

sport elite

Electrode Placement Guide

**La Guía De Colocación De Los Electrodo
Guide De Placement Des électrodes**

Compex[®]

The logo graphic consists of a square containing a stylized circle with a horizontal line through its center, resembling a 'C' or a specific electrode symbol.

English | Español | Français

Stimulation Position:

Position yourself comfortably in the position as shown in the pictures. The muscle is worked in an isometric fashion and in a stretched position. To work comfortably and safely, keep your limbs in a fixed position (fix your hands or feet to one spot). In this way you provide maximum resistance to the movement and you will stop the muscle from tightening during the contraction.

Placement of the Electrodes:

A stimulation lead wire consists of 2 electrodes:

- A positive electrode: red connection
- A negative electrode: black connection

The positive electrode must be placed over the motor point of the muscle (see images). Always respect the size of the electrode as shown in the images: large rectangles and small squares. Always follow the placement directions in the images.

Posición de estimulación:

Colóquese confortablemente en la posición que aparece en la fotografía. Hay que trabajar en isometría sobre el músculo, es decir que no este en posición acortada en su longitud. Para trabajar confortablemente y con seguridad, debe sujetar las extremidades de sus miembros. De esta manera, se ofrece una resistencia máxima al movimiento e impide el acortamiento de su músculo durante la contracción.

Colocación de los electrodos:

Un canal de estimulación se compone de dos salidas:

- Una salida positiva: conexión roja
- Una salida negativa: conexión negro

El electrodo positivo debe pegarse precisamente sobre el punto motor del musculo (ver imágenes). Respete siempre los tamaños de los electrodos mostrados en las imágenes: grandes y pequeños. Respete siempre la colocación que aparece en las imágenes.

Position de stimulation :

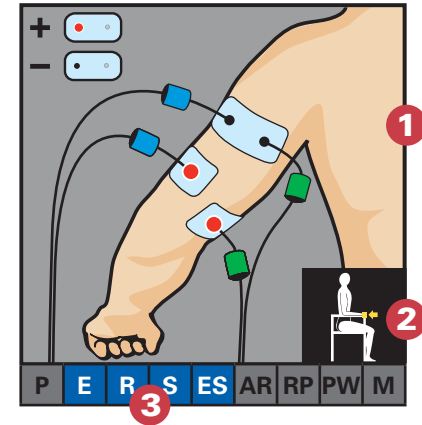
placez vous confortablement dans la position indiquée dans les images. Le muscle est travaillé de façon isométrique et en position étirée. Pour travailler confortablement et de manière sécuritaire, gardez vos membres en position fixe (immobilisez vos mains ou vos pieds à un endroit). De cette façon, vous fournissez une résistance maximale au mouvement et vous empêcherez le muscle de se raidir pendant la contraction.

Placement des électrodes :

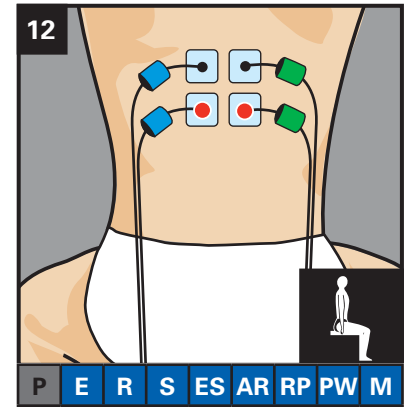
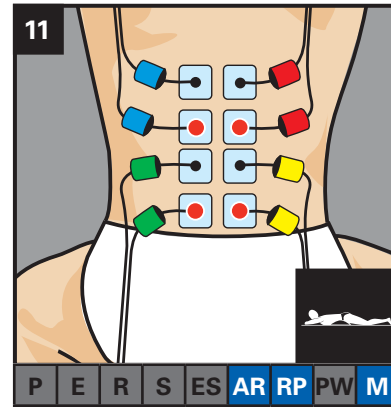
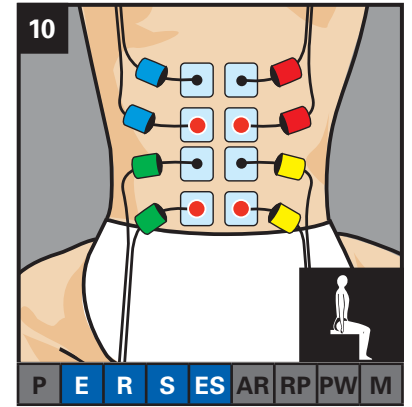
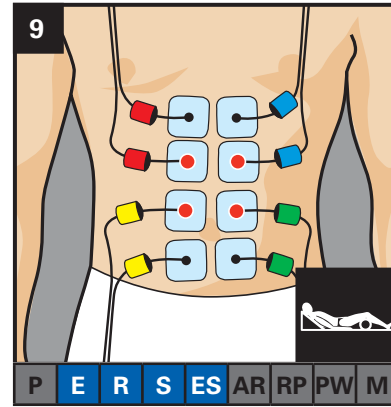
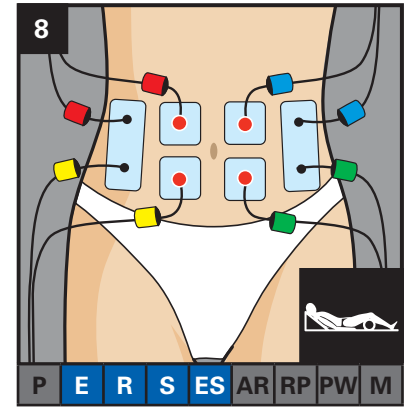
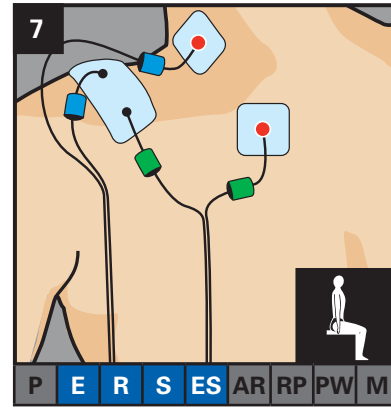
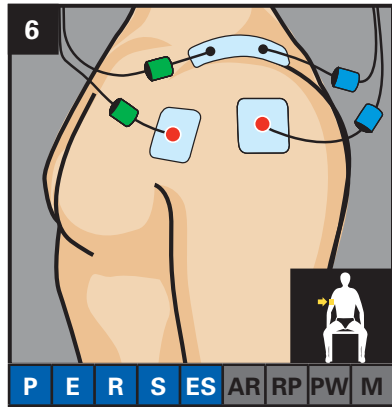
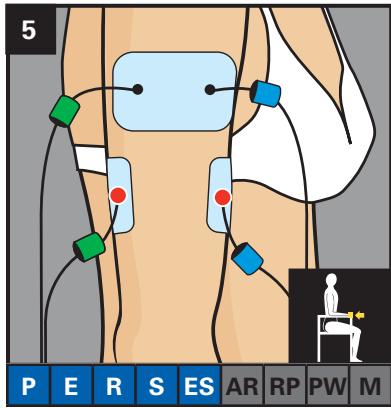
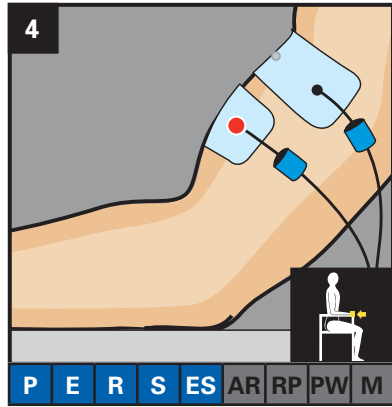
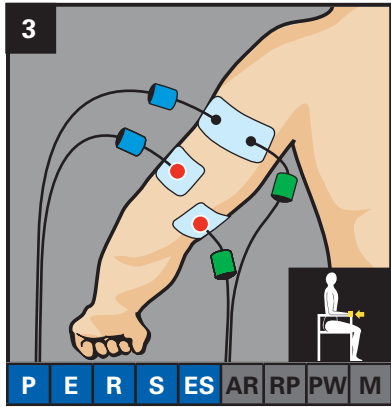
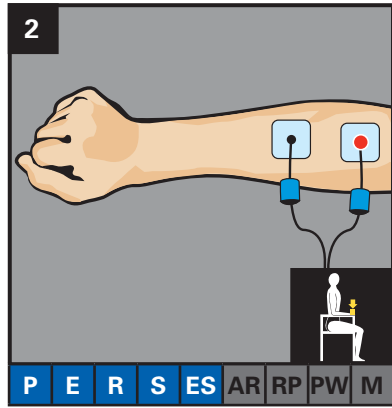
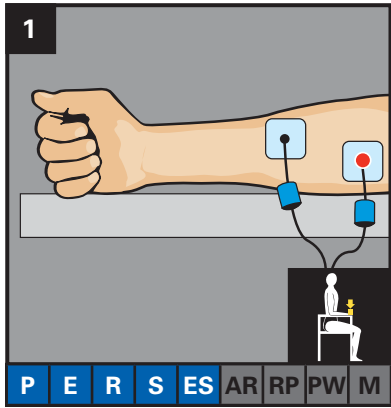
un fil de stimulation se compose de deux électrodes :

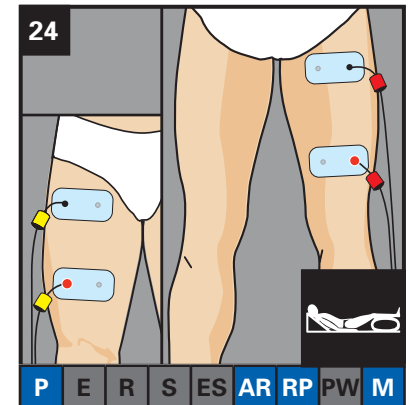
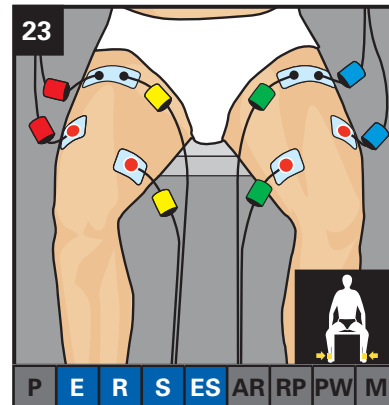
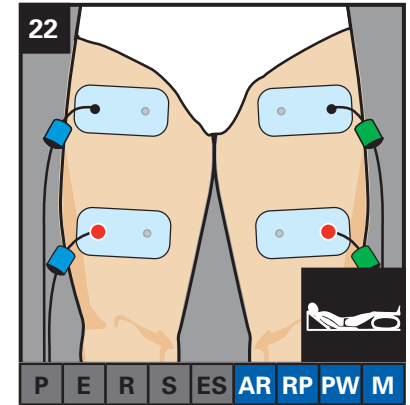
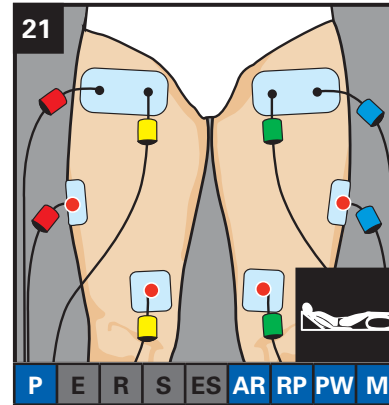
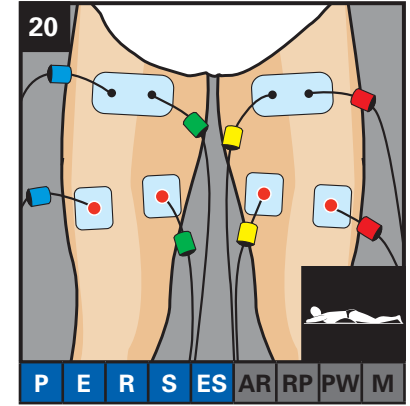
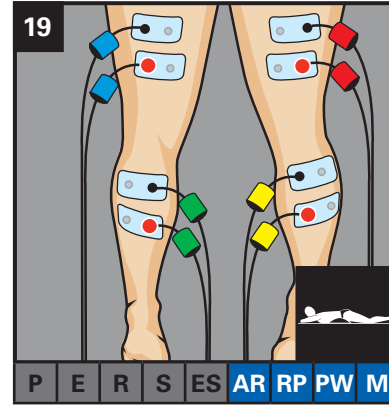
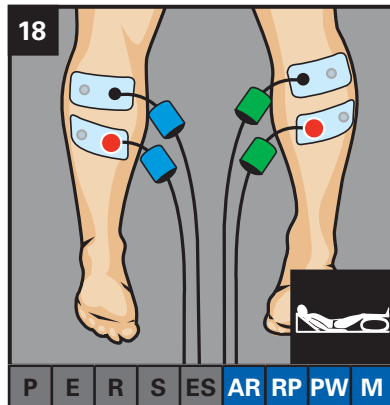
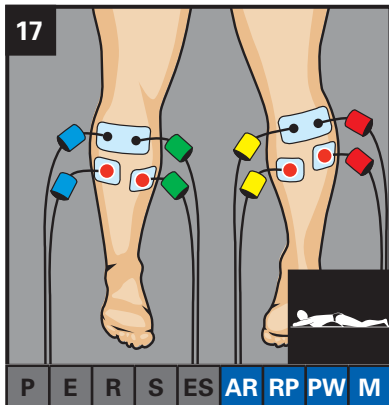
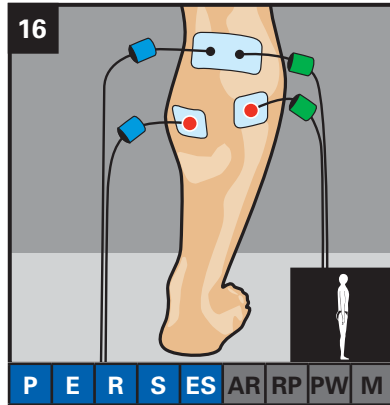
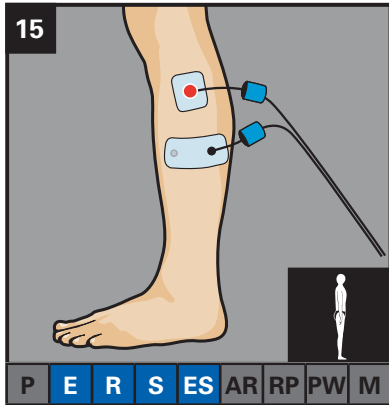
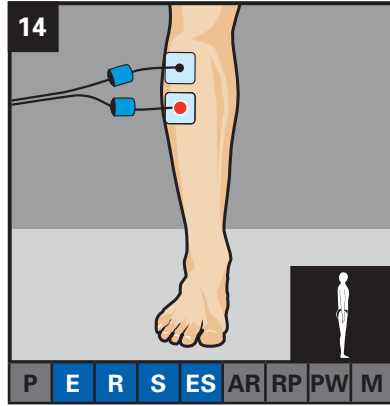
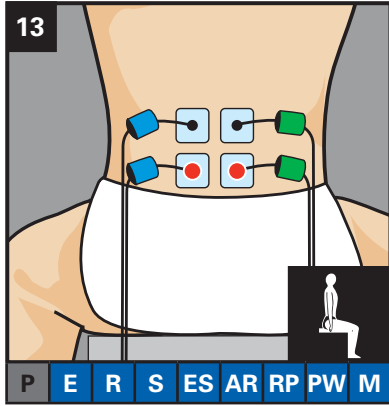
- une électrode positive : connexion rouge
- une électrode négative : connexion noir

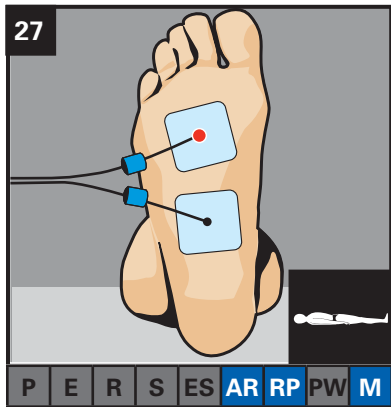
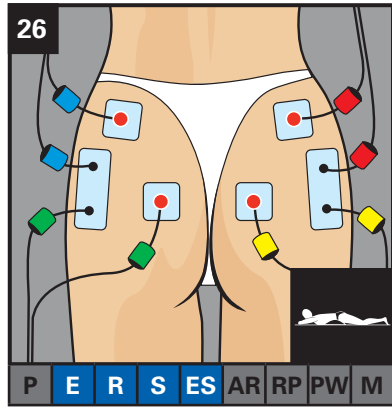
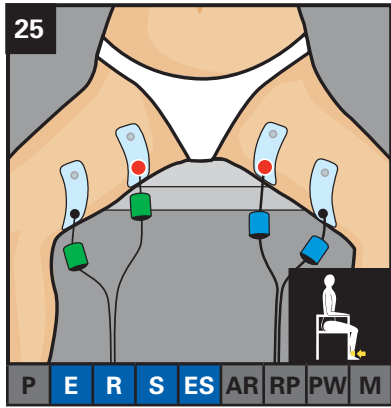
L'électrode positive doit être placée sur le point moteur du muscle (reportez-vous aux images). Respectez toujours la taille des électrodes comme il est indiqué dans les images : grands rectangles et petits carrés. Respectez toujours les directions de placement indiquées dans les images.



	English	Español	Français
1	Electrode Position	Posición De Los Electrodos	Position de l'électrode
2	Body Position	Posición Del Cuerpo	Position Du Corps
3	Program Options (Blue)	Opciones De Programa (Bleu)	Options De Programme (Azul)
	Programs	Programas	Programmes
P	Potential	Potenciacion	Potential
E	Endurance	Resistencia Aerobica	Endurance
R	Resistance	Fuerza Resistencia	Resistance
S	Strength	Fuerza	Force
ES	Explosive Strength	Fuerza Explosiva	Force Explosive
AR	Active Recovery	Recuperacion Activa	Recuperation Active
RP	Recovery Plus	Recuperacion Plus	Recuperation Plus
PW	Pre-Warmup	Pre-Calentamiento	Pre-Echauffement
M	Massage	Masaje	Massage







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3184356
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60601-1-4, 60601-2-10
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