

Physiotherapy & Rehabilitation



Compex SP 8.0

MUSCLE STIM

TRAINING

- Improve muscle strength
- Optimize training
- Prevent injuries

RECOVERY

- Reduce muscle soreness
- Recover after training
- Reviving massage

WELLNESS

- Sculpt your body
- Tone your muscles
- Shape your body
- Relax

PAIN RELIEF

- Reduce muscle tension
- Relieve muscular and joint pains
- Reduce heavy legs
- Treat tendinitis



* Scientific studies available on compex.com



Equipped with unique MI (muscle intelligence) technology, Compex stimulators adapt to each of your muscles to provide the most effective electrostimulation possible, while offering greater comfort and better performance.

MI-SCAN Scans the muscle and automatically adjusts stimulator parameters to your physiology

MI-TENS Makes it easier to adjust stimulation levels for pain relief programs to ensure optimal results

MI-AUTORANGE A brand new feature that enables your Compex module to determine the most appropriate level of stimulation automatically

MI-ACTION Optimizes session effectiveness by combining voluntary contractions with muscle stimulated contractions, giving you total control over your workout

MI-RANGE Indicates the optimal level of stimulation to use for Recovery and Massage programs



MUSCLE STIM SPORT



8.0 + WOD

RECOVER FASTER, ENHANCE PERFORMANCE, STRENGTH AND ENDURANCE, HELPS AVOID INJURY AND MANAGE PAIN



MUSCLE STIM PROGRAMS

	SP 8.0	SP 8.0 w/AD
CONDITIONING	13	13
ENDURANCE To improve performance for endurance sports	•	•
RESISTANCE To improve ability to provide sustained effort	•	•
STRENGTH To increase maximum strength and speed of muscle contraction	•	•
EXPLOSIVE STRENGTH To improve explosivity	•	•
MUSCLE BUILDING To increase muscle tone and volume	•	•
WARM-UP To prepare muscles before a competition	•	•
CAPILLARISATION To increase blood flow	•	•
CROSS-TRAINING To train different muscles to work through different working sequences	•	•
CORE STABILISATION To strengthen the abs and lower back	•	•
HYPERTROPHY To significantly increase muscle volume	•	•
OVERCOMPENSATION To improve endurance or muscle resistance in precompetitive phase	•	•
ANKLE TWIST PREVENTION To improve ankle strength	•	•
POTENTIATION To prepare muscles before competition (short distance)	•	•
PAIN MANAGEMENT	10	10
PAIN MANAGEMENT TENS To alleviate all types of localised pain	•	•
REDUCE MUSCLE TENSION To decrease muscle tension	•	•
MUSCLE PAIN To create analgesic actions to block pain	•	•
BACK PAIN To reduce pains in the back	•	•
HEAVY LEGS To eliminate heavy leg sensation	•	•
CRAMP PREVENTION To prevent cramps	•	•
NECK PAIN To reduce pains in the neck	•	•
TENDINITIS To decrease persistent tendinitis pains	•	•
LUMBAGO To block the transmission of acute lower back pain	•	•
EPICONDILITIS To decrease persistent elbow pains	•	•

MUSCLE STIM PROGRAMS

	SP 8.0	WOD 8.0
FITNESS	10	10
FIRM YOUR ARMS To recover muscle firmness	•	•
STONE YOUR THIGHS To work on toning thighs	•	•
FIRM YOUR STOMACH To regain a slimmer waist	•	•
SHAPE YOUR BUTTOCKS To tone and firm buttocks	•	•
GET A 6-PACK To strengthen and tone the abs	•	•
BUILD YOUR PECS To increase pecs muscle volume	•	•
GET STRONGER BICEPS To increase biceps muscle volume	•	•
LYMPHATIC DRAINAGE To treat swelling of the feet and ankles	•	•
BUILD YOUR SHOULDERS To increase shoulder muscle volume	•	•
BODY POWER To improve muscle strength with a slight increase in volume	•	•
MUSCLE BUILDING To increase muscle tone and volume		
CAPILLARISATION To increase blood flow		
CROSS-TRAINING To train different muscles to work through different working sequences		
WARM-UP To prepare muscles before a competition		
RECOVERY/MASSAGE	5	5
RELAXING MASSAGE To generate a relaxing effect	•	•
TRAINING RECOVERY To recover after physical effort	•	•
REDUCE MUSCLE SORENESS To reduce duration and intensity of muscle soreness	•	•
REVIVING MASSAGE To relieve feelings of tiredness	•	•
COMPETITION RECOVERY To recover after intense muscle fatigue	•	•
REHABILITATION	2	2
MUSCLE ATROPHY To restore muscles that have been inactive for a long period of time	•	•
REINFORCEMENT To complete rehabilitation once the muscles have been restored	•	•
TOTAL PROGRAMS	40	40

MUSCLE STIM ACCESSORIES



RIGID TRAVEL CASE



PROTECTION SLEEVE
• With lanyard for wireless units



PROTECTION SLEEVE
• For wired units



TRAVEL POUCH



2 WIRELESS
MODULES
• For CompeX Fit 5.0



ELECTRODE GEL AND
MOTOR POINT PEN



ELASTIC STRAPS



BLACK ELECTRODES
50x50mm
• 1 snap (Easysnap™
Performance)



BLACK ELECTRODES
50x100 mm
• 1 snap (Easysnap™
Performance)



BLACK ELECTRODES
50x100 mm
• 2 snap (Easysnap™
Performance)



WHITE ELECTRODES
50x50 mm
• 1 snap (Easysnap™
Performance)



WHITE ELECTRODES
50x100 mm
• 1 snap (Easysnap™
Performance)



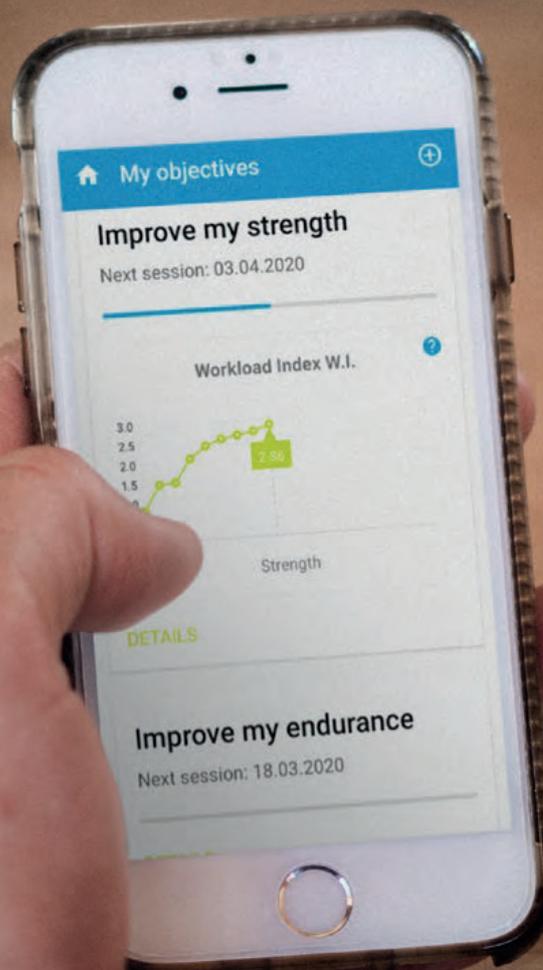
WHITE ELECTRODES
50x100 mm
• 2 snap (Easysnap™
Performance)



TRAINING GUIDES
• (marathon, cycling,
triathlon, etc.)

COMPEX APP

Complex Coach App will guide you to set up your objectives, help you plan your training and remind you when to have your next Complex session. You can also easily share your sessions with your friends.



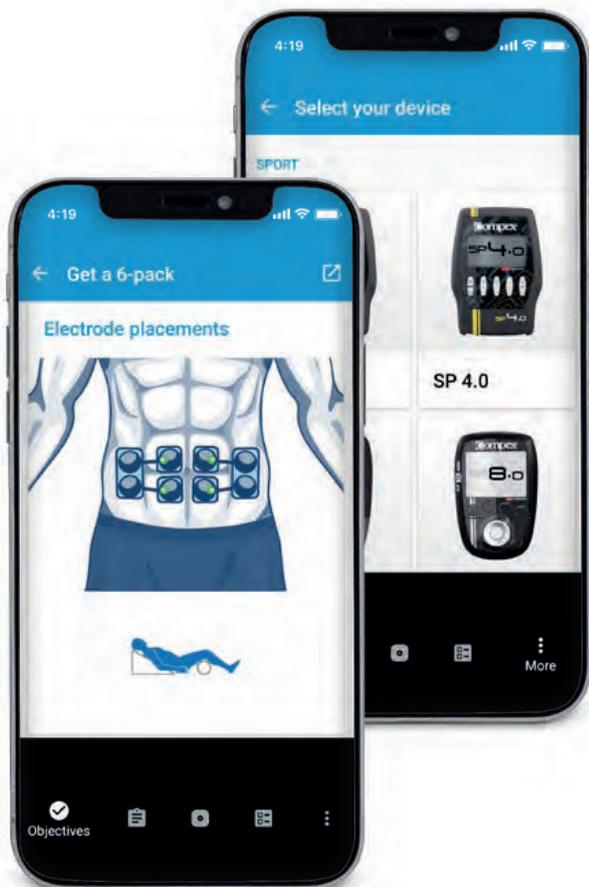
DOWNLOAD THE FREE COMPEX APP

Download on the App Store

GET IT ON Google Play

FEATURES

- Track your progress with our brand new Workload Score when you choose a muscle strengthening or performance objective on our Conditioning programs
- Find an objective that fits your needs (like Prepare for a marathon, triathlon or cycling race, Treat back pain or tendinopathy, Increase your strength...) and set up your plan to reach it
- Shows you the correct electrode placements
- Displays precise images of electrodes placements and position on the body according to the programme
- Explains how to manage the stimulation intensity according to the programme
- Provides you with full details of each Complex programme (description, usages, effects, stimulation intensity, electrodes placements)
- Explains how muscle stimulation works



This app does not control your Complex device, it is meant to be used as a management tool.

cnergy[®]

**ONE STOP SHOP
FOR ALL YOUR
PHYSIO AND REHAB
NEEDS**

Bracing & Supports
Physiotherapy Modalities
rPMS

Spinal Decompression Therapy
Transcranial Magnetic Stimulation

Hot & Cold Therapy

Exercise Therapy

Cryo Chamber

Treatment Tables

Hydrotherapy Pool

Underwater Treadmill

Virtual Rehab

Balancing Platform

GAIT Lab

Isokinetic System

NeuroRehabilitation Robot

Robotic GAIT Trainer

Spine & Whole Body Analysis

Imported & Marketed by

Cnergy Incorporation

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