



Contour Gel Pad Sport & Spa Electrodes are available for purchase on our website at [www.thecontour.com](http://www.thecontour.com)

### Contour Training Programs

**Resistance**  
The impulse sequences in this 45 minute program are intended to increase the time a muscle is able to maintain high power work over short time periods. The intensive contractions of stimulated muscles may induce an exhaustion state in these muscle fibers without psychological fatigue and little cardiovascular stress. The Resistance Program activates the anaerobic metabolism and induces the production of lactic acid and targets a combination of fast-twitch and slow-twitch muscle fibers.

**Strength**  
This 45 minute program imposes high power works mainly on the fast-twitch muscle fibers and develops the maximum contractile force in a muscle. The program is intended to increase the maximum strength of muscle contraction and consists of warm-up and workout periods.

**Explosive Strength**  
The Explosive Strength program increases the speed at which maximum muscle force is achieved and is designed to improve performance in activities requiring brief duration of exertion such as jumping, throwing and sprints. The 35 minute program targets very fast-twitch muscle fibers.

**Endurance**  
Impulse sequences in this 60 minute program improve the body's resistance to fatigue (improved endurance) and consist of warm-up and workout periods. This program works on your slow-twitch (endurance) muscle fibers.

**Active Recovery**  
The Active Recovery program consists of low-frequency muscle twitches that simulate like a massage, induce increased blood flow and reduce lactic acid blood level. This 24 minute program can help muscles recuperate faster from fatigue. So whether you have restless legs, heavy shoulders or a sore back, you can use the Active Recovery program for a relaxing massage.

**Potentiation (Warm-up)**  
The Potentiation Program prepares muscles to work faster and easier at the very beginning of training in a short 4 minute program. It's like warming-up without mental or physical fatigue.

### Electrode Size Chart

Body Part	# of electrodes	Size
Trapezius	4	Large
Upper Back	4	Large
Lower/Mid Back	4	Large
Lower Back	4	Large
Deltoids	4	Large
Abdominals	4	Large
Biceps	4	Small
Triceps	4	Small
Forearm-Flexor	4	Small
Forearm-Extensor	4	Small
Gluteus	4	Large
Hamstring	4	Large
Quadriceps	4	Large
Calves	4	Small

### Major Muscle Groups

