



HEALTHIER

BETTER

FASTER

STRONGER

EMS LEADERS

My30Minutes takes pride in offering personalized training programs catering to individuals of all fitness levels.

MY30MINUTES.COM



ABOUT MY30MINUTES

My30Minutes, an esteemed international EMS personal fitness brand, operates in the UAE, Germany, Jordan, and Qatar. Specializing in a full-body EMS (Electrical Muscle Stimulation) workout and weight-loss solution, we consistently deliver quicker and more efficient results than conventional training methods.

Established in the UAE in 2013, My30Minutes proudly holds the distinction of being the **First EMS gym introducer in the region**. Beginning as a home service, we have successfully expanded to studios across the UAE.

GET STARTED



OUR VISION & MISSION

VISION STATEMENT

Our clear goal is to continue growing and expanding our brand, with a focus on **entering new markets and opening new studios.**

MISSION STATEMENT

Our mission continues to inspire and transform lives through our **unique approach to fitness.**

OUR FACILITIES

We pride ourselves on providing **exceptional studios** that are thoughtfully designed and equipped with top-of-the-line facilities. Our goal is to offer you an unparalleled fitness experience from the moment you step foot into our facility.

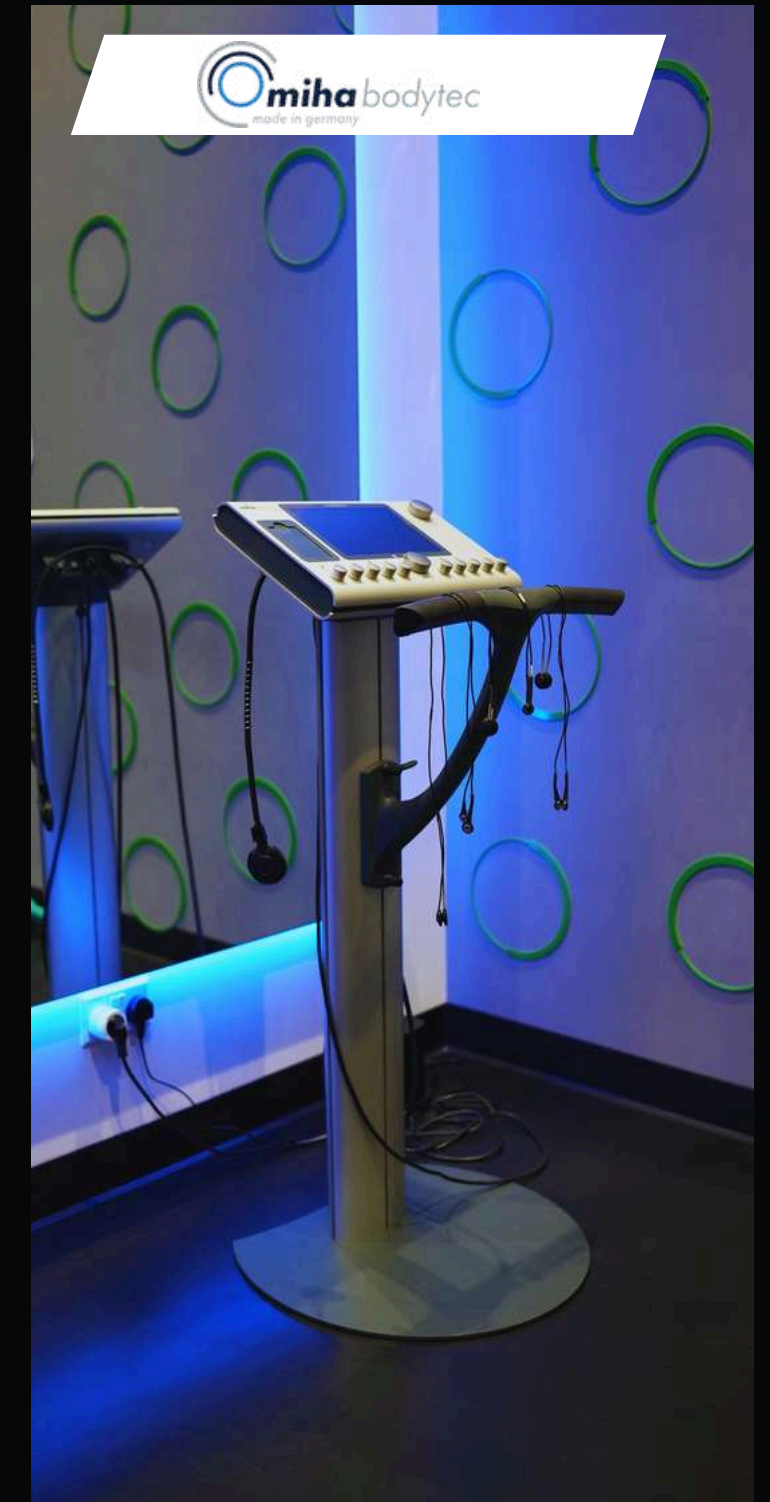
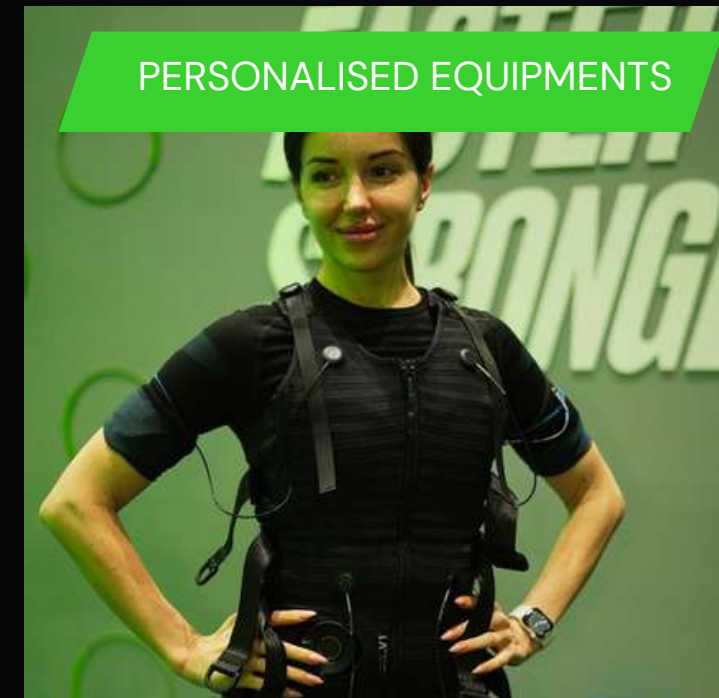
As a testament to our commitment to excellence, we were awarded the **Best EMS Gym in the UAE** at the UAE Business Awards in 2021. Furthermore, we have now been honored with the title of **Best EMS Gym at the Arabian Business Awards in 24** & One of the finalists in the **REPS UAE Best Club of the Year** Award in 2023.

FITNESS IS A LIFESTYLE. WE HAVE SET OUR OWN EXAMPLE

TOP CLASS STUDIOS



PERSONALISED EQUIPMENTS



OUR STUDIOS



BOXPARK



ADDRESS DUBAI MALL



JVC



JW MARRIOTT MARINA



AJMAN

WHY EMS?

EMS (Electric Muscle Simulation) **activates over 90% of the muscle** fibres simultaneously during each contraction, giving outstanding results with an intense **20-minute workout** session, which is not possible in a 3 hour conventional gym workout!

OUR SERVICES



PRIVATE TRAINING

A full body workout with your dedicated personal trainer in a private and scheduled space.



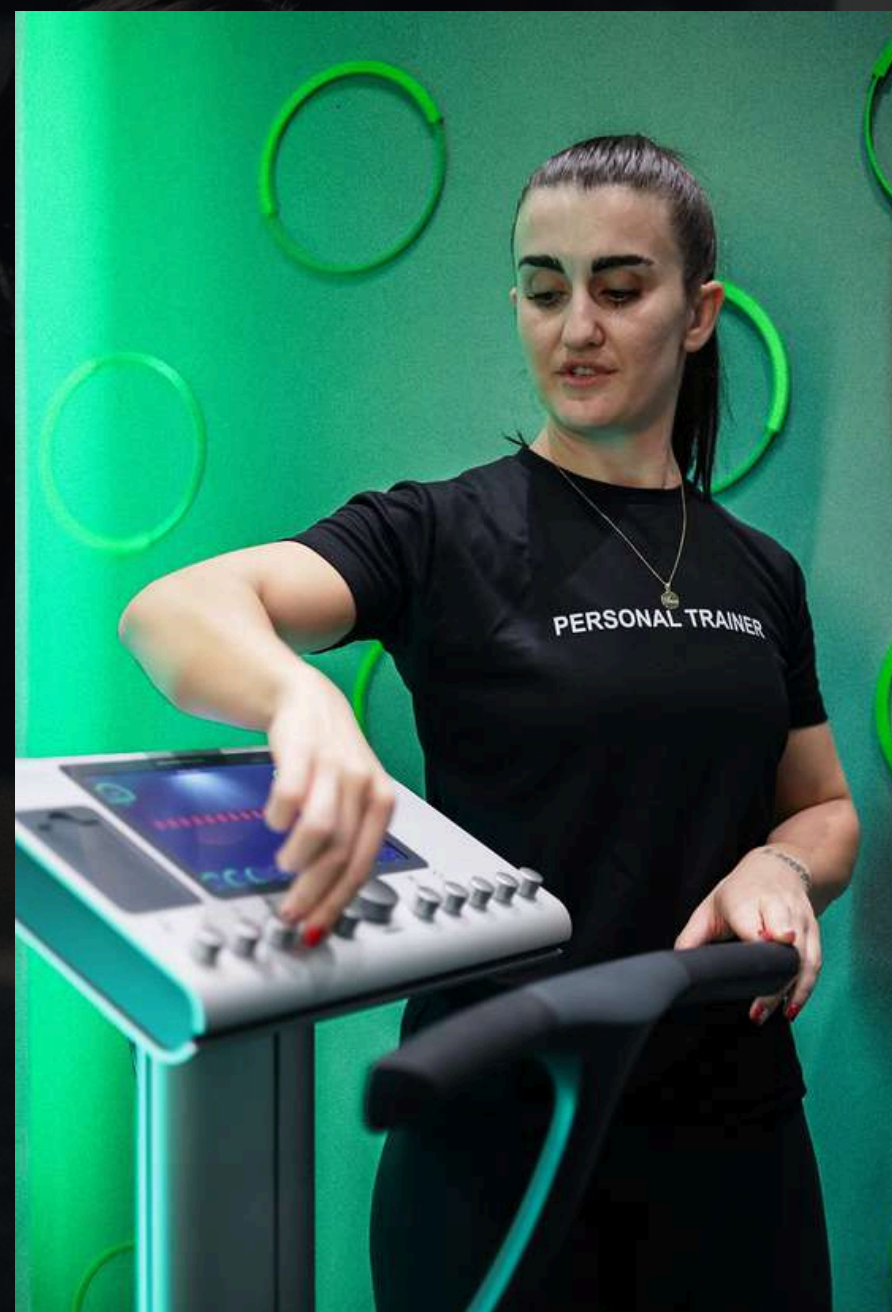
DUO TRAINING

Where two individuals train together in a mixed room with a personal trainer.



HOME SERVICE

Our trainer will drive to your preferred location and bring all the necessary equipment.



EMS CERTIFIED TRAINERS



We take immense pride in ensuring that all our trainers are EMS licensed, guaranteeing their proficiency in delivering effective workouts using Electrical Muscle Stimulation (EMS) technology. This certification showcases their dedication to staying up-to-date with the latest industry standards and techniques.

AWARDS WE'VE WON



OUR PARTNERS

JW MARRIOTT®

ADDRESS
DOWNTOWN

شرطة دبي
DUBAI POLICE

&

إسعاد
esaad

فزاا
FAZAA

Emirates
Platinum

هيئة كهرباء ومياه دبي
Dubai Electricity & Water Authority

the
ENTERTAINER™
Middle East | Africa | Asia | Europe

tabby

**WE
ARE
EMS**



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