

Lumbago Epicondilitis

Muscle atrophy

Reinforcement

TOTAL PROG



Your intelligent training partner

sp6.0

5P8.0

FITNESS RANGE

Fit3.0

0

Fit5.0

SPORT RANGE

5P**L**4.0

TECHNOLOGY						
TECHNOLOGY						
CONDITIONING						
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 muscle work through different working sequences					
Core stabilisation	To strengthen the abs and lower back					
Hypertrophy	To increase significantly muscle volume					
Overcompensation	To improve endurance or muscle resistance in precompetitive phase					
Ankle twist prevention	To improve ankle strength					
Potentiation	To prepare muscle before competition (short distance)					
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FITNESS						
Firm your arms	To recover muscle firmness					
Tone your thighs	To work on toning thighs					
Firm your stomach	To regain a slimmer waist					
Shape you 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 shoulders 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 muscle work through different working sequences					
Warm-up	To prepare muscles before a competition					
Strengthen quads	To improve quads strength					
RECOVERY / MASSAGE						
Relaxing massage	To generate a relaxing effect					
Training recovery	To recover after a 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 an intense muscle fatigue					
PAIN MANAGEMENT						
Pain management TENS						
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 legs sensation To prevent cramp					
Cramp prevention	' '					
Neck pain Tendinitis	To reduce pains in the neck To decrease persistent tendinitis pains					
I b	To block the transmission of south lower healt nois					

To block the transmission of acute lower back pain

To regain muscle volume on a muscle that has been inactive for a long period

To complete rehabilitation once the muscles have reached their normal volume

To decrease persistent elbow pains

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