

MOBIGYM - THE LONGEVITY FITNESS STUDIO

WELCOME  
TO THE FUTURE  
OF LONGEVITY AND ANTI-AGEING

INTRO SESSION



We broke all the rules....



...and we created a new concept...



NOT a Gym



NOT a Clinic



NOT a SPA

...so WHAT'S MOBIGYM?

MobiGym is the First

Longevity Fitness Studio

A hub or single source of Truth for an  
holistic approach to Healthy Ageing





*"We're not just a gym, and we're not a clinic –  
we're **preventive wellness partners**.*

*Our Mission is to help our clients maintain  
such vibrant health that they never need to  
become patients."*

*MobiGym Founders*



# Our Approach

**S**afe and science based. Our commitment not to hurt you is paramount.

**E**ffective and efficient. Only the Minimum Effective Dose, tailored to your needs.

**Q**uantifiable. We monitor your results and adjust our approach to meet your status.

**U**nique. First in Luxembourg with this technology.

**O**ptimized. Personalized work/rest periods.

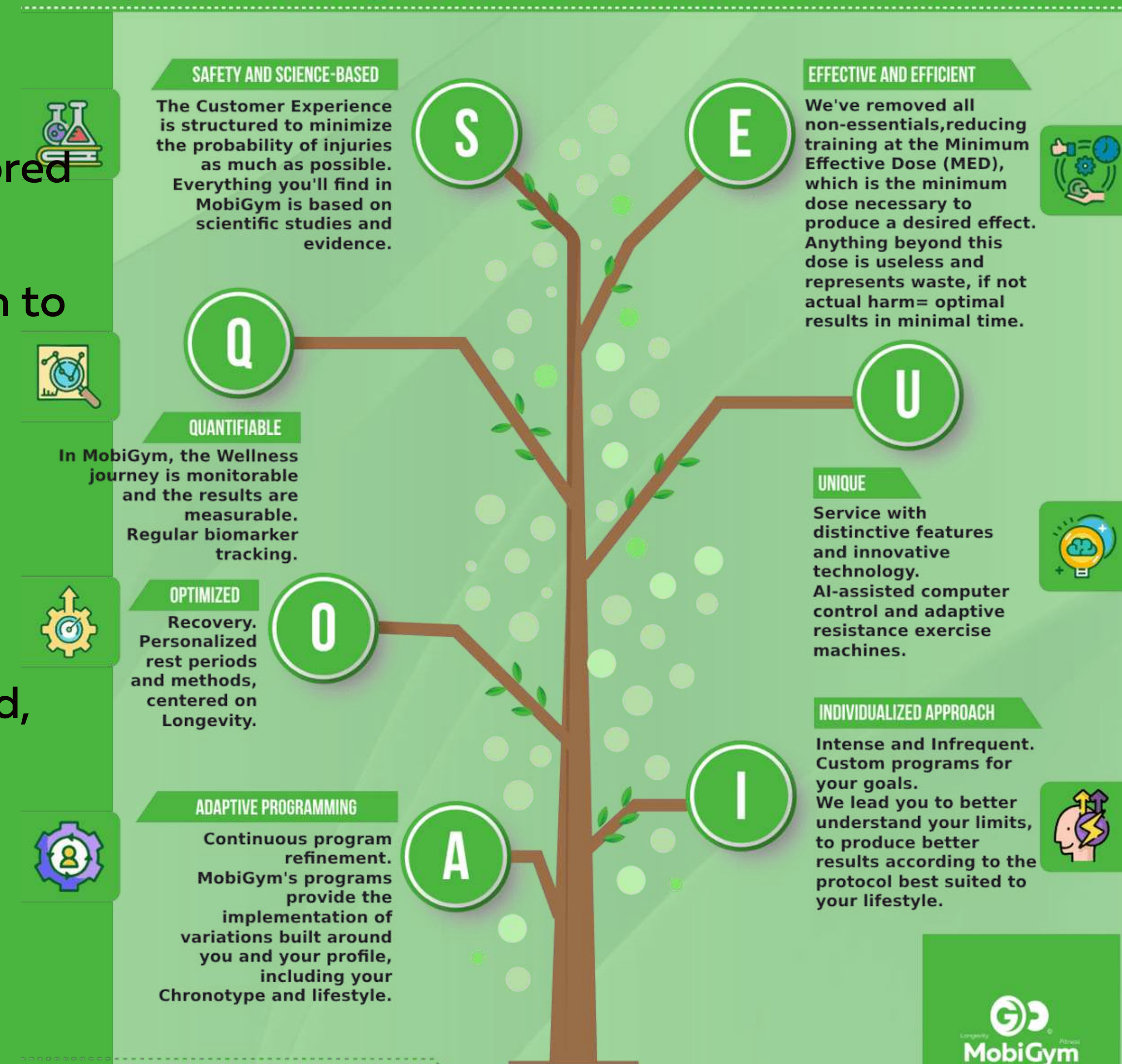
**I**ndividualized approach. Working together is intense and infrequent, still it's tailored to you and you only.

**A**daptive programming. In line with the Flywheel we developed, the program is changing over time to keep you motivated and increase results.

## SEQUOIA / SI'KƏIƏ/

A sequoia is an ancient, towering redwood tree that grows on the coast of northern California and southern Oregon.

Sequoias are the largest trees on Earth and can live more than 3,000



# OUR EVIDENCE BASED HOLISTIC METHOD

## WELCOME AND ASSESSMENT

You are n=1. We learn about you, your goals, motivation and other parameters to tailor your experience with what we consider an "ultra-personalized" approach.



## OPTIMIZATION

Results and feedback are analyzed, we listen to you and calibrate/reformulate the plan regularly, with the ultimate goal of keeping you engaged, challenged and optimize your time and efforts.



## IN BETWEEN SESSIONS

- Post-session feedback and surveys
- Body and mind check reminders throughout the day
- Personalized offers tailored to your needs, hobbies and interests
- 24/7 access to a longevity and biohacking coach

## PROGRESS TRACKING AND CONTINUOUS IMPROVEMENT

Each Well-being journey with us is quantifiable, with measurable results and regular feedback on your sessions.



## THE ULTRA-PERSONALIZED PLAN

Based on scientific evidence and safety-centered, our team of experts develops the most effective and efficient training prescription, unique and optimized, for you only.



## SUPERVISION, COACHING AND INSTRUCTION

- We commit to coaching, teaching and motivating you through every step of your journey.
- We lead you to better understanding your limits and potential, stepping out of your comfort zone.



## SESSION STRUCTURE AT MOBIGYM

- Our personalized greeting
- Educational pill: explore studies or news of your interest, relevant to you
- Brief warm-up
- Main session
- Relaxation session tailored to your needs and based on the time of the day



*Disclaimer:* The method and steps described are based on our 4-month program and may be subject to change. Please consult with our team for the most up-to-date information on our services.

# Why we do differ



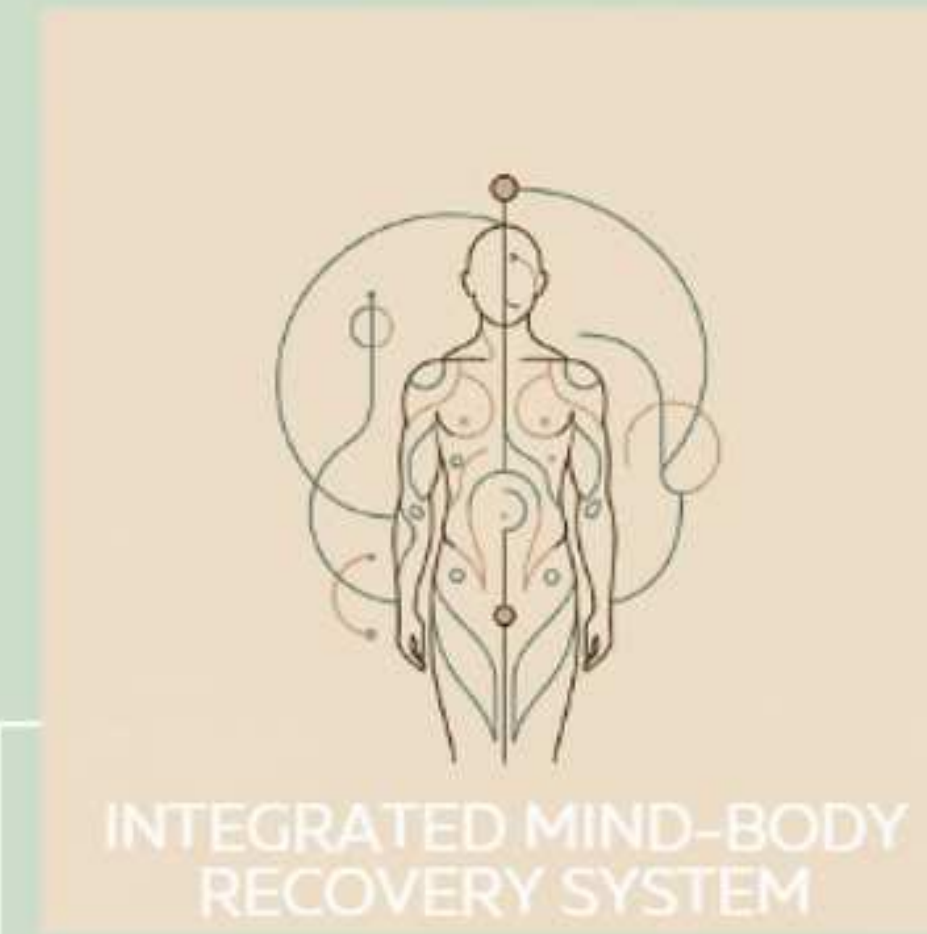
## YOUR **PREVENTIVE WELLNESS PARTNERS**

*At MobiGym, we're pioneering the future of longevity fitness, where cutting-edge science meets personalized training. Our focus is to enhance your healthspan and increase your lifespan through scientifically-validated protocols and advanced technology.*

# Why we do differ



- Air quality monitoring and control
- State-of-the-art HEPA filtration (99.97% particle removal at 0.3 microns)
- Advanced air disinfection using:
  - Ozone treatment
  - UV light technology
  - Negative-ion generation
- Precision temperature and humidity control.
- Medical-grade surface disinfection
- Complimentary UV sanitization for personal devices
- Regular EMF (Electromagnetic Fields) testing and monitoring



### Recovery Technology Suite

- Immersive Virtual Reality environments for stress reduction
- Light and sound entrainment for brainwave harmonization
- Targeted vibration therapy
- Structured post-workout protocols
- Vagus nerve stimulation
- Parasympathetic nervous system activation
- Stress management optimization
- Brain state reset practices
- Mindful cool-down sequences

# Why we do differ

► Environ Health Perspect. 1986 Mar;65:351-361. doi: [10.1289/ehp.8665351](https://doi.org/10.1289/ehp.8665351) [↗](#)

## Indirect health effects of relative humidity in indoor environments.

[A V Arundel](#), [E M Sterling](#), [J H Biggin](#), [T D Sterling](#)

► Copyright and License information

PMCID: PMC1474709 PMID: [3709462](https://pubmed.ncbi.nlm.nih.gov/3709462/)

### Abstract

358

ARUNDEL ET AL.

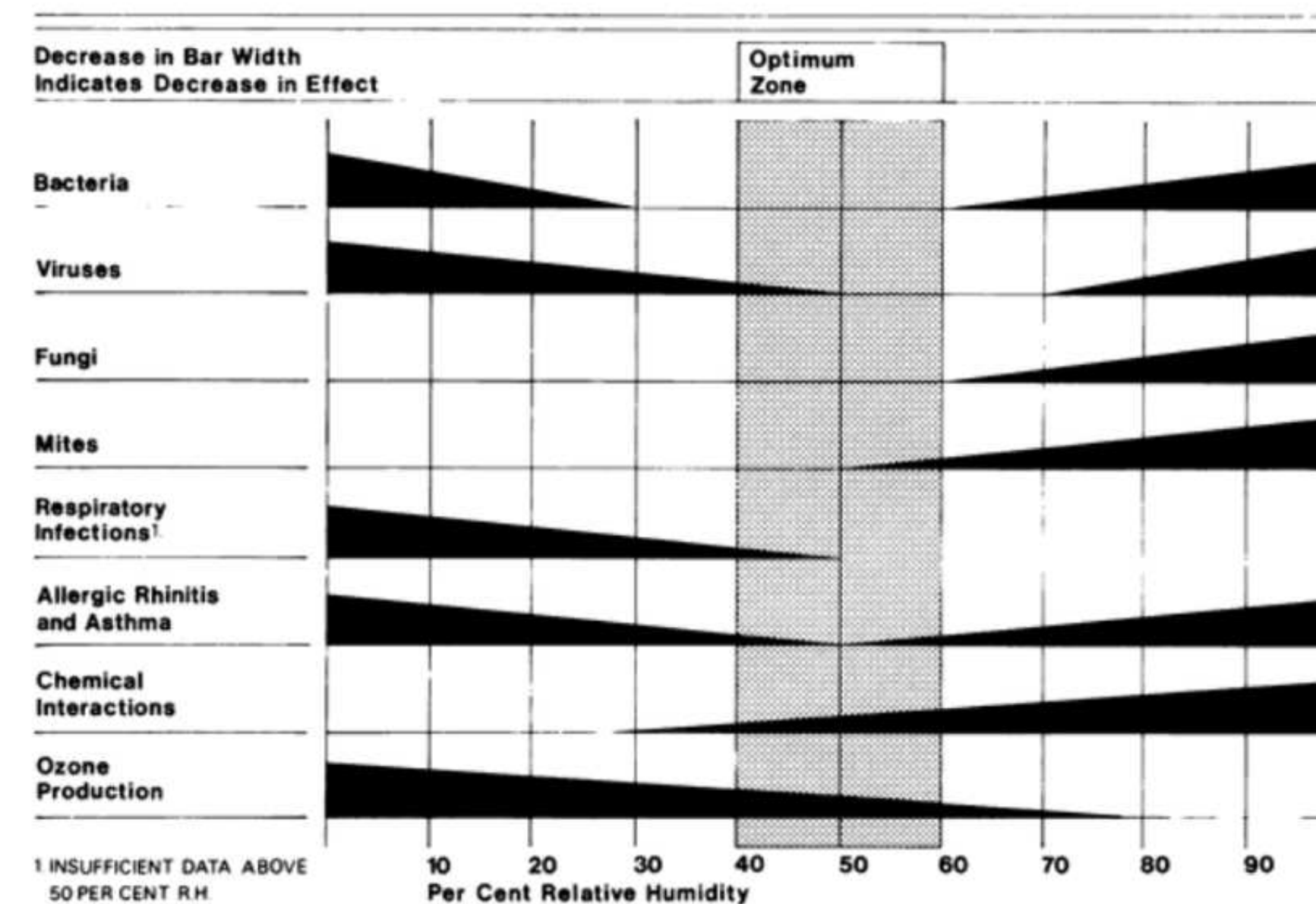


FIGURE 1. Optimum relative humidity range for minimizing adverse health effects.

# Why we do differ



WHOLE BODY - METABOLIC SYNDROME

## The Effects of 24-Week, High-Concentration Hydrogen-Rich Water on Body Composition, Blood Lipid ...

Year Published: 2020

Purpose: Metabolic syndrome is associated with several medical risk factors including dyslipidemia, hyperglycemia, and obesity, which has become a worldwide pandemic. The sequelae of this condition increase the risk of cardiovascular and neurological disease and increased mortality. Its pathophysiology is associated with redox dysregulation, excessive inflammation, and perturbation of cellular ...

BRAIN - ANXIETY

## Hydrogen-rich water for improvements of mood, anxiety, and autonomic nerve function in daily life

Year Published: 2018

Health and a vibrant life are sought by everyone. To improve quality of life (QOL), maintain a healthy state, and prevent various diseases, evaluations of the effects of potentially QOL-increasing factors are important. Chronic oxidative stress and inflammation cause deteriorations in central nervous system function, leading to low QOL. In healthy individuals, aging, job stress, and cognitive load ...

WHOLE BODY - ROS-SCAVENGING

## Hydrogen acts as a therapeutic antioxidant by selectively reducing cytotoxic oxygen radicals

Year Published: 2007

Acute oxidative stress induced by ischemia-reperfusion or inflammation causes serious damage to tissues, and persistent oxidative stress is accepted as one of the causes of many common diseases including cancer. We show here that hydrogen ( $H_2$ ) has potential as an antioxidant in preventive and therapeutic applications. We induced acute oxidative stress in cultured cells by three independent ...

# Why we do differ

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Article | [Open access](#) | Published: 15 June 2022

### Mobile phones are hazardous microbial platforms warranting robust public health and biosecurity protocols

[Matthew Olsen](#), [Rania Nassar](#), [Abiola Senok](#), [Susan Moloney](#), [Anna Lohning](#), [Peter Jones](#), [Gary Grant](#), [Mark Morgan](#), [Dinesh Palipana](#), [Simon McKirdy](#), [Rashed Alghafri](#) & [Lotti Tajouri](#) 

[Scientific Reports](#) **12**, Article number: 10009 (2022) | [Cite this article](#)

**14k** Accesses | **14** Citations | **665** Altmetric | [Metrics](#)

#### Abstract

Advancements in technology and communication have revolutionised the twenty-first century with the introduction of mobile phones and smartphones. These phones are known to be

# Why we do differ



# the 2 Pillars for Healthy Ageing

Fasting Featured Health and Wellness Nutrition Research

## Fasting-Like Diet Lowers Risk Factors for Disease, Reduces Biological Age in Humans

5 min read

### Faculty



#### Valter Longo, PhD

Professor of Gerontology and Biological Sciences  
Edna M. Jones Chair in Gerontology

Expertise: Fasting, Nutrition and diets, Chronic diseases



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Facebook

Email: [vlongo@usc.edu](mailto:vlongo@usc.edu)

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Office Phone: (213) 740-6212

#### Education

- Postdoctoral training, USC, 2000
- PhD, UCLA, 1997
- BS, University of North Texas, 1992

#### Research

► J Inflamm Res. 2015 Mar 24;8:83–96. doi: [10.2147/JIR.S69656](https://doi.org/10.2147/JIR.S69656) [↗](#)

## The effects of grounding (earthing) on inflammation, the immune response, wound healing, and prevention and treatment of chronic inflammatory and autoimmune diseases

[James L Oschman](#)<sup>1</sup>, [Gaétan Chevalier](#)<sup>2,✉</sup>, [Richard Brown](#)<sup>3</sup>

► [Author information](#) ► [Article notes](#) ► [Copyright and License information](#)

PMCID: PMC4378297 PMID: [25848315](https://pubmed.ncbi.nlm.nih.gov/25848315/)



We want to be the focal point

## YOUR NETWORK

We believe in a **holistic approach to health and longevity**. We are building a comprehensive network of professionals, advisors, medical doctors, and partners to deliver personalized, high-quality services.

As your **personal biohacking and longevity concierge**, we leverage these resources to negotiate exclusive deals and provide you the best possible care.

THE  
CENTRAL  
BIOHACKING

BIOHACKERS  
LUXEMBOURG

ITALIAN  
LONGEVITY  
LEAGUE  
SOCIETA' SCIENTIFICA DELLA LONGEVITA'  
Journal of  
Ageing and Longevity

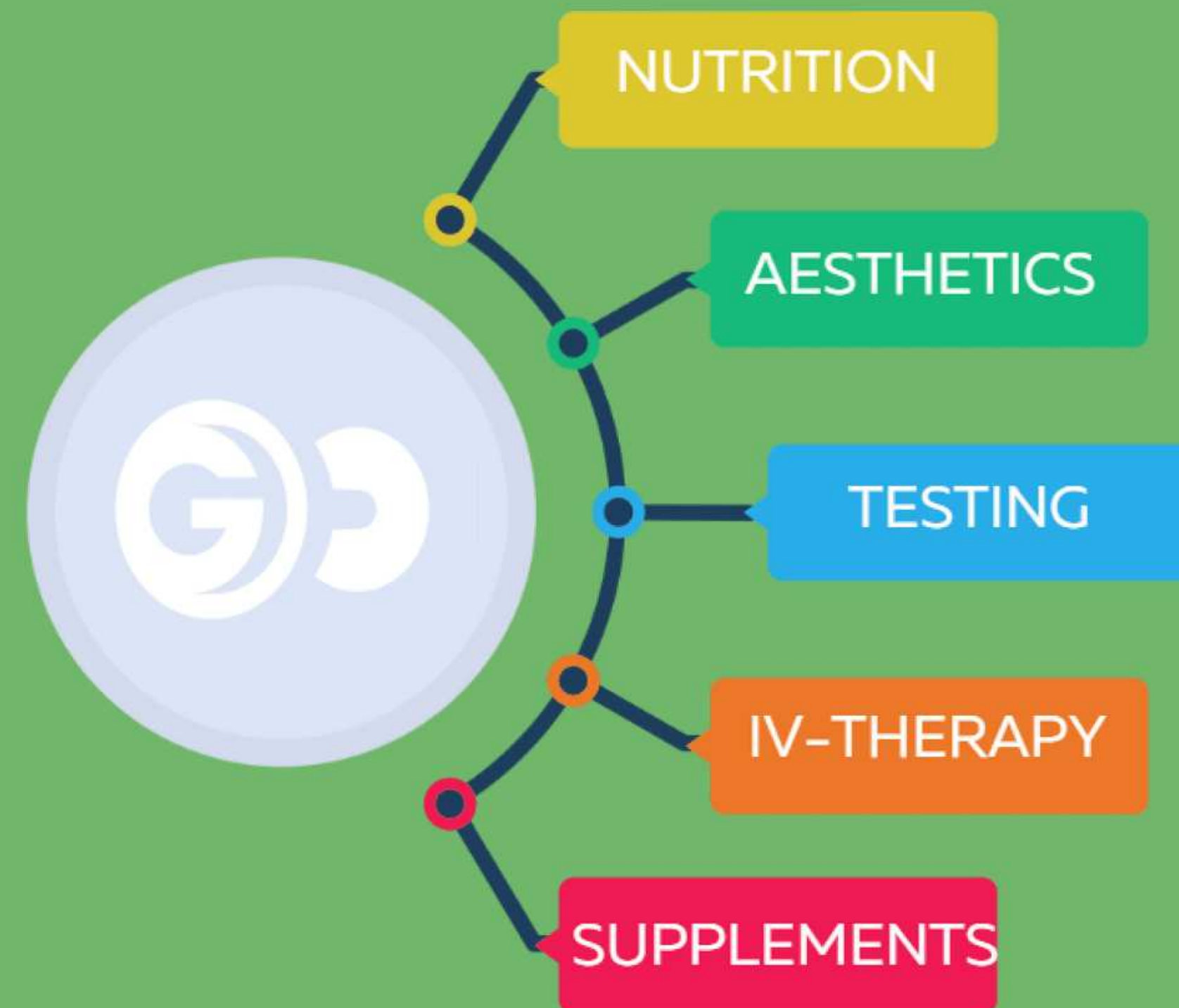
DEGRÉ 110

LONGEVITAE®  
REMISE EN FORME, HEALTHY & LONGEVITY

RESPIRE  
CENTRE THERAPEUTIQUE  
RESPIRATOIRE À LUXEMBOURG

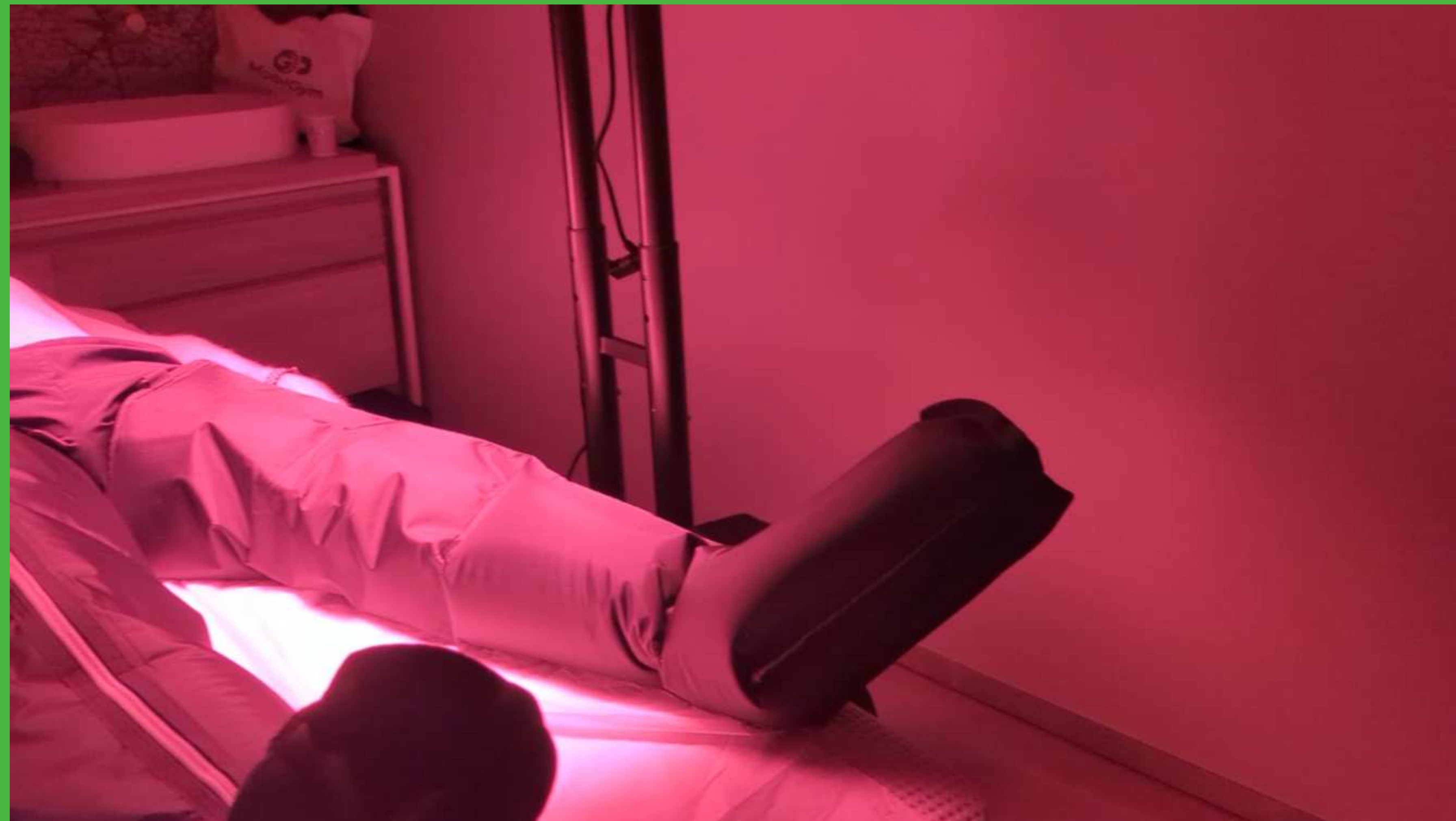


B|YOU



- This list of collaborations is continuously growing – please refer to our website for the most up-to-date information.

We have  
knowledge



the 2 Pillars  
for  
Healthy  
Ageing



Strength



Cardiovascular  
Fitness

# Private and Exclusive



# the 2 Pillars for Healthy Ageing

⏪

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## Reduced Exertion High-Intensity Interval Training is More Effective at Improving Cardiorespiratory Fitness and Cardiometabolic Health than Traditional Moderate-Intensity Continuous Training

by Tom F. Cuddy <sup>1</sup>, Joyce S. Ramos <sup>2,3</sup> and Lance C. Dalleck <sup>1,2,\*</sup>  

<sup>1</sup> Recreation, Exercise & Sport Science Department, Western Colorado University, Gunnison, CO 81231, USA

<sup>2</sup> SHAPE Research Centre, Exercise Science and Clinical Exercise Physiology, College of Nursing and Health Sciences, Flinders University, Bedford Park, SA 5042, Australia

<sup>3</sup> Centre for Research on Exercise, Physical Activity and Health, School of Human Movement and Nutrition Sciences, The University of Queensland, Brisbane, QLD 4072, Australia

\* Author to whom correspondence should be addressed.

*Int. J. Environ. Res. Public Health* **2019**, *16*(3), 483; <https://doi.org/10.3390/ijerph16030483>

Submission received: 15 January 2019 / Revised: 2 February 2019 / Accepted: 3 February 2019 /

# the 2 Pillars for Healthy Ageing



► PLoS One. 2007 May 23;2(5):e465. doi: [10.1371/journal.pone.0000465](https://doi.org/10.1371/journal.pone.0000465)

## Resistance Exercise Reverses Aging in Human Skeletal Muscle

[Simon Melov](#)<sup>1,\*,#</sup>, [Mark A Tarnopolsky](#)<sup>2,\*,#</sup>, [Kenneth Beckman](#)<sup>3</sup>, [Krysta Felkey](#)<sup>1</sup>, [Alan Hubbard](#)<sup>1</sup>

Editor: Peter Wenner<sup>4</sup>

► [Author information](#) ► [Article notes](#) ► [Copyright and License information](#)

PMCID: PMC1866181 PMID: [17520024](#)

### Abstract

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Human aging is associated with skeletal muscle atrophy and functional impairment



# the 2 Pillars for Healthy Ageing



▶ Clin Interv Aging. 2019 Oct 1;14:1681–1691. doi: [10.2147/CIA.S194543](https://doi.org/10.2147/CIA.S194543) 

## Grip Strength: An Indispensable Biomarker For Older Adults

[Richard W Bohannon](#) <sup>1,✉</sup>

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PMCID: PMC6778477 PMID: [31631989](https://pubmed.ncbi.nlm.nih.gov/31631989/)

### Abstract

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Grip strength has been proposed as a biomarker. Supporting this proposition, evidence is provided herein that shows grip strength is largely consistent as an explainer of concurrent overall strength, upper limb function, bone mineral density, fractures, falls, malnutrition, cognitive impairment, depression, sleep problems, diabetes, multimorbidity, and quality of life. Evidence is also provided for a predictive link between grip strength and all-cause and disease-specific mortality, future function, bone mineral density, fractures, cognition and depression, and problems associated with hospitalization. Consequently, the routine use of grip strength can be recommended as a stand-alone measurement or as a component of a small battery of measurements for identifying older adults at risk of poor health status.

## Whole-Body Vibration Therapy as a Modality for Treatment of Senile and Postmenopausal Osteoporosis: A Review Article

[Anushree Singh](#)<sup>1,✉</sup>, [Anuj R Varma](#)<sup>1</sup>


Editors: Alexander Muacevic, John R Adler

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PMCID: PMC9925023 PMID: [36793830](#)

### Abstract

Whole-body vibration therapy is an intentional biomechanical stimulation of the body using various frequencies of vibrations with the motive of health improvement. Ever since its discovery, this therapy has been extensively used in physiotherapeutic measures and the sports industry. For its property of increasing bone mass and density, space agencies use this therapy on astronauts who return to Earth after long-term space missions to regain lost bone and muscle mass. The potential of this therapy to restore bone mass encouraged researchers to look for its scope in the treatment of age-related bone degenerative diseases such as osteoporosis and sarcopenia, as well as in the correction of posture control and gait in geriatrics and post-menopausal women.

► PLoS One. 2018 Jan 31;13(1):e0192046. doi: [10.1371/journal.pone.0192046](#) 


## Metabolic effect of bodyweight whole-body vibration in a 20-min exercise session: A crossover study using verified vibration stimulus

[Chiara Milanese](#)<sup>1,\*,#</sup>, [Valentina Cavedon](#)<sup>1,#</sup>, [Marco Sandri](#)<sup>1</sup>, [Enrico Tam](#)<sup>1</sup>, [Francesco Piscitelli](#)<sup>1</sup>, [Federico Boschi](#)<sup>2</sup>, [Carlo Zancanaro](#)<sup>1</sup>

Editor: Riccardo Di Giminiani<sup>3</sup>

► [Author information](#) ► [Article notes](#) ► [Copyright and License information](#)

PMCID: PMC5792008 PMID: [29385196](#)

► Int J Environ Res Public Health. 2020 Feb 18;17(4):1317. doi: [10.3390/ijerph17041317](#) 

## Effects of 8-Week Whole-Body Vibration Training on the HbA1c, Quality of Life, Physical Fitness, Body Composition and Foot Health Status in People with T2DM: A Double-Blinded Randomized Controlled Trial

[Francisco Javier Domínguez-Muñoz](#)<sup>1</sup>, [Santos Villafaina](#)<sup>1,\*</sup>, [Miguel A García-Gordillo](#)<sup>2,\*</sup>, [Miguel Ángel Hernández-Mocholi](#)<sup>1</sup>, [Daniel Collado-Mateo](#)<sup>3</sup>, [José C Adsuar](#)<sup>4</sup>, [Narcis Gusi](#)<sup>1</sup>

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PMCID: PMC7068407 PMID: [32085626](#)

> J Clin Med. 2020 Apr 2;9(4):1001. doi: 10.3390/jcm9041001.

## A Pilot Study Evaluating the Effects of 670 nm Photobiomodulation in Healthy Ageing and Age-Related Macular Degeneration

Manjot K Grewal <sup>1 2</sup>, Chrisne Sivapathasuntharam <sup>1</sup>, Shruti Chandra <sup>1 2</sup>, Sarega Gurudas <sup>1</sup>, Victor Chong <sup>3</sup>, Alan Bird <sup>1</sup>, Glen Jeffery <sup>1</sup>, Sobha Sivaprasad <sup>1 2</sup>

Editorial > Aging (Albany NY). 2018 Sep 15;10(9):2224-2225. doi: 10.18632/aging.101556.

## Does photobiomodulation influence ageing?

John Mitrofanis <sup>1</sup>, Glen Jeffery <sup>2</sup>

Affiliations + expand

PMID: 30219804 PMCID: PMC6188498 DOI: 10.18632/aging.101556

*No abstract available*

**Keywords:** central nervous system; gliosis; red and infrared light.

tions + expand

: 32252424 PMCID: PMC7231137 DOI: 10.3390/jcm9041001

> J Biophotonics. 2024 May;17(5):e202300521. doi: 10.1002/jbio.202300521. Epub 2024 Feb 20.

## Light stimulation of mitochondria reduces blood glucose levels

Michael B Powner <sup>1</sup>, Glen Jeffery <sup>2</sup>

Affiliations + expand

PMID: 38378043 DOI: 10.1002/jbio.202300521

# The "Switch"



# Our Technology



# The "Switch"



Exercise-induced **hormesis** occurs when brief, intense workouts create beneficial stress responses, triggering adaptations like improved strength and metabolic efficiency through the body's natural protective mechanisms.



Join Us  
Today



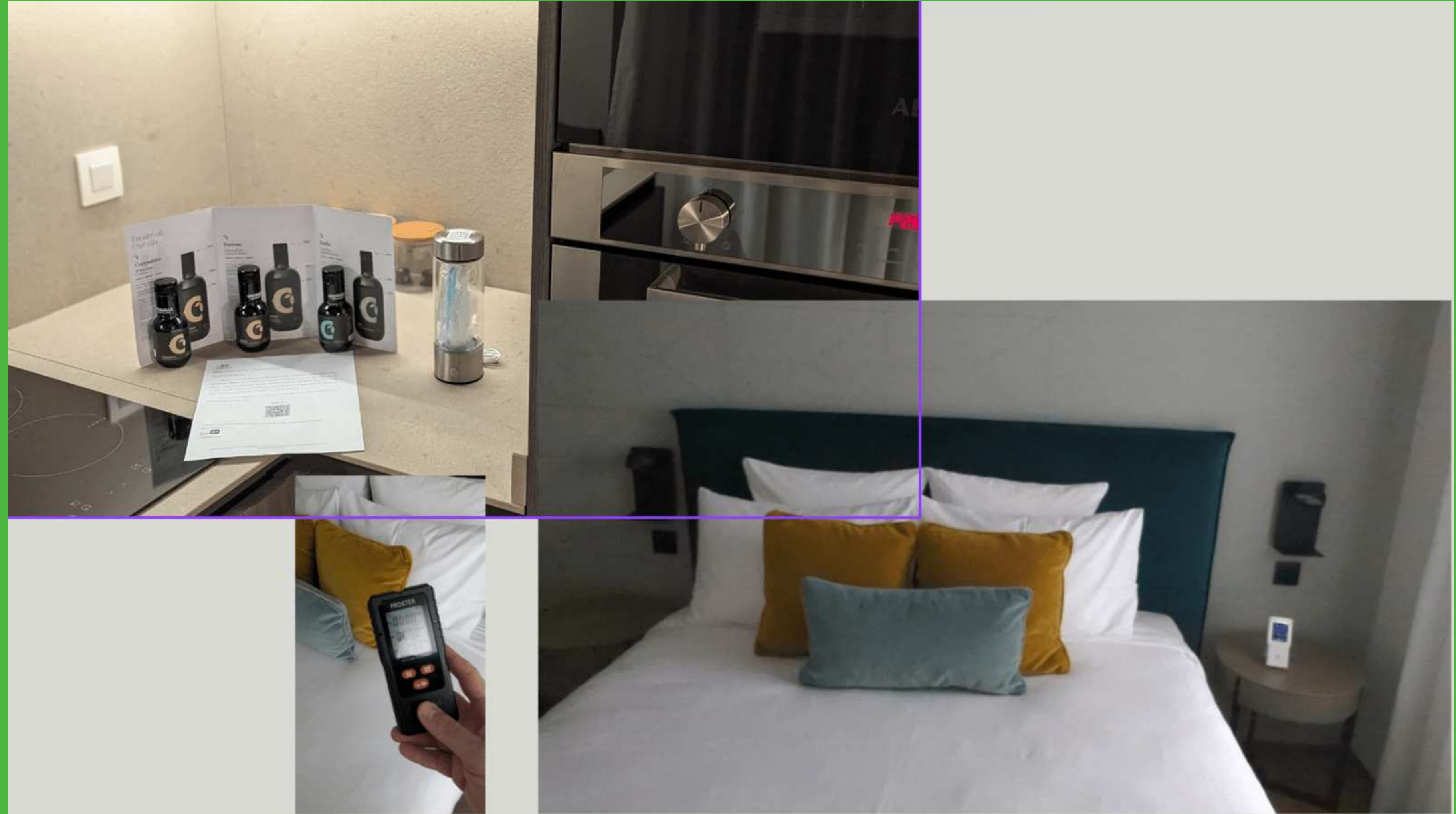
Our Retreat



THE  
CENTRAL  
BIOHACKING



# Our Retreat

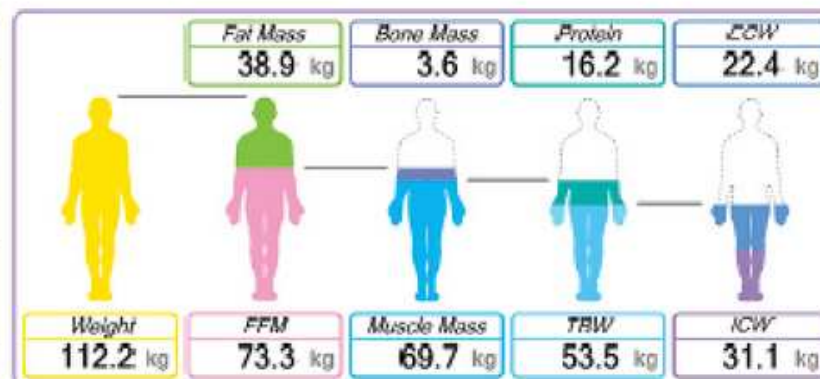


ID	[REDACTED]		
Name	[REDACTED]	Height	[REDACTED] cm
Age	[REDACTED]	Type	Standard PT [REDACTED] kg

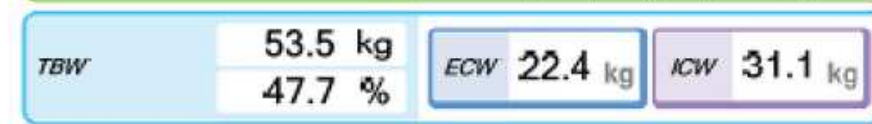
MOBIGYM-FITNESS\_FOR\_LONGEVITY

■ Details

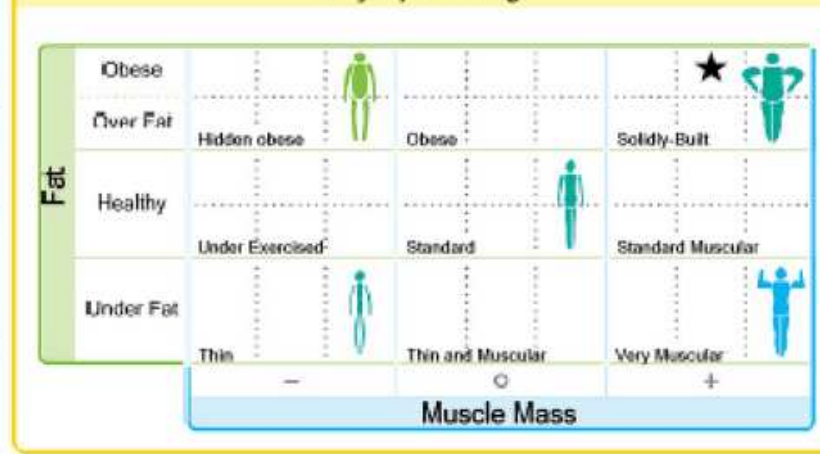
	Result	Desirable	Target
Weight	112.2 kg	53.5 - 72.0 kg	kg
Fat	34.7 %	11.0 - 21.9 %	%
Fat Mass	38.9 kg	9.1 - 20.6 kg	kg
FFM	73.3 kg		
Muscle Mass	69.7 kg	49.0 - 62.0	
BMI	38.8	18.5 - 24.9	
Metabolic Age	66		



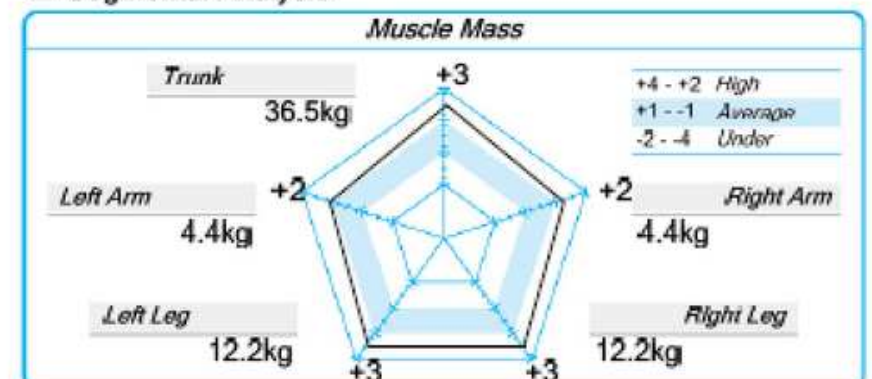
■ BMR VFR TBW



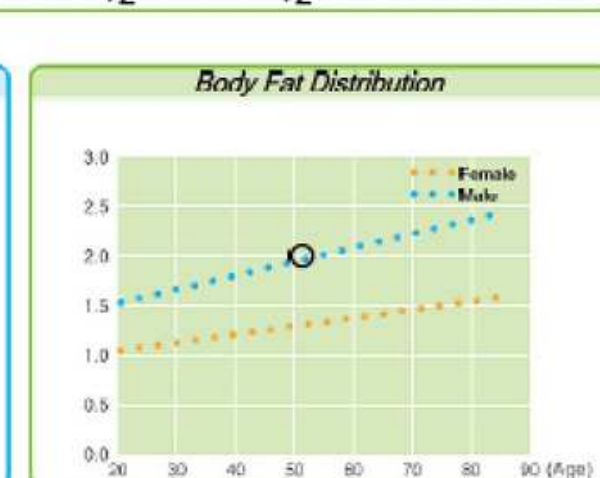
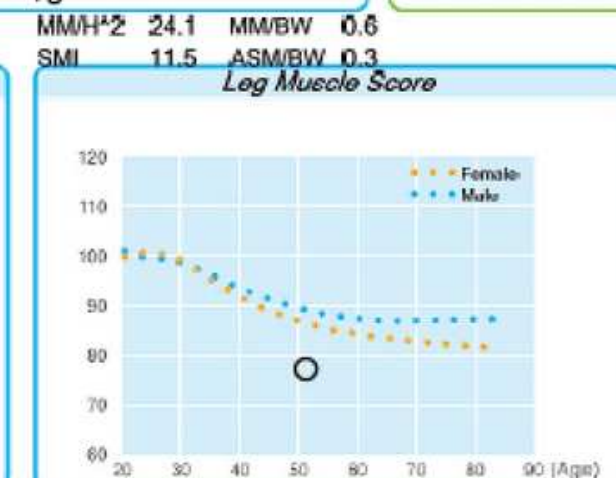
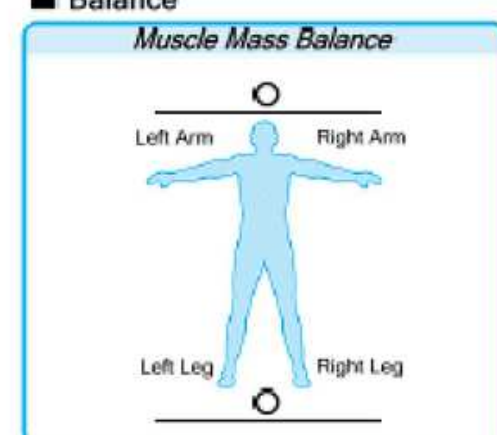
Physique Rating



■ Segmental Analysis

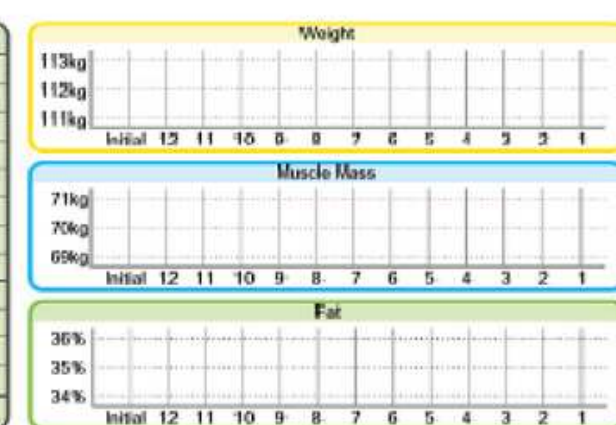


■ Balance



■ Result History

	Weight	Muscle Mass	Fat
Current	112.2	69.7	34.7
Initial	112.2	69.7	34.7



Reactance Resistance

	1kHz	5kHz	50kHz	250kHz	500kHz	1000kHz	Phase
R-L	544.1	522.9	439.3	389.2	375.8	371.3	-7.1
R-R	544.1	522.9	439.3	389.2	375.8	371.3	-7.1
L-L	482.8	462.9	385.1	343.8	333.5	324.7	-7.1