



# THE LAWS OF THE FITNESS CHANGED



100%

ELISPHERIC® MOVEMENT

NO VIBRATION  
NO IMPACT  
NON LINEAR  
EXCLUSIVE 3D MOTION

MUSCULAR SHEATHING COORDINATION GESTURAL PRECISION RE-ATHLETICISM POWER PROPRIOCEPTION MUSCULAR DEVELOPMENT  
CARDIO TRAINING DYNAMIC STRETCHING BALANCED STRENGTH ENDURANCE TONING BODY SHAPING SLIMMING VITALITY  
MOBILITY FLEXIBILITY BALANCE CALORIE BURNING

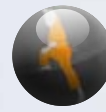
SPORT | FITNESS | WELLNESS | REBOOST



INCREASED MUSCULAR INTELLIGENCE  
STAY HEALTHY THROUGH 3DMOTION  
DEVELOP YOUR INNER AND POSTURAL BEAUTY  
REDISCOVER FREEDOM OF MOVEMENT



MUSCULAR  
POWER



BALANCE  
AND WEIGHT  
DISTRIBUTION



SLIMMING



VITALITY

Elispheric® movement, an exclusive patent of Allcare Innovations, is the combination of a multitude of elliptical tracks passing over a segment of a sphere. Based on the observation of the vertebrae's natural movements over each other, Elispheric motion re-dynamises the movement of the vertebrae in a three dimensional spiroid and non-linear fashion. Adjustment of the settings allows for variable Elispheric movement, which also changes depending on the position of the feet on the base plate. Whether gentle or powerful, the adjustability and control of the base plate's movement will be up to everyone's expectations, and well beyond.



IMOOVE: A NEW ERA OF ELISPHERIC® MOTION

# UNIQUE

THE WORLD ONLY MULTI-DIRECTIONAL  
MUSCULOPOSTURAL® WORK



GIANFRANCO TUDICO  
IMOOVE INVENTOR

“ Imoove is the synergy of a unique and patented form of motion with “Fitness Therapy”, a revolutionary training method from the medical and rehabilitation world. Imoove offers a new approach to sport, fitness and well-being. The Fitness Therapy method and the protocols developed by Allcare Innovations’ team of osteopaths, physiotherapists, and fitness experts bring exceptional results to several application fields: Health, Sport, Wellness and Slimming.

**Imoove is the first piece of equipment that can work the entire body, stimulating more than 90% of the muscular mass at once. From as-sessment programs to the total rebalancing of the body,** Imoove can optimise proprioception, muscle sheathing and motor-coordination, all in a mere 4 sq. m<sup>2</sup>!

**Imoove opens the door to Fitness Therapy.**”

ALLCARE INNOVATIONS





ABDOMINALS



CARDIO TRAINING



COORDINATED  
MUSCLE  
STRENGTHENING



WEIGHT  
DISTRIBUTION



DYNAMIC GLOBAL  
STRETCHING



PILATES



SPORT



BALANCE



**Tone**  
your arms

**Strengthen**  
your core muscles

**Refine**  
you waist

**Reshape**  
thighs and buttocks

**Resculpt**  
your legs

**Burn**  
Burn Fat

R O G R A M S



MUSCLE TONE



SWIMMING



DORSAL



DYNAMIC STRETCH



ARTICULAR FLEXIBILITY



LOWER LIMBS



ENDURANCE



BACK AND MAINTAIN

7 0 0 E X E R C I S E S A T 5 L E V E L S

# MUSCULOPOSTURAL<sup>®</sup> TRAINING

The original elispheric movement designed by Imoove produces a complete musculopostural training. This global stimulation makes moving 90% of the body muscles. The fine settings of the plate offers to Imoove the capability to match any person level and to progress until their goal. For example, the kid could understand how moving his body in the space and then develop a very strong psychomotor ability. For anti-aging considerations, the training with Imoove refers to balance control, proprioception and articular mobility as well. Lastly, Imoove helps your body to fight against unsightly and to improve your performance by using dynamic and cardiovascular protocols including several embedded programs and positions.

FITNESS  
WELLNESS  
BEAUTY  
PERFORMANCE

POSTURE

BALANCE

COORDINATION

CORE MUSCLE



CURE

CIRCUIT TRAINING

PROGRAMMES EMBARQUÉS

PROGRAMME LIBRE



# A TECHNOLOGY, AN INTELLIGENCE, FORWARD AND ADVANCED MOVEMENTS

DYNAMIC EVALUATION DLC • NEW TRAINING PROGRAMS: FITNESS, BEAUTY,  
SPORT AND WELLNESS FULLY CUSTOMIZABLE • EASY AND SAFETY USE  
REMOTE CONTROL

Thanks to the embedded intelligence and to the patent movement technology, Imoove is perfect each day of your life. The training and personal coaching concept with Imoove give you a different way to improve your performance, your aesthetic and your wellness. Imoove could be used either as a single case or within an exercises set during a training tour or like a complete course



INTERACTIVE  
INTERFACE



DYNAMIC LIVE CONTROL  
INTERACTIVE MOVEMENT  
3D FEEDBACK



ELISPHERIC®  
MOVEMENT



700 DECLINABLE EXERCISES  
WITH 5 DIFFICULTY LEVELS



PATIENT DYNAMIC  
EVALUATION



HAND-FREE  
DEVICE



360° WORKOUT



USB PORT



VIDEOS



ELASTIC GRIPS



ERGONOMIC  
BARS

## COACH CONTROL



- REMOTE CONTROL
- TRAINING SUPPORT
- MARKETING SUPPORT
- VIDEOS
- PICTURES

# imoove<sup>®</sup>

## TESTIMONIALS

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MOBILITY FLEXIBILITY BALANCE CALORIE BURNING



EMBEDDED INTELLIGENCE | FEEDBACK | DLC





**My oldest patients love Imoove**

because they recover, in a fun way and complete safety, their mobility, balance, muscle tone and joints suppleness.

**PASCALE MARTIN,**  
PHYSIOTHERAPIST



An exceptional anti-aging treatment tool which allows for **freeing up and re-balancing the natural movements of the body.**

**LAURENT LAFONTAN,** Physiotherapist specialist in the Mézières method



The body, as a whole, works in a **spiral chain and in movement**

**PASCAL CORMIER,**  
GENERAL PRACTICE PHYSIOTHERAPIST



**Everybody can use imoove,** from children to seniors, including those practicing high level sports.

**MARC DUHAUMONT,**  
PHYSIOTHERAPIST / OSTEOPATH



Imoove allows me to place **competitive swimmers in a condition of weightlessness** and make them work out a very deep and subtle sheathing training.

**LAURENT SALVADOR,**  
PHYSIOTHERAPIST AT THE FRENCH MULHOUSE SWIMMING CENTRE SINCE 1986



With Imoove one can **work out for a long time, in a play-like manner** and, above all, with full confidence.

**SARKIS HOVSEPIAN,**  
COACH CENTRE SO ADDICT



There was a lack of specialised technology on spiroidal joints in the spinal column

**FRANCK VANDENBROUCK,**  
PILATES SPECIALIST



**FRANCK VANDENBROUCK, PROFESSEUR OF ETAT MÉTIER DE LA FORME – SPECIALIST IN PILATES NEAR TO NICE (06-FRANCE)**

What interested me at once when I tested Imoove is the possibility of working from the center of the body in the verticality. Pilates being based on this principle, Imoove allows to realise exercises impossible to make otherwise traditionally

**In some words how would you define Imoove?**

Imoove, by the dynamic of its elispheric movements, allows to work simultaneously on the balance, the articular and ligament flexibility in a unique way. It is also particularly interesting for the back

**What are the Imoove key points?**

The Elispheric movements which allows the fluid and dynamic articular work • its simplicity of use • the playful exercises • and the multitude of customisable programs • It does not make noise and can be used all day long continuously and without preventing the simultaneous courses of Pilates.

**What does your customers think of Imoove?**

For them it is very easy to use. The customers are autonomous and all those who use it want to continue. It is a new way of working, once learnt, it is very playful. Twenty to half an hour on Imoove passes by very quickly.

**What does imoove brings you today?**

Imoove potential is very important. This is only the beginning of an adventure. In my daily practice, I imagine everyday new exercises to improve the results of my customers.

10h20  
et 25s



10h20  
et 30s

## IMOOVE A "PLAY STATION" FOR YOUR PATIENTS

Imoove also allows the user to work out while enjoying himself and with complete autonomy, without assistance. When rebuilding the dynamics of your body becomes a pleasure !

# DIFFERENT EFFECTIVE FUN

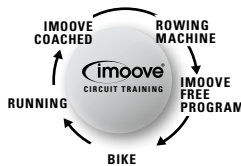


# SUCCESSFULL



## THE FITNESS THERAPY METHOD

Designed by physiotherapists, osteopaths and experts from the fitness world, the Fitness Therapy method helps meet the expectations of all types of profiles: sporting amateurs or serious competitors, men or women, young or elderly.



## IMOOVE CIRCUIT TRAINING

Imoove integrates perfectly in your training structure. Imoove combined with your current equipment enables a comprehensive and dynamic training routine.



## MARKETING SUPPORT

Shop-front advertising, brochures, waiting room posters and leaflets, website, press relations, all communication tools are available to promote the device within your structure.



## IMOOVE TREATMENTS

Sell your customers sessions thanks to Imoove treatments. Sports, Fitness, beauty or Reboosting, there will be a treatment program adapted to the needs of your customers.



## TRAINING

Training Diploma provided by the designers of the system, discover all the secrets of Imoove, opening the door to the Fitness Therapy method.



## AFTER-SALES SUPPORT

The guarantee of a quality service and the assurance that your device will function properly.



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IMOOVE-FR.COM



IMOOVE FT



IMOOVE FTM

