



**Compex**<sup>®</sup>

Your intelligent training partner

REVEAL  
YOUR NATURAL  
POWER

NEW RANGE

---

# COMPEX, THE PARTNER FOR PEOPLE WHO WANT TO GO FURTHER...

Because you want to optimize your performance, sculpt your body, reach your goals faster, train safely and recover with total peace-of-mind, Compex concentrates both smart technology and in-depth physiological knowledge inside a compact and friendly device that helps unleash the natural power inside you.



## MI, PERSONALIZED STIMULATION ADAPTED FOR EVERY PHYSIOLOGY

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.

# ...AND FOR THOSE WHO WANT TO FEEL MORE FREEDOM.

Thanks to its exclusive wireless technology, Compex brings you greater freedom of movement and enables you to use your electrostimulator while you exercise.

## **MI, HOW IT WORKS**

### **MI-SCAN**

scans the muscle and automatically adjusts stimulator parameters to your physiology.

### **MI-ACTION**

optimizes session effectiveness by combining voluntary contractions with electrostimulated contractions, giving you total control over your workout.

### **MI-TENS**

makes it easier to adjust stimulation levels for pain relief programs to ensure optimal results.

### **MI-RANGE**

indicates the optimal level of stimulation to use for Recovery and Massage programs.

### **MI-AUTORANGE**

a brand new feature that enables your Compex module to determine the most appropriate level of stimulation automatically.

# COMPEX, A COMPLETE PRO THE NATURAL POWER OF E

## FITNESS RANGE

Increases your strength, sculpts your body and tones your muscles.



NEW  
*Fit 1.0*







NEW  
*Fit 3.0*



NEW  
*Fit 5.0*

**SWISS TECHNOLOGY**

Technology		Wired	Wired	Wireless
 <b>Nbr. CHANNELS</b>	<b>Channels</b>	4	4	2 (upgradeable to 4)
 <b>MI TECHNOLOGY</b>	<b>MI-Technology</b>	NA	MI-scan	MI-scan MI-range On all channels
 <b>WEB CONNECTION</b>	<b>Web connection</b>	NA	NA	Upload device history
 <b>Nbr. PROG.</b>	<b>Programme offer</b>	- Pain mgt 1 Recover 1 - Fitness 8 <b>TOTAL: 10</b>	- Pain mgt 8 Recover 2 Rehab 1 Fitness 9 <b>TOTAL: 20</b>	- Pain mgt 10 Recover 4 Rehab 14 Fitness 14 <b>TOTAL: 30</b>

# DUCT RANGE TO REVEAL VERY ATHLETE...

## SPORTS RANGE

Builds your power, improves performance and helps you recover faster.



NEW SP 2.0



NEW SP 4.0



NEW SP 6.0



NEW SP 8.0

Wired	Wired	Wireless	Wireless
4	4	4	4
MI-scan	MI-scan MI-range MI-tens	MI-scan MI-range On all channels	MI-scan MI-autorange MI-tens MI-action On all channels
-	-	Upload device history	Upload device history and download objectives
Condition 7 Pain mgt 6 Recover 3 - Fitness 4 <b>TOTAL: 20</b>	Condition 10 Pain mgt 8 Recover 5 Rehab 2 Fitness 5 <b>TOTAL: 30</b>	Condition 10 Pain mgt 8 Recover 5 Rehab 2 Fitness 5 <b>TOTAL: 30</b>	Condition 13 Pain mgt 10 Recover 5 Rehab 2 Fitness 10 <b>TOTAL: 40</b>



NEW  
*Fit* 1.0

**Sculpts your body,  
tones your abs  
and relieves pain.**

The stimulator for fitness and health fans who practice their activity 1 to 2 times per week.



4  
CHANNELS

10  
PROG.



NEW  
**Fit 3.0**

**Restores strength  
and muscle tone while  
relieving pain.**

Including all the features of Fit 1.0 and MI-technology, Fit 3.0 also offers massage programs for fitness fans who practice their activity 3 times per week.







NEW  
**Fit 5.0**

**Develops your muscles,  
sculpts your body  
and helps you relax.**

Designed for people who workout daily, Fit 5.0 is the ultimate product in the range, as it also includes Complex wireless technology. Delivered with 2 stimulation modules, Fit 5.0 is also modular, with the option to add 2 additional modules for even more effective performance.



UPGRADABLE TO



# THEY REVEAL THEIR POWER WITH COMP



Photo: Droz photo

**Killian Jornet,**  
*Trail runner and ski climbing  
World Champion*



Photo: Jean Michel BANCET

**Team IAM**



Photo: Cristiano ANDUJAR

**Timothy O'Donnel,**  
*Professional triathlete,  
specialist of Ironman*



Photo: TDW/Sport

**Team Omega Pharma  
Quick Step**

# NATURAL EX...

Photo: Mouv-Up, 2013



**Jeanne Collonge,**  
*Professional triathlete,  
specialist of Ironman*



**Tony Cairoli,**  
*7 x Motocross World champion*



**Roser Ríos Baldellou,**  
*Personal coach  
and nutritionist*



**David Navarro,**  
*Master Trainer*



NEW  
**SP** 2.0

**Tones your muscles,  
sculpts your body,  
helps you relax  
and recover faster.**

With all the basic electrostimulation features and MI-technology, SP 2.0 is the ideal partner for athletes who practice their activity 1 or 2 times per week.





NEW  
**SP** 4.0

**Improves your strength and restores muscle volume, helps you relax and recover faster.**

Including all the features of SP 2.0, SP 4.0 also offers rehabilitation programs that can be helpful for athletes with frequent injuries who practice their activity 3 times per week.







NEW  
**SP** 6.0

**Improves your strength and restores muscle volume, helps you relax and recover faster.**

Designed for athletes who practice their activity more than 3 times per week, SP 6.0 includes all the features of SP 4.0, but with wireless features that ensure total freedom of movement. Its easy-to-use color screen even shows you where to place the electrodes!





NEW  
**SP 8.0**

**Optimizes your strength and endurance, helps you recover faster, while helping to avoid injury and treating pain.**

Designed for athletes who workout every day, SP 8.0 is the class-leader in terms of electrostimulation.

Connectable and modular, SP 8.0 includes the brand new MI-Autorange feature that continually brings you better results.



*Do not use your Compex in water.*



# COMPEX ACCESSORIES



## PERFORMANCE ELECTRODES

- For optimal stimulation efficiency use Complex electrodes.
- Extended lifespan.



## COMPLEX GEL

- Improves stimulation, comfort and effectiveness.
- Recommended for dry or very hairy skin.



## MOTOR POINT PEN

- Helps you place electrodes correctly to improve stimulation, comfort and effectiveness.



## HOLDING STRIPS

- Holds electrodes and modules when you combine exercise and electrostimulation.



## ADDITIONAL WIRELESS MODULES

- Upgrade your Fit 5.0 to 4 channels.



## PROTECTIVE CASES

- Protect your Fit 5.0, SP 6.0, or SP 8.0 remote control.

Order your Complex carrying and protective accessories and consumables on our site,

[www.complexstore.com](http://www.complexstore.com)

# MARC HERREMANS

Trainer and Ironman Triathlon World Champion



*"Throughout my career I've always been a big fan of Compex. It has helped me recover faster and train harder. After my injury in 2004, working with Compex became even more significant for me.*

*It helps me to keep my muscles toned in parts of my body where I cannot train them anymore. The device also plays a major role in keeping the blood flow going. I can't stress enough how imperative that blood flow is for paraplegics.*

*Keeping my muscles toned and maintaining a constant blood flow has advantages on multiple levels and it prevents injuries such as pressure sores.*

*Compex has evolved from being important in my training to being essential in my life. With the wireless technology, everything just became a lot easier and I can use Compex even more frequently, in many different places and just with a lot more simplicity and efficiency. Working with a wireless Compex is something I had always hoped for, but never really thought it would be possible. Until now..."*

# BOOST YOUR PERFORMANCES\*

Improve your strength

+27%

Improve your explosivity

+15%

Improve your vertical jump

+14%

Increase your muscle volume

+8%



Reduce lactic acid

-25 %

\* Scientific studies available on [complex.info](http://complex.info)

  
**20 min**  
WITH COMPEX

=

350 X   
160 X 

**CompeX**<sup>®</sup>

Your intelligent training partner