

# cefar<sup>®</sup> myo<sup>x2</sup>

BACKLIT  
DISPLAY

50  
PROGRAMS

4  
ELECTRODES

NEW



## COMPLETE YOUR TRAINING!

The CEFAR MYO X2 offers you programs in the areas of Sport and Wellness for training, recovery and pain relief. With the possibility to use 4 electrodes you can train all the main muscle groups (quadriceps, abdominals, biceps...). This in combination with the unique functions CEFAR EASY TOUCH™ and CEFAR EASY TRAINING™ makes the CEFAR MYO X2 simple and efficient to use.



### CEFAR EASY TOUCH™

With the press of a button, your personal ideal amplitude is automatically set. A true revolution in electro stimulation! The uniqueness of the system is that it adapts perfectly to each muscle and individual, guaranteeing true comfort during stimulation.

The CEFAR MYO X2 also functions in manual setting.



### CEFAR EASY TRAINING™

To make it even easier to measure just how much work your muscles are doing in each program, the CEFAR EASY TRAINING™ concept displays each completed set and repetition on the display.

**SIMPLIFY ELECTRO STIMULATION WITH THE CEFAR MYO X2!**



## PROGRAMS

The CEFAR MYO X2 offers 50 programs in total, 42 SPORT and 8 WELLNESS programs. It is the ideal complement for all sportsmen who want to be coached in their training. It helps for preparation before performance, for better recovery and for pain relief.

## BACKLIT DISPLAY

A backlit display in combination with a larger size makes it easier to see and read the display even if the surrounding light is insufficient.

## PERSONAL TRAINER

Delivered with the CEFAR MYO X2 is a Personal Trainer that will advise you in the use of your stimulator.

42 SPORT Programs	8 WELLNESS Programs	Technical data
<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• <b>Explosive Force</b></li> <li>• Maximum Force</li> <li>• <b>Progressive Force</b></li> <li>• Endurance</li> <li>• <b>Capillarisation</b></li> <li>• Resistance Force</li> <li>• <b>Recovery</b></li> <li>• Active Recovery</li> </ul>	<ul style="list-style-type: none"> <li>• Massage</li> <li>• <b>Drainage</b></li> <li>• TENS Conventional</li> <li>• <b>TENS Endorphin</b></li> </ul>	<ul style="list-style-type: none"> <li>• Backlit display</li> <li>• <b>CEFAR EASY TOUCH™</b></li> <li>• <b>CEFAR EASY TRAINING™</b></li> <li>• <b>8 Electrodes</b></li> <li>• Power source: 2 x 1,5V AA non-rechargeable batteries</li> <li>• <b>Maximum intensity: 100 mA</b></li> </ul>