

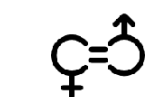


# JUSTFITME

AWARD WINNING EMS KIT FOR HOME TRAINING



JUST CLEAR AWARD  
2022



UNISEX



STYLISH



DURABLE



EASY TO USE



IRRESISTIBLE



for HIM & for HER





# JUSTFITME. ANYTIME, ANYWHERE.

TAKE THE GYM HOME & GET READY FOR A NEW BEGINNING.  
START YOUR JOURNEY HERE.





# The fitness studio IN YOUR HANDBAG

With the JustfitMe personal EMS kit you'll practically get a mobile gym that you can take with you anywhere and use it for 20 minutes instead of losing hours at the gym. Enjoy the same result, spend less time.

JustfitMe can do everything an electrical muscle stimulator has to do. And even more...

## WHERE CAN YOU USE IT?



AT HOME



IN THE STREETS



IN A PUBLIC PARK



IN THE GYM



AT A HOTEL



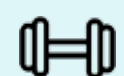
ON THE BEACH







# JUSTFIT 6IN1



## GYM IN YOUR HANDBAG

Set your goal and the app guides you through the training program.



## PRE-SET TRAINING PROGRAMS

Follow the training videos recorded by qualified Justfit EMS trainers.



## TRACK YOUR PROGRESS

The integrated statistics module always shows accurate information about the effectiveness of your training.



## YOUR VIDEO-TRAINER

Just follow the avatar, your own personal trainer and be sure that you are performing the exercises correctly.



## REGENERATE WITH MASSAGE MODE

Regeneration is an essential part of training. Switch to massage mode and enjoy.



## FIND FRIENDS

Connect to the Justfit community through the application, share your experience with like-minded people.







# HOW

## does Justfit EMS work?

During traditional strength training the brain sends bioelectrical impulses which cause certain muscles to contract. However, not all muscles have a well-developed connection to the brain, and these muscles are not as easily activated, therefore they will not develop so well. This way we can never train with full force, even if we want to.

EMS (electrical muscle stimulation) however, with low-strength electrical impulses, directly stimulates our deep muscles thus deceiving our body's natural reactions and training almost 100% of our musculature.

EMS training is a completely safe form of working out and as such, it has been used for medical and rehabilitation purposes for a long time.



### JUSTFIT QUALITY

*All Justfit products meet the highest European quality standards. We put a lot of emphasis not only on functionality and safety our products, but also on design and style.*



### CE CERTIFICATE

*Justfit products have been CE marked (Conformité Européene) indicating compliance with health, safety and security standards for products sold in European Economic Area (EEA).*





# MAJOR BENEFITS

## of Justfit EMS training



### TIME SAVING

The training only takes 20-25 minutes and trains the entire musculature simultaneously.



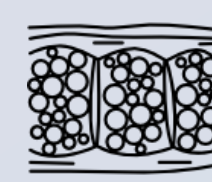
### HIGHLY EFFECTIVE

While the results of traditional training are visible after 15-20 trainings, EMS gives you visible results after 4-5 sessions.



### 3X FASTER WEIGHT LOSS

EMS is the most effective form of calorie-burning training, with which you can reach the optimal body fat percentage within the shortest possible time.



### ANTI-CELLULITE EFFECT

Fight cellulite by improving blood circulation and lymphatic drainage through massage. Draining not only stimulates blood and lymph circulation, but also breaks down the fat cells that cause cellulite groups.



### STRONGER SKELETAL MUSCLES

Back pain due to weak skeletal muscles can be relieved by strengthening the muscles next to the spinal column.



### METABOLISM

EMS promotes a high level of metabolic activity during and for many hours after a training session.



### BUILDING MUSCLES

The higher your metabolism, the better your body will burn fat and build lean muscle mass.



### PROTECTION OF THE JOINTS

Joints are relieved due to the precise targeting of the electrical impulses in the muscles.



### GENERAL WELLBEING

The electrical impulses reach the deep skeletal muscles improving posture and general well-being.

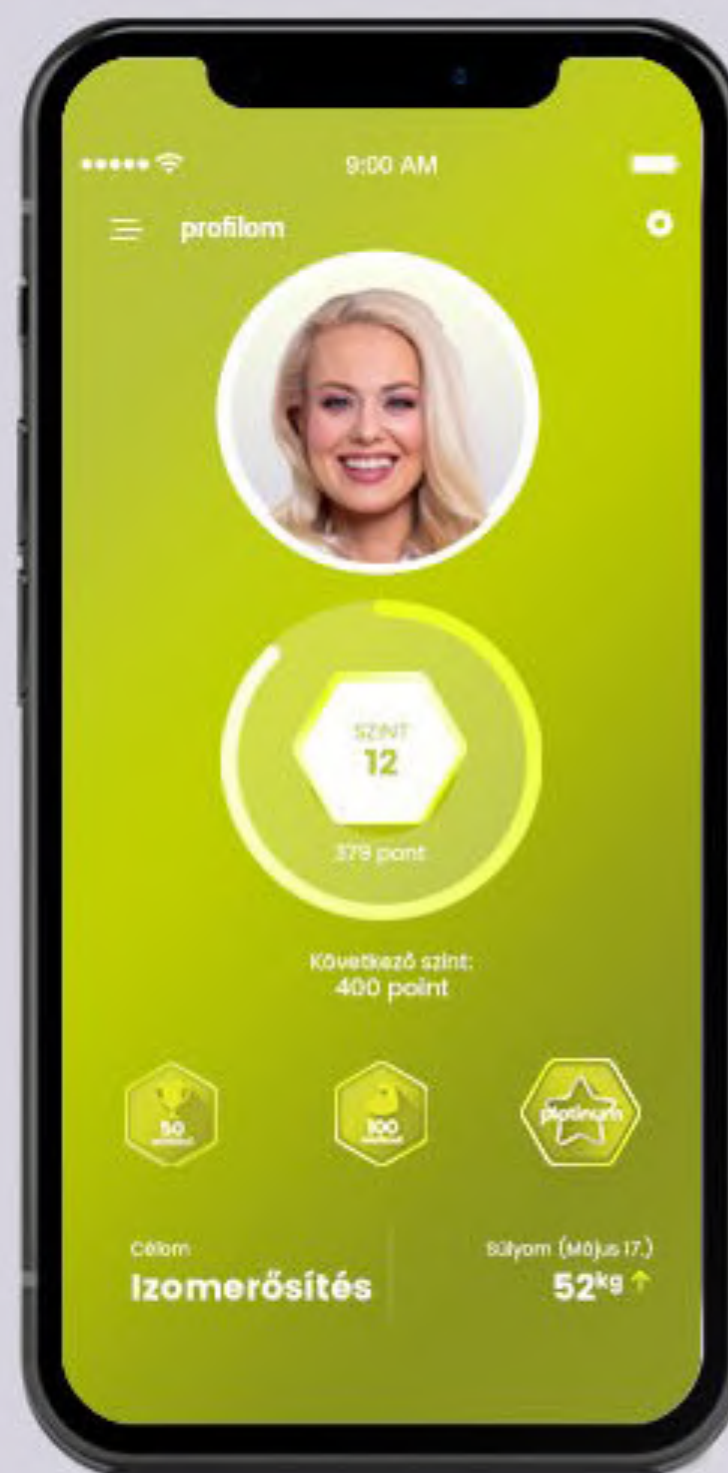


### PERFORMANCE ENHANCEMENT

EMS is ideal for building sport-specific strength, improving the quality of muscle contractions, and balancing imbalances.



**01.**



**02.**



**03.**

## Content of the **JUSTFITME EMS** kit

- 01. JustfitMe Smartsuit
- 02. JustfitMe app (Android/iOS)
- 03. Control unit ("brain")
- + User manual



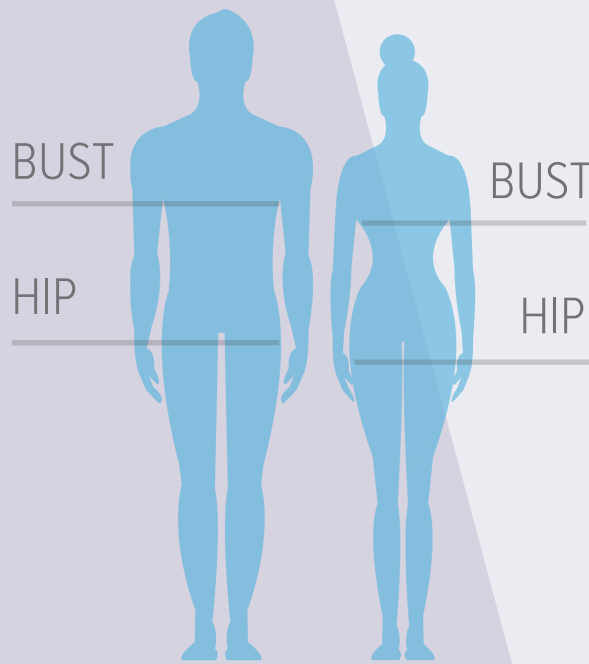


# JustfitMe SMARTSUIT

The stylish Smartsuit with 11 pairs of built-in electrodes trains 11 muscle groups simultaneously. It feels like your second skin and enables complete freedom during training.

- ✓ Flexible and slim-fit
- ✓ In perfect harmony with your body
- ✓ Inspired by the future
- ✓ Waterproof electrodes
- ✓ Easy to maintain
- ✓ Lightweight yet durable fabric

## Size chart



|             | XS      | S       | M       | L       | XL      | XXL     |
|-------------|---------|---------|---------|---------|---------|---------|
| HIP (cm)    | 74-84   | 79-88   | 86-96   | 92-104  | 102-114 | 112-144 |
| BUST (cm)   | 80-90   | 88-98   | 100-108 | 106-120 | 116-126 | 114-150 |
| HEIGHT (cm) | 157-167 | 165-170 | 168-178 | 176-182 | 180-186 | 184-194 |





# JustfitMe APP

## ✓ Training program

It cannot be easier: when creating your user profile, you can set your goals (e.g. weight loss, gaining strength or cardio) and JustfitMe makes sure that you have a personalized training program.

## ✓ Video trainer

Use the video trainer mode if you are not familiar with an exercise or if you want to perform it perfectly.

## ✓ Progress tracking

With the built-in statistic module you can check the efficiency of your training sessions.

## ✓ Massage

If you feel exhausted after a long day or a tough training, choose this program. Relaxation & regeneration are guaranteed.

## ✓ Find friends

Connect with like-minded people, get inspired by the Justfit Family.







## JustfitMe **CONTROL UNIT**

It is the brain of the JustfitMe EMS ecosystem. Click it on the back of your suit, start the app and let the training begin.

The control unit is connected to the Smartsuit in a simple “click-on” way and then connected to the app via wi-fi. This allows for easy-to-manage wireless EMS training with maximum efficiency.





# EMS TRAINING

## compared to conventional training

|  | TRADITIONAL TRAINING  | EMS TRAINING   |
|--|-----------------------|--|
| Duration of training   | 60-90 min             | 20 min   |
| Necessary training frequency   | 5-6 times per week    | 2-3 times per week   |
| Calories burned during training  | 400 Kcal              | 500 Kcal   |
| Calories burnt after training  | none                  | 1200 Kcal in 4-6 hours, 4000 Kcal in 2-3 days  |
| Expected maximum heart rate  | 180                   | 120-130  |
| Visible change   | after 15-20 trainings | after 4-6 trainings  |
| Anti-cellulite effect  | no                    | yes  |
| Weight-loss  | 1x                    | cca 3x quicker   |
| Calorie burning – counter during training                                    | no                    | yes  |
| Online trackable training statistics   | no                    | yes  |
| Opportunity to a group training with one trainer                             | no                    | yes  |
| The trainer can continue the training program anywhere in the world          | no                    | yes  |
| The physical presence of the trainer is absolutely necessary during training | yes                   | No (it can be programmed online, so the trainer can conduct the training from the other side of the world) |
| Chance of muscular injury  | high                  | very low   |
| Chance of back injury  | high                  | very low   |
| Efficiency against urinary incontinence                                      | no                    | yes  |
| Joint indulgence   | no                    | yes  |





# NUMBER & LENGTH of training sessions

To protect your health, we have introduced the following limitations regarding the JustfitMe training set. Please note that EMS training is a very effective form of training, therefore it is **not necessary and not advisable** to train more than specified below.



## STRENGTH TRAINING:

max. 20 minutes / workout, 3 times a week



## MUSCLE RELAXATION:

max. 20 minutes / time, 7 days a week



## RUNNING:

max. 40 minutes / time, 7 days a week



## ENDURANCE DEVELOPMENT:

max. 30 minutes / workout, 3 times a week



## CYCLING:

max. 30 minutes / time, 7 days a week



## HIIT:

max. 15 minutes / workout, 3 times a week



## SPEED IMPROVEMENT

max. 20 minutes / workout, 3 times a week



## TABATA:

max. 8 minutes / workout, 3 times a week







## COMPATIBILITY with studio training devices

The JustfitMe Smartsuit has been designed to be 100% compatible with the Justfit studio devices. This means that you won't miss out on the group training experience, which you can enjoy in the most hygienic way: in your own EMS suit.



## WARRANTY

With the Justfit Warranty Extension Service you will enjoy extended warranty services after your Justfit product's standard warranty expires. Justfit thereby warrants the product to be free from defects in workmanship and materials for the extended warranty period.



1 YEAR

EXTENDED WARRANTY







# Technical PARAMETERS - JUSTFITME KIT

|   |                          |
|---|--------------------------|
| BATTERY TYPE                                | Li-ion                   |
| BUSINESS TYPE                               | Consumer product         |
| COMMUNICATION TYPE                          | Wi-fi                    |
| CRM SYSTEM                                  | Local                    |
| DEVICE PORTABILITY INDEX                    | 5/5                      |
| DEVICE WARRANTY                             | 1 year + 1 year extended |
| ELECTRODE MATERIAL                          | Textile                  |
| EMS CONTROL INTERFACE                       | Smartphone               |
| EMS CONTROL INTERFACE DISPLAY SIZE (INCHES) | Flexible                 |
| EMS WIRELESS CONTROL UNIT                   | 1 pc Click-on Me         |
| FREE BASIC EMS TRAINING COURSE              | Yes                      |
| NUMBER OF EMS CHANNELS                      | 11                       |

|  |  |
|--|--|
| NUMBER OF TECHNOLOGY SUITS (UNISEX)              | 1 pc New Generation Smartsuit                        |
| OPERATING SYSTEM                                 | iOS / Android Mobile                                 |
| REPLACEABLE ELECTRODES                           | Yes  |
| SPRAY BOTTLE                                     | 1  |
| STARTING PACKAGE- SIMULTANEOUS TRAINING SESSIONS | 1  |
| SUIT SANITIZER (OPTIONAL)                        | Yes  |
| WATERPROOF CABLES & ELECTRODES INSIDE            | Yes  |
| TRAINING MODES                                   | 8 Preset   |
| TRAINING POSSIBILITIES                           | 3x30min Strength, max. 1 hour/<br>day other training |
| SUIT WEIGHT (KG) / "M" SIZE                      | 1.5 kg   |
| TECHNICAL SUPPORT                                | Yes  |



ARE YOU READY...

...FOR A NEW BEGINNING?







## TAKE THE FIRST STEP!

Please feel free to to book an online appointment with us. it would be our pleasure to present justfitMe to you in a video call.

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