

# RUNNER PRO

## 4 CHANNELS ELECTROTHERAPY | 254 PROGRAMS

RUNNER PRO ELECTROSTIMULATORS IS ONE OF THE TOOLS OF FUNDAMENTAL IMPORTANCE FOR THE MODERN RUNNER WHO WANTS TO IMPROVE HIS/HER PERFORMANCE. RUNNER PRO HAS PROGRAMS SUITABLE TO STIMULATE THE MUSCULATURE OF THOSE WHO RUN AND EVERY RUNNER WILL BE ABLE TO PERSONALIZE AND PROGRAM HIS/HER TRAININGS ACCORDING TO THE PERSONAL NEEDS. THE PROPOSED PROGRAMS ARE SUITABLE BOTH FOR THE AMATEUR AND THE PROFESSIONAL RUNNER AND THEY ARE DIVIDED INTO FOUR MACRO OBJECTIVES.

58 FITNESS | 53 SPORT | 36 BEAUTY | 30 RUNNING SPECIAL | 23 MICROCURRENTS  
18 SERIAL SEQUENTIAL STIMULATION | 13 SKIN-FACE | 12 TENS AND PAIN | 7 ACTION NOW | 3 REHAB | 1 IONOPHORESIS

### TECHNICAL FEATURES

#### Display

Visible area size 2,6"

#### Channels

4 independent (8 electrodes)

#### Frequency

0,3-150 Hz \*

#### Pulse amplitude

40-450  $\mu$ s \*

#### Power

0-120 mA

#### Power supply

Rechargeable batteries

#### Size

100x160x35 mm

#### Weight

450 gr

\* According to the type of current



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0476



### EQUIPMENT

· 1 Bag

· 1 Stimulator RUNNER PRO

· 4 Cables for electrodes connection

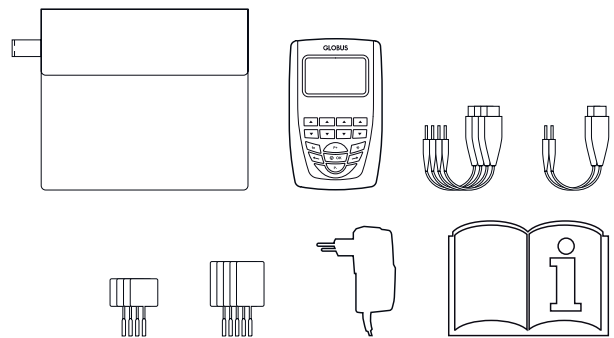
· 2 Cables for microcurrents and ionophoresis

· 4 Self-adhesive square electrodes

· 4 Self-adhesive rectangular electrodes

· 1 Charger

· 1 Operating manual



- TENS
- MENS
- IONO
- 3S
- ACTION NOW
- RUN TIME
- LAST 10
- FAVORITES
- AUTO STIM
- MULTI USER
- PROGRAMMABLE
- STIM LOCK
- FUNCTION 2+2
- MY TRAINER
- SYNCRO STIM
- WORK TIME
- RECHARGEABLE BATTERIES

# RUNNER PRO

## 4 CHANNELS ELECTROTHERAPY | 254 PROGRAMS

### PROGRAMS LIST

#### SPORT

Capillarization

Warm-up

Pre-competition warm-up

Active recovery

Maximum strength

Endurance strength

Explosive strength

Aerobic endurance

Reactivity

Post-competition recovery

Decontracting

Hypertrophy

#### FITNESS

Firming

Bio-Pulse firming

Sculpting

Bio-Pulse sculpting

Toning

Mass building

Body sculpting

Definition

Jogging

Anaerobic fitness

Aerobic fitness

Cramp prevention

#### BEAUTY

Drainage

Bio-Pulse drainage

Lipolysis

Post-pregnancy lipolysis

Toning massage

Connective massage

Swollen arms

Face capillaries

Skin tone improvement

Post-pregnancy drainage

Post-pregnancy firming

Breast firming

Breast sculpting

Lifting effect

#### REHAB

Quadriceps atrophy (with knee prosthesis)

Recovery after ACL surgery

Shoulder subluxation prevention

#### G-PULSE

Breast microlifting

Cleavage microlifting

Face microlifting

Skin elasticity

Cellulite

Bioskin collagen

Wrinkles

Eye wrinkles

Expression wrinkles

Stretch marks

Nail strengthening

Bio peeling

Hematoma

#### TENS and PAIN

Conventional antalgic tens

Modulated antalgic tens

Endorphinic tens

Menstrual pain

Chronic pain

Cervical pain

Muscle pain

Knee pain

Scapulohumeral periarthritis

Chronic lumbago

Bursitis-tendinitis

Osteoarthritis

#### MICROCURRENTS

Epicondylitis

Scapulohumeral periarthritis

Muscle restoration

Contusion

Hedema

Skin ulcera

Sciatica

Lumbago

Brachial neuralgia

Acute pain

Articular pain

Stiff neck

Whiplash

Cervical spondylosis

Shoulder sprain

Carpal tunnel

Knee sprain

Osteoarthritis

Ankle sprain

Achille tendon inflammation

Patella tendon inflammation

Rotator cuff inflammation

Tendon inflammation

#### IONOPHORESIS

#### SPECIAL SPORTS

##### - PHYSICAL TRAINING

Capillarization

Endurance strenght

Aerobic endurance

Fartlek

Trail special

##### - PREVENTION

Ankle sprain

Cramps

Back pain

Knee

##### - PAIN / INJURIES

Cronic Achille's tendon inflammation

Acute Achille's tendon inflammation

Antalgic Tens

Back pain

Muscle contractures

Knee inflammation

Ankle sprain

Knee sprain

##### - RECOVERY

Decontracting

Post training cool down

#### SERIAL SEQUENTIAL STIMULATION

The "3S" program list includes 18 parameter combinations. The "3S" programs are characterized by a delay activation of the channels 3 and 4 compared with the channels 1 and 2. The Serial Sequential Stimulation permits to stimulate the musculature in kinetic chain thanks to the differentiated activation times of the muscular groups involved.

#### ACTION NOW

The Action Now program list includes 7 parameter combinations. This mode is suggested in sport field for athletic preparation where you wish to add the muscular contraction induced by a stimulator to a work made with overloads in dynamic and isometric form..