Compex®

Your intelligent training partner

FITNESS RANGE

Increases your strength, sculpts your body and tones your muscles.

SPORT RANGE

Builds your power, improves performance and helps you recover faster.

SWISS TECHNOLOGY

	Fit 1.0	Fit 3.0	Fit 5.0	SP 2.0	SP 4.0	SP 6.0	SP 8.0
Technology	Wired	Wired	Wireless	Wired	Wired	Wireless	Wireless
Channels	4	4	2 (upgradeable to 4)	4	4	4	4
MI-Technology	NA	MI-scan	MI-scan MI-range On all channels	MI-scan	MI-scan MI-range MI-tens	MI-scan MI-range On all channels	MI-scan MI-autorange MI-tens MI-action On all channels
Web connection	NA	NA	Upload device history	-	-	Upload device history	Upload device history and download objectives
Programme offer	- Pain mgt 1 Recover 1 - Fitness 8 **TOTAL: 10**	- Pain mgt 8 Recover 2 Rehab 1 Fitness 9 **TOTAL: 20**	- Pain mgt 10 Recover 4 Rehab 2 Fitness 14 **TOTAL: 30**	Condition 7 Pain mgt 6 Recover 3 - Fitness 4 **TOTAL: 20**	Condition 10 Pain mgt 8 Recover 5 Rehab 2 Fitness 5 **TOTAL: 30**	Condition 10 Pain mgt 8 Recover 5 Rehab 2 Fitness 5 **TOTAL: 30**	Condition 13 Pain mgt 10 Recover 5 Rehab 2 Fitness 10 **TOTAL: 40**

muscle intelligence™

MI, PERSONALIZED STIMULATION ADAPTED FOR EVERY PHYSIOLOGY

Equipped with unique MI (muscle intelligence) technology, Compex stimulators adapt to each of your muscles to provide the most effective electrostimulation possible, while offering greater comfort and better performance.

MI, HOW IT WORKS

MI-SCAN
scans the muscle and automatically adjusts stimulator parameters to your physiology.

MI-ACTION
optimizes session effectiveness by combining voluntary contractions with electrostimulated contractions, giving you total control over your workout.

MI-TENS
makes it easier to adjust stimulation levels for pain relief programs to ensure optimal results.

MI-RANGE
indicates the optimal level of stimulation to use for Recovery and Massage programs.

MI-AUTORANGE
a brand new feature that enables your Compex module to determine the most appropriate level of stimulation automatically.

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	FITNESS RANGE			SPORT RANGE			
	Fit 1.0	Fit 3.0	Fit 5.0	SP 2.0	SP 4.0	SP 6.0	SP 8.0
TECHNOLOGY	Wire	Wire	Wireless	Wire	Wire	Wireless	Wireless
CONDITIONING	0	0	0	7	10	10	13
Endurance — To improve performance for endurance sports				•	•	•	•
Resistance — To improve ability to provide sustained effort				•	•	•	•
Strength — To increase maximum strength and speed of muscle contraction				•	•	•	•
Explosive Strength — To improve explosivity				•	•	•	•
Muscle building — To increase muscle tone and volume				•	•	•	•
Warm-up — To prepare muscles before a competition				•	•	•	•
Capillarisation — To increase blood flow				•	•	•	•
Cross-training — To train different muscle work through different working sequences					•	•	•
Core stabilisation — To strengthen the abs and lower back					•	•	•
Hypertrophy — To increase significantly muscle volume					•	•	•
Overcompensation — To improve endurance or muscle resistance in precompetitive phase							•
Ankle twist prevention — To improve ankle strength							•
Potentiation — To prepare muscle before competition (short distance)							•
FITNESS	8	9	14	4	5	5	10
Firm your arms — To recover muscle firmness	•	•	•	•	•	•	•
Tone your thighs — To work on toning thighs	•	•	•	•	•	•	•
Firm your stomach — To regain a slimmer waist	•	•	•	•	•	•	•
Shape you buttocks — To tone and firm buttocks	•	•	•	•	•	•	•
Get a 6-pack — To strengthen and tone the abs	•	•	•		•	•	•
Build your pecs — To increase pecs muscle volume	•	•	•				•
Get stronger biceps — To increase biceps muscle volume	•		•				•
Lymphatic drainage — To treat swelling of the feet and ankles		•	•				•
Build your shoulders — To increase shoulders muscle volume			•				•
Body power — To improve muscle strength with a slight increase in volume			•				•
Muscle building — To increase muscle tone and volume		•	•				
Capillarisation — To increase blood flow		•	•				
Cross-training — To train different muscle work through different working sequences			•				
Warm-up — To prepare muscles before a competition			•				
Strengthen quads — To improve quads strength	•						
RECOVERY / MASSAGE	1	2	4	3	5	5	5
Relaxing massage — To generate a relaxing effect	•	•	•	•	•	•	•
Training recovery — To recover after a physical effort			•	•	•	•	•
Reduce muscle soreness — To reduce duration and intensity of muscle soreness			•	•	•	•	•
Reviving massage — To relieve feelings of tiredness		•	•		•	•	•
Competition recovery — To recover after an intense muscle fatigue					•	•	•
PAIN MANAGEMENT	1	8	10	6	8	8	10
Pain management TENS — To alleviate all types of localised pain	•	•	•	•	•	•	•
Reduce muscle tension — To decrease muscle tension		•	•	•	•	•	•
Muscle pain — To create analgesic actions to block pain		•	•	•	•	•	•
Back pain — To reduce pains in the back		•	•	•	•	•	•
Heavy legs — To eliminate heavy legs sensation		•	•	•	•	•	•
Cramp prevention — To prevent cramp		•	•	•	•	•	•
Neck pain — To reduce pains in the neck		•	•		•	•	•
Tendinitis — To decrease persistent tendinitis pains		•	•		•	•	•
Lumbago — To block the transmission of acute lower back pain			•				•
Epicondilitis — To decrease persistent elbow pains			•				•
REHABILITATION	0	1	2	0	2	2	2
Muscle atrophy — To regain muscle volume on a muscle that has been inactive for a long period		•	•		•	•	•
Reinforcement — To complete rehabilitation once the muscles have reached their normal volume			•		•	•	•
TOTAL PROG	10	20	30	20	30	30	40