MFC
MONACO FIT COACHING

ELEVATE
YOUR SPORTS
EXPERIENCE

ELECTROSTIMULATION / EMS

YOUR WELL-BEING COMES FIRST

TRANSFORM **20 MINUTES** INTO **4 HOURS** OF INTENSE WORKOUT

- +30% MUSCLE **STRENGTHENING**
- **ACCELERATED** WEIGHT **LOSS**
- **IMPROVE METABOLISM** AND **ATHLETIC PERFORMANCE**
- **RE-ATHLETICIZATION, PAIN TREATMENT & POSTURE CORRECTION**

OUR WELLNESS CENTERS IN MONACO

Monte-Carlo Bay Hotel & Resort
40 Avenue Princesse Grace

Le Panorama,
57 Rue Grimaldi

+33 6 40 62 96 62

hello@monacofitcoaching.com

www.monacofitcoaching.com

IF YOU HAVE HEALTH ISSUES OR A MEDICAL HISTORY, PLEASE INFORM THE TEAM

THE BENEFITS OF ELECTRO-MUSCLE STIMULATION (EMS)

Elevate your performance with EMS: achieve visible results faster than ever!
Experience the power of EMS technology—an innovative approach that supercharges your workouts in just 20 minutes, **delivering the equivalent of 4 hours of traditional exercise**. By engaging deep muscle fibers and targeting even the hardest-to-reach areas, EMS amplifies the effectiveness of your training. In addition to your body's natural muscle contractions, EMS delivers precise impulses to specific zones, enhancing effort and **doubling your results**. It's the ultimate solution for those who want to save time, maximize efficiency, and see rapid progress.
Take your fitness to the next level—try EMS today!

RESTRICTIONS

× Pacemaker × Pregnancy × Cancer × Epilepsy

CONTRAINDICATIONS

× Severe neurological disorders × Abdominal or inguinal hernias × Untreated diabetes × Kidney disease × Untreated hypertension × Advanced arteriosclerosis, arterial circulatory disorders, or similar conditions

WHAT TO WEAR

For your sessions, opt for comfortable and practical clothing. We recommend a long-sleeved or 3/4-length cotton (95%) and elastane (5%) T-shirt, **avoiding DryFit fabrics, which are not suitable for EMS**. Pair this with biker shorts or long leggings for optimal freedom of movement. Be sure to bring athletic shoes for added comfort and support.

INSIDE YOUR EMS SESSION : PERSONALIZED, POWERFUL & REJUVENATING

Arrive a few minutes early to set the tone for your session and connect with your coach. This initial discussion is a valuable opportunity to review your goals, assess your current condition, and customize the workout to suit your needs.

Once outfitted with the electrostimulation equipment, your coach will fine-tune the intensity settings to precisely target each muscle group, ensuring an efficient and tailored experience. You'll then embark **on a dynamic 20-minute session**, alternating between periods of intense activity and recovery. This carefully designed approach maximizes your effort and delivers outstanding results in a fraction of the time. After the session, you'll have a moment to unwind, refresh, and change, leaving the studio feeling energized, revitalized, and ready to tackle the rest of your day!

RECOMMANDATIONS

Session Lenght	Recommended Frequency	Up to 9 muscle zones targeted in one session
20 minutes	1 to 3 times per week	Full-body activation

PRICING

Pay-as-you-go	6 sessions subscription	12 sessions subscription
30€	150€	240€

Do not litter on public roads