



We're OHM Fitness, a wearable technology brand that is disrupting the traditional way people exercise. Our EMPower Bodysuits utilize electro muscle stimulation (EMS) to cause increased muscle contractions which in turn leads to more effective and efficient results.

OHMFitness.com



BRAND HIGHLIGHTS

- Various Modalities to Encourage Repeat Visits:
Sculpt & Sweat, Strong Vibrations, Stretch & Flow
- Recurring Monthly Membership Model
- Group Training: Up to 16 members per session
- Small Footprint: Spaces from 1500-2500 sq ft with build from \$75-\$200,000
- Low Overhead: Staffing between 8-10 employees

Franchise Fee: \$39,000 | Royalties: 6% | Marketing Fund: 1%

EMS: A QUICK TUTORIAL

Electro Muscle Stimulation (EMS) is a type of training that involves using low-level electrical impulses to stimulate the muscles, causing them to contract and relax up to 85 times per second.

Here are some of the potential benefits of EMS training:

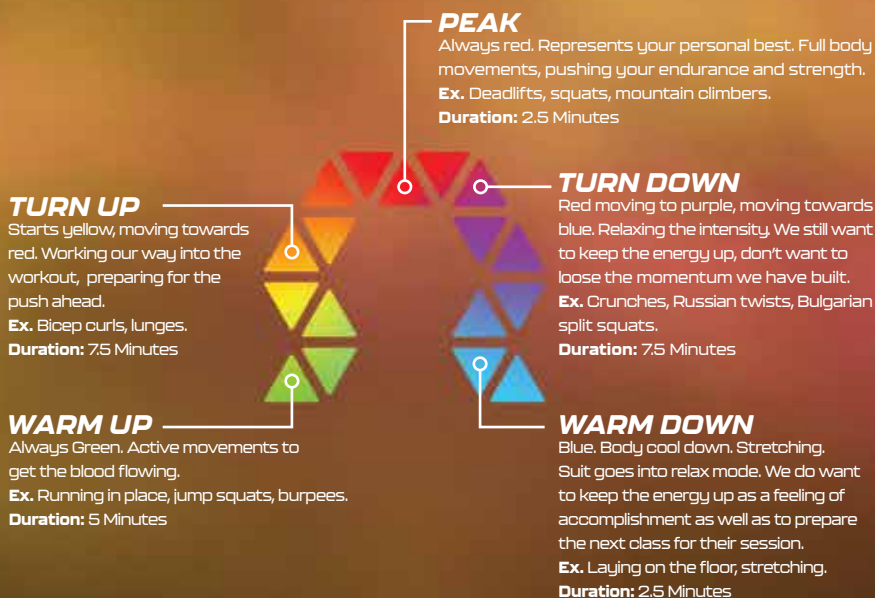
- Increased muscle strength
- Improved muscle endurance
 - Increased muscle size
- Reduced muscle soreness
 - Improved circulation
 - Enhanced recovery
 - Increased flexibility



THE OHM WORKOUT

Our technology allows for a complete body workout in just 25 minutes, instead of hours spent in the gym. And because it's wireless, the suit allows for increased movements, change of venues and a group class environment which makes EMS a fun experience.

Whether you're looking to build muscle, burn fat, or improve your overall health, OHM Fitness has everything you need to succeed.



FRANCHISES AVAILABLE

OHMFitness.com | Franchising@OHMFitness.com