



Simin

Photographs: #annabelmoellerphotography

# A FULL BODY WORK-OUT IN 20 MINUTES PER WEEK

*Get fit, tone-up and improve core strength with EMS training*

In 2023, after losing some weight, I wanted to firm up and get stronger,' recalls Simin Hassani. 'I tried the usual options, but with no success. Then I saw an advert for Electro-Muscular Stimulation (EMS). I went for a trial, loved it and, even better, it soon delivered visible results - I haven't missed a session since.'

Indeed, so impressed was Simin that she then took an intensive course to be an EMS trainer, opened a studio in Acton and, in January, another in Richmond (opposite the station). 'EMS is very popular on the Continent,' she says. 'It is a safe, scientifically proven, full body discipline that only requires one weekly 20-minute work-out to make a difference.'

'The first step is for any new client to arrange a complimentary introductory meeting with me. I will explain and demonstrate how EMS works, discuss their fitness goals and conduct a personal health and fitness assessment.'

During exercise the brain sends signals to muscle fibres, prompting them to contract. EMS technology mimics and increases the

frequency of those signals. 'The electrical impulses - they are not "shocking" in any way - are transmitted via a high-tech body jacket,' explains Simin. 'The client wears that during the one-on-one session and, to maximise efficiency, the type and intensity of the training is tailored exactly to their individual needs.'

'All the muscle groups are targeted, movements are low impact and, after each work-out, I provide detailed feedback. EMS is perfect for everyone from dedicated trainers to "non-gym" people and I have clients aged 17 to 84,' says Simin. 'This exciting fitness method will transform your life.'

**SPECIAL OFFER:** If you mention this magazine when you sign up for a 13-week subscription you will receive 15% off the cost of each week. Simin is also offering four weeks free training to any member who refers a client who takes a subscription.

## **Feel Electric EMS Fitness**

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