

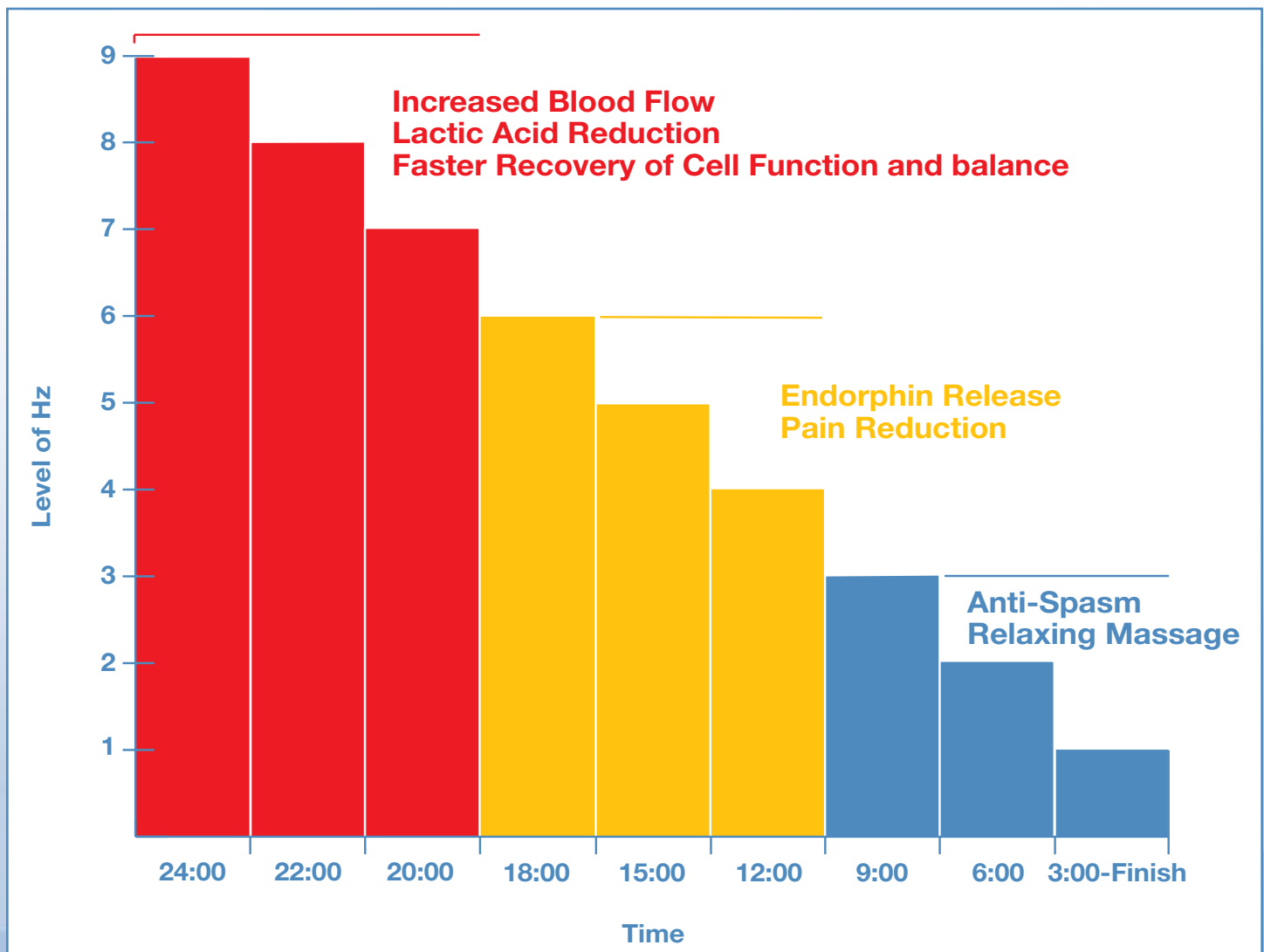
# contour™ Active Recovery Program

Recover tired muscles in minutes not days.

The Contour Active Recovery program does three things;

1. Increases blood flow through muscles at 5-times the rate that your body can do. This helps to remove lactic acid from your muscles. Lactic acid is a lot of the discomfort you feel after exercise.
2. Increases Beta-Endorphins...the happy chemical in our body that gives us a feeling of elation or joy.
3. Reduces muscle spasms by communicating directly with the muscles via low level electrical impulses.

The Contour simply helps the body do what it normally does... but more efficiently. Using the Active Recovery program for 24 minutes can give you faster muscle recovery than if you simply waited for your body to recover naturally.



Frequency levels and duration over the 24 minute Active Recovery Program