

Spoštovani,

V nadaljevanju si lahko ogledate primere postavitve elektrod. Spremljajoči tekst je v angleškem jeziku. Prevod v slovenščino je v teku.

Hvala za razumevanje! Kreja d.o.o.

Electrodes positioning

The most frequent questions

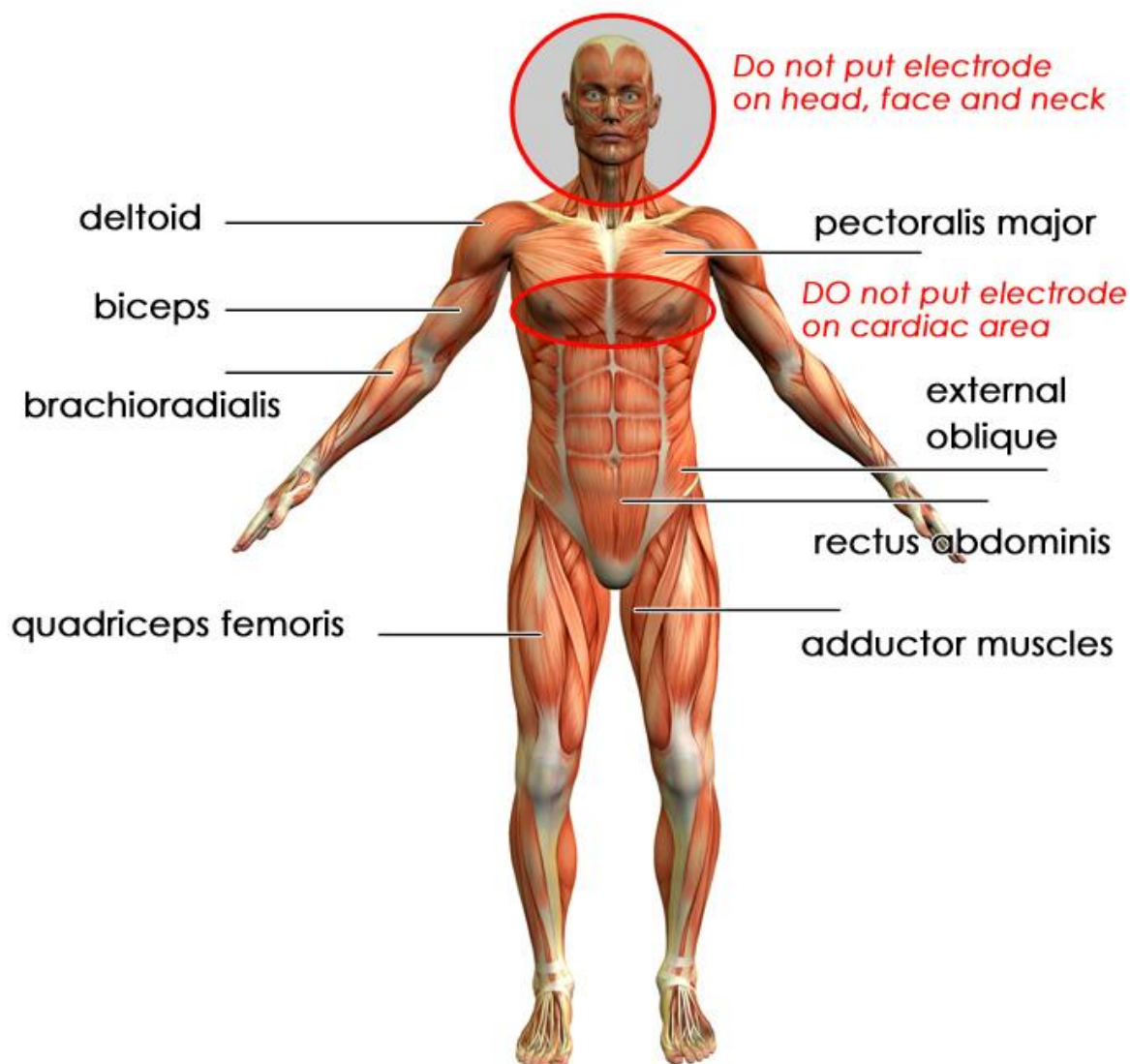
we have, concern the optimization of the electrodes positioning when you're doing your electro-stimulation session. So, Sport-Elec will try to answer to your various questions by exposing below the effective positioning of the sport electrodes (rectangular) or beauty (round) on the different body parts.

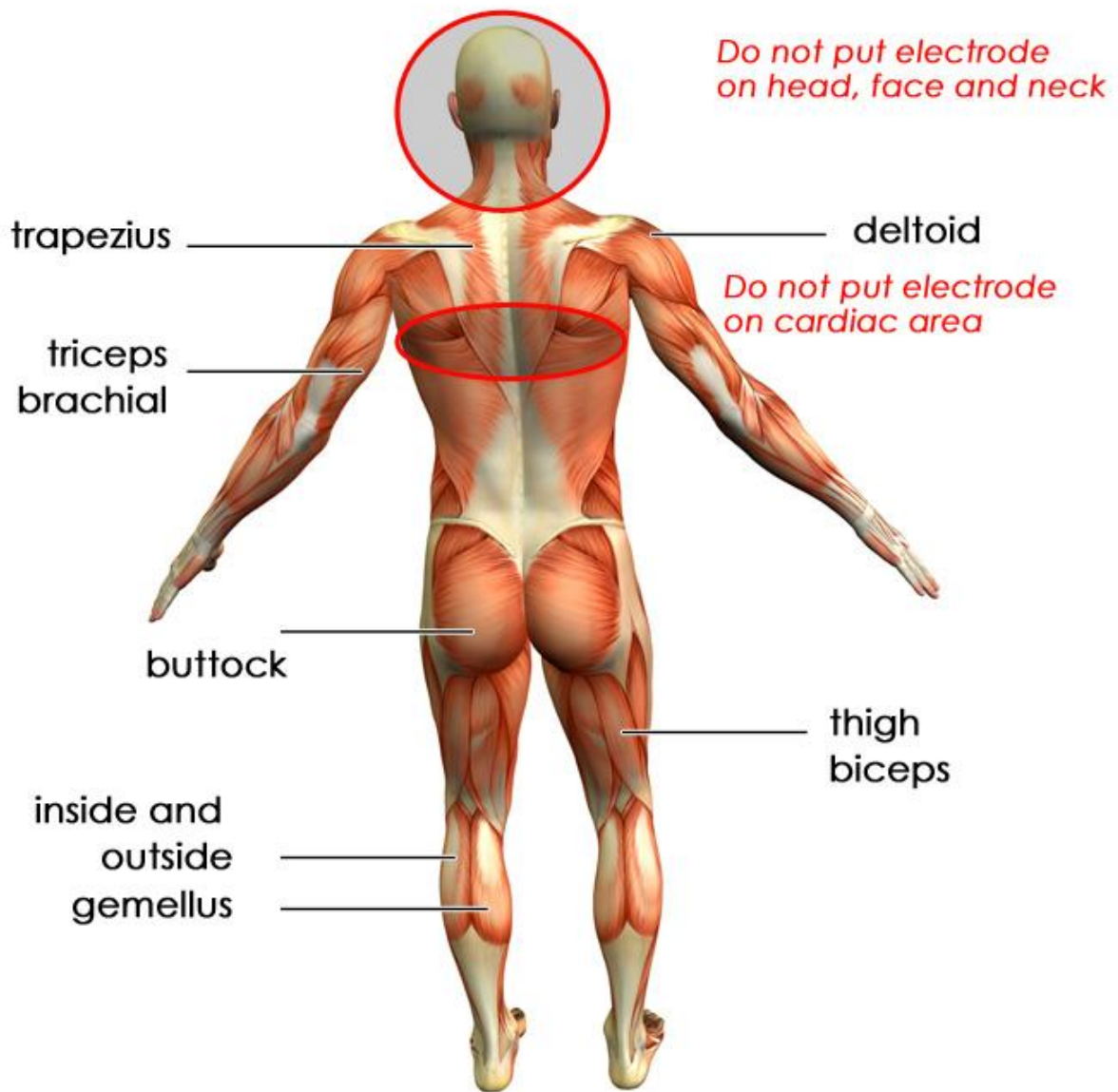
A real maze...

Far from an anatomy class, it is necessary to apprehend the global muscular system to have an accurate vision of what is the human muscular system.

The Human body is composed of more than 600 elements: manducatory muscles or mime muscle, Thenar muscles or gluteal muscles.

Sketches of the main muscles.





Muscle now !

Examples of positioning :

Detailed positioning and on sketch :

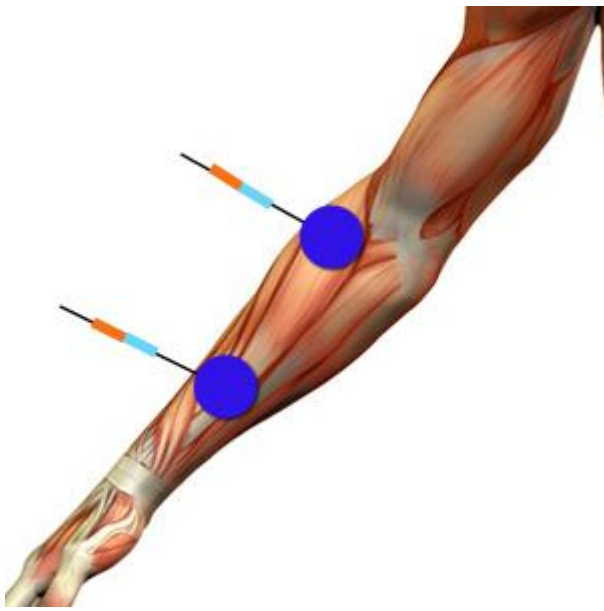
For your information: the positions on the sketches above are available for round or rectangular electrodes.

As well, always respect the connection colors coming out of your device: same color on a same muscle.

Arm and shoulder

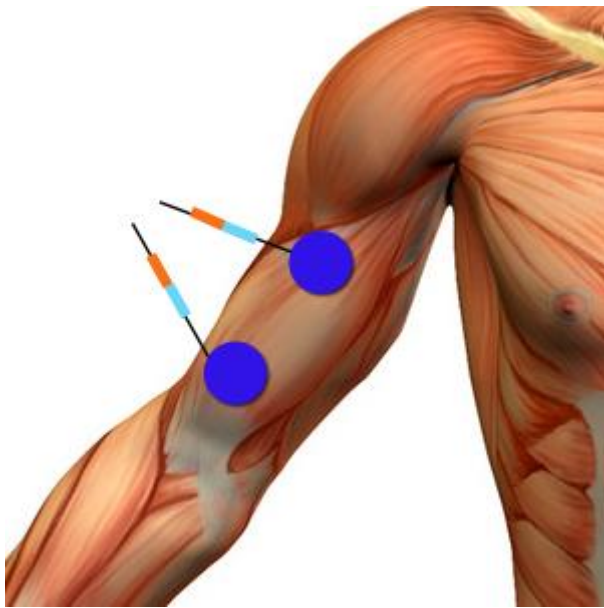
Sir, you would like to regain volume, Madam, this little skin which is hanging under your arm became unbearable!
There are the solutions

Forearm: long supinator muscle

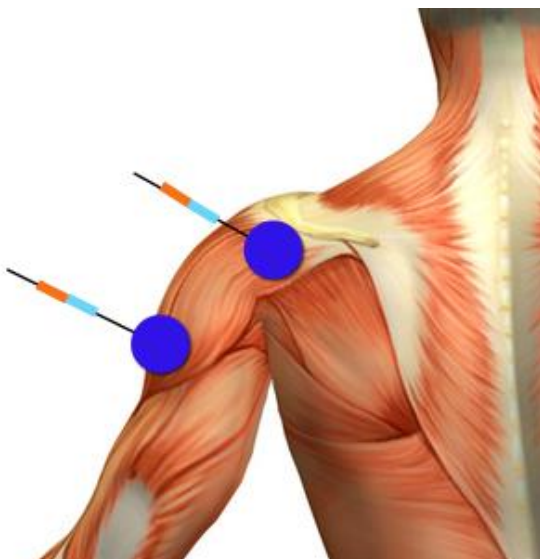


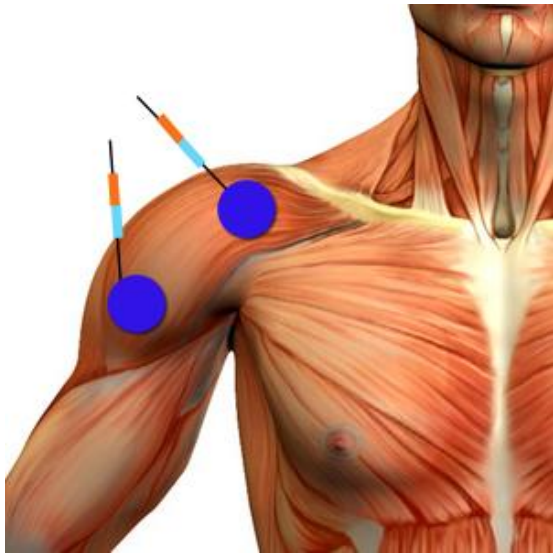
This positioning is useful to muscle and gain volume via the muscular intensification programs of your devices. But it is also useful to reduce the lactic acid effects (substance made by the muscles after a sporting effort inducing pains during the next hours).

Biceps



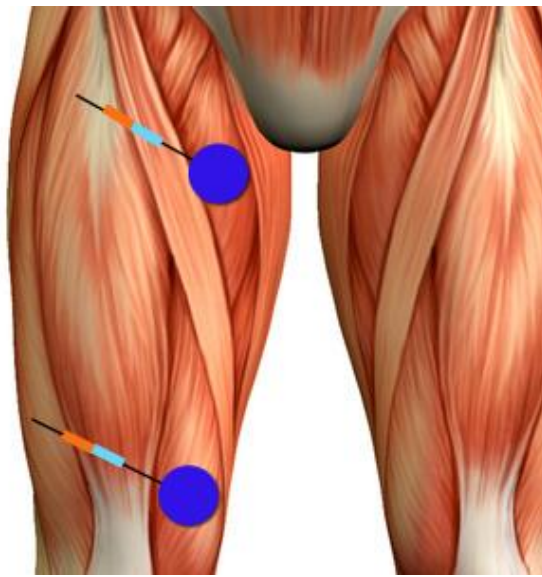
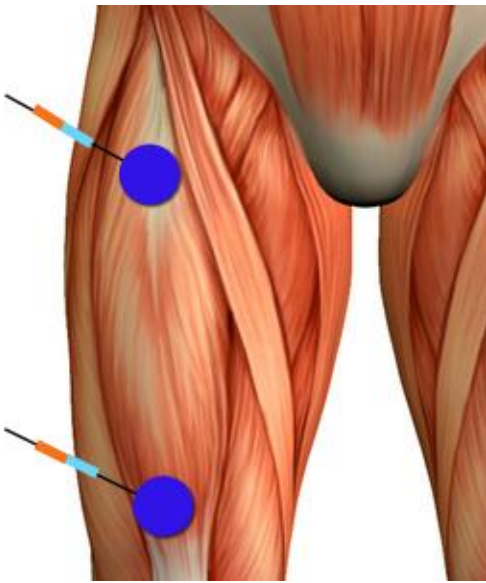
On the shoulder : deltoid





The thighs

Anterior right

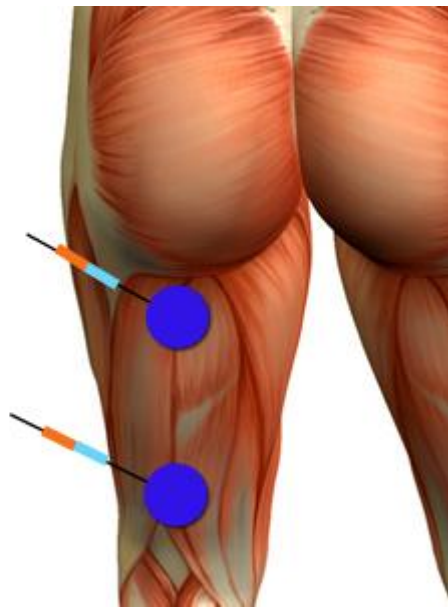


The internal vast

For you Sirs, this intensification gives you more impressive muscles for sports like tennis or soccer.

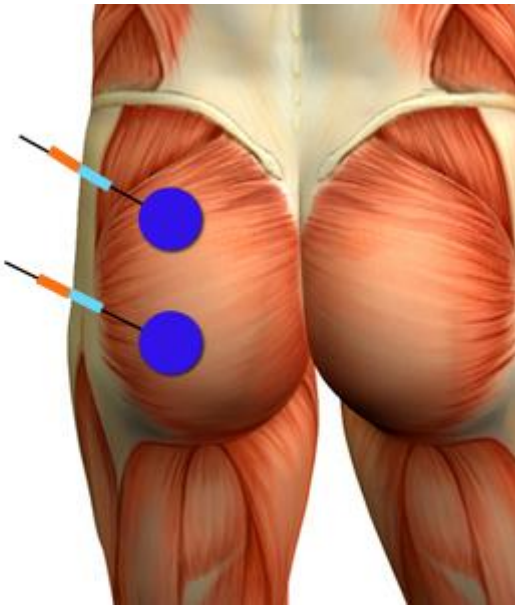
But for you, Ladies, this part is very difficult to muscle, regain thanks to this positioning, curve and a good posture. Execute this program with moderation to don't develop this muscle too much.

Biceps femoris



The buttock muscles

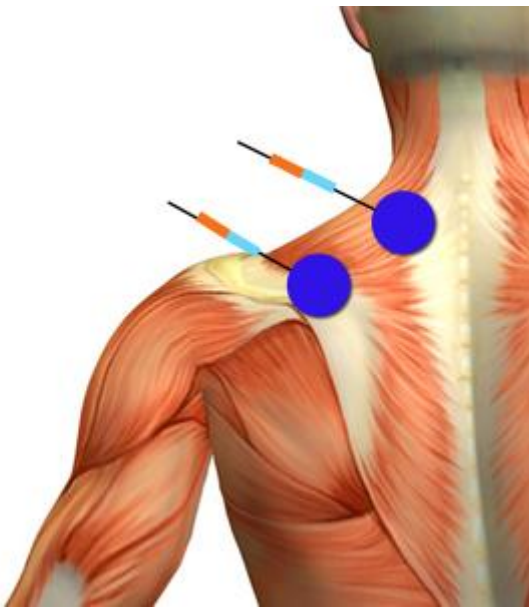
Gluteus maximus



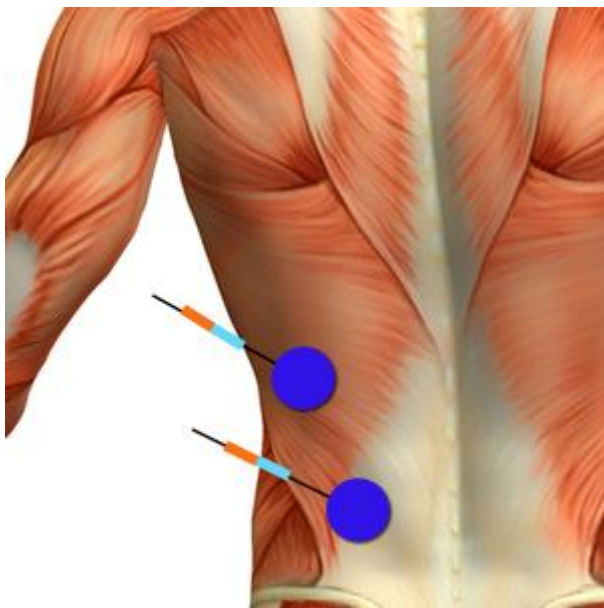
This positioning is ideal to curve the buttock muscles.

The trapezius and dorsal

Trapezius



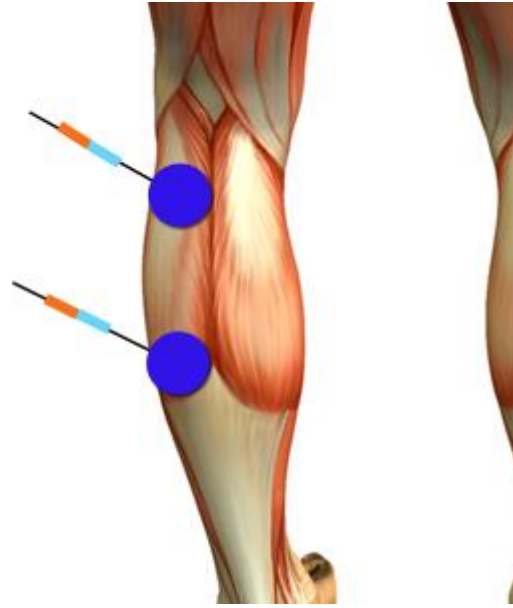
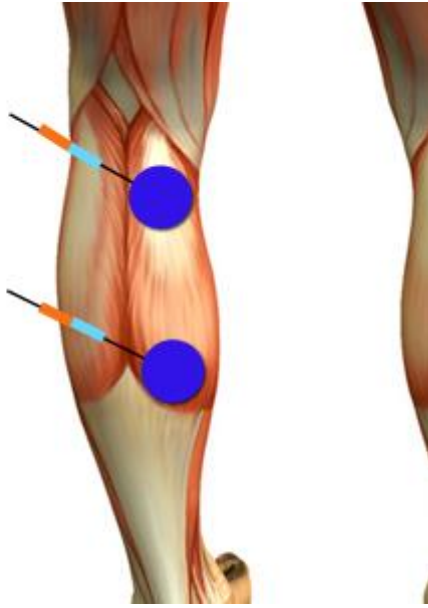
Dorsals



This electrodes positioning added to the health programs of a device such as Multisport pro will provide you relaxing and pain relief.

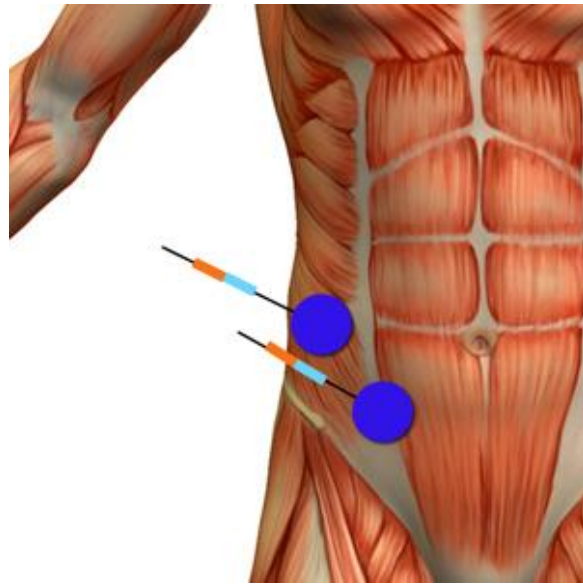
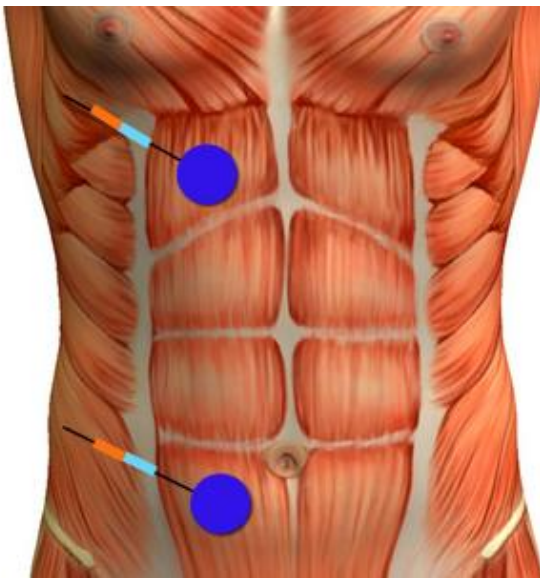
The legs and calves

Calf muscles



The abdominals

Rectus



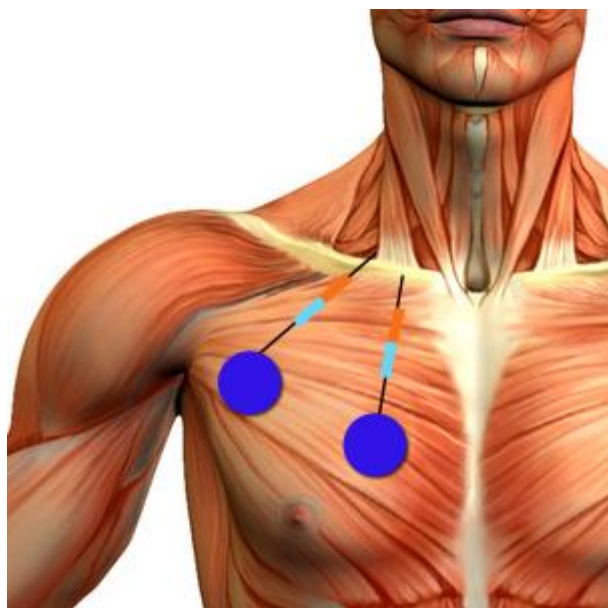
It is the abdominals, electro-stimulated, that create abs and reduce this awkward belly.

Oblique

Those muscles are very difficult and painful to work. Then, let's go, those electrode positioned in this way will allow you to muscle... at pleasure !

The pectorals

Pectoralis major



Be careful to respect the positioning.

DO NOT POSITION ON THE CARDIAC AREA!

What about my heart ?

The electro-stimulation is an undeniable ally of your health and well-being.

But it does not give you the cardio-exercises which are essential for a perfect maintenance of the machine that is the Human body.

So, don't forget, you have to move!

Actually, it is pretty simple, walk more often, take the stairs instead of the elevator, do jogging or fast walk the more often possible. You like water? Swimming is an excellent exercise.

Satisfied ?

We hope having answered to all your questions as for the electrodes positioning.

For further information, feel free to contact the Sport-Elec team via email : info@sport-elec.com or www.kreja.eu

Sportly yours !

The Sport-Elec team