



Quick Start Guide

Muscle Stimulator

Premium Sport / Fitness



GLOBUS

Sport & Health Technologies



ENDURANCE FUELS
& SUPPLEMENTS

Sponsored Athlete: Lawrence Crane



QUICK-START GUIDE

1. **Charge** the Electrostimulator.
2. **Read: *Intended Use***; Warnings, Contraindications And Cautions.
3. **Familiarize** with menu navigation and controls.
4. **Turn On:** Push and hold the OK button for 3 seconds.
5. **Select a Program:** for Sports select also Pre-season/ Competition and then the Program.
6. **Select the Body Part.**
7. **Electrode Placement**
 - a. Display on screen the pictures suggested to place the Pads.
 - b. Place one electrode pad on the belly of the muscle;
 - c. Place the other Pad in direction parallel to the muscle fibers toward the head/spine, and almost at the end of the muscle (but not on the tendon).
8. **Connect the wires**
 - a. Each pad to the two leads of the same cable; the plug is inserted in the back of the unit.
9. **Start:** *push the OK button*
 - a. Increase intensity on all 4 channels with the UP arrow (P+key), and adjust each channel with the corresponding key.
 - b. Intensity milli-Amps (mA) is displayed at the bottom of the screen.
10. **Increase intensity**
 - a. To the limit of your comfort level, then decrease a notch;
 - b. As stimulation becomes more comfortable throughout the session, you may increase intensity.



Programs Description*

<i>Program name</i>	<i>Program goals</i>	<i>When used</i>	<i>Time, intensity</i>
<i>Active Recovery (Muscle defatiguing work)</i>	<i>Recover from muscle fatigue after training or competition and return to training. Mimic muscle massage through gentle contractions.</i>	<i>Recommended for all sports, it helps recover maximal muscular strength. Use this program 8-24 hours after training or competition.</i>	20 min Medium
<i>Warm up</i>	<i>Prepare for training.</i>	<i>Before training and before competition. Use this program before executing the SPECIFIC SPORTS programs.</i>	10 min Medium
<i>Preparation</i>	<i>Prepare the muscles for peak performance</i>	<i>Shortly before the event</i>	3-4 minutes
<i>Endurance</i>	<i>Maintain an effort for a long period of time. Endurance training programs consist of long sessions to induce slow fibers to work and to facilitate aerobic capacity. It includes warm up.</i>	<i>For sports that require intense effort over time, e.g. cycling, running and cross-country skiing.</i>	30 min High during working phase
<i>Maximum Strength</i>	<i>Maximum muscular force by stimulating as many fibers as possible. Intensive training starting from warm up.</i>	<i>Recommended for persons who perform activities requiring great strength. Useful in the first stages of training to accustom muscles to stress.</i>	20 min Maximum during working phase
<i>Resistance Strength</i>	<i>Exert high strength for an extended time. Delay muscle fatigue. Consists of long contractions alternating with brief rest periods. It includes warm up.</i>	<i>Recommended for those who practice sports requiring an intense muscular effort for prolonged periods of time.</i>	25 min Maximum during working phase



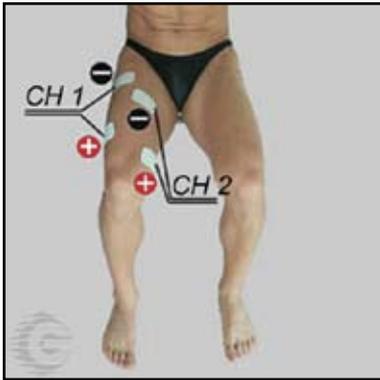
Taking your Fitness to the next level!

<i>Program name</i>	<i>Program goals</i>	<i>When used</i>	<i>Time, intensity</i>
<i>Explosive strength</i>	<i>Rapidly reach maximal strength. Use the greatest number of muscle fibers in the shortest time possible. It includes warm up.</i>	<i>Use this program after having used the Maximum force program, which prepares the muscle for explosive strength. Use to train for all kinds of sports requiring maximum strength and fast reaction (e.g. running, ball sports, skiing).</i>	15 min <i>Maximum during working phase</i>
<i>Massage</i>	<i>Relaxing massage</i>	<i>Use after competition and active recovery.</i>	20 min <i>Medium</i>
<i>Jogging</i>	<i>Work on muscular resistance and aerobic capacity. It includes warm up.</i>	<i>Ideal addition to jogging activity.</i>	30 min <i>Medium</i>
<i>Base Training</i>	<i>Fitness</i>	<i>Recommended for those who wish to integrate electrostimulation into a regular training program. This program can be combined with aerobic activity, is suitable for everybody and can be used 3 times per week.</i>	15 min <i>High</i>
<i>Demo</i>	<i>Familiarization</i>	<i>Program recommended to experience the various types of EMS stimulation, at low & intermediate frequency.</i>	8 min <i>Low and Medium</i>
<i>SPECIFIC SPORTS:</i> - Cycling - Swimming - Running - Sprinting - X-Country Skiing - Downhill Skiing - Golf - Tennis - Football - Basketball - Baseball	<i>Only on Sport Model</i> <i>Work on muscles and muscle characteristics specific to the selected sport They do not include warm up.</i>	<i>Alternate these programs with traditional exercise. Use a warm up program first.</i>	15-30 min <i>depending on the sport</i> <i>Maximum during work phase</i>

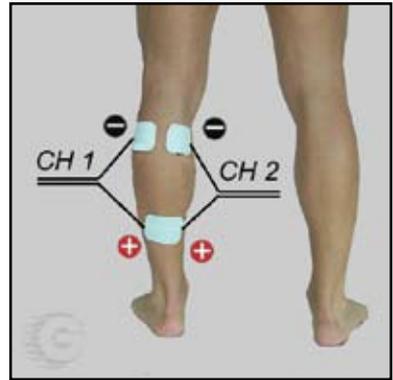
Proper Pad Placement

It is recommended to place the electrode pads from one channel symmetrically with respect to the other channel.

Before starting stimulation, bend the joint move the body part to an intermediate position. That is, keep the muscle close to the position and range of motion that you want to train it for.



1. Quadriceps



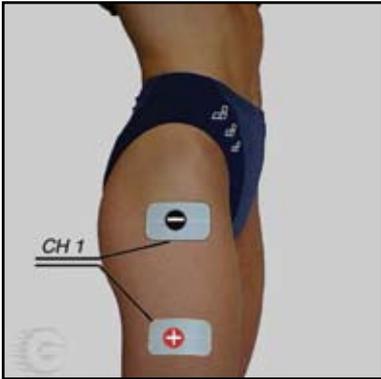
2. Gastrocnemius (Calf)



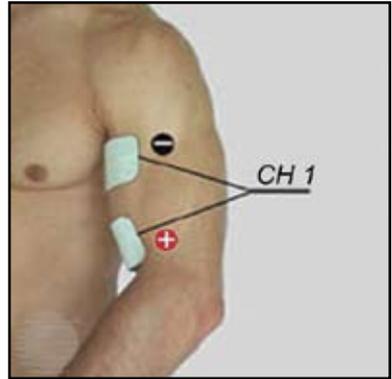
3. Biceps femoris (hamstring)



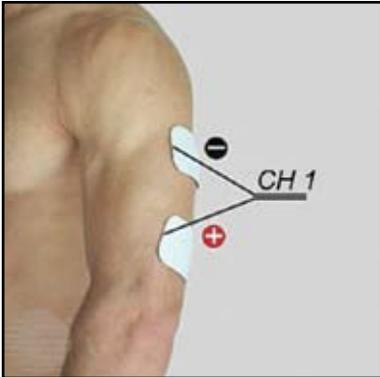
4. Gluteus



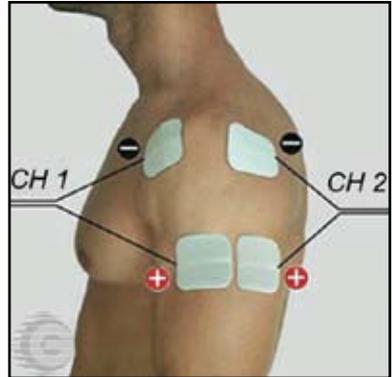
5. Tensor muscle of fascia lata



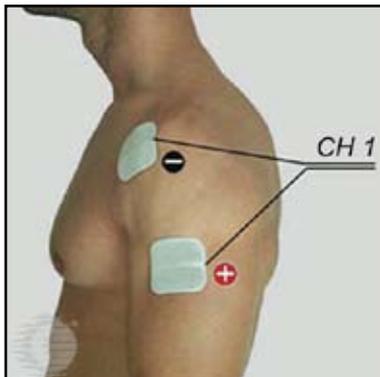
6. Biceps muscle of arm (biceps brachii)



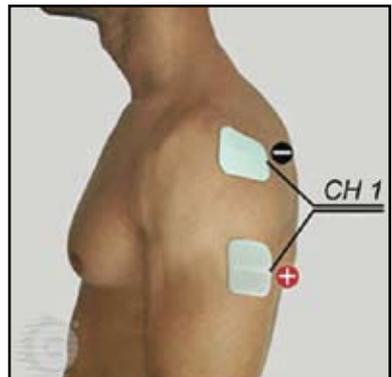
7. Triceps muscle of arm (triceps brachii)



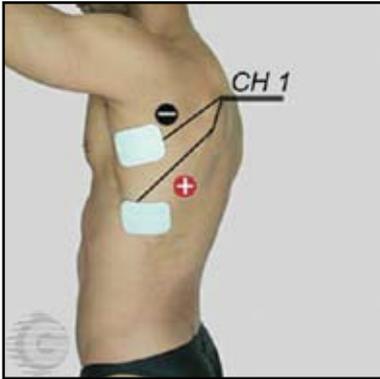
8. Deltoid



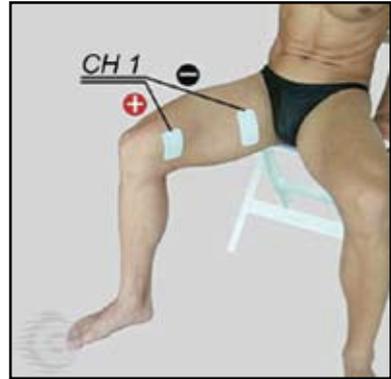
9. Deltoid, anterior



10. Deltoid, posterior



11. Latissimus Dorsis



12. Internal Thigh

Work Positions:

<p>1. Quadriceps 2. Gastrocnemius (calf) 12. Internal Thigh</p> 	<p>5. Tensor muscle of fascia lata</p> 
<p>3. Biceps femoris (hamstring) 4. Gluteus</p> 	<p>6. Biceps muscle of arm (biceps brachii) 7. Triceps muscle of arm (triceps brachii) 8. Deltoid 9. Deltoid, anterior 10. Deltoid, posterior 11. Latissimus Dorsis</p> 



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