

# cefar<sup>®</sup> myo<sup>XT</sup>

INTERACTIVE  
CD-ROM

BACKLIT  
DISPLAY

82  
PROGRAMS

8  
ELECTRODES



## SIMPLIFY YOUR TRAINING

The CEFAR MYO XT is the perfect complement to your training and recovery. Equipped with SPORT and FITNESS programs, it also has specific applications dedicated to muscle and joint pain relief. This in combination with the unique functions CEFAR EASY TOUCH™ and CEFAR EASY TRAINING™ makes the CEFAR MYO XT 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 XT 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 XT!**

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## THE MOST COMPLETE STIMULATOR IN ITS CATEGORY

The CEFAR MYO XT offers 82 programs in 3 areas:  
SPORT / FITNESS / WELLNESS (see table below).

### LEVELS

BEGINNER / INTERMEDIATE / PROFESSIONAL

Three user-levels are available, to suit your own level of experience with electro stimulation and your own level of training.



## CD-ROM WITH PERSONAL TRAINER

A cd-rom is included with the CEFAR MYO XT that explains electrical muscle stimulation using text and images.

A Personal Trainer is also included that will help you to get the most out of your stimulator.

## LARGE BACKLIT DISPLAY

A backlit display in combination with a larger size makes it easy to see and read the display.

## RECHARGEABLE BATTERY

The CEFAR MYO XT functions with two 1,5V batteries delivered with the device. The battery + charger pack is optional.

40 SPORT Programs	30 FITNESS Programs	12 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>• Toning</li> <li>• <b>Sculpting</b></li> <li>• Body Building</li> <li>• <b>Shaping</b></li> <li>• Stomach/Buttocks</li> <li>• <b>Aerobic</b></li> </ul>	<ul style="list-style-type: none"> <li>• Massage</li> <li>• <b>Energy Massage</b></li> <li>• Relaxing Massage</li> <li>• <b>Drainage</b></li> <li>• TENS Pain Relief</li> <li>• <b>TENS Muscle Relaxation</b></li> </ul>	<ul style="list-style-type: none"> <li>• Interactive CD with Personal Trainer</li> <li>• <b>Battery (option)</b></li> <li>• Backlit display</li> <li>• <b>CEFAR EASY TOUCH™</b></li> <li>• CEFAR EASY TRAINING™</li> <li>• 8 Electrodes</li> <li>• <b>Max intensity: 100 mA</b></li> </ul>