



Trainin20 s.r.l.

Wellness Boutique

Awake your Body and Mind



Who we are

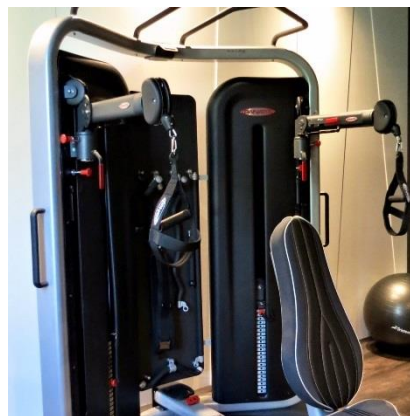
Trainin20 has launched in Milan the first **Wellness Boutique (micro-gym)** in Italy with an **innovative training** method inspired by High Intensity Training

There are no electro stimulators: it is a **natural, simple and effective** way to **awaken your body and mind** by **improving the physical and psychological wellbeing**, with the aid of a **Wellness Coach**, a Motor Science Professional

Contacts

T. 02 83427222

flavio.bucciarelli@trainin20.com



Product description

The **uniqueness** of the **Trainin20** method :

- Requires only **20 minutes (net)** of exercise a week;
- **Total Body** workout;
- You exercise **“Dressed as you are”**: no need to **change clothes**, have a **shower**, as **you don't sweat**;
- Under the **constant supervision** of a **Wellness Coach**;
- In an **exclusive environment** for **one or two guests** at the most for **maximum privacy**.
- **Sustainability** – no waste of **water** for the showers.

www.trainin20.com