

# SOCCER PRO | Play soccer like a champion

SOCCER PRO is the only electrostimulator present on the market created with specific programs in order to improve the physical performance of the soccer players.

The programs are divided into four major areas corresponding to the main fields of intervention of the physical training in soccer.

## “PHYSICAL TRAINING” AREA

18 programs aimed to improve the muscular structure of the soccer player and make it functional to the type of physical effort required in different game situations. The main objectives are:

- increase of the muscular force;
- increase of the explosive force to improve the sprint, the speed in changing directions and the height of the jump;
- improvement of the endurance and ability to maintain great levels of performance during all the game;
- improvement of the balance between agonist and antagonist muscles;
- improvement of the responsiveness and explosiveness of the goalkeeper.

## “PREVENTION” AREA

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

- strengthen the ankle and the knee in order to prevent sprains;
- reduce the number of injuries due to lesions and/or muscular cramps;
- strengthen the abdominal muscles to prevent lumbagos.

## “PAIN-INJURIES” AREA

5 programs to treat the traumas and the recurring ailments in the soccer players, such as:

- contusions and muscle contractures;
- articular and tendinous inflammations.

## “RECOVERY” AREA

6 specific programs aimed to:

- speed up the processes of removal of fatigue and lactic acid accumulated after the trainings and races;
- release and relax the tensed and sore musculature.



## TECHNICAL FEATURES

Channels: 4 independent CHANNELS

Frequency: 0.3 – 150 Hz

Power: 120 mA for each channel

Pulse amplitude: 40 – 450 µs

Wave form: 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 SOCCER 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

# SOCCER PRO | 258 programs

## COMPLETED LIST OF PROGRAMS

**58 FITNESS | 53 SPORT | 36 BEAUTY | 34 SOCCER SPECIAL | 23 MICROCURRENTS**  
**18 SERIAL SEQUENTIAL "3S" | 13 FACE/SKIN/G-PULSE | 12 PAIN/TENS | 7 ACTION NOW**  
**3 REHAB | 1 IONOPHORESIS**

## SPECIFIC PROGRAMS FOR SOCCER

PHYSICAL TRAINING	PREVENTION	PAIN-INJURIES
CAPILLARIZATION	ANKLE SPRAIN	KNEE INFLAMM.
STRENGTH	CRAMPS	BACK PAIN
EXPLOSIVE STRENGTH	MUSCLE INJURIES	CONTUSIONS
SPEED STRENGTH ENDURANCE	KNEE	MUSCLE CONTRACTURES
STRENGTH ENDURANCE	SPINAL COLUMN	ANKLE SPRAIN
AGONIST – ANTAGONIST		
FARTLEK	<b>GOALKEEPERS SPECIAL</b>	
	RESPONSIVENESS	
<b>RECOVERY</b>	SUPER-EXPLOSIVNESS	
DECONTRACTURING	TRUNK STABILIZATION	
POST TRAINING COOL DOWN	HAND GRIP STRENGTH	

*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 obtaining a greater recruitment of muscle 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](http://www.globuscorporation.com)