


MUSCLE INTELLIGENCE™



SWISS TECHNOLOGY 

	I WOULD LIKE TO...	mi-SPORT 500	mi-FITNESS Trainer	SPORT 400	TOP FITNESS	energy
SPORT	▶ Progress with personalised and interactive training	■ ■ ■	■ ■ ■			
	▶ Increase and improve my training	■ ■ ■	■	■ ■		■
	▶ Improve my performance	■ ■ ■	■ ■	■ ■ ■	■ ■	■
	▶ Improve my resistance to fatigue	■ ■ ■	■ ■	■ ■ ■	■ ■	■ ■
	▶ Optimise my warm-up	■ ■ ■	■	■ ■ ■	■	■
	▶ Prevent sore muscles	■ ■ ■	■ ■ ■	■ ■	■ ■	■
	▶ Recover efficiently after an effort	■ ■ ■	■ ■ ■	■ ■	■	■ ■
HEALTH	▶ Recuperate after an injury	■ ■ ■	■ ■	■ ■ ■	■ ■	
	▶ Ease muscle aches and pains	■ ■ ■	■ ■ ■	■ ■	■ ■	■ ■
	▶ Relieve heavy legs	■ ■ ■	■ ■ ■	■ ■ ■	■ ■ ■	■ ■
	▶ Prevent and ease pain	■ ■ ■	■ ■	■ ■ ■	■ ■	■ ■
	▶ Eliminate physical tension and evacuate stress	■ ■ ■	■ ■ ■	■ ■	■ ■	■
	▶ Massage and relax	■ ■	■ ■ ■			■
FITNESS	▶ Keep in shape	■ ■	■ ■ ■	■ ■	■ ■ ■	■ ■
	▶ Sculpt my body	■ ■ ■	■ ■ ■	■ ■	■ ■ ■	■
	▶ Vary my exercise for a complete workout	■ ■	■ ■ ■	■ ■	■ ■	■
	▶ Tone my abdominals and buttocks	■ ■	■ ■ ■	■ ■	■ ■ ■	■ ■
	▶ Define my overall silhouette	■	■ ■ ■	■	■ ■	■
	▶ Maximise my cellulite treatment		■ ■		■ ■	

 Muscle stimulators for training and well-being



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m2-SPORT 500 m2-FITNESS Trainer SPORT 400 TOP FITNESS energy

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		m2-SPORT 500	m2-FITNESS Trainer	SPORT 400	TOP FITNESS	energy
SPORT						
▶ Endurance	To improve performance for endurance sports	■	■	■	■	■
▶ Strength	To increase maximum strength and speed of muscle contraction	■	■	■	■	■
▶ Active recovery	To relax and recover faster and more effectively after a physical effort	■	■	■	■	■
▶ Stretching	To optimise the effects of voluntary stretching	■	■	■	■	■
▶ Hypertrophy / Body Building	To increase muscle volume and improve muscular resistance to fatigue	■	■	■	■	■
▶ Fartlek	To train and prepare for all kinds of muscular work through different working sequences	■	■	■	■	■
▶ Resistance	To increase the ability to perform intensive and prolonged efforts	■	■	■	■	■
▶ Explosive strength	To improve explosivity - key performance factor in some sports	■	■	■	■	■
▶ Plyometry	To reproduce muscle activation induced by plyometric training	■	■	■	■	■
▶ Potentiation	To prepare muscles before the competition in an optimal way	■	■	■	■	■
▶ Eccentric	To combine electrostimulation with eccentric weight training	■	■	■	■	■
▶ Concentric	To combine electrostimulation with concentric weight training	■	■	■	■	■
▶ Regeneration	To replace or optimise a regeneration training session the day after the competition	■	■	■	■	■
FITNESS						
▶ Aerobic	To improve the capacity of the muscles to tolerate prolonged exertion	■	■	■	■	■
▶ Muscle building	To increase muscular tone and volume	■	■	■	■	■
▶ Muscle starter	To reactivate all the natural muscular qualities after a long period of inactivity	■	■	■	■	■
▶ Anaerobic	To improve the resistance capacity of the muscle during intensive and prolonged exertion	■	■	■	■	■
▶ Hypertonic	To increase muscle tone without building bulk	■	■	■	■	■
▶ Jogging	To help run for longer periods and feel more comfortable while exercising	■	■	■	■	■
▶ Sprint	To improve the strength-speed quality of explosive movements during fitness activities	■	■	■	■	■
▶ Step	To reproduce the results obtained with a step machine	■	■	■	■	■
▶ Power	To develop strength with a slight increase in muscular volume	■	■	■	■	■
PAIN						
▶ Sophisticated TENS / Pain Management TENS	To block the transmission of pain and to alleviate all types of localised pain	■	■	■	■	■
▶ Contracture	To decrease muscular tension	■	■	■	■	■
▶ Endorphinic / Chronic pain	To create analgesic actions to block transmission pain	■	■	■	■	■
▶ Thoracic back pain	To block the transmission of pain in the upper back region	■	■	■	■	■
▶ Epicondylitis	To decrease persistent elbow pains	■	■	■	■	■
▶ Low back pain	To block the transmission of pain in the lumbar region	■	■	■	■	■
▶ Lumbosciatica	To treat localised pains (in the lumbar region and also on the legs)	■	■	■	■	■
▶ Lumbago	To block the transmission of acute and intensive lower back pain	■	■	■	■	■
▶ Cervical pain	To generate a specific analgesic current that neutralises pains in the back of the neck	■	■	■	■	■
▶ Arthralgia	To reduce the transmission of persistent pains in the joints	■	■	■	■	■
AESTHETIC						
▶ Adipostress	To enhance the effects of other treatments designed to reduce localised fat and cellulite	■	■	■	■	■
▶ Shaping	To define and sculpt the body when the muscles are already at a firming stage	■	■	■	■	■
▶ Refinement	To work especially on the waist and "love handles"	■	■	■	■	■
▶ Muscle firming	To regain muscle firmness and restore the support function of the muscles	■	■	■	■	■
▶ Calorilysis	To increase the calorie expenditure	■	■	■	■	■
▶ Muscle tone	To tone and prepare the muscles before an intensive firming workout	■	■	■	■	■
▶ Elasticity	To improve circulation and skin tone	■	■	■	■	■
▶ Buttocks	To tone and firm the buttocks	■	■	■	■	■
▶ Abs	To strengthen and tone the abs	■	■	■	■	■
VASCULAR						
▶ Capillarization / Oxygenation	To increase blood flow and to prepare for efforts requiring endurance or muscle resistance	■	■	■	■	■
▶ Lymphatic drainage	To treat occasional swelling of the feet and ankles, may be used in conjunction with manual lymphatic drainage	■	■	■	■	■
▶ Heavy legs	To eliminate the feeling of heaviness in the legs	■	■	■	■	■
▶ Cramp prevention	To prevent the onset of nocturnal cramp or cramp after strains, especially on the calves	■	■	■	■	■
CROSS-TRAINING						
▶ Cross-endurance	To train in a varied manner and develop muscles to support moderate to long muscular effort	■	■	■	■	■
▶ Combined workout	To diversify work regimes in order to maintain a good level of general fitness	■	■	■	■	■
▶ Cross-resistance	To vary work regimes and favour muscle resistance to fatigue	■	■	■	■	■
▶ Cross-explosivity	To improve muscle explosivity while alternating training modes	■	■	■	■	■
MASSAGE						
▶ Reviving massage	To relieve feelings of tiredness and heaviness	■	■	■	■	■
▶ Undulated massage 1	To eliminate all uncomfortable physical tensions	■	■	■	■	■
▶ Toning massage	To prepare the muscle before an unusual or determinate physical activity	■	■	■	■	■
▶ Anti-stress massage	To evacuate stress and associated muscular tension	■	■	■	■	■
▶ Relaxing massage	To decrease muscular tension and to generate a relaxing effect	■	■	■	■	■
▶ Undulated massage 2	To accompany a return to calm with light pain relief	■	■	■	■	■
REHABILITATION						
▶ Disuse atrophy	To regain muscle volume on a muscle out of use for a long period : 1 st step	■	■	■	■	■
▶ Muscle growth	To complete the atrophy programme when the muscles have gained volume : 2 nd step	■	■	■	■	■
▶ Reinforcement	To complete rehabilitation once the muscles have reached their normal volume : 3 rd step	■	■	■	■	■
CARACTERISTICS						
▶ m2-SENSOR	Interactive sensor that links the stimulator to your muscles	■	■	■	■	■
▶ m2-ACTION	Voluntary and electrostimulated contraction combined	■	■	■	■	■
▶ m2-SCAN	Scans your muscle and adjusts the stimulator parameters to your physiology	■	■	■	■	■
▶ m2-TENS	Permanently readjusts the pain relief treatment during TENS programmes	■	■	■	■	■
▶ Easy Snaps	Quick and easy to connect electrode-cable system	■	■	■	■	■
▶ Backlit screen	Screen light activated when buttons are touched	■	■	■	■	■
▶ Training planner CD Rom	Specific training plans for 75 sports	■	■	■	■	■
▶ NIMH battery	Rechargeable high performance battery	■	■	■	■	■
▶ Fast charger	Recharges the batteries in less than two hours	■	■	■	■	■

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