

TRIATHLON

my Sport, my Passion

TRIATHLON is an electrostimulator that includes not only a wide range of sport, fitness, beauty and medical programs but also a series of specific programs aimed to improve the physical performance of triathletes.

The specific programs for triathlon are divided into areas corresponding to the following sports: swimming, cycling and running. A practical user guide will help you select the most suitable program depending on the distances you intend to cover.

SWIMMING

The goal of these programs is to strengthen especially the muscles of the trunk and upper limbs which are rarely used in the other two disciplines. These programs are specifically aimed to:

- develop the main propulsive muscles of the stroke;
- strengthen the stabilizing muscles of the shoulder blade to optimize the pull phase;
- improve stress resistance and optimize it depending on the distance;
- quickly recover from small musculoarticular pains of the shoulder.

CYCLING

These programs aim to strengthen the muscles of the lower limbs, especially the thighs, gluteus and calves. The main objectives are to:

- improve the specific strength and pedaling rhythm during cycling;
- train your endurance in a progressive way so as to always stimulate your improvement in performance;
- recover from knee stress.

RUNNING

These programs aim to strengthen the muscle structure of the triathlete in order to increase his/her running performance. The main objectives are to:

- improve oxygenation of the tissues and the qualities of endurance and recovery;
- delay the feeling of fatigue;
- improve running speed;
- customize your training program depending on the distance;
- quickly recover from muscle fatigue and a specific action to relax tense muscles;
- make a specific treatment plan for inflammation of the Achilles tendon.



TECHNICAL FEATURES

Channels: 4 independent

Frequency: 0,3 – 150 Hz

Power: 120 mA for each channel

Pulse amplitude: 40 – 450 µs

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 TRIATHLON 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

TRIATHLON | 424 programs

COMPLETED LIST OF PROGRAMS

60 TRIATHLON SPECIAL | 53 SPORT | 60 BEAUTY | 58 FITNESS | 23 MICROCURRENTS
54 SERIAL SEQUENTIAL "3S" | 13 FACE/SKIN/G-PULSE | 12 PAIN/TENS | 84 ACTION NOW
3 REHAB | 1 IONOPHORESIS | 3 INCONTINENCE

SPECIFIC PROGRAMS FOR TRIATHLON

SWIMMING	CYCLING	RUNNING
ENDURANCE STRENGTH	BASIC AEROBIC EXERCISE	AEROBIC EXERCISE
AEROBIC EXERCISE	HARD AEROBIC EXERCISE	ENDURANCE STRENGTH
DECONTRACTURING	ENDURANCE STRENGTH	DECONTRACTURING
COOLING DOWN	MAXIMUM STRENGTH	COOLING DOWN
SHOULDER RECOVERY (MCR)	COOLING DOWN	ACHILLES TENDON RECOVERY
	DECONTRACTURING	<i>The programs can be divided according to body areas, thus ensuring very specific and personalized treatments depending on the muscle to stimulate.</i>
	MAXIMUM STRENGTH	
	KNEE RECOVERY (MCR)	

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.
- **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
- **LAST 10:** it stores the last 10 programs.
- **MY TRAINER:** it shows on the display the positioning of the electrodes.



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

www.globuscorporation.com