



## INTEGRATING COMPEX INTO FITNESS TRAINING

LEVEL 1







## SUMMARY

PERSONAL TRAINER TESTIMONIALS	3
HOW DOES COMPEX WORK?	5
COMPEX® BENEFITS	6
REGULARITY: THE KEY TO SUCCESS!	7
WHERE TO PLACE THE ELECTRODES?	8
LOWER BODY PROGRAMME FOR WOMEN IN 6 WEEKS	9
OVERALL MUSCLE RECONDITIONING PROGRAMME IN 6 WEEKS	10
SCULPT YOUR ABS	11
GET STRONGER BICEPS	13
FIRM YOUR ARMS	14
BUILD YOUR PECS	15
SHAPE YOUR BUTTOCKS	17
TONE YOUR THIGHS (ADDUCTORS)	18
TONE YOUR THIGHS	19
THE COMPEX® PRODUCT RANGE	21

## PERSONAL TRAINER TESTIMONIALS



### MEVENIG RIO

#### FRENCH PERSONAL TRAINER

I work in a gym, but also at home.

My clientele is varied and interested in everything from health, returning to sports, aesthetics, self confidence, and weight loss, to more specific objectives related to weight training, running, cycling, and preparing for police or fireman contests.

I began using Compex® in my own workouts to improve recovery. Once I had discovered its other features I used it for pain management, massage, and physical preparation. Then I used it with my clients in their personal training sessions, which gave them added value and improved my coaching.

I use Compex® a lot in combined sessions; I combine voluntary exercises with Compex contraction to boost and energize my sessions and get results more quickly, and with both beginners and experienced athletes. It is the choice of the exercise associated with Compex® that will enable maximum muscle fibres, optimized training and help achieve better results.

In terms of results for my clients, I have noticed a real gain in recovery, which is faster and allows for better quality sessions. In the treatment of muscle and tendinitis, Compex® relieves pain and promotes healing. On the physical preparation of runners or cyclists I have also seen real progress in terms of gaining strength while keeping the muscle mass gain. Gain in muscle tone is also much faster for users looking to lose weight or tone up.

Compex® boosts and optimizes its sessions by targeting a specific work goal. Thanks to the good recovery it enables, it makes it easier to chain drives and prevent injuries. Best of all, Compex® allows you to complete your training and planning at home, meaning you can reach your goals much faster.





## DAVID NAVARRO

### SPANISH PERSONAL TRAINER

It seems that muscle stim has suddenly become fashionable, but the reality is that high level athletes and physiotherapists have been using Compex® for long enough to be able to attest to its success.

Compex® is not a fad, it is a reality taken to the highest level. It enables users to recover and improve their muscle condition, muscle gain, movement, and quality of life, be it in sport or during their daily life challenges.

As a personal trainer, I believe Compex® is best used to train for specific goals. My clients must trust that I am fully committed to helping them reach their goals, and I must be able to trust my tools.

When explaining the training process to my clients, I make sure they understand that without the high-end technology of Compex®, certain goals will take a lot longer to achieve, and in some cases may be impossible.

While I've used the Compex® Fit 5.0 to achieve a lot of different results, I find it most effective in helping my clients compensate their weaker muscle groups, and to strengthen and recover muscle structures compromised during sport or daily activities.

One such client is Sara Lobla, a wedding photographer who suffers from back, shoulder and knee pain due to the physical demands of her job. When Sara is preparing for a wedding, I can take these demands into account when planning her training routine with Compex®. This helps me to know exactly what programmes to use during her training sessions.

And just as athletes have down time, so Sara has periods with less work. This gives me a window to really focus on muscle training to give her more strength and resistance, allowing her to focus on her job.

Working with 2 channels simplifies any type of workout and lets me focus on individual muscle groups without the need to deactivate additional channels that would be present on other devices.

Sara has now successfully relieved her back, shoulder, and knee pain. Besides using the Compex® Fit 5.0 to improve her muscle condition, helping her to keep taking impressive photos, we also use this device to help her get in shape and tone her buttocks and abs.

Ultimately, nothing escapes from the Compex® Fit 5.0!

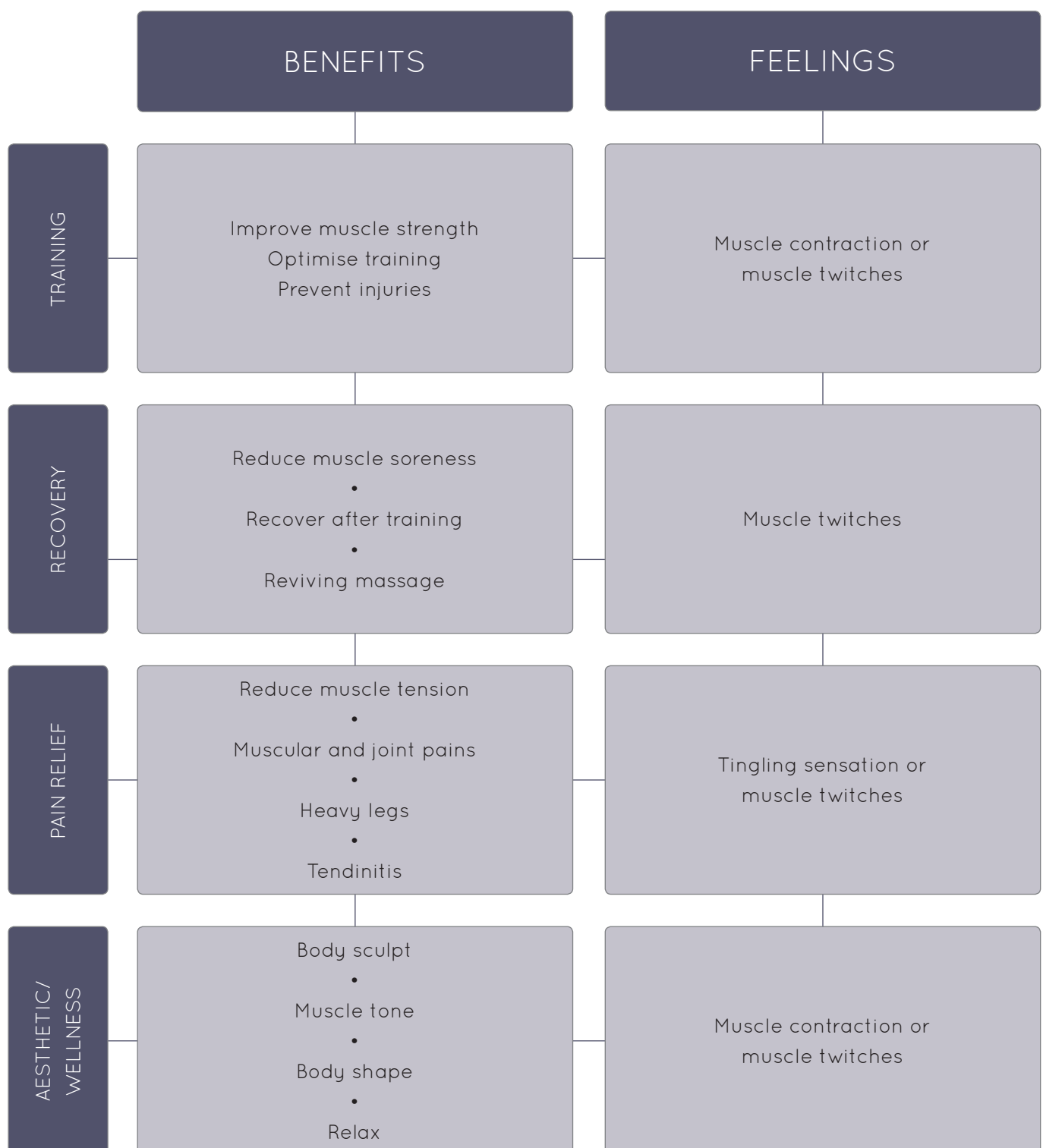
## HOW DOES MUSCLE STIM WORK?



Complex simulates the brain by sending information to the body through electrical impulses. These impulses are disseminated by electrodes placed on the body, which pass through the skin and on to the nervous system. The muscles don't know the difference. A Complex® works your muscles in the same way voluntary movements do.



## COMPEX® BENEFITS



You are concerned about your well-being and your appearance, and want to have a well-balanced body. However, a sedentary lifestyle, an inadequately balanced diet and tight schedules may all be factors that negatively impact the harmony of your figure. The targeted effects of the FITNESS programmes will help you in your efforts to maintain a healthy lifestyle and benefit from the positive effects of intense muscular activity; well-toned muscles, a shapely figure and a firm body. Used regularly, these programmes will help you regain or maintain your figure.

## REGULARITY: THE KEY TO SUCCESS!

You have a wonderful tool... the best training partner to sculpt your body and tone and shape your muscles. Patricia Soave, our expert trainer in Compex®, will help you to get visible results the same way she does for her customers.

In order to get the best out of her programmes, you have to follow 3 basic rules:

1. Regularity => A muscle that is not stimulated regularly will not adapt. You have to train minimum 3 times a week by muscle group for 4 to 6 weeks in order to get visible results.
2. Intensity => To the maximum bearable intensity in order to stimulate as many muscle fibres as possible. At the beginning, the contractions might surprise you and you may ache in the days following. This is normal, because EMS will enable you to develop an important quantity of muscle fibres, more than during a normal bodybuilding training session.
3. Combination of proposed exercises during contraction phase => Will enable you to shorten your training sessions with maximum efficiency, without putting any strain on your joints, but with heavier loads. The strength of EMS combined with voluntary contractions will multiply the benefits of your session. You will get a real muscular benefit!



### PATRICIA SOAVE

Director of Vertigo Diffusion and of Wellness Attitude based in Lausanne (Switzerland). Trainer at the Sports Department of Lausanne University since 1993 where she has trained more than 1500 fitness coaches. Personal trainer since 1995.

As International Gymstick Master, Presenter, Lecturer and Judge, she has been invited to more than 20 countries and collaborates with prestigious companies.

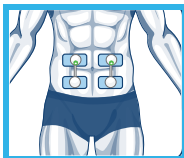




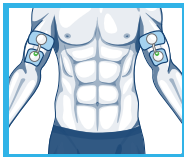
## SOME PRACTICAL RULES

- Respect indicated electrode placements
- Change your electrodes regularly (an electrode with damaged gel is less comfortable to use and therefore less efficient)
- Always try to improve:
  - During the session, by lightly increasing the intensity every 3 - 5 contractions
  - From one session to the next, by setting a goal to exceed the level of intensity reached during the previous session
  - By voluntarily contracting your muscles during the stimulation, this is usually more comfortable

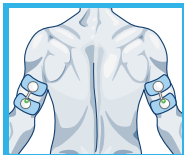
## WHERE TO PLACE THE ELECTRODES?



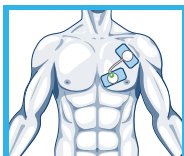
'SCULPT YOUR ABS' PROGRAMME



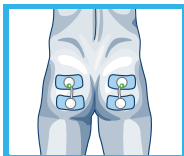
'GET STRONGER BICEPS' PROGRAMME



'FIRM YOUR ARMS' PROGRAMME



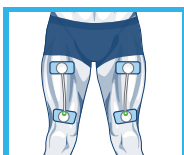
'BUILD YOUR PECS' PROGRAMME



'SHAPE YOUR BUTTOCKS' PROGRAMME



'TONE YOUR THIGHS (ADDUCTORS)' PROGRAMME



'TONE YOUR THIGHS' PROGRAMME

## LOWER BODY PROGRAMME FOR WOMEN IN 6 WEEKS

THIS PROGRAMME INTEGRATES SOME COMPEX PROGRAMMES EXPLAINED IN THE FOLLOWING PAGES.

### AWAKENING MUSCLE – Weeks 1, 3 and 5

During Weeks 3 and 5, it is important to increase the intensity.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SCULPT YOUR ABS		TONE YOUR THIGHS (ADDUCTORS)		SCULPT YOUR ABS		TONE YOUR THIGHS (ADDUCTORS)
SHAPE YOUR BUTTOCKS		TONE YOUR THIGHS		SHAPE YOUR BUTTOCKS		TONE YOUR THIGHS

### TONIFICATION – Weeks 2, 4 and 6

During Weeks 4 and 6, it is important to increase the intensity.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	SCULPT YOUR ABS		SHAPE YOUR BUTTOCKS		SCULPT YOUR ABS	
	TONE YOUR THIGHS		TONE YOUR THIGHS (ADDUCTORS)		TONE YOUR THIGHS (ADDUCTORS)	

#### TIPS FROM THE COACH

- To maintain the results, you should keep the rhythm of at least 2 weekly sessions by increasing the intensity up to the maximum bearable whilst varying the proposed exercises
- You can do some recovery sessions on the used muscles just after your training session if this one was painful



## OVERALL MUSCLE RECONDITIONING PROGRAMME IN 6 WEEKS

THIS PROGRAMME INTEGRATES SOME COMPLEX® PROGRAMMES EXPLAINED IN THE FOLLOWING PAGES.

### AWAKENING MUSCLE – Weeks 1, 3 and 5

During Weeks 3 and 5, it is important to increase the intensity.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SCULPT YOUR ABS		FIRM YOUR ARMS		SCULPT YOUR ABS		BUILD YOUR PECS
SHAPE YOUR BUTTOCKS		SHAPE YOUR BUTTOCKS		TONE YOUR THIGHS (ADDUCTORS)		TONE YOUR THIGHS

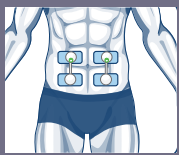
### TONIFICATION – Weeks 2, 4 and 6

During Weeks 4 and 6, it is important to increase the intensity.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	SCULPT YOUR ABS		BUILD YOUR PECS		SCULPT YOUR ABS	
	TONE YOUR THIGHS		TONE YOUR THIGHS (ADDUCTORS)		FIRM YOUR ARMS	

#### TIPS FROM THE COACH

- To maintain the results, you should keep the rhythm of at least 2 weekly sessions by increasing the intensity up to the maximum bearable whilst varying the proposed exercises
- You can do some recovery sessions on the used muscles just after your training session if this one was painful



## PROGRAMME 'SCULPT MY ABS'

**OBJECTIVES:** IMPROVE THE MUSCLES MAINTAINING THE LAP BELT  
**LENGTH:** 20 MINUTES (without warm-up and cool-down phases)  
**EQUIPMENT:** SEAT, FLOOR MATS, COMPEX ELASTIC STRAPS

This programme is made up of 4 different exercises :

### EXERCICE N°1 : STATIC CRUNCH

#### ▶ STARTING POSITION

- Lying down on your back
- Heels resting on a chair
- Legs at 90°
- Hands behind your thighs



#### ■ FINAL POSITION

- Raise your torso and head
- Raise your shoulder blades off the floor
- Keep your hands under your thighs
- Keep this position for the duration of the contraction



#### || PAUSE/ACTIVE RECOVERY

Relax your upper body and rest your head on the floor

#### 🕒 TIPS FROM THE COACH

- Before starting the exercise, breathe out and pull your stomach in
- During the contraction, breathe without swelling your stomach
- Maintain the final position during the full length of the contraction
- Keep your head straight in natural extension of your neck and back

### EXERCICE N°2 : STATIC CRUNCH WITH ALTERNATED LATERAL BEND

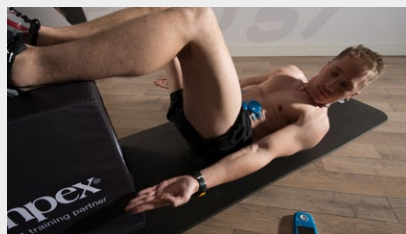
#### ▶ STARTING POSITION

- Lying down on your back
- Heels resting on a chair
- Legs at 90°
- Hands behind your thighs



#### ■ FINAL POSITION

- Raise your torso and head
- Raise your shoulder blades off the floor
- Raise your arms alongside your body
- Bend your chest laterally alternating between left and right



#### || PAUSE/ACTIVE RECOVERY

Relax your upper body and rest your head on the floor

#### 🕒 TIPS FROM THE COACH

- Before starting the exercise, breathe out and pull your stomach in
- During the contraction, breathe without swelling your stomach
- Maintain the final position during the full length of the contraction
- Keep your head straight in natural extension of your neck and back



### EXERCISE N°3 : CRUNCH WITH ONE LEG EXTENDED

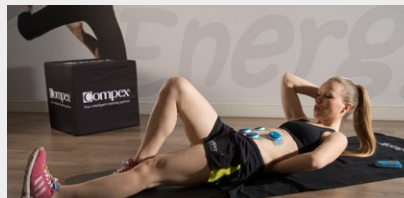
#### ▶ STARTING POSITION

- Lying down on your back
- One leg flexed, one foot flat on the floor, the other leg lying on the floor
- Put one hand under your lower back and the other one behind your head



#### ■ FINAL POSITION

- Raise your torso whilst supporting your head
- Raise your shoulder blades off the floor



#### ▮▮ PAUSE/ACTIVE RECOVERY

Relax your upper body and rest your head on the floor

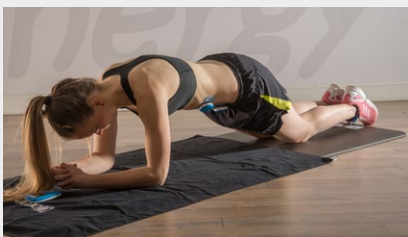
#### 🕒 TIPS FROM THE COACH

- Before starting the exercise, breathe out and pull your stomach in
- During the contraction, breathe without swelling your stomach
- Maintain the final position during the full length of the contraction
- Try not to pull on the neck

### EXERCISE N°4 : FRONT PLANK

#### ▶ STARTING POSITION

- Resting on your forearms, body facing the floor
- Knees on the floor



#### ■ FINAL POSITION

- On your knees (level 1) or on your toes, legs stretched (level 2)
- Immobilize your body in the selected position

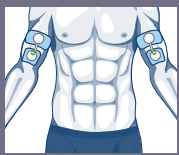


#### ▮▮ PAUSE/ACTIVE RECOVERY

Relax your knees on the floor, sit down on your knees and relax.

#### 🕒 TIPS FROM THE COACH

- Before starting the exercise, breathe out and pull your stomach in
- During the contraction, breathe regularly at clavicular or thoracic level without swelling your stomach
- Keep your head in line with your back
- If you feel too much tension in your lower back, keep your knees on the floor



## PROGRAMME 'GET STRONGER BICEPS'

OBJECTIVES: INCREASE THE MUSCULAR VOLUME OF BICEPS  
 LENGTH: 8 MINUTES (without warm up and cool down)  
 EQUIPMENT: SEAT, SMALL DUMBBELLS OR BOTTLES OF WATER

This programme is made up of 2 different exercises :

### EXERCICE N°1 : ISOMETRIC CHEST SQUEEZE WITH ELECTRODES ON THE BICEPS

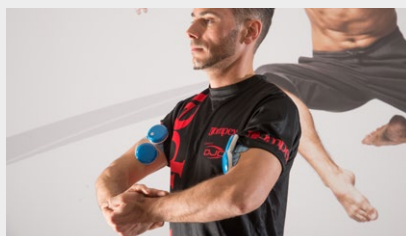
#### ▶ STARTING POSITION

- Sit down
- Back straight
- Feet flat on the floor



#### ■ FINAL POSITION

- Place your arms at the height of your chest
- Press your hands together
- Maintain a constant pressure throughout contraction



#### || PAUSE/ACTIVE RECOVERY

Release the pressure



#### TIPS FROM THE COACH

- Sit up straight as if a wire is stretching your body from above
- Straighten your neck without raising your chin
- Bring together your shoulder blades whilst dropping your shoulders
- Pull your stomach in
- Breathe regularly

### EXERCICE N°2 : BICEPS CURL

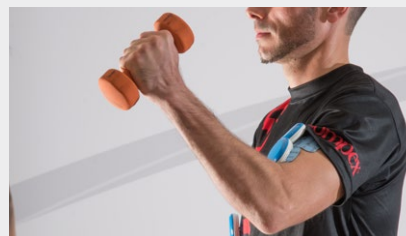
#### ▶ STARTING POSITION

- Standing or sitting position
- Back straight
- Arms alongside your body
- Hold a dumbbell or a full small bottle of water in each hand



#### ■ FINAL POSITION

- Flex your forearm to the level of your elbow
- Could be done with both arms simultaneously or one after the other



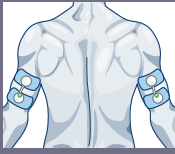
#### || PAUSE/ACTIVE RECOVERY

Release the pressure



#### TIPS FROM THE COACH

- Sit up straight as if a wire is stretching your body from above
- Straighten your neck without raising your chin
- Bring together your shoulder blades whilst dropping your shoulders
- Pull your stomach in
- Breathe out when bending your elbows



## PROGRAMME 'FIRM MY ARMS'

OBJECTIVES: FIRM UP YOUR ARMS  
 LENGTH: 7 MINUTES (without warm up and cool down)  
 EQUIPMENT: SEAT

This programme is made up of 2 different exercises :

### EXERCISE N°1 : TRICEPS DIPS (CHAIR/BENCH/TABLE)

#### ▶ STARTING POSITION

- Sit down
- Back straight
- Feet flat on the floor
- Hands on the edge of the chair
- Fingers directed towards the floor



#### ■ FINAL POSITION

- Lift your pelvis
- Flex and extend your arms without changing body position (flexion extension of the elbows)



#### ▮▮ PAUSE/ACTIVE RECOVERY

Sit down during the recovery phase



#### TIPS FROM THE COACH

- Place the seat against a wall to prevent it from slipping
- Sit up straight as if a wire is stretching your body from above
- Straighten your neck without raising your chin
- Bring your shoulder blades together whilst dropping your shoulders
- Pull your stomach in
- Breathe out during the exercise (when extending your elbows)

### EXERCISE N°2 : ISOMETRIC CHEST SQUEEZE WITH ELECTRODES ON THE TRICEPS

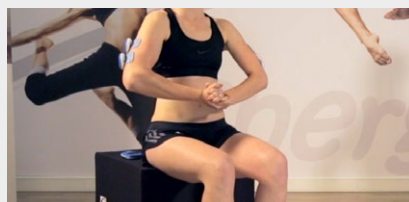
#### ▶ STARTING POSITION

- Sit down
- Back straight
- Feet flat on the floor



#### ■ FINAL POSITION

- Place your arms at the level of your stomach
- Clasp your hands together and push one hand against the other
- Maintain the pressure during contraction
- Alternate the position of the hand that applies the most pressure



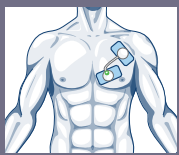
#### ▮▮ PAUSE/ACTIVE RECOVERY

Release the pressure



#### TIPS FROM THE COACH

- Sit up straight as if a wire is stretching your body from above
- Straighten your neck without raising your chin
- Bring your shoulder blades together whilst dropping your shoulders
- Pull your stomach in
- Breathe regularly during contraction length



## PROGRAMME 'BUILD YOUR PECS'

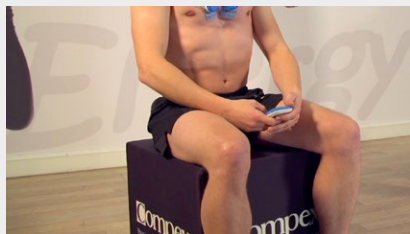
OBJECTIVES: INCREASE THE MUSCULAR VOLUME OF PECS  
 LENGTH: 18 MINUTES (without warm-up and cool down)  
 EQUIPMENT: SEAT, FLOOR MATS, SMALL DUMBBELLS OR BOTTLES OF WATER

This programme is made up of 4 different exercises :

### EXERCICE N°1 : DIPS (CHAIR/BENCH/TABLE)

#### ▶ STARTING POSITION

- Sit down
- Back straight
- Feet flat on the floor



#### ■ FINAL POSITION

- Place your arms at your chest's level
- Clasp your hands together and push one hand against the other
- Keep a constant pressure during the length of the contraction



#### || PAUSE/ACTIVE RECOVERY

Release the pressure

#### 🕒 TIPS FROM THE COACH

- Sit up straight as if a wire is stretching your body from above
- Straighten your neck without raising your chin
- Bring your shoulder blades together whilst dropping your shoulders
- Pull your stomach in
- Breathe regularly

### EXERCICE N°2 : ISOMETRIC CHEST SQUEEZE WITH ELECTRODES ON THE CHEST

#### ▶ STARTING POSITION

- Sit down
- Back straight
- Feet flat on the floor



#### ■ FINAL POSITION

- Arms out straight sideways at chest level
- Push your arms back making an opening movement with a rhythm of one movement per second



#### || PAUSE/ACTIVE RECOVERY

Relax your arms at your side

#### 🕒 TIPS FROM THE COACH

- Sit up straight as if a wire is stretching your body from above
- Straighten your neck without raising your chin
- Lower your shoulders
- To avoid arching your back, pull your stomach in
- Breathe regularly



### EXERCISE N°3 : FRONTAL CHEST PRESS

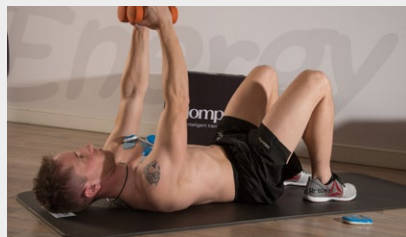
#### ▶ STARTING POSITION

- Sit down
- Knees bent, feet flat on the floor
- Arms stretched out sideways at shoulder level
- Hold a full small bottle of water or a dumbbell in each hand



#### ■ FINAL POSITION

- Keeping them straight, raise both arms until your hands meet in front of your chest



#### ▮▮ PAUSE/ACTIVE RECOVERY

Release the tension, relaxing your arms beside your body

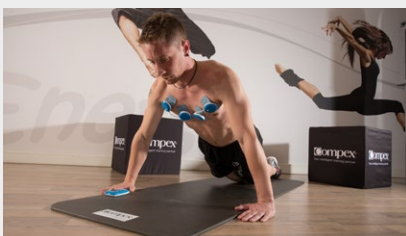
#### 🕒 TIPS FROM THE COACH

- To avoid arching your back, pull your stomach in
- Breathe out during the close-up

### EXERCISE N°4 : PUSH-UPS – WALL, TABLE, CHAIR OR FLOOR

#### ▶ STARTING POSITION

- On your knees
- Place your hands on the floor at wider than shoulder width and straighten your arms to keep your upper body raised up
- Fingers facing forward



#### ■ FINAL POSITION

- Lower your upper body to the ground by bending your elbows

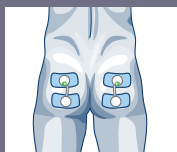


#### ▮▮ PAUSE/ACTIVE RECOVERY

- Release the tension
- Go back to the starting position

#### 🕒 TIPS FROM THE COACH

- Level 1 : against a wall, a bench, a table or a chair
- Level 2 : on the floor
- Keep your back straight
- To avoid arching your back, pull your stomach in
- Breathe out during the effort (extension of your arms)



## PROGRAMME 'SHAPE YOUR BUTTOCKS'

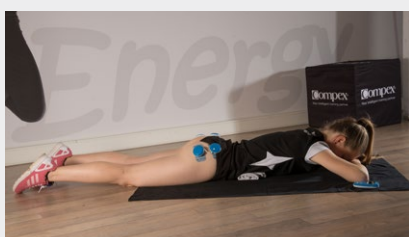
OBJECTIVES: RESTORE AND IMPROVE THE TONE OF BUTTOCKS  
 LENGTH: 11 MINUTES (without warm-up and cool down)  
 EQUIPMENT: FLOOR MATS, TOWEL, BALL

This programme is made up of 2 different exercises :

### EXERCISE N°1 : PRONE FLUTTER KICK

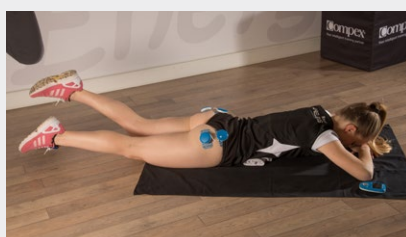
#### ▶ STARTING POSITION

- Lying on your stomach
- Hands under your forehead
- Legs outstretched



#### ■ FINAL POSITION

- Raise both legs off the floor
- Steadily kick both legs, as if swimming



#### || PAUSE/ACTIVE RECOVERY

Rest your legs on the floor

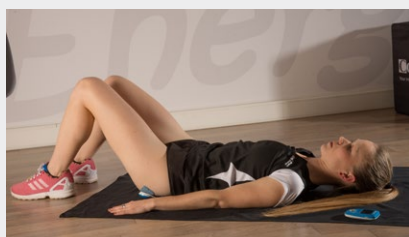
#### 🕒 TIPS FROM THE COACH

- Place a folded towel under your stomach
- Maintain your abs contraction during the length of the exercise
- Kick energetically, like during a front crawl
- Relax your neck and shoulders
- Keep a steady pace

### EXERCISE N°2 : STATIC BRIDGE

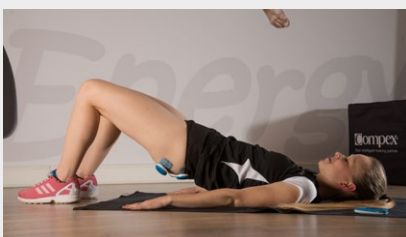
#### ▶ STARTING POSITION

- Lying on your back
- Knees raised, feet flat on the floor
- Arms alongside your body



#### ■ FINAL POSITION

- Lift your pelvis whilst contracting the buttocks
- Keep the position during the contraction
- Option: place a small ball between your knees, squeezing it during the contraction



#### || PAUSE/ACTIVE RECOVERY

Rest your pelvis on the floor

#### 🕒 TIPS FROM THE COACH

- Put a folded towel under your head
- Breathe out when raising your pelvis whilst pulling your stomach in
- Keep your knees parallel
- Arms and shoulders loose on the floor
- Avoid raising your pelvis too high and arching your back



## PROGRAMME 'TONE YOUR THIGHS (ADDUCTORS)'

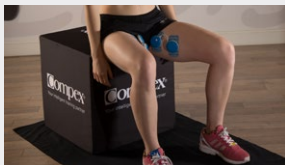
OBJECTIVES: INCREASE THE MUSCULAR TONE OF THIGHS  
 LENGTH: 12 MINUTES (without warm up and cool down)  
 EQUIPMENT: SEAT, FLOOR MATS

This programme is made up of 3 different exercises :

### EXERCISE N°1 : SEATED ADDUCTOR PRESS

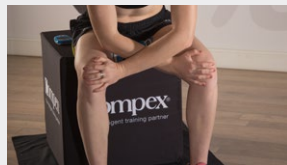
#### ▶ STARTING POSITION

- Sitting on the edge of a chair
- Back straight, lean forward
- Feet flat on the floor
- Arms folded, hands in contact with the inner part of your knees



#### ■ FINAL POSITION

- During the contraction, press your hands against your knees



#### ▬ PAUSE/ACTIVE RECOVERY

Release the muscular tension

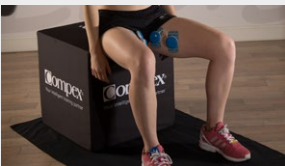
#### 🕒 TIPS FROM THE COACH

- Keep a constant pressure during the contraction
- Keep on breathing at the clavicular/thoracic level
- Keep your stomach pulled in and your chest open

### EXERCISE N°2 : SQUATING ADDUCTOR PRESS

#### ▶ STARTING POSITION

- Sitting on the edge of a chair
- Back straight, lean forward
- Feet flat on the floor
- Arms folded, hands in contact with the inner part of your knees



#### ■ FINAL POSITION

- During the contraction, press your hands against your knees
- Lift your buttocks a few centimetres off the chair



#### ▬ PAUSE/ACTIVE RECOVERY

Sit down and release the muscular tension

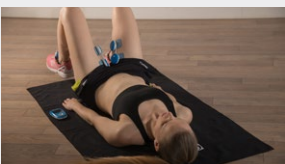
#### 🕒 TIPS FROM THE COACH

- Keep a constant pressure during the contraction
- Keep on breathing at the clavicular/thoracic level
- Keep your stomach pulled in and your chest open

### EXERCISE N°3 : SUPINE ADDUCTORS PRESS

#### ▶ STARTING POSITION

- Lying on the floor
- Legs flexed in front of your body
- Arms folded, hands in contact with the inner part of your knees



#### ■ FINAL POSITION

- During the contraction, press your hands against your knees

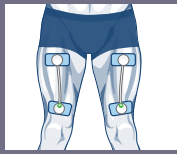


#### ▬ PAUSE/ACTIVE RECOVERY

Lie back down

#### 🕒 TIPS FROM THE COACH

- Maintain a constant pressure during the contraction
- Pull in your stomach
- Breathe regularly
- In order to use abs at the same time, raise the head whilst keeping the distance of one tennis ball between chin and sternum



## PROGRAMME 'TONE YOUR THIGHS'

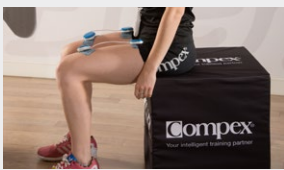
OBJECTIVES: INCREASE THE MUSCULAR TONE OF QUADRICEPS  
 LENGTH: 14 MINUTES (without warm up and cool down)  
 EQUIPMENT: SEAT, FLOOR MATS, COMPEX ELASTIC STRAPS

This programme is made up of 3 different exercises :

### EXERCICE N°1 : KNEE EXTENSION

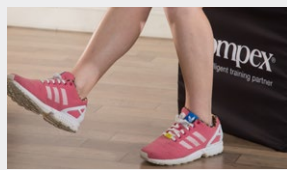
#### ▶ STARTING POSITION

- Sitting position
- Back straight
- Feet flat on the floor



#### ■ FINAL POSITION

- Keeping the knee slightly bent, straighten one leg at a time, alternating between the two



#### || PAUSE/ACTIVE RECOVERY

Rest your feet on the floor, release the tension



#### TIPS FROM THE COACH

- Be careful, always keep your knees slightly bent
- Keep a moderate intensity to avoid a full extension of the leg
- Sit up straight as if a wire is stretching your body from above
- Straighten the neck without raising your chin
- Lower your shoulders
- Pull in your stomach
- Breathe regularly
- Keep a steady pace

### EXERCICE N°2 : SQUAT

#### ▶ STARTING POSITION

- Sitting on the edge of a chair
- Feet flat on the floor
- Arms crossed in front of your chest or behind your back



#### ■ FINAL POSITION

- Stand up whilst keeping your knees bent



#### || PAUSE/ACTIVE RECOVERY

Sit down or stand-up



#### TIPS FROM THE COACH

- Slightly bend forward without raising off the legs
- Sit up straight as if a wire is stretching your body from above
- Straighten the neck without raising your chin
- Lower your shoulders
- Pull in your stomach
- Breathe regularly
- Maintain the final position during the contraction or do flexion/extension of your knees (small amplitude)

### EXERCICE N°3 : WALL SQUAT

#### ▶ STARTING POSITION

- Stand up, back against the wall, knees slightly bent
- Feet flat on the floor, shoulder width apart
- Hands on hips or arms resting by your sides



#### ■ FINAL POSITION

- Sitting position
- Knees bent at 90°
- Back against the wall



#### || PAUSE/ACTIVE RECOVERY

Raise your body whilst straightening your legs



#### TIPS FROM THE COACH

- Maintain the sitting position during the contraction
- Breathe out, keep your back and your shoulders flat against the wall during the contraction
- In order to increase the intensity of the exercise, flex your knees at 90°





**Compex®**  
Your intelligent training partner

## THE COMPEX® PRODUCT RANGE

Compex®, a complete product range to reveal the natural power of every athlete...

### SWISS TECHNOLOGY

Technology	
	Channels
	MI-Technology
	Web connection
	Programme offer

## FITNESS RANGE

Increase your strength, sculpt your body and tone your muscles.



NEW  
**Fit 1.0**



NEW  
**Fit 3.0**



NEW  
**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 <b>TOTAL: 10</b>	- Pain mgt 8 Recover 2 Rehab 1 Fitness 9 <b>TOTAL: 20</b>	- Pain mgt 10 Recover 4 Rehab 2 Fitness 14 <b>TOTAL: 30</b>

And a range of accessories to simplify the use of your Compex®:



### PERFORMANCE ELECTRODES

- For optimal stimulation and efficiency use Compex® electrodes.
- Extended lifespan.



### COMPEX GEL

- Improves stimulation, comfort and effectiveness.
- Recommended for dry or very hairy skin.



### MOTOR POINT PEN

- Helps you place electrodes correctly to improve stimulation, comfort and effectiveness.

## SPORT RANGE

Build your power, improve performance and recover faster.



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-aurorange 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 <b>TOTAL: 20</b>	Condition 10 Pain mgt 8 Recover 5 Rehab 2 Fitness 5 <b>TOTAL: 30</b>	Condition 10 Pain mgt 8 Recover 5 Rehab 2 Fitness 5 <b>TOTAL: 30</b>	Condition 13 Pain mgt 10 Recover 5 Rehab 2 Fitness 10 <b>TOTAL: 40</b>



### HOLDING STRIPS

- Holds electrodes and modules when you combine exercise and Compex.



### ADDITIONAL WIRELESS MODULES

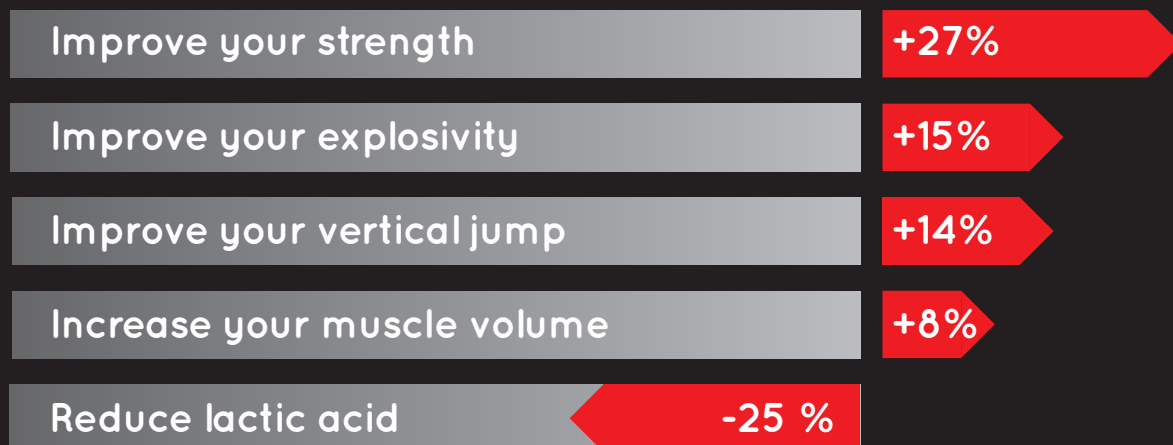
- Upgrade your Fit 5.0 to 4 channels.



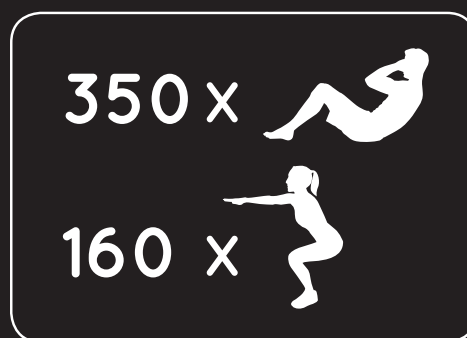
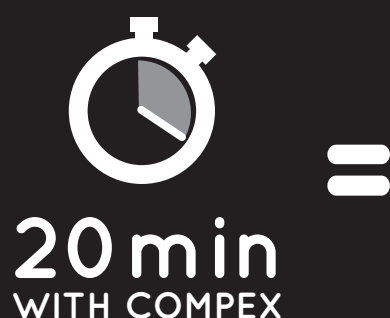
### PROTECTIVE CASES

- Protect your Fit 5.0, SP 6.0, or SP 8.0 remote control.

# BOOST YOUR PERFORMANCES\*



\* Scientific studies available on [compex.info](http://compex.info)



**COMPEX** 

**WWW.COMPEX.INFO**

**FOLLOW US**



@COMPEX\_INT



COMPEXINTER



COMPEXINTER



COMPEXINFO