

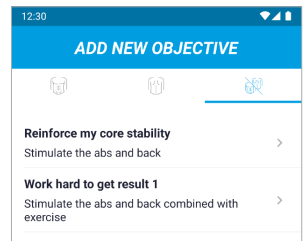
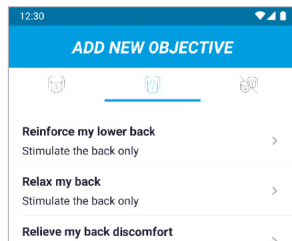
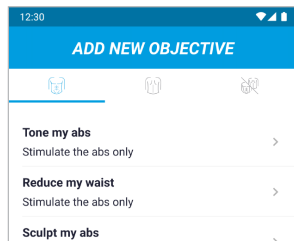
COMPEX 

COREBELT

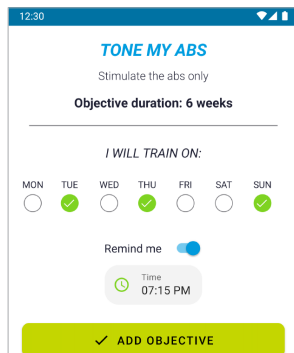
HOW TO TRAIN **GUIDE**

APP SETUP

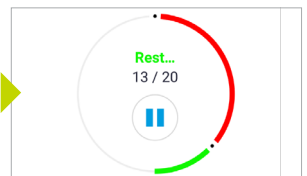
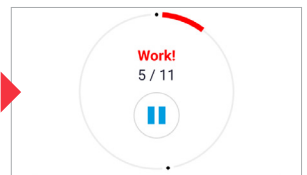
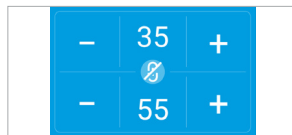
OBJECTIVES - You can select the different objectives (depending on the model)



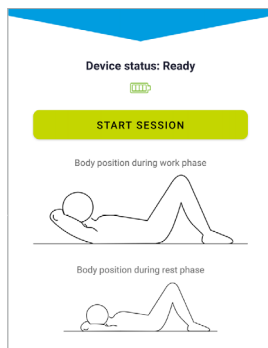
CUSTOMIZE YOUR PLAN - You can customize your plan for better results



When you start a session, you can see the work phase (red) and rest phase (green) and also the intensities that can be managed simultaneously or with different intensities for abs and back.



ACTIVE WORKOUTS - As the Complex® CoreBelt stimulation can be used to enhance active workouts, these are some recommendations:



CRUNCH

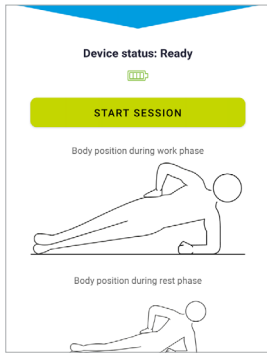
Crunches are an extremely effective compound-muscle ab exercise. When done correctly, they target your upper abdominal, lower abdominal, oblique, and lower back muscles.

How to crunch correctly

Lie on your back with knees bent and feet planted hip-width apart. Place your hands on the back of your head.

Raise your head off the ground. Now bring your shoulder blades off the ground and hold this position for 1-2 seconds, before lowering your shoulders back down, making sure to keep your head from touching the ground.

Keep your lower back and hips in contact with the floor throughout.



SIDE PLANK

The side plank targets the deepest muscles in your abdominal belt, like the transverse abdominis and oblique muscles. Some back muscles, like the lumbar and quadratus lumborum muscles, are also used. All of the glute muscles come into play as well, including the gluteus maximus, medius and minimus.

How to side plank correctly

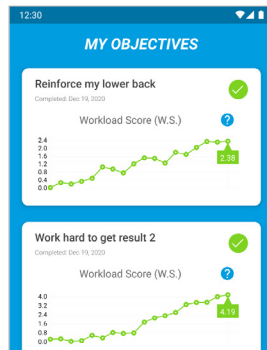
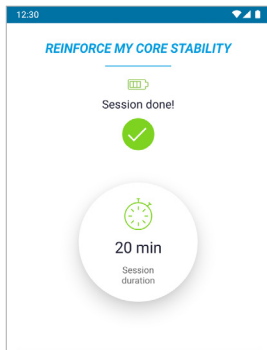
Lie on one side with legs straight and your upper body propped up by your elbow.

Keeping your legs straight, raise your hips off the ground until in line with the rest of your body. Hold this position for as long as necessary before slowly lowering your hips back to the ground.

END OF A SESSION

You will get a summary with the intensity levels (max and average) and also the Workload Score information.

Workload Score (W.S.): An index of the value of the workload your muscle fibres have experienced during Conditioning/Fitness programs, used to track your progression. The W.S. is calculated by multiplying the workload of the program by the average intensity achieved during the program.



At the end of a session, switch off the device by pressing the on/off button and remove the belt from your waist.

Leave the stimulator and the electrodes on the belt, but make sure to replace the plastic cover on the black side of the electrodes and to store everything back in the pouch.

Tips in order to get visible results:

- Increase the intensity to your maximum tolerance level, or in other words, the highest setting you can bear with reasonable comfort. If you experience pain or discomfort, stop your session immediately.
- Progress in intensity during a session as well as from one session to another.
- Perform at least 3 sessions per week for 6 weeks.

Relieve lower back discomfort

- The CoreBelt 5.0 offers 2 massage objectives for the Lower Back, separating it from the CoreBelt 1.0 and 3.0.



TAKE BACK YOUR WAIST

COMPEX.COM

 COMPEXINTER

 @COMPEX_INT

 COMPEXINTER

 COMPEXINFO

© 2022 DJO - MKT-000-00012018-EN - Rev B

CompeX muscle stim devices stimulate the motor neurons in healthy people to improve muscle performance, increase blood flow and allow your muscle fibres to relax. The product is also intended to stimulate the sensory nerves in order to obtain analgesic effects. CompeX electrostimulators have a medical certificate and are regulated in accordance with CE legislation.