EASY MOTION SKIN

Easy Motion Skin® Studio

Programme description   EN

Table of Content

**General
Information**

Responsible handling of the Easy Motion Skin® Studio is a condition of successful and safe use. Safe operation when handling the Easy Motion Skin® Studio requires instruction from the manufacturer.

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

**Using the Easy
Motion Skin®
Studio app**

Start the Easy Motion Skin® Studio 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® Studio 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® Studio, please refer to the separate instruction manual.
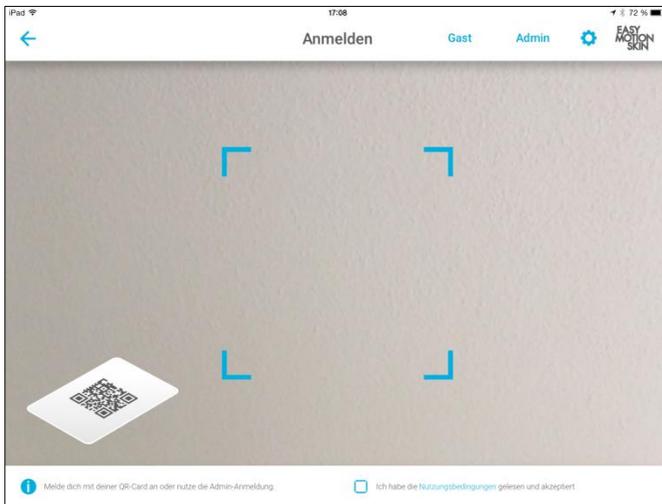
After reading and accepting the "Terms of Use", confirm by tapping the button.

When first using the system, please log in as an admin using an active online connection and your user name and password.

When re-using the system, please log in as an admin if you wish to change app settings or the custom training programme.

Those who wish to use the device and have an account can log in by holding their personal QR user code in front of the iPad's front camera until it is recognised.

Those wishing to use the device who do not have a personal account can log in as guests. Personally-identifiable training data is not saved for guests.

This brings you to the "pairing screen" for the app.

Pairing

You are on the »pairing screen« on the app, where you pair the Powerbox with the iPad. The Powerbox must be switched on for pairing.
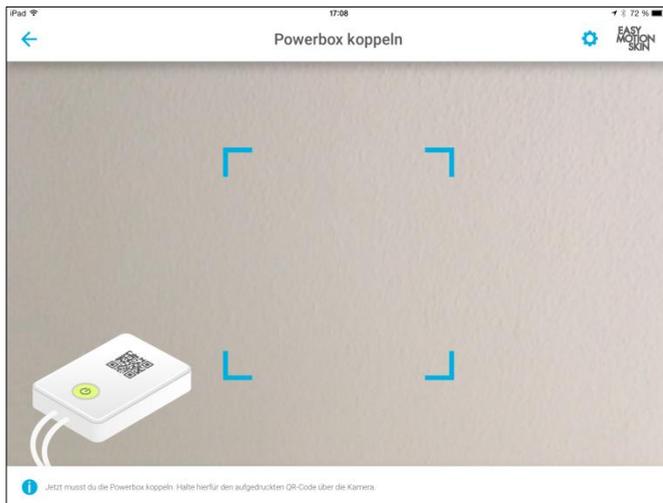
Hold the QR code located on the Powerbox in front of the iPad's camera until it is successfully recognised by the app.

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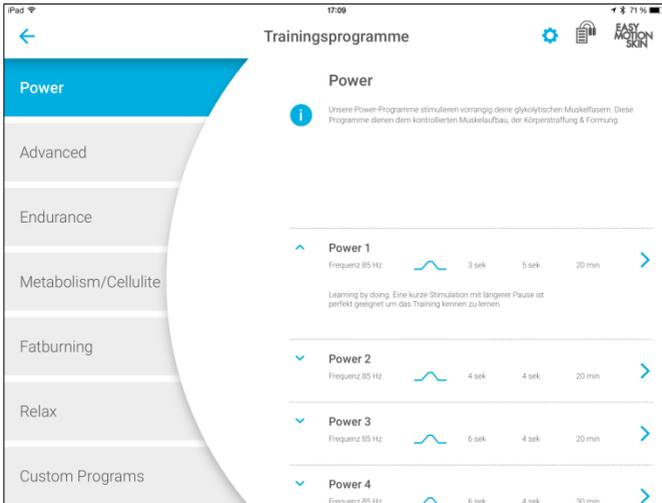
First, choose the desired programme group from the left-hand side of the screen. You will get information on the currently selected pro-gramme group in the top right section of the screen.

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

You will find the specifications of the training programmes in the over-view table from page 14.

Start training by clicking on the desired programme level.

Within the programme group "Custom Programmes", you have the option of selecting, creating, saving and deleting your own training programmes.
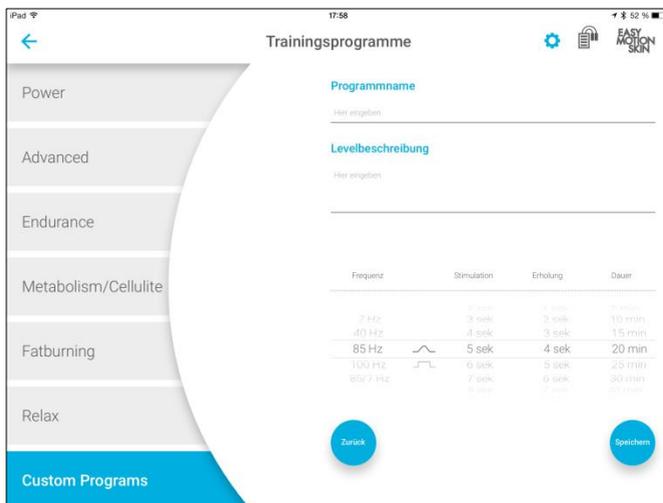
You must be logged in as an admin in order to create, save and delete your own training programmes.

Creating a custom programme: Set the name and level description for the training programme you wish to create. Then specify the type of impulse, frequency, duration, stimulation time and recovery time. Save the new training programme.

Deleting a custom programme: You can retrieve additional information on the respective custom programme by clicking on the arrow to the left of the programme. You can erase the training programme by clicking on "Delete".

You will now find yourself back on the training start screen.

Choose which exercises the virtual trainer (avatar) should display during training from the upper section of the screen.

Automatic upwards adjustment: This function can be activated in the settings if the logged-in user has already completed training at the same programme level. If training is repeated at the same level, the intensities increase incrementally from the start of training up to 60% of the last training session. If you intervene manually during an auto-matic 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.

Training

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 pro-gramme settings (see page 12).

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 and ▬ 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 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 11).

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 restarted using the button "Start". If a training session has been ended using "STOP", it cannot be continued and you will be automatically taken to the training summary (see page 11).

Stop

You can close the app at any stage by hitting the iPad HOME button or off button.

This screen gives you a training summary.

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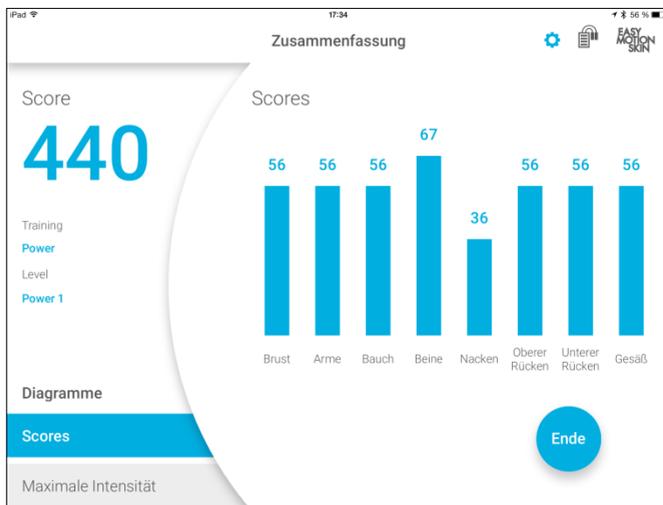
The point score achieved from training and the maximum intensities of the individual electrode channels will be displayed.

You can reach settings/help by pressing the (⚙) button at the top right edge of the screen.
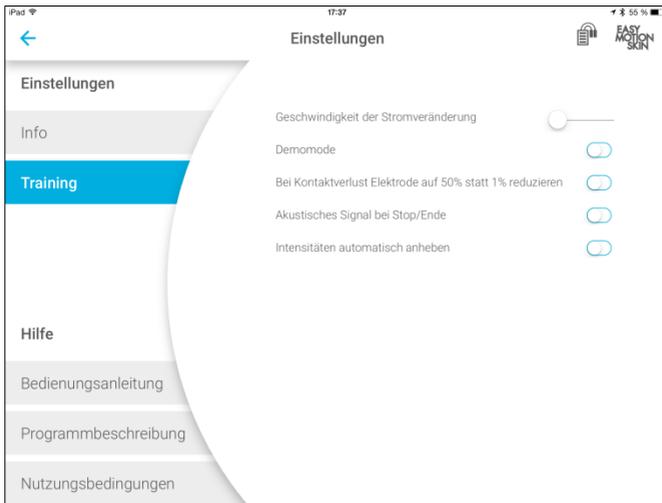
You can display general information and documentation for the Easy Motion Skin® Studio or make changes to the training settings in the Settings/Help screen. To do this, choose the corresponding sub-menu by selecting it on the left edge of the screen.

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.
Demo mode	Default OFF. This function helps demonstrate the system.
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®.

With the Multi User Training a training for several trainees can be carried out simultaneously.

In the warm-up screen, you can use the "Register more users" button to register more trainees for the parallel training. The colours green, yellow, brown and purple are always assigned to the individual trainees in the same order.

If you do not want to register any more users, press "Next".

Once a training program has been selected, the training can be started. The intensities for each individual user can be controlled.

The battery indicator shows the Powerbox with the lowest charge level. The symbol is displayed in the colour of the corresponding Powerbox.

After finishing the training the training summary is displayed. To select a trainee, press the corresponding color button.

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.

Pro-gramme	Training time	Frequen-cy	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 program. All over, 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.

Pro-gramme	Training time	Frequen-cy	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 performance. The endurance programmes are adjusted according to the various performance levels from beginner to professional.

Pro-gramme	Training time	Frequen-cy	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 training period for consistent movements when running, climbing stairs or on the cross-trainer. Maximum combination of power and endurance.

"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 programs 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	Frequen-cy	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 increased 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.

Pro-gramme	Training time	Frequen-cy	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 period are increased.

Training programme "Relax"

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	Frequen-cy	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.

EASY MOTION SKIN