



MyBody

BY EMS REVOLUTION®



www.emsrevolution.com

**ADVANCED
ELECTROSTIMULATION
SPECIFIC FOR**

**LEGS
GLUTES
ABDOMEN**



3rd Generation Electrostimulation.

The third generation is the latest technological update in advanced integral electrostimulation. It is the first electrostimulation system that overcomes all the limitations of the previous devices on the market. These limitations are related to the freedom of movement in wired electrostimulation systems and, on the other hand, instability of EMS signal of wireless systems.

Freedom
of movement
and a totally
Stable
connection.



Comparison between different generations.

GENERATION	1A GEN. CABLES	2A GEN. WIRELESS	3A GEN. FREEDOM
FREEDOM OF MOVEMENT	YES	YES	YES
RADIUS OF SIGNAL	LIMITED	LIMITED	UNLIMITED
SECURITY OF SIGNAL	YES	NO	YES
BATTERY DURATION	CONNECTED TO THE GRID	48H	48H
DEPENDENCY ON CENTRAL DEVICE	YES	YES	NO
MULTI-USER	NO	YES	UNLIMITED

TECHNICAL CHARACTERISTICS

• 5 INDEPENDENT CHANNELS

Upper buttocks, lower buttocks, quadriceps, hamstrings, lumbar, abdominal

• REACH: UNLIMITED

The only one in the market

• MODIFICATION AND CUSTOMIZATION OF ALL PARAMETERS

Frequency 0-250 Hz, Depth 0-500 msg, Contraction time, Relaxation time

• BATTERY: 48H

• DIFFERENT PRE-ESTABLISHED TRAINING PROGRAMS

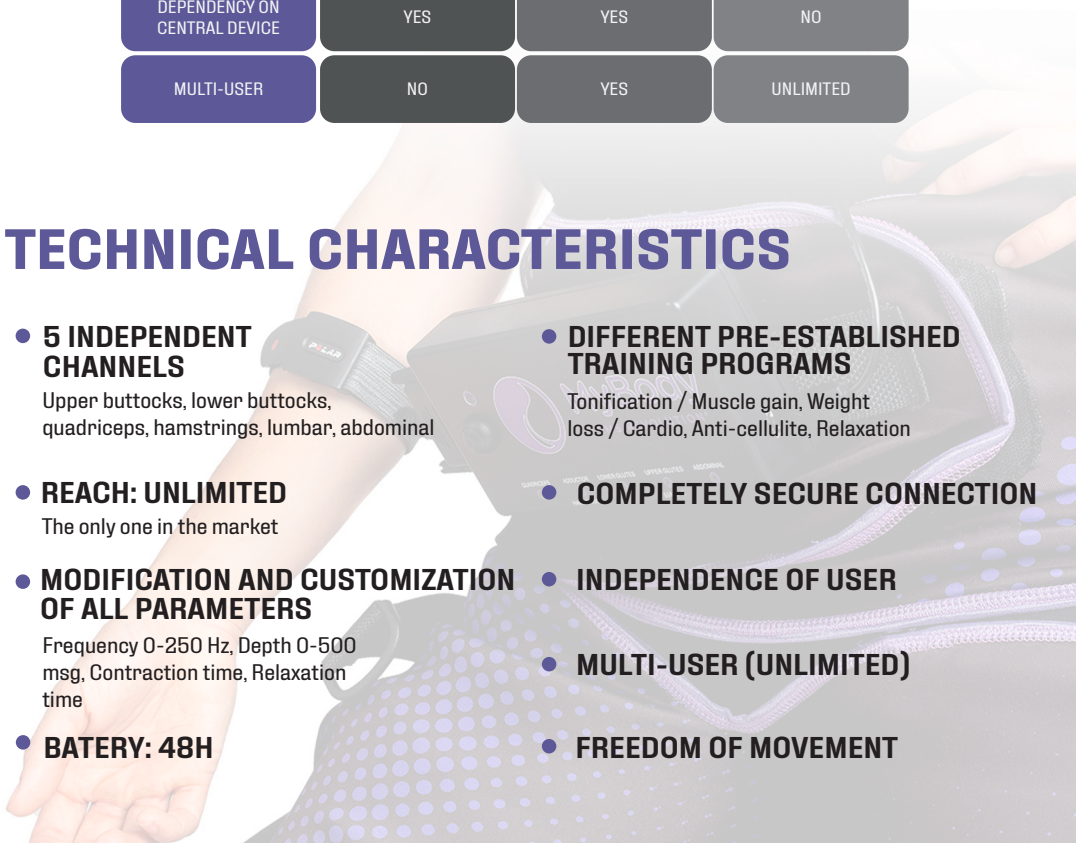
Tonification / Muscle gain, Weight loss / Cardio, Anti-cellulite, Relaxation

• COMPLETELY SECURE CONNECTION

• INDEPENDENCE OF USER

• MULTI-USER (UNLIMITED)

• FREEDOM OF MOVEMENT



WELCOME TO YOUR DREAM BODY!

WHAT IS MYBODY?

Surely you have ever dreamed of incredible buttocks, toned legs, a flat stomach and a cellulite-free body.

My Body is an innovative professional tool that uses wireless EMS technology specifically for that area of the body that defines your figure (abdomen, buttocks and legs) with the aim of sculpting the body you want in just 20 minutes, twice a week, training with freedom of movement, wherever you want.



ABDOMEN



GLUTES



LEGS



MyBody Professional Shorts

Our one-piece shorts will allow us to personalize the workout because we can move the 10 electrodes inside them with total freedom, activating:



Anterior rectus abdominis,
transverse,
obliques
and lumbar



Small,
medium
and large
gluteus



Quadriceps,
hamstrings,
adductors and
abductors

Abdomen

Glutes

Legs



MyBody Professional Pack

What does your MyBody pack include?



1 EMS Revolution advanced 3rd generation device.



1 MyBody professional short.



1 wireless radio remote control.



4 Sets of EMS underwear.



2 Sets of handballs.



Water sprayer.

EMS MONITORING STUDIO SOFTWARE:

- 1 Tablet.
- 1 Last generation optical heart-rate monitor.
- Live Monitoring software license – Monitoring of physiological parameters.
- Virtual Trainer software license.
- Automatic results report software license.

Extras:

- User manual.
- Training Course.
- Professional EMS Training certificate.

MyBody EMS device

The MyBody Wireless EMS device enables 12 types of training with different intensities in an intuitive and simple way.



FULL BODY
TONIFICATION

ADVANCED
FULL BODY
TONIFICATION

GLUTES, ABDOMEN
AND LEGS

ADVANCED
GLUTES, ABDOMEN
AND LEGS

ABDOMEN
WORKOUT

GLUTES AND
ABDOMEN

FAT BURNER

FAT BURNER
ADVANCED

DYNAMIC
ANTI - CELLULITE

STATIC
ANTI - CELLULITE

LYMPHATIC

RELAXATION



QUICKSTART MODE

(Select and start your preset workout quickly).



ADVANCED MODE

(Independently customize all parameters: frequency, depth, contraction and relaxation)

Physiological parameter monitoring software

The live monitoring of physiological parameters will allow you to know Kcal expended, heart rate, training zones and much more, so you can optimize your workouts.



WE'LL BE ABLE TO OBTAIN OBJECTIVE INFORMATION SUCH AS:



HEART RATE

Instant, average, maximum.



TRAINING AREAS

Differentiated in colors.



KCAL BURNED

During the training.



INTENSITY OF EFFORT

% of intensity over our maximum.

Virtual Trainer

Software composed of a virtual trainer with specific electrostimulation exercises, with which you can use MyBody in an easy and safe way. This tool will guide you through different training sessions with hundreds of exercises, according to the fitness objective you are looking for.

MORE THAN 150
EXERCISE VIDEOS TO MAKE
YOUR WORKOUTS
EASIER



Automatic Results Report

At the end of our training, the software automatically sends a result report to the client.

In this report, we will be able to analyze the different physiological variables collected during the user's monitoring.



Do you know your heart's response to working out?

Discover the fluctuation of your heart rate during the 20 minutes of activity.

**Mybody can give excellent results in its two main types of use:
Active training and passive treatments.**

Use the MyBody professional short as the best tool for active sports performance, achieving a short training duration and great effectiveness thanks to the latest wireless EMS technology (advanced integral electrostimulation).

Combine My Body with aesthetic therapy to achieve the desired silhouette. Thanks to its specific passive anti-cellulite and lymphatic drainage programs. Suitable for medical aesthetic centers.

For whom is MyBody designed for?



PERSONAL TRAINERS



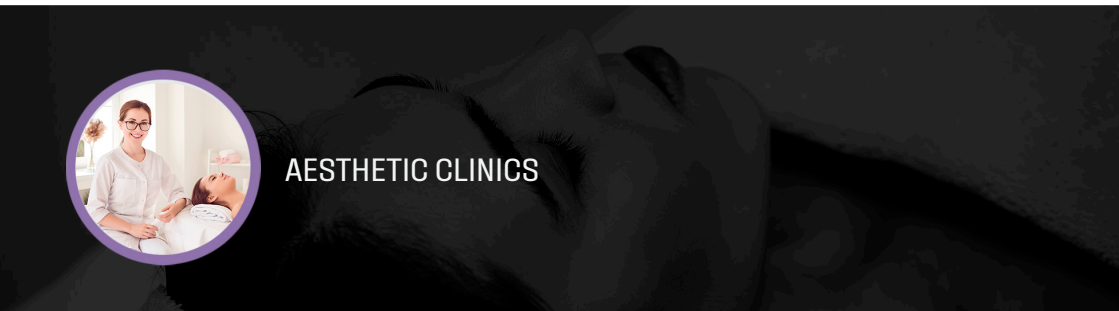
HOME TRAINING



GYMNASIUMS



AESTHETIC CLINICS



What are the benefits?



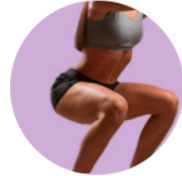
Anti-cellulite/Drainage

Break all localized cellulite on legs and glutes with the latest sports technology used with its specific programs and, finally, drain the excess, and get rid of cellulite for once.



Abdomen

The CORE (abdomen + lumbar) is one of the most important parts of your body, in addition to protecting the structure, tone and get the flat stomach you always wanted.



Toning

Activate more than 300 muscles in one session, achieving the desired body toning. You'll gain strength and muscular resistance.



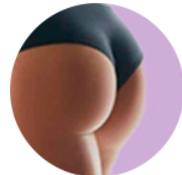
Legs

Work quadriceps, hamstrings, adductors, abductors to get the stylized structure of your lower body.



Weight loss

Due to the high caloric expenditure during the session, you will achieve a decrease in fat mass and an increase in lean or muscle mass.



Glutes

Thanks to My Body's latest EMS technology, you will achieve deep contraction of the gluteus maximus, gluteus minimus and gluteus medius. Work your glutes

