

COMPEX SPORT vs COMPEX FITNESS TRAINER

Now that we have 2 models of Compex Units to choose from, a common question is “Which unit is right for me?” The following information should help you decide.

Two models to choose from:

The **Compex Sport** is the choice of many cyclists, triathletes, and others who are looking for a training advantage. The six programs, Potentiation (Warm-Up), Resistance, Strength, Explosive Strength, Endurance, and Active Recovery, cover all your training and recovery needs throughout the season. The Sport is especially useful for enhancing and even replacing weight training in the gym during the off-season. If you are interested in building pure strength and muscle mass, and you normally incorporate off-season weight training into your routine, this unit would be a better choice for you over the Fitness Trainer.

The **Compex Fitness trainer** is a scaled-down version of the Sport. Having three programs, Endurance, Resistance and Active Recovery. I think that runners in particular, and anyone else wanting to maintain their existing muscle mass, are good candidates for the Fitness Trainer. The Resistance program is a light strength program that can be used to help increase strength significantly without building large amounts of muscle mass. Also, if recovery is primarily the area you are looking to improve upon, this unit is a good choice.

Program	Compex Sport	Compex Fitness Trainer	Primary Purpose
Potentiation	*		Warm-up
Resistance	*	*	Light strength or strength maintenance
Strength	*		Strength building
Explosive Strength	*		Pure sprint strength
Endurance	*	*	All endurance sports
Active Recovery	*	*	Excellent recovery