

**EASY  
MOTION  
SKIN**

**INNOVATION  
FITNESS**



# Innovation Fitness

**Coach Story, EMS Training & Equipment**



# The Coach





# Isis Meret Willwerth

## Founder, Head Coach

- Born in Germany
- Certified Fitness Coach
- Certified Pre & Postnatal Trainer
- living in Ibiza and Bali
- Ex Gym Owner
- Teaching Classes since 10 years





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# EMS Training





# THE FUTURE IS NOW

## EMS Training of the next Generation

Electro muscular 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.

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 programs offer tailored training, according to your needs and goals.

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# Technology

EMS training with EasyMotionSkin combines all important aspects of a balanced fitness training program. 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 programs also provide the perfect way to relax after a workout or a long day.



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A woman with blonde hair tied back is performing a side plank exercise. She is wearing a blue, form-fitting, short-sleeved athletic suit with white piping along the seams and a zipper down the front. She is leaning on her right arm, which is resting on a wooden box. Her left arm is extended upwards, and her legs are straight and lifted off the ground. In the background, there is a wooden shelf with two blue boxes labeled 'EASY MOTION SKIN'. To the left, there is a metal rack with various gym equipment. The overall setting is a modern gym with dark walls and large windows.

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# Training results

**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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TRAIN ANYTIME &  
ANYWHERE



# Equipment & Training





# EasyMotionSkin

## HOME EDITION

- The EasyMotionSkin Home Edition is an EMS system made in Germany. It offers you the freedom and flexibility to improve your fitness and vitality in any activity using electro-muscle stimulation.
- The EasyMotionSkin Home Edition fits everyone and fits like a glove. Both young and older customers have already been won over and recommend the system, as the training programs can be individually adapted to fitness levels and goals.
- Use the time and combine daily tasks in the house and garden with EMS. With only 20 minutes of EMS per week you will achieve noticeable success and not lose any time.
- Get fit ironing, cooking, vacuuming, mopping, doing laundry, reading, relaxing, online shopping, walking, jogging, gardening or caring for children.

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# PERSONAL TRAINING

## with or without EMS System

- 1 to 1 Training
- in your house, outside or online
- Flexibel times
- Special Season Offers
- Like this I can train you exact for YOUR needs.
- Special Training Pre & Postnatal

Prices & Time Requests per mail [innovation\\_fitness21@gmail.com](mailto:innovation_fitness21@gmail.com)

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# GROUP TRAINING

## with or without EMS System

- Train together with your family and friends
- in your house, outside or online
- Flexibel times
- Special Season Offers
- Every week new fun classes from boxing over aerobic to functional training

Prices & Time Requests per mail [innovation\\_fitness21@gmail.com](mailto:innovation_fitness21@gmail.com)

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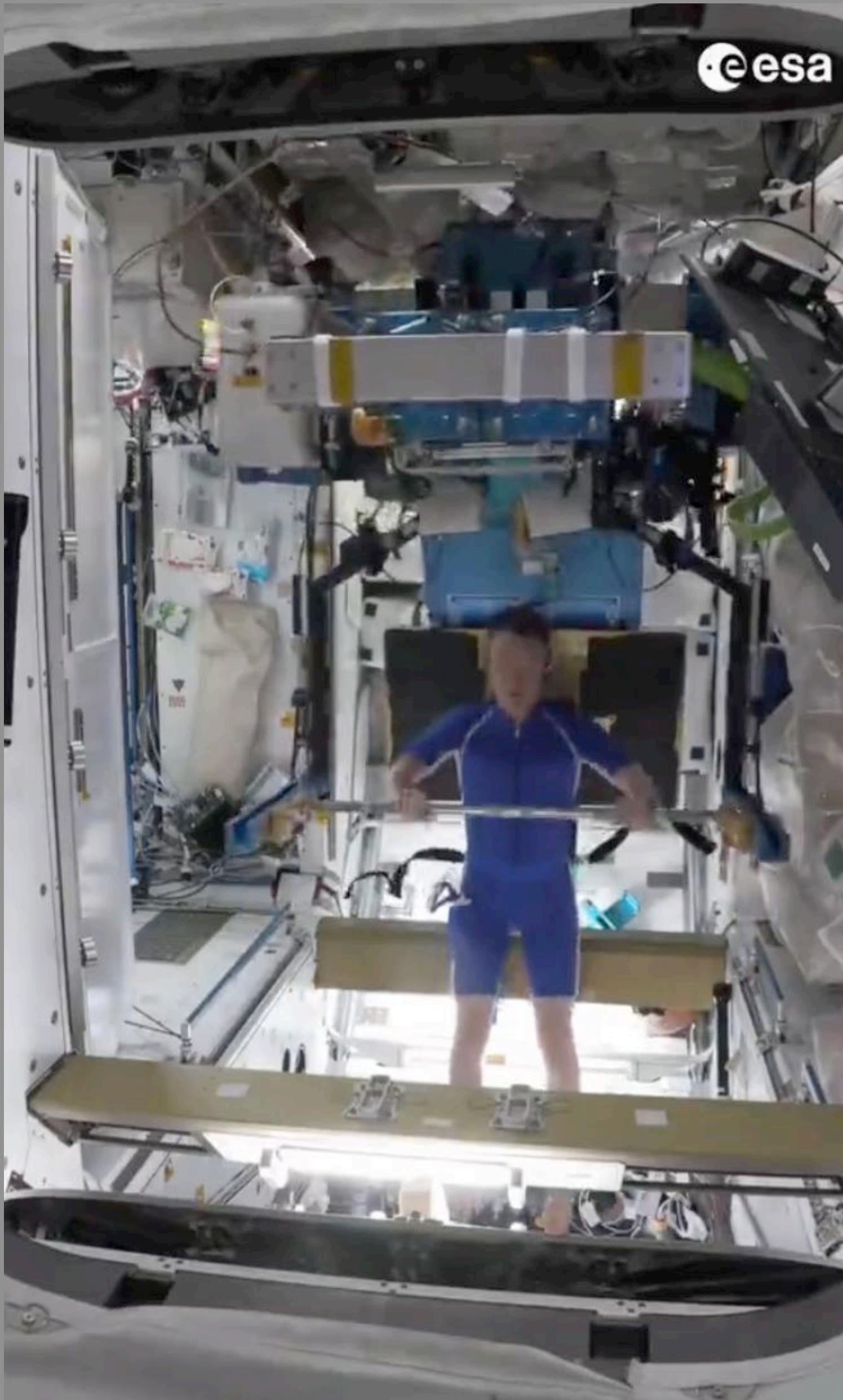
# NEWS

## WE ARE IN SPACE!



- EasyMotionSkin is part of the ESA mission "Cosmic Kiss" and flies with the German ESA astronaut Matthias Maurer on board SpaceX's Crew Dragon to the ISS. Training against muscle atrophy and bone loss. The project is scientifically managed by the Center for Space Medicine at the Berlin Charité.

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**For More Informations:**

**+34 690 294 834 or [innovation\\_fitness21@gmail.com](mailto:innovation_fitness21@gmail.com)**

