

## Program summary

The table below gives a summary of the SaneoSPORT muscle training programs and provides you with recommendations on the placement of the electrodes. The following pages contain detailed information on the individual programs.

| Prog | Type                               | Description  | Elektrode placements |
|------|------------------------------------|--|----------------------|
| 1    | Preparation for training           | Warm up I  | see Prog 3 - 8       |
| 2    |                                    | Warm up II   | see Prog 3 - 8       |
| 3    | Muscle build-up training           | Chest / shoulder and upper back musculature                            | 2 - 7                |
| 4    |                                    | Front and back upper and lower arm musculature (incl. biceps, triceps) | 8 - 13               |
| 5    |                                    | Straight and oblique abs musculature, lower back musculature           | 14 - 15, 17 - 19     |
| 6    |                                    | Buttocks musculature   | 20 - 22              |
| 7    |                                    | Thigh musculature  | 23 - 25              |
| 8    |                                    | Lower leg musculature  | 27 - 29              |
| 9    | Support for active sports training | Aerobic endurance training   | see Prog 3 - 8       |
| 10   |                                    | Anaerobic endurance training   | see Prog 3 - 8       |
| 11   |                                    | Strength and speed training  | see Prog 3 - 8       |
| 12   |                                    | Explosive strength training  | see Prog 3 - 8       |
| 13   |                                    | Crosstraining  | see Prog 3 - 8       |
| 14   | Training follow-up                 | Relaxation   | see Prog 3 - 8       |
| 15   |                                    | New strength   | see Prog 3 - 8       |
| 16   |                                    | Stretching   | see Prog 3 - 8       |
| 17   | Pain Relief                        | Pain Relief I  | 1 - 31               |
| 18   |                                    | Pain Relief II   | 1 - 31               |
| U1   | Configurable programs              | Muscle build-up training I   | see Prog 3 - 8       |
| U2   |                                    | Muscle build-up training II  | see Prog 3 - 8       |



**A** (red) Anode (+) Channel A  
**A** (black) Cathode (-) Channel A  
**B** (red) Anode (+) Channel B  
**B** (black) Cathode (-) Channel B

