

## Compex Program Guide

PROGRAMS	
<b>Potentiation</b>	Optimizes muscle potential before a workout or competition. Especially effective for sports requiring speed and velocity. Should be used 10 minutes prior to activity.
<b>Endurance</b>	Targets slow twitch muscle fibers. Increases capillarization of the muscles and establishes a working regimen for developing the oxidative power of the endurance muscle fibers.
<b>Resistance</b>	Targets both slow and fast twitch muscle fibers. Builds muscle size, strength and density.
<b>Strength</b>	Targets fast twitch muscle fibers. Increases sheer strength and works the muscles at maximum power with less risk of injury to joints and tendons and virtually no cardiovascular or mental fatigue.
<b>Explosive Strength</b>	Targets fast twitch fibers located in large muscle tissue. Improves jumping, sprinting or "explosive" muscle movements.
<b>Active Recovery®</b>	Produces a muscle twitch. Clears lactic acid, increases blood flow, promotes muscle relaxation and enables a faster recovery.
<b>Recovery Plus</b>	Produces a muscle twitch. Runs at a lower frequency and clears lactic acid, increases blood flow and promotes muscle relaxation when muscles are fatigued after a vigorous workout or competition.
<b>Pre-Warmup</b>	Produces a muscle twitch. Runs at a low frequency and increases blood flow and oxygenates the muscles prior to a workout or competition.
<b>Massage</b>	Produces a muscle twitch. Runs at the lowest frequency possible to relax muscles that are severely fatigued after a workout or competition.

