

CYCLING PRO | *my Sport, my Passion*

The CYCLING PRO electrostimulator is a device dedicated to cyclists who want to feel good and feel healthy during their cycling activity.

The specific programs for cycling are divided into four big macro-areas.

“PHYSICAL TRAINING” AREA

34 programs to improve the muscular qualities of the cyclist, taking into account the specific needs of those who practice road cycling or mountain biking. The main objectives of this section are:

- increase strength and allow to direct the work of the muscle fibers to the specialty practiced;
- prevent and reduce the risk of joint traumas and muscle injuries;
- allow the cyclist to better withstand long bike rides;
- improve the specific strength and thus the ability of a spurt and sprint, as well as the ability of endurance strength, and necessary for example to tackle climbs;
- provide specific trainings for the upper limbs, especially for those who practice mountain biking and are subjected to continuous vibrations of the handlebars.

“PAIN-INJURIES” AREA

4 programs to treat the traumas and the recurring ailments in cycling. Specific protocols are included to:

- relieve muscle tension on the cervical area and the shoulders;
- promote recovery after lesions and muscle contractures;
- relieve muscle and joint back pains;
- treat knee inflammations.

“RECOVERY” AREA

6 programs dedicated to relax and loosen the tired muscles. In particular these programs aim to:

- relieve the contracted muscle at the end of the training and/or competition;
- speed recovery between two sessions if you practiced competitions or stage races;
- give relief to the neck and shoulders when they are particularly tense because of the hours spent in the saddle.

“PREVENTION” AREA

2 programs aimed to drastically reduce the number of injuries and the main musculoskeletal ailments of the cyclist. In particular these programs aim to:

- stabilize the patella to prevent knee inflammation;
- strengthen the abdominal muscles to prevent lumbagos.



TECHNICAL FEATURES

Channels: 4 independent CHANNELS

Frequency: 0.3 – 150 Hz

Power: 120 mA for each channel Pulse amplitude: 40 – 450 μ s Waveform: square, two-phase,

symmetrical, balanced

Power source: rechargeable battery-powered

Back-illuminated display

Device in II A Class

In compliance with the 93/42/CEE-2007/47/CEE directive

EQUIPMENT

1 bag

1 CYCLING PRO stimulator

4 cables for connecting electrodes

2 cables for treatments with MCR and ionophoresis

4 self-adhesive and square electrodes

4 self-adhesive and rectangular electrodes

1 battery charger

1 operating manual

CYCLING PRO | 270 programmi

COMPLETED LIST OF PROGRAMS

58 FITNESS | 53 SPORT | 46 CYCLING SPECIAL | 36 BEAUTY
23 MICROCURRENTS | 18 SERIAL SEQUENTIAL "3S" | 13 FACE/SKIN/G-PULSE
12 PAIN/TENS | 7 ACTION NOW | 3 REHAB | 1 IONOPHORESIS

SPECIFIC PROGRAMS FOR CYCLING

PHYSICAL TRAINING	PHYSICAL TRAINING	PAIN-INJURIES
ROAD BIKE	MOUNTAIN BIKE	KNEE INFLAMMATION
CAPILLARIZATION	CAPILLARIZATION	BACK PAIN
STRENGTH	STRENGTH	CERVICAL PAIN
ENDURANCE STRENGTH	ENDURANCE STRENGTH	MUSCLE CONTRACTURES
AEROBIC ENDURANCE	EXPLOSIVE STRENGTH	
AGONIST - ANTAGONIST	AGONIST - ANTAGONIST	RECOVERY
SPRINT SPECIAL	AEROBIC ENDURANCE	DECONTRACTURING
	SPEED STRENGTH ENDURANCE	POST TRAINING COOL DOWN
PREVENTION	FARTLEK	
BACK PAIN		
KNEE		

The programs can be divided according to body areas, thus ensuring very specific and personalized treatments depending on the muscle to stimulate

SPECIAL FUNCTIONS

- **ACTION NOW:** it enables to activate the muscle contraction through an external command run by an operator; in this way it is possible to link the stimulation to the voluntary contraction of the subject to obtain a greater recruitment of the muscular fibers and an important coordinating effect.
- **SERIAL SEQUENTIAL STIMULATION "3S":** it enables to stimulate the muscles involved in a sequential way. In this way the natural movement is repeated thanks to the activation at different times of the various muscle groups involved.
- **MULTI-USER:** possibility to sign up until 10 different users and to create a library of personalized programs as a function of the individual objectives.
- **SYNCROSTIM:** using a single button it is possible to increase the intensity of the 4 channels simultaneously.
- **RUN TIME FUNCTION:** this function allows you to modify the time, frequency and pulse amplitude during the treatment.
- **AUTOMATIC MODE (AUTO STIM®):** it allows you to run a program in an automatic way without any manual intervention on the setting of the intensity.
- **PROGRAMMABLE:** 15 free memories, only EMS and TENS.
- **FUNCTION 2+2:** possibility to run two different programs at the same time.
- **FAVOURITE:** possibility to store until 15 programs for each user.
- **LAST 10:** it stores the last 10 programs performed.
- **SKIN-FACE TREATMENTS:** the device has G-PULSE regenerative currents which are able to regenerate the production of collagen in the tissues.
- **WORK TIME:** it indicates the total time of use of the device
- **MY TRAINER:** it shows on the display the positioning of the electrodes.
- **STIM LOCK:** it allows the user to lock the device and ensure that only treatments which were saved before will be performed.



For further information about the whole list of all the programs we invite you to visit our website at:

www.globuscorporation.com