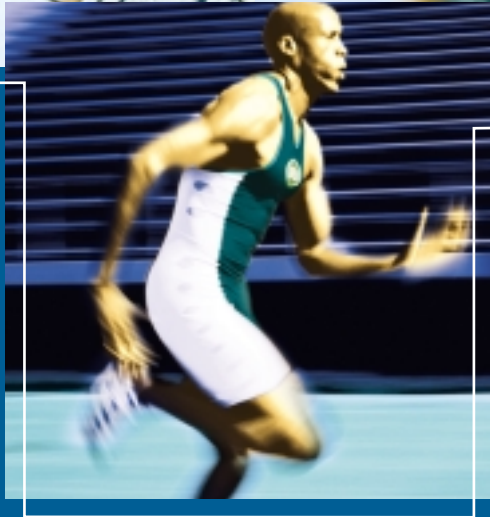


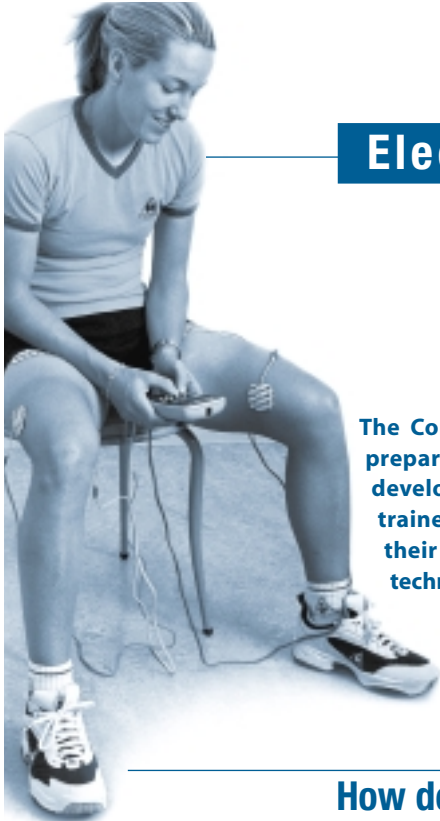
Electrostimulation

sport



■ Muscle stimulators for training and well-being

Compex®



Electrical stimulation for improving and increasing

The Compex® muscle stimulator is the essential partner to prepare your body for sports activities by maintaining and developing your muscle capacity. Top athletes and physical trainers choose Compex® stimulators to help them achieve their goals. Compex® stimulators use advanced Swiss technology developed by the Compex® scientific team.

How does it work?

The Compex® stimulator reproduces exactly the same physiological effects on the motor nerve as those produced by the brain, causing the muscle to contract.

Compex® electrostimulation boasts high quality, power and precision, resulting in an intensive muscle workout without mental or cardiac fatigue and causing minimal stress on joints and tendons.

A training planner CD-Rom helps you organise and schedule your workout sessions. It offers a choice of programmes, training levels, muscles to stimulate and electrode positions.

Detailed information is given in our instruction manual and on our web site. You can also contact the Compex® customer service department for expert advice.

your performance



Your muscles have something to say...

Compex® takes up a real scientific challenge and launches *muscle intelligence™*... Thanks to this revolutionary patented technology, your stimulator automatically adapts to your physiology.

Interactive stimulation

The stimulator constantly listens to your muscles, performs a complete muscle diagnosis and adjusts the stimulation settings to suit your needs. From now on, every workout session has been designed especially for you and for you only.

With **mi-ACTION** you trigger the muscle contraction yourself, ensuring a more comfortable and more effective workout session. This powerful new technique provides the advantages of both muscle stimulation and voluntary action.

The **mi-SCAN** function uses personalised stimulation settings adapted to your physiology. Your workout is perfectly targeted to suit you, making it more effective as a result.

mi-TENS permanently readjusts the stimulation energy to optimise the effect of your TENS pain relieving treatment.

Compex® understands the needs of athletes and the serious demands of training; your physical potential and muscular well-being are looked after by the most demanding coach you've ever had: your Compex®.





IF I DON'T GO OUT 4 TIMES A WEEK, MY PERFORMANCE STARTS GOING DOWNHILL!

« I haven't got a competition this weekend, so I've got time for a really long workout. Training is definitely my priority, and the only thing that will stop me is a temperamental muscle! I've booked my flight for Hawaii ready for the Ironman competition... so I can't possibly miss a single training session. »



| need to...

- > improve my performance
- > optimise my warm-up
- > increase my endurance
- > gain strength and speed
- > develop power and muscle mass
- > recover easily after an event
- > avoid cramps
- > prevent injuries

Programmes to boost my limits

I want a thorough workout to increase the oxygenation capacity (V_{O_2} max) and endurance of my muscles, so I use the **CAPILLARIZATION** programme in conjunction with the **ENDURANCE** programme... The day after a competition, **REGENERATION** combines recovery with a moderate workout. I use the programme either instead of or as well as my usual regeneration training session. It helps me get the feeling back in my muscles more quickly... And if I've really pulled out all the stops during the race, I have all the **PAIN** programmes to choose from!

My **Compex**® solutions...

Compex® **Mi-SPORT500**



Compex® **SPORT 400**





MY SPORTS ...
THERE'S NO WAY
I'M GIVING THEM UP!



I need to...

- > fit sport in around my job
- > prepare my body for a high quality sports activity
- > remain efficient no matter what's on my schedule
- > recover properly and quickly after training
- > get rid of my back pain
- > relieve muscle tension

« It all depends
on what I feel like doing or
what the weather's like.

I zap from one sport
to another – with a training
partner for every occasion!
My flat practically looks like
a sports centre and when
I've decided that I'm going to
spend an hour sweating,
nothing can stop me! »

Programmes **that will help you progress**

3 sessions of **STRENGTH** a week, and I'm ready for a tennis clinic. After a tough match, I choose **ACTIVE RECOVERY** and the next day... no stiffness at all. At each stage of my training, my Compex® stimulator has the answer: even for Tennis-Elbow I have the **EPICONDYLITIS** programme. If my muscles are aching or if my back is not 100%... the **PAIN**, **ENDORPHINIC** and **VASCULAR** programmes are ideal!

My **Compex®** solutions...

Compex® **Mi-SPORT500**



Compex® **SPORT 400**



Compex® **SPORT 3 VASCULAR**



> The Herminator is back !



« I never thought I would win again so quickly. It's probably my greatest victory. Compex® has always been an important part of my training routine; but since the accident, Compex® became a critical element in getting back on track to compete at a world-class level. The Compex® programmes helped me to regain my lost muscle strength during the enforced training break. After which, I got back to using my favourite workout programmes on my Compex®. »

Comments on his remarkable comeback from severe injury by winning the men's World Cup Super G on January 27, 2003.

Hermann Maier

World skiing champion 2001
and part of Compex® Team

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STAMP



**SPORT?
JUST FOR FUN!**

« *A weekend
by the ocean?*

*What a pity my new years
resolutions didn't survive
January. I don't even bother
climbing the stairs anymore
if there's a lift instead!*

*Then again, I still get a real
buzz out of running along
the water or playing beach
volleyball... I'm going to
have to put some serious
thought into preparing my
muscles if I want to make the
most of the weekend
without hurting myself! »*



| need to...

- > prepare my body for a sports holiday
- > do some sport for fun, without any pressure
- > work on my abdominal muscles
- > tone up my body
- > remove the signs of tiredness from my job

Energy boosting programmes

When I don't feel like going out and doing anything, I use the **DRAINAGE** programme to stop my legs and ankles from feeling swollen. And before I go on a sports holiday, I make sure to prepare my muscles so I'll be able to make the most of my vacation from the very first day without hurting myself. 1 or 2 sessions of **RESISTANCE** and/or **STRENGTH** a week on my thighs, a few sessions of **CRAMP PREVENTION** on my calves and I'm ready for just about any activity... You can use Compex® when you haven't got much time, so there's no excuse!

My **Compex®** solutions...

Compex® SPORT 3 VASCULAR



Compex® SPORT TENS



My aim

my solution

my Compex®

Compex® Mi-SPORT500



Interactive Electrostimulation

- > All the different programmes and aspects of your training are combined on a single stimulator.
- > **muscle intelligence™** technology to automatically personalise your stimulation settings.
- > A level of training efficiency and comfort that has never before been reached.

Compex® SPORT 400



Versatility

- > 418 programmes that guarantee efficiency and versatility.
- > Innovative programmes that combine voluntary contractions with electrically stimulated contractions .

Compex® SPORT 3 VASCULAR



Pure sport

- > The best SPORT programmes that covers all the different facets of your preparation.
- > The comprehensive answer to your, pains, cramps and blood circulation problems.

Compex® SPORT TENS



The essentials

- > The vital minimum to prepare and supplement your sports activities.
- > The TENS programme to eliminate localised minor pains.

PROGRAMMES	Mi-SPORT500	SPORT 400	SPORT 3 VASCULAR	SPORT TENS
SPORT				
Potentialion	■	■	■	
Endurance	■	■	■	■
Resistance	■	■	■	■
Strength	■	■	■	■
Explosive strength	■	■	■	■
Hypertrophy	■	■		
Concentric	■	■		
Eccentric	■	■		
Plyometry	■	■		
Stretching	■	■		
Active recovery	■	■	■	■
Regeneration	■	■	■	
Fartlek	■			
PAIN				
TENS, sophisticated TENS	■	■	■	■
Endorphinic	■	■	■	
Contracture	■	■	■	
Cervical pain	■	■		
Thoracic back pain	■	■		
Low back pain	■	■		
Lumbosciatica	■	■		
Lumbago	■	■		
Arthralgia	■	■		
Epicondylitis	■	■		
Cramp prevention		■		
REHABILITATION				
Disuse atrophy	■	■		
Muscle growth	■	■		
Reinforcement	■	■		
VASCULAR				
Capillarization	■	■	■	■
Heavy legs	■	■		
Lymphatic drainage	■	■	■	
Cramp prevention	■		■	
FITNESS				
Muscle starter	■	■		
Muscle building	■	■		
Aerobic	■	■		
AESTHETIC				
Muscle tone	■	■		
Muscle firming	■	■		
Shaping	■	■		
MASSAGE				
Relaxing massage	■			
Reviving massage	■			
Toning massage	■			