

Compex®

Your intelligent training partner

HOW TO INTEGRATE ELECTROSTIMULATION CYCLING TRAINING



HOW TO USE COMPEX IMPORTANT TIPS

WHEN TO START THE PREPARATION AND WHAT PLAN TO CHOOSE

- This booklet shows you two 12 week training plans to prepare for a race or sporting event.
The first plan (Page 4) is for cyclists who train up to 3 times a week
The second plan (Page 8) is for cyclists who train 4+ times a week or match any of the following criteria:
 - at least 4 workouts per week.
 - more than 3 years of regular road cycling training.
 - Regularly rank in the top 50% in competition.
- The pre-requisite for this training is good physical condition and regular practice of a physical activity or sport during the previous months.

If you have never used electro-stimulation in training before, it is strongly advised that you have a 2-3 week initiation and familiarisation of the chosen plan and the implications before taking on the plan in full

SIMILAR PROGRAMS ACROSS DIFFERENT COMPEX DEVICES

Sometimes, Compex models will use different names to refer to the same program type. Below is a key so you can identify the correct program:

- CAPILLARIZATION = OXYGENATION = OVERCOMPENSATION = LONG RUN OPTIMISATION
- CORE STABILIZATION = MUSCLE BUILDING
- TRAINING RECOVERY = ACTIVE RECOVERY

ADJUSTING THE INTENSITY = THE KEY TO SUCCESS!

For Development sessions (Endurance, Strength, Resistance, Core stabilization)

Maximum toleration: It is crucial to reach the highest level of intensity possible (though the session must always remain bearable). Intensity determines the number of muscle fibers which are engaged or 'recruited' by the stimulation. The best way to determine your maximum toleration is simply through your own judgement of what your body can cope with. The contractions must be powerful without ever becoming intolerable. The progress of a stimulated muscle will be greater if the Compex device recruits a high number of its fibers.

Some general rules to help you train:

- Observe the electrode placements indicated and note their polarity (+ and -). For wireless devices: the + polarity is located on the electrodes where there is an on / off button; for wired models, the + polarity comes from the color wire.*
- Consider changing your electrodes on a regular basis. If the gel layer on the electrode deteriorates, it will be less conductive and you will not be able to achieve higher levels of stimulation.
- Always look to progress:
 - Increase the intensity marginally every 3,4 or 5 contractions throughout a session.
 - In subsequent sessions aim to exceed the level of intensity reached in the previous session
 - It is often more comfortable to voluntarily contract the muscles, synchronised with the stimulation

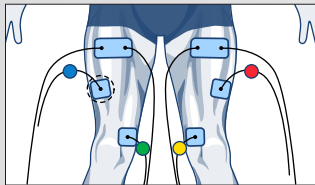
For Training recovery and Capillarization sessions:

Increase the intensity gradually; it should produce visible muscular twitches.

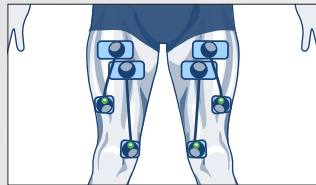
*For older generation devices, the + polarity is located alongside the red connector.

BODY POSITIONING AND COMBINED WORKOUT

QUADRICEPS: STRENGTH AND RESISTANCE PROGRAMS

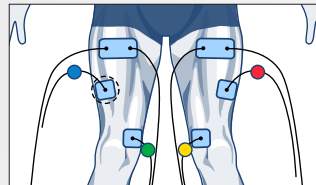


**ELECTRODE PLACEMENT
(WIRED)**



**ELECTRODE PLACEMENT
(WIRELESS)**

QUADRICEPS: ENDURANCE PROGRAM



**ELECTRODE PLACEMENT
(WIRED)**



**ELECTRODE PLACEMENT
(WIRELESS)**



- Sit with knees bent at approximately 90°.
- Secure the ankles to avoid knee extension when there is a powerful contraction

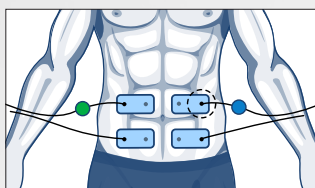
OR



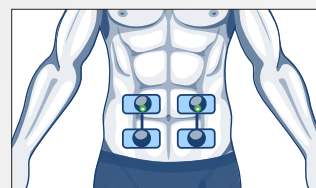
- Sit on chair
- When the contraction begins, position yourself in a semi-squat
- Sit back down at the end of the contraction
- Keep the back straight, lower back arched and eyes facing straight forward

- Sitting or lying down with the knees more or less extended
- It is up to each person to find the most comfortable position for them
- Given the long duration of this program, it is possible to change position during the course of the session

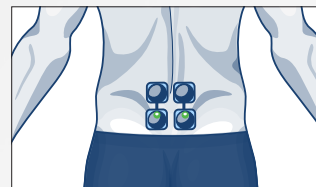
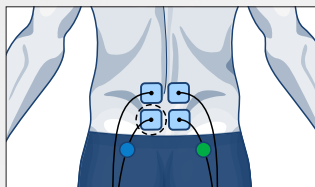
ABDOMINAL AND LUMBAR MUSCLES: CORE STABILIZATION PROGRAM



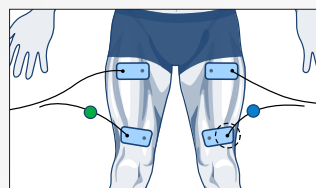
**ELECTRODE PLACEMENT
(WIRED)**



**ELECTRODE PLACEMENT
(WIRELESS)**



QUADRICEPS AND TRICEPS SURAL: TRAINING RECOVERY AND CAPILLARIZATION PROGRAMS



**ELECTRODE PLACEMENT
(WIRED)**



**ELECTRODE PLACEMENT
(WIRELESS)**



- Sitting firmly on a seat, with the back straight (it should not be supported)
- With each contraction, it is advisable to carry out the following exercise:
 - Breathe out slowly to empty the lungs for the duration of the contraction
 - Pull in/retract the stomach
 - Keep the back straight and head level





- Ensure you are in a comfortable lying position
- Elevate the feet/legs to receive the maximum benefit of the stimulation



PREPARATION FOR THOSE WHO TRAIN 3 TIMES PER WEEK



INSTRUCTIONS:

The preparation aims to schedule the 2 larger sessions of the week on the weekend, which is when the majority of cyclists have the most free time. However, these sessions can quite be shifted to other days of the week. In this case, the 2 sessions of development (endurance, strength, resistance) must be carried out on the days without training.



You can perform multiple Core stabilization sessions each week, the usual rule being 3 sessions each week for 3-4 weeks

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|--|--------|---------------------------|--|---------------------------|--------|--|---|
| WEEK 1 | CYCLING | | | 1h30 in the middle of the session: 6 sprints of 30 seconds each Rest 3 to 5 seconds | | | 2h30 in the middle of the session: 4 blocks of 7' at full force Rest 5' | Long run 3h |
| | Compex® PHYSICAL PREPARATION  | REST | Endurance 1 Quadriceps | | Endurance 1 Quadriceps | REST | | Capillarization Quads and Triceps sural |
| | RECOVERY  | | | Training recovery Quads and Triceps sural | | | Training recovery Quads and Triceps sural | |



| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|--|--------|---------------------------|--|---------------------------|--------|--|---|
| WEEK 2 | CYCLING | | | 1h30 in the middle of the session: 6 to 10 hilly reps of 300m Rest in the descent | | | 2h30 in the middle of the session: 4 blocks of 10' with alternating force and speed Rest 5' | Long run 3h30 |
| | Compex® PHYSICAL PREPARATION  | REST | Endurance 1 Quadriceps | | Endurance 1 Quadriceps | REST | | Capillarization Quads and Triceps sural |
| | RECOVERY  | | | Training recovery Quads and Triceps sural | | | Training recovery Quads and Triceps sural | |

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|--|--------|---------------------------|---|---------------------------|--------|---|--|
| WEEK 3 | CYCLING | | | 1h30 in the middle of the session: 6 x (1' in force - 1'flexible) | | | 2h30 in the middle of the session: 2 hilly reps of 20' Rest 6' | Long run 3h30 with a few free variations of pace |
| | Compex® PHYSICAL PREPARATION  | REST | Endurance 1 Quadriceps | | Endurance 1 Quadriceps | REST | | Capillarization Quads and Triceps sural |
| | RECOVERY  | | | Training recovery Quads and Triceps sural | | | Training recovery Quads and Triceps sural | |



WEEK 4

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|--|--------|---------------------------|---|---------------------------|--------|---|---|
| CYCLING | | | | 1h30 in the middle of the session: 2 sets of constant high gear with 3 x (3'fast - 2' flexible) | | | 2h30 in the middle of the session: 4 x (8' velocity - 2' high gear with progressive acceleration) Rest for 10' | Long run 3h30 with elevation |
| Compex® | PHYSICAL PREPARATION  | REST | Endurance 1 Quadriceps | | Endurance 1 Quadriceps | REST | | Capillarization Quads and Triceps sural |
| | RECOVERY  | | | | | | | |

WEEK 5



| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|--|--------|---------------------------|---|---------------------------|--------|--|--|
| CYCLING | | | | 1h30 in the middle of the session: 10 x (1' fast - 1' flexible) | | | 2h30 in the middle of the session: 2 sets of of 30' high gear at 60rpm Rest for 12' | Long run 4h with free variations of pace |
| Compex® | PHYSICAL PREPARATION  | REST | Endurance 1 Quadriceps | | Endurance 1 Quadriceps | REST | | Capillarization Quads and Triceps sural |
| | RECOVERY  | | | | | | | |

WEEK 6



| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|--|--------|---------|---|---------------------------|--------|---|--|
| CYCLING | | | | 1h15 in the middle of the session: 2 sets of 12' low gear with velocity | | | 1h30 specific work in reps (dancer, sitting, relaunch) of 30' Or calm run, very flexible if race preparation is on Sunday | Long run 3h max, or cycling preparation test |
| Compex® | PHYSICAL PREPARATION  | REST | REST | | Endurance 1 Quadriceps | REST | | Capillarization Quads and Triceps sural |
| | RECOVERY  | | | | | | | |

PREPARATION FOR THOSE WHO TRAIN 3 TIMES PER WEEK


WEEK 7

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|--|--------|----------------------------|---|----------------------------|--------|---|---|
| CYCLING | | | | 1h30 in the middle of the session: 8 sprints of 30" all to the right Rest for 3' | | | 2h15 in the middle of the session: 4 sets with 8 rhythm 100-120 rpm 2' high gear going all to the right | Long run 3h30 with free variations of pace |
| Compex® | PHYSICAL PREPARATION  | REST | Resistance 1 Quadriceps | | Resistance 1 Quadriceps | REST | | Capillarization Quads and Triceps sural |
| | RECOVERY  | | | Training recovery Quads and Triceps sural | | | Training recovery Quads and Triceps sural | |



WEEK 8

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|--|--------|----------------------------|---|----------------------------|--------|---|---|
| CYCLING | | | | 1h30 in the middle of the session: 5 x (3'fast - 2' flexible) Rest for 10' | | | 2h30 in the middle of the session: 3 hilly reps long (a flexible, gradual acceleration to full speed) | Long run 4h30 with free variations of pace |
| Compex® | PHYSICAL PREPARATION  | REST | Resistance 1 Quadriceps | | Resistance 1 Quadriceps | REST | | Capillarization Quads and Triceps sural |
| | RECOVERY  | | | Training recovery Quads and Triceps sural | | | Training recovery Quads and Triceps sural | |



WEEK 9

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|--|--------|----------------------------|---|----------------------------|--------|---|---|
| CYCLING | | | | 2h00 in the middle of the session: 3 sets of 15' High gear at 60 TPM Rest for 10' | | | 2h30 in the middle of the session: 3 hilly reps 2km 1x high velocity, low gear 1x 50-60 rpm high gear sitting in saddle 1x in progressive acceleration | Long run 6h with free variations of pace |
| Compex® | PHYSICAL PREPARATION  | REST | Resistance 1 Quadriceps | | Resistance 1 Quadriceps | REST | | Capillarization Quads and Triceps sural |
| | RECOVERY  | | | Training recovery Quads and Triceps sural | | | Training recovery Quads and Triceps sural | |

WEEK 10

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|--|--------|----------------------------|---|----------------------------|--|---|---|
| Compex | CYCLING | REST | | 1h45 hilly terrain to mount all the reps in progressive acceleration | | | 2h30 in the middle of the session: 3 hilly reps 2km 1x high velocity low gear 1x 50-60 rpm high gear, sitting in saddle 1x in progressive acceleration | Long run 6h with free variations of pace |
| | PHYSICAL PREPARATION  | | Resistance 1 Quadriceps | | Resistance 1 Quadriceps | | | Capillarization Quads and Triceps sural |
| | RECOVERY  | | | Training recovery Quads and Triceps sural | | Training recovery Quads and Triceps sural | | |

WEEK 11



| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|--|--------|----------------------------|--|----------------------------|--|--|---|
| Compex | CYCLING | REST | | 1h30 in the middle of the session: high gear 10 X (30" fast - 30" flexible) | | | 2h45 in the middle of the session: 6 reps of 1Km 7% Fit in force, high gear, sitting in saddle Rest in the descent | Long run 4h to 5h with free variations of pace |
| | PHYSICAL PREPARATION  | | Resistance 1 Quadriceps | | Resistance 1 Quadriceps | | | Capillarization Quads and Triceps sural |
| | RECOVERY  | | | Training recovery Quads and Triceps sural | | Training recovery Quads and Triceps sural | | |

WEEK 12



| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|-------------------------|--------|--|--|--|--|---|--|
| Compex | CYCLING | REST | 1h30 variety of speeds | | | | 1h rotate the legs, without increasing intensity | RACE |
| | OVERCOMPENSATION | | Training recovery Quads and Triceps sural | 2 x Capillarization Quads and Triceps sural | 2 x Capillarization Quads and Triceps sural | 2 x Capillarization Quads and Triceps sural | 2 x Capillarization Quads and Triceps sural | Training recovery Quads and Triceps sural |

PREPARATION FOR THOSE WHO TRAIN 5 TIMES PER WEEK



WEEK 1

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|--|--------|---------------------------------|---|--------------------------------------|--------------------------|--|---|
| CYCLING | | | 45' home training (flexibility) | 1h30 in the middle of the session: 6 sprints of 30" all to the right Rest 3 to 5' | 1h15 with flexible velocity Research | | 2h30 in the middle of the session: 4 sets of 7" in force Rest 5' | Long run 3h |
| Compex® | PHYSICAL PREPARATION  | REST | Strength 1 Quadriceps | | | Strength 1 Quadriceps | | Capillarization Quads and Triceps sural |
| | RECOVERY  | | | Training recovery Quads and Triceps sural | | | Training recovery Quads and Triceps sural | |



WEEK 2

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|--|--------|--------------------------------|---|--|--------------------------|--|---|
| CYCLING | | | 1h home training (flexibility) | 1h30 in the middle of the session: 6 to 10 hilly reps of 300 meters Rest in the descent | 1h30 in the middle of the session: 2 sets with 5' high gear rhythm 60rpm and then 3' flexible | | 2h30 in the middle of the session: 4 sets of 10' with alternating force/velocity Rest for 5' | Long run 3h30 |
| Compex® | PHYSICAL PREPARATION  | REST | Strength 1 Quadriceps | | | Strength 1 Quadriceps | | Capillarization Quads and Triceps sural |
| | RECOVERY  | | | Training recovery Quads and Triceps sural | Training recovery Quads and Triceps sural | | Training recovery Quads and Triceps sural | |



WEEK 3

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|--|--------|---|--|---|--------------------------|--|--|
| CYCLING | | | 1h of home training 2 sets or low gear at 120rpm | 1h30 in the middle of the session: 6 x (1' force - 1' flexible) | 1h30 Reps of 400m 7-8% Fit 8 times in alternating: force - velocity - rhythm | | 2h30 in the middle of the session: 2 hilly reps of 20' Rest for 6' | Long run 3h30 with a few free variations of pace |
| Compex® | PHYSICAL PREPARATION  | REST | Strength 1 Quadriceps | | | Strength 1 Quadriceps | | Capillarization Quads and Triceps sural |
| | RECOVERY  | | | Training recovery Quads and Triceps sural | Training recovery Quads and Triceps sural | | Training recovery Quads and Triceps sural | |



WEEK 4

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|--|--------|---|---|---|--------------------------|--|---|
| CYCLING | | | 1h of home training free variations pace and gears | 1h30 in the middle of the session: 2 sets high gear with 3 x (3' fast - 2' flexible) | 1h30 6 sprints 30" all to the right Rest for 2' | | 2h30 in the middle of the session: 4 x (8' - Velocity 2' high gear with progressive acceleration) Rest for 10' | Long run 3h30 with elevation |
| Compex® | PHYSICAL PREPARATION  | REST | Strength 1 Quadriceps | | | Strength 1 Quadriceps | | Capillarization Quads and Triceps sural |
| | RECOVERY  | | | Training recovery Quads and Triceps sural | Training recovery Quads and Triceps sural | | Training recovery Quads and Triceps sural | |



WEEK 5

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|--|--------|--|--|--|--------------------------|---|--|
| CYCLING | | | 1h of home training free variations pace and gears | 1h30 in the middle of the session: 10 x (1' fast - 1' flexible) | 1h30 2 sets high gear 3x(2'30 fast - 2' flexible) Rest for 10' between the sets | | 2h30 in the middle of the session: 2 sets of 30' high gear rhythm 60rpm Rest for 12' | Long run 4h with free variations of pace |
| Compex® | PHYSICAL PREPARATION  | REST | Strength 1 Quadriceps | | | Strength 1 Quadriceps | | Capillarization Quads and Triceps sural |
| | RECOVERY  | | | Training recovery Quads and Triceps sural | Training recovery Quads and Triceps sural | | Training recovery Quads and Triceps sural | |

WEEK 6



| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|--|--------|------------------------------------|---|--|--------------------------|--|---|
| CYCLING | | | 45' of home training (flexibility) | 1h15 in the middle of the session: 2 sets of 12' low gear velocity | 1h30 8 sprints 30" all to the right Rest for 3' | | 1h30 specific work in reps (dancer, sitting, relaunch) on 30', or calm run, very flexible if race preparation is on Sunday | Long run 3h max or, test of cyclospor preparation |
| Compex® | PHYSICAL PREPARATION  | REST | | | | Strength 1 Quadriceps | | Capillarization Quads and Triceps sural |
| | RECOVERY  | | | Training recovery Quads and Triceps sural | Training recovery Quads and Triceps sural | | Training recovery Quads and Triceps sural | |

WEEK 7



| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|--|--------|--|--|---|----------------------------|--|--|
| CYCLING | | | 1h of home training different free variations pace and gears | 1h30 in the middle of the session: 8 sprints of 30" all to the right Rest for 2' | 1h30 in the middle of the session: 2 sets high gear with 5x (1'30" quickly 1' flexible) Rest for 10' between the 2 sets | | 2h15 in the middle of the session: 4 sets with 8' at 100-120rpm + 2' high gear going all to the right | Long run 3h30 with free variations of pace |
| Compex® | PHYSICAL PREPARATION  | REST | Resistance 1 Quadriceps | | | Resistance 1 Quadriceps | | Capillarization Quads and Triceps sural |
| | RECOVERY  | | | Training recovery Quads and Triceps sural | Training recovery Quads and Triceps sural | | Training recovery Quads and Triceps sural | |

PREPARATION FOR THOSE WHO TRAIN 5 TIMES PER WEEK



WEEK 8

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
|----------------|--|--------|-------------------------------|--|---|--------|--|--|---|
| CYCLING | | REST | 1h15 try out different speeds | 1h30 in the middle of the session: 8 sprints of 30" all to the right Rest for 2' | 1h30 in the middle of the session: 2 sets high gear with 5x (1'30" quickly 1' flexible) Rest for 10' between the 2 sets | | 2h15 in the middle of the session: 4 reps with 8' at 100-120rpm + 2' high gear going all to the right | Long run 3h30 with free variations of pace | |
| Compex® | PHYSICAL PREPARATION  | | Resistance 1 Quadriceps | | | | Resistance 1 Quadriceps | | Capillarization Quads and Triceps sural |
| | RECOVERY  | | | Training recovery Quads and Triceps sural | Training recovery Quads and Triceps sural | | Training recovery Quads and Triceps sural | | |



WEEK 9

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
|----------------|--|--------|-------------------------------|---|--|--------|--|--|---|
| CYCLING | | REST | 1h15 try out different speeds | 2h00 in the middle of the session: 3 blocks of 15' high gear, rhythm 60rpm Rest for 10' | 1h30 in the middle of the session: 2 x 30' high gear 50-60rpm | | 2h30 in the middle of the session: 5 to 6 hilly reps of 1 km to 7% Rest on the descent | Long run 5h with free variations of pace | |
| Compex® | PHYSICAL PREPARATION  | | Resistance 1 Quadriceps | | | | Resistance 1 Quadriceps | | Capillarization Quads and Triceps sural |
| | RECOVERY  | | | Training recovery Quads and Triceps sural | Training recovery Quads and Triceps sural | | Training recovery Quads and Triceps sural | | |

WEEK 10

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
|----------------|--|--------|-------------------------------|--|--|--------|--|--|---|
| CYCLING | | REST | 1h30 Try out different speeds | 1h45 hilly terrain to mount all the reps in progressive acceleration | 1h30 in the middle of the session: 8 sets high gear (1' fast - 1' flexible) | | 2h30 in the middle of the session: 3 hilly reps of 2km 1x velocity low gear 1x 50-60rpm high gear sitting on saddle 1x in progressive acceleration | Long run 6h with free variations of pace | |
| Compex® | PHYSICAL PREPARATION  | | Resistance 1 Quadriceps | | | | Resistance 1 Quadriceps | | Capillarization Quads and Triceps sural |
| | RECOVERY  | | | Training recovery Quads and Triceps sural | Training recovery Quads and Triceps sural | | Training recovery Quads and Triceps sural | | |

WEEK 11

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|--|--------|------------------------------|--|--|----------------------------|---|--|
| CYCLING | | | 1h15 try different speeds | 1h30 in the middle of the session high gear 10 X (30" fast - 30" flexible) | 1h30 hilly terrain in the middle of the session: Hilly specific work Toggle dancer, Force, velocity, relaunch | | 2h45 in the middle of the session: 6 hilly reps of 1Km 7% Fit in force high gear sitting saddle Rest in the descent | Long run 4 to 5h with free variations of pace |
| Compex® | PHYSICAL PREPARATION  | REST | Resistance 1 Quadriceps | | | Resistance 1 Quadriceps | | Capillarization Quads and Triceps sural |
| | RECOVERY  | | | Training recovery Quads and Triceps sural | Training recovery Quads and Triceps sural | | Training recovery Quads and Triceps sural | |

WEEK 12

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------------------|--|--------|--|--|--|--|---|--|
| CYCLING | | | 1h30 variety of speeds | | | | 1h rotate the legs, without increasing intensity | RACE |
| OVERCOMPENSATION | | REST | Training recovery Quads and Triceps sural | 2 x Capillarization Quads and Triceps sural | 2 x Capillarization Quads and Triceps sural | 2 x Capillarization Quads and Triceps sural | 2 x Capillarization Quads and Triceps sural | Training recovery Quads and Triceps sural |

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