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EMStyle Professional

Turn your body On
with 20min EMS training sessions

e-skin EMStyle Professional is a service that combines an EMStyle suit and an application, allowing users to effectively train their entire body by simply wearing the EMStyle suit and exercising. Even those who are too busy to go to the gym or who are not good at exercise can safely train without using heavy or large equipment, as they can efficiently obtain training effects in a short time. The application can be operated from a tablet to train several people at once. Since the stimulation level can be controlled for each individual, it is suitable not only for beginners but also for those who want to do serious training and recommended for both small group training and personal training.



Xenoma

EMS training

Electrical Muscle Stimulation (EMS) is a historical method that has been utilized in the nursing and rehabilitation fields to maintain and improve muscle strength. Since it can safely stimulate muscles without the use of heavy equipment, it is an ideal training method for those who do not like exercising or who do not have physical strength to begin with. It is also recommended for busy businesspersons as it allows efficient training in a short time.

No restrictions on movement

The comfortable stretch material of the e-skin EMStyle suit allows natural movement. Since the wires are integrated in the suit and it does not have any cumbersome cables that typical EMS equipment has, you will have no restrictions on movement to incorporate movements such as complex yoga poses, dancing and boxercise into the training.

Easy to clean and maintain

The suit can be washed in a household washing machine* to keep it clean.
*Please use a laundry net. No dryer.

Made in Japan quality for safety

e-skin EMStyle has been developed with ITO Co., Ltd., a pioneer of professional EMS equipment manufacturer used in the medical and sports fields. Safety has been thoroughly considered in the design, for example, safety devices to prevent sudden excessive stimulation and an emergency stop function to quickly respond to abnormalities during training. We also have a customer support team to respond promptly to any questions and inquiries.



e-skin EMStyle fits comfortably and the 24 electrodes make it possible to do effective EMS training in a short time.



Group training for up to 10 people

One trainer can train a group of up to 10 people at the same time. The stimulation levels can be controlled for everyone by operating a dedicated app on a tablet.

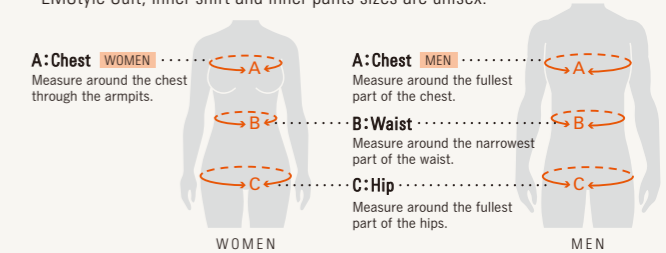
Support for training and operational details

To ensure that gyms and trainers can use it with confidence even when introducing EMS training for the first time, we will provide training menu examples that take advantage of the features of EMS, provide consultation on equipment maintenance and the environment in which it is used, and respond to any other questions or problems that may arise in terms of operation.

How to choose suit size

The EMS and electrodes must be in close contact with the skin (inner shirt and inner pants). Therefore, it is important to select the right size. Please measure your chest, waist and hip to confirm the size for each area and choose the one with the most applicable sizes*.

*EMStyle Suit, Inner shirt and inner pants sizes are unisex.



EMStyle Suit Size Guide	0	1	2	3	4	5
A: Chest (cm)	75 - 81	80 - 86	85 - 91	90 - 96	95 - 101	100 - 110
B: Waist (cm)	60 - 66	65 - 71	70 - 76	75 - 81	80 - 91	90 - 100
C: Hip (cm)	80 - 86	85 - 91	90 - 96	95 - 101	100 - 106	105 - 110
Inner shirt	Size 1		Size 2		Size 3	
Inner pants	Size 1		Size 2		Size 3	

Example: Chest 86cm, Waist 73cm, Hips 96cm → EMStyle suit is Size 2
Chest 86cm is size 1 or 2, Waist 73cm is size 2, Hip 96cm is size 2 or 3

Evidence on the effect of training with e-skin EMStyle

From 2021 Interim Report
EMS-based Running To Enhance Performance Collaboration Xenoma – Its



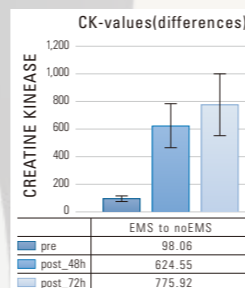
Prof. Dr. Daniel Memmert

Professor and Executive Head of the Institute of Exercise Training and Sport Informatics at the German Sport University Cologne. He studied physical education for high school teachers and holds a PhD in sports science from the Elite University of Heidelberg. In 2010 he was awarded 3rd place with Germany's most renowned German Olympic Sports Confederation (DOSB) Science Award.

1 Muscle demand which lasts up to 72h after workout

The body's enzyme creatine kinase which represents muscle load rises significantly after doing a workout while wearing the EMStyle suit. Compared to training without the suit, CK values rise to around 6.2 times 48 hours after training and to around 7.8 times 72 hours after training.

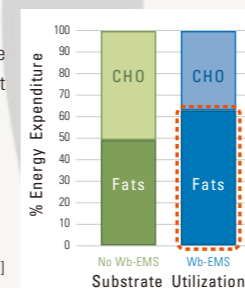
Temporal changes in creatine kinase blood levels with and without the EMStyle suit [graph 1]
CK: creatine kinase
CK-values (differences) = (CK EMS - CK noEMS) = CK noEMS



2 The efficiency of the fat metabolism per energy expenditure is high

When using the suit while running, the fat metabolism rate per energy expenditure is higher than when running without the suit.

Energy metabolism [graph 2]
CHO: carbohydrates



3 Even during an aerobic workout, adding EMS provides a muscle training effect

When doing aerobics training, there is usually not much of a muscle training effect. However, wearing the EMStyle suit while running means that a muscle training effect can be achieved as shown in graph 1.



Aerobic training (running) measured while wearing the EMStyle suit

Aim of the Study: The aim of this study is to investigate the impact of eight-weeks intervention with Wb-EMS on metabolic and muscular function compared to training intervention without Wb-EMS. Currently (March 2021), a study is being conducted to investigate performance during running with the EMS suits in cooperation with the German Sports University Cologne, Institute of Exercise Training and Sport Informatics, Germany. The pictures show the use of the suit at different running speeds including performance diagnostics (03-12-21).

Methods: Twenty Healthy participants (min. 30 years old) were included with no or minor EMS and running experience. The exercise test was conducted twice; one time with and one time without the EMStyle suit. During the exercise, respiratory gas analysis was conducted. Creatine Kinase testing was conducted before and after the exercise test. In accordance with the latest revision of the Declaration of Helsinki, all subjects gave written informed consent to the experimental procedure which was approved by the ethics committee of the German Sports University (001/2021).

Contents



□ e-skin EMStyle Suit



□ Inner shirt



□ Inner pants



□ Laundry net



□ e-skin EMStyle Hub



□ Hub Charging Cradle



□ EMStyle Controller



□ EMStyle Manager



□ Holder + Armband

□ Charging cable (EMStyle Manager)

□ Charging cable (EMStyle Controller)

■ An Internet connection environment is required to use the service.

Specification

EMStyle Suit	Size	Unisex 0 / 1 / 2 / 3 / 4 / 5 (6 sizes)
	Material	Fabric 77% Polyester, 23% Polyurethane
		Pads Polyester, Metal Cloth
		Wiring Polyester, Polyurethane and Metal fiber
		Connector Polycarbonate / Alloy
	Electrode	24 electrodes in 8 muscle group
EMStyle Hub	Size	H103×W63×D33 (mm)
	Weight	160g
	Case Material	Polycarbonate
	Communication System	Bluetooth 5
	Recommended Operating Environment	Temperature: 10-35°C, Humidity: 20-80% (no condensation)
	Battery	Built-in rechargeable lithium-ion battery
	Input port for charging	Micro USB2.0 Micro-B
Recommended Charging Environment	Temperature: 10-35°C, Humidity: 20-80% (no condensation)	
Certifications	018-180280	

Inner shirt, Inner pants	Size	Unisex 1 / 2 / 3 (3 sizes)
	Material	95% Cotton, 5% Polyurethane
Hub Charging Cradle	Size	H68×W95×D46 (mm)
	Weight	50g
	Case Material	Polycarbonate
	Input port	Micro USB2.0 Micro-B
Micro USB Cable	Output Plug	Micro USB2.0 Micro-B
	Input Plug	USB-A
	Supported input/output	DC5V · 1.8A
AC Adapter	Output port	USB-A
	Input	AC100~240V · 50/60Hz
	Output	DC5V · 2A
EMStyle Manager	Dedicated application	EMStyle Manager
	Please refer to the tablet's user manual for details.	
EMStyle Controller	Dedicated application	EMStyle Client
	Please refer to the smartphone's user manual for details.	

*For improvement purposes, appearance and specifications are subject to change without notice.

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