

Muscle Stim Programs

Conditioning

	MINI 3	SP 2.0 7	SP 4.0 10	SP 6.0 10	SP 8.0 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 muscles to work through different working sequences			•	•	•
Core stabilisation To strengthen the abs and lower back			•	•	•
Hypertrophy To significantly increase muscle volume			•	•	•
Overcompensation To improve endurance or muscle resistance in precompetitive phase					•
Ankle twist prevention To improve ankle strength					•
Potentialion To prepare muscles before competition (short distance)					•

Pain Management

	2	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 leg sensation		•	•	•	•
Cramp prevention To prevent cramps		•	•	•	•
Neck pain To reduce pains in the neck			•	•	•
Tendinitis To decrease persistent tendinitis pains			•	•	•
Lumbago To block the transmission of acute lower back pain					•
Epicondylitis To decrease persistent elbow pains					•

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Fitness

	MINI	SP 2.0	SP 4.0	SP 6.0	SP 8.0
0 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 your 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 shoulder 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 muscles to work through different working sequences					
Warm-up To prepare muscles before a competition					

Recovery/Massage

	1	3	5	5	5
Relaxing massage To generate a relaxing effect		•	•	•	•
Training recovery To recover after 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 intense muscle fatigue			•	•	•

Rehabilitation

	0	0	2	2	2
Muscle atrophy To restore muscles that have been inactive for a long period of time			•	•	•
Reinforcement To complete rehabilitation once the muscles have been restored			•	•	•

Total Programs

	6	20	30	30	40