

# MUSCLE STIM PROGRAMS

## CONDITIONING

	FIT 1.0	FIT 3.0	FIT 5.0	MINI	SP 2.0	SP 4.0	SP 6.0	SP 8.0	SP 8.0 w/ob
<b>ENDURANCE</b> To improve performance for endurance sports	0	0	0	3	7	10	10	13	13
<b>RESISTANCE</b> To improve ability to provide sustained effort				•	•	•	•	•	•
<b>STRENGTH</b> To increase maximum strength and speed of muscle contraction					•	•	•	•	•
<b>EXPLOSIVE STRENGTH</b> To improve explosivity					•	•	•	•	•
<b>MUSCLE BUILDING</b> To increase muscle tone and volume					•	•	•	•	•
<b>WARM-UP</b> To prepare muscles before a competition				•	•	•	•	•	•
<b>CAPILLARISATION</b> To increase blood flow					•	•	•	•	•
<b>CROSS-TRAINING</b> To train different muscles to work through different working sequences						•	•	•	•
<b>CORE STABILISATION</b> To strengthen the abs and lower back						•	•	•	•
<b>HYPERTROPHY</b> To significantly increase muscle volume						•	•	•	•
<b>OVERCOMPENSATION</b> To improve endurance or muscle resistance in precompetitive phase								•	•
<b>ANKLE TWIST PREVENTION</b> To improve ankle strength								•	•
<b>POTENTIATION</b> To prepare muscles before competition (short distance)								•	•

## PAIN MANAGEMENT

	1	8	10	2	6	8	8	10	10
<b>PAIN MANAGEMENT TENS</b> To alleviate all types of localised pain	•	•	•	•	•	•	•	•	•
<b>REDUCE MUSCLE TENSION</b> To decrease muscle tension		•	•	•	•	•	•	•	•
<b>MUSCLE PAIN</b> To create analgesic actions to block pain		•	•		•	•	•	•	•
<b>BACK PAIN</b> To reduce pains in the back		•	•		•	•	•	•	•
<b>HEAVY LEGS</b> To eliminate heavy leg sensation		•	•		•	•	•	•	•
<b>CRAMP PREVENTION</b> To prevent cramps		•	•		•	•	•	•	•
<b>NECK PAIN</b> To reduce pains in the neck		•	•			•	•	•	•
<b>TENDINITIS</b> To decrease persistent tendinitis pains		•	•			•	•	•	•
<b>LUMBAGO</b> To block the transmission of acute lower back pain			•					•	•
<b>EPICONDILITIS</b> To decrease persistent elbow pains			•					•	•

# MUSCLE STIM PROGRAMS

## FITNESS

	FIT 1.0	FIT 3.0	FIT 5.0	MINI	SP 2.0	SP 4.0	SP 6.0	SP 8.0	SP 8.0 w/od
<b>FIRM YOUR ARMS</b> To recover muscle firmness	8	9	14	0	4	5	5	10	10
<b>TONE YOUR THIGHS</b> To work on toning thighs	•	•	•		•	•	•	•	•
<b>FIRM YOUR STOMACH</b> To regain a slimmer waist	•	•	•		•	•	•	•	•
<b>SHAPE YOUR BUTTOCKS</b> To tone and firm buttocks	•	•	•		•	•	•	•	•
<b>GET A 6-PACK</b> To strengthen and tone the abs	•	•	•			•	•	•	•
<b>BUILD YOUR PECS</b> To increase pecs muscle volume	•	•	•					•	•
<b>GET STRONGER BICEPS</b> To increase biceps muscle volume	•		•					•	•
<b>LYMPHATIC DRAINAGE</b> To treat swelling of the feet and ankles		•						•	•
<b>BUILD YOUR SHOULDERS</b> To increase shoulder muscle volume			•					•	•
<b>BODY POWER</b> To improve muscle strength with a slight increase in volume			•					•	•
<b>MUSCLE BUILDING</b> To increase muscle tone and volume		•	•						
<b>CAPILLARISATION</b> To increase blood flow		•	•						
<b>CROSS-TRAINING</b> To train different muscles to work through different working sequences			•						
<b>WARM-UP</b> To prepare muscles before a competition			•						

## RECOVERY/MASSAGE

	1	2	4	1	3	5	5	5	5
<b>RELAXING MASSAGE</b> To generate a relaxing effect	•	•	•		•	•	•	•	•
<b>TRAINING RECOVERY</b> To recover after physical effort			•	•	•	•	•	•	•
<b>REDUCE MUSCLE SORENESS</b> To reduce duration and intensity of muscle soreness			•		•	•	•	•	•
<b>REVIVING MASSAGE</b> To relieve feelings of tiredness		•	•			•	•	•	•
<b>COMPETITION RECOVERY</b> To recover after intense muscle fatigue						•	•	•	•

## REHABILITATION

	0	1	2	0	0	2	2	2	2
<b>MUSCLE ATROPHY</b> To restore muscles that have been inactive for a long period of time		•	•			•	•	•	•
<b>REINFORCEMENT</b> To complete rehabilitation once the muscles have been restored			•			•	•	•	•

## TOTAL PROGRAMS

10	20	30	6	20	30	30	40	40
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