



SWISS TECHNOLOGY

Technology	
Nbr. CHANNELS	Channels
mi TECHNOLOGY	MI-Technology
WEB CONNECTION	Web connection
Nbr. PROG.	Programme offer

FITNESS RANGE

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

		
Fit 1.0	Fit 3.0	Fit 5.0
Wired	Wired	Wireless
4	4	2 (upgradeable to 4)
NA	MI-scan	MI-scan MI-range On all channels
NA	NA	Upload device history
- 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

SPORT RANGE

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

			
SP 2.0	SP 4.0	SP 6.0	SP 8.0
Wired	Wired	Wireless	Wireless
4	4	4	4
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
-	-	Upload device history	Upload device history and download objectives
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



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.



Your intelligent training partner

FITNESS RANGE



SPORT RANGE



TECHNOLOGY

CONDITIONING	
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)

[illegible]

7	10	10	13
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FITNESS

FITNESS	
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

8	9	14
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RECOVERY / MASSAGE

RECOVERY / MESSAGE	
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

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PAIN MANAGEMENT

PAIN MANAGEMENT	
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

1	8	10
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6	8	8	10
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REHABILITATION

REHABILITATION	
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

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0	2	2	2
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TOTAL PROG

10	20	30
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20	30	30	40
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