

The fitness space can be inaccessible and intimidating. A focus on numeric metrics leads to physical and mental discomfort.

With eMotion, we aim to make fitness empowering instead of mentally distressing, encouraging reflection and understanding by eliminating numbers and motivating you to focus on your emotional state.

eMotion is the first app of its kind to focus on the emotional aspect of fitness, and we're confident it will help you achieve your fitness goals in a more sustainable way.

Come discover what life could look like if you focus on feelings, not numbers.

eMotion - feel your workouts