

Create your own **electrofitness space** **at home**



Welcome to the training without limits

What is MyHome?



EMS MyHome is the perfect tool to create your own Electrofitness space at home, 100% personal.

Use advanced **integral electrostimulation technology** to work your entire body. Train 2 sessions per week of 20 minutes and stimulate more than **350 muscles simultaneously**, optimizing and enhancing the results of your workouts.

Choose from different preset training programs and achieve your goals in record time, thanks to the latest technology applied to fitness.

**I don't have time,
it's no longer an excuse!**

WHO IS EMS MYHOME FOR?

EMS MyHome is perfect for those who like to train at home, without schedules and with personal freedom, and are looking for the best sports technology to optimize their results and have a healthy body.

With EMS technology we will be able to activate more than 350 muscles, in sessions of **20 minutes/2 times a week**, independently and without the need of trainers.

20 | TWO
MIN | TIMES
PER
WEEK



MyHome Pack

What does your MyHome pack contain?



1 EMS Revolution® 3rd
GENERATION advanced integral
electrostimulation device.



1 Complete
Adjustable
Integral EMS
BioSuit (20
electrodes).



1 Wireless
radiofrequency
remote control.



1 MyHome
backpack.



1 Virtual trainer
software license
(>250 exercises)



1 Water sprayer.



1 Set of
hand-held
training balls.

Extras:

- User manual
- Training Course
- Professional personal EMS training certificate



Biosuit MyHome

100% FOR PERSONAL USE AT HOME

Our one-piece suit will allow you to train with complete freedom of movement, activating more than 350 muscles with 20 electrodes.



Quadriceps,
Hamstrings,
Gluteus small,
medium and
large



Abdominals,
Lumbars and
Dorsals



Chest,
Trapezius,
Biceps and
triceps



MyHome EMS Device

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



Active Programs



Passive Programs



TECHNICAL FEATURES



10 INDEPENDENT CHANNELS



12 DIFFERENT PRESET TRAINING PROGRAMS



FULLY SECURE CONNECTION



BATTERY

External battery with perfect duration for your home workouts



UNLIMITED REACH

Unique on the market

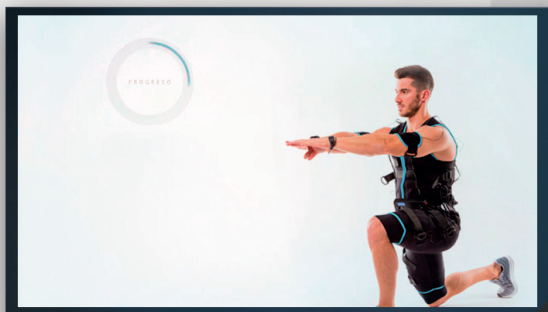


TOTAL FREEDOM OF MOVEMENT

Virtual Trainer

Virtual trainer with specific electrostimulation exercises, with which you can use MyHome in an easy and safe way. This tool will guide you through different training sessions with hundreds of exercises, depending on the objective you are looking for.

MORE THAN **250**
EXERCISE VIDEOS TO
FACILITATE YOUR
TRAINING



What are the benefits?



Abdomen

Activate your CORE (abdomen/low back) like never before, work all your core muscles and obtain a flat stomach.



Upper body

Thanks to the latest EMS technology you will achieve total contraction of shoulders, arms, pectorals, back, abdomen and lower back.



Toning

Strengthen your entire body and activate both superficial and deep muscle fibers.



Legs

Work quads, hamstrings, adductors, abductors getting the stylized structure of your lower body.



Weight loss

Increases caloric expenditure and reduces the % of fat mass in your body.



Anti-cellulite

Relax, massage or drain all the toxins and get rid of cellulite with our specific programs.