85 Hz	Hard	3 s	5 s	A more demanding training programme with shorter stimulation and a longer break - ideal for getting to know this type of training session.

Notes

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