

Compex Sport Elite Muscle Stimulator



NEW Compex Sport Elite

The Sport Elite is our newest Muscle Stimulator is recommended for the competitive/high performance athlete that has a rigorous training and exercise regimen. It features a total of 9 programs and 5 levels of progression will keep elite athletes challenged with every training session resulting in a true competitive advantage!

Compex Sport Elite 4 Training Programs:

Endurance Program

- Helps you cope with long-duration aerobic activities and increases muscle resistance to fatigue by building slow-twitch muscle fibers

Resistance Program

- An all-around program for endurance and strength, building both slow-twitch and fast-twitch muscle fibers

Strength Program

- Increases sheer muscle strength better than conventional weight lifting alone, with less risk of muscle-tendon injury

Explosive Strength Program

- For developing short bursts of power without the traumatic or violent movements associated with conventional training

And 5 additional programs:

Potential Program

- Warms up muscle faster without psychological, muscular or cardiovascular fatigue.

Active Recovery® Program

- Facilitates relaxation of muscles and reduces muscle soreness and stiffness following competition or demanding workouts

Recovery Plus® Program

- Does not contract the muscle. Helps clear lactic acid and increase blood flow at lower frequencies -perfect for muscles that are fatigued after a vigorous workout or competition..

Pre-Warmup Program

- Does not contract the muscle. Runs at a frequency specifically targeted to increase blood flow that oxygenates the muscles prior to a workout or competition. This program is recommended if there is any risk of cramp.

Massage Program

- Electrostimulation develops the blood capillary network of the exposed muscles. This improves irrigation and oxygenation.

Compex Sport Elite Kit includes: Compex Sport Elite Muscle Stimulator, Battery Charger, CD with User Manual, Electrode Placement Guidebook, Carrying Case, Easy Snap Electrode Lead wires (set of 4), 2"x4" Easy Snap Gel Electrodes (2 packs of 2) and 2"x2" Easy Snap Gel Electrodes (2 packs of 4)

Reach Your Goals When Training with Compex Sport

- Cyclists - Improve Endurance
- Runners - Recover Faster and Avoid Muscle Injury
- Triathletes - Build Muscle and Increase Strength
- Sprinters - Gain Explosive Speed and Power
- Football Players - Increase Your Maximal Strength
- Baseball Players - Get Quicker to Your Strength Threshold
- Basketball Players - Develop Quick Reactivity and Forceful Response
- Other Athletes - Enjoy all these benefits and more!

No matter what Sport Elite you are into they all require different physical preparation to achieve peak performance. Speed, Strength, Explosive Power, Resistance, Endurance and Muscle Recovery.

With **Compex Sport Elite**, you can tailor your training program to suit your exact needs.