UMANA
Footwear Biomechanical Center

Extended Minimalist Index Validation (walk) - 01.06.2026

UMANA
Footwear Biomechanical Center (Healthcare Center for Biomechanics C-36-001498)

REPORTS
that the footwear model

El Naturalista - Essence



has an extended minimalist index of

92,7%

and obtains a classification of

BAREFOOT MINIMAL FOOTWEAR

taking into account all the parameters involved (specified in the technical annex).

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UMANA guarantees the reliability of the tests performed under the strict **UMANA-IME:2025.11** laboratory protocol.
This protocol (which replaces the previous UMANA-IME:2023.01) is based on 50 international references, including worldwide anthropometric databases, scientific articles, and technical standards in biomechanics and footwear, and it was presented at the Spanish National Congress of Podiatry in 2025

UMANA, Footwear Biomechanics Center, holds the accreditations of Technology-Based Company (AS3400 2005/14), Healthcare Center for Biomechanical Analysis (C-36-001498), and Partner Center for Footwear Biomechanics Analysis at the NOVEX Technological Center (G26411207).
It is owned by UMANA INNOVA S.L. (Tax ID B-36970226), with its registered office at C/ Uruguay 5, Ground Floor, 36201 Vigo (Spain), and is registered in the Pontevedra Companies Register, Volume 3202, Page 209, First Entry of Sheet PO-40206.

Extended Minimalist Index Validation (walk) - 01.06.2026 - Technical Annex

Footwear data

Manufacturer	Inyectados y Vulcanizados S&A (A-26060418)				
Adress	Polígono Moreta s/n - 26570, Quel (La Rioja)				
Brand	El Naturalista	**Footwear model**	Essence		
Reference (ID)	-	**Size range**	[EU36-EU42]	**Size tested**	[EU37]
Product descriptior	-	**Product Category**	woman		

Footwear assesment

BAREFOOT MINIMAL FOOTWEAR — %EMI = 92,7%



sole parameters

sole drop	sole thickness	toespring angle	overall
10/10 — 1 mm	8,3/10 — 12 mm	10/10 — 1º negligible	9,3/10



fit parameters

toebox	last width	tastener	overall
9/10 — foot-shaped	8/10 — 93,5mm medium	10/10 — lace	8,8/10



mechanical parameters

weight	flexion	torsion	overall
8,8/10 — 153 g	10/10 — >360º	10/10 — >360º	9,4/10



stability/control systems

sole	upper	insole	overall
10/10 — 0 systems	10/10 — 0 systems	10/10 — 0 systems	10/10

This report was prepared using footwear of EU size 37
The stability/control systems maintain their assessment for the other sizes.
The sole parameters may slightly vary its assessment in other sizes.
The fit parameters may slightly vary its assessment in other sizes.
The mechanical parameters may slightly vary its assessment in other sizes.

exceptional
excellent
great
good
satisfactory
poor

overall
9,2/10
exceptional

Biomechanical laboratory data

Laboratory	UMANA, Footwear Biomechanical Center	**Adress**	C/ Uruguay 5, Bajo - 36201, Vigo (Spain)
Company	UMANA INNOVA S.L.	**CIF**	B-36970226
Accreditations	Technology-Based Company (AS3400 2005/14) Healthcare Center for Biomechanical Analysis (C-36-001498) Partner Center for Footwear Biomechanics Analysis at NOVEX Technological Center (G26411207)		
Registry entry	Pontevedra Companies Register, Volume 3202, Folio 209, Ist Insc. of Page PO-40206		
Test protocol (UMANA-IME:2025.11)	UMANA guarantees the reliability of the tests performed under the strict UMANA-IME:2025.11 laboratory protocol. This protocol (which replaces the previous UMANA-IME:2023.01) is based on 50 international references, including worldwide anthropometric databases, scientific articles, and technical standards in biomechanics and footwear, and it was presented at the Spanish National Congress of Podiatry in 2025		
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