



Compex® | **WINPLATE**

THE FIRST VIBRATION PLATE DEvised FOR ATHLETES

Compex®
muscle intelligence

www.compex-winplate.com

Compex® WINPLATE

By combining our medical expertise and knowledge of physical preparation with our perfect knowledge of technology, we are now able to offer you THE first vibrating platform designed for sportspeople.

It stimulates 100% of muscle fibres, as opposed to 40% with classic methods, allowing for shorter sessions than with traditional muscle training, with immediate positive effects on your strength, tone and muscle recovery rate. A revolutionary boost to your performance.

COMPEX WINPLATE meets all the requirements of the European Directive for medical devices, guaranteeing comfort and effectiveness.




PERFECTLY CONTROLLED VIBRATIONS FOR GREATER COMFORT AND EFFICIENCY

The COMPEX WINPLATE is based on the concept of "Whole Body Vibration". Thanks to its innovative and avant-garde technology, the COMPEX WINPLATE manages to achieve what other platforms cannot guarantee: it generates and transmits perfectly controlled vertical vibrations to the body. Perfect control of the vibration means being technically able to control the direction, intensity and frequency, allowing the muscles to react optimally by automatically contracting and relaxing.

OTHER EXCEPTIONAL EFFECTS

By targeting the entire body, the action of the COMPEX WINPLATE extends beyond the muscles. The medical world is well aware of the beneficial effects of vibrations on bone tissue, the nervous system, hormonal balance and the vascular system. The result is a workout that is both effective and complete.



Running
Triathlon
Cycling
Golf
Skiing
Tennis
Soccer
Swimming
Relaxation and massage
Body Training
Stretching
Body Shaping

Compex

COMPLETELY INTEGRATED PROTOCOLS

The training programmes can be viewed on the screen. Choose your sport and level to automatically display the appropriate exercises. Everything is pre-recorded and set: all you need to do is follow the instructions. The sessions are shorter than with traditional muscle training, but just as effective.

VERY EASY TO USE AT HOME

The COMPEX WINPLATE is a professional vibrating platform designed for home use. It brings the best of technology straight to your home, with its fast start-up, integrated protocols, silent operation and compact design, taking up just 1m² of floor space.



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A BETTER UNDERSTANDING OF VIBRATION TRAINING



HOW AND WHY DOES THE VIBRATING PLATFORM WORK?

Vibrating platforms operate on the principle of whole body vibration. Whole body vibration means that mechanical vibrations are transmitted to the body via a vibrating platform. The controlled vertical vibrations generate a reflex muscle response which triggers a continuous chain of involuntary contractions.

WHY DO WE SAY THAT VIBRATION TRAINING IS MORE INTENSE THAN TRADITIONAL TRAINING?

- Our body reacts to the force generated by the acceleration of the platform. This force is significantly greater than that obtained in traditional training sessions because the muscles are called upon 35 to 40 times a second.
- Since sessions are shorter than with traditional training results are achieved faster, which means that the work has been more intense.
- Finally, the Whole Body Vibration system integrated in the COMPEX WINPLATE works up to 100% of the targeted muscle fibres, as opposed to 40% in voluntary training sessions.

WHY IS THE COMPEX WINPLATE PARTICULARLY SUITABLE FOR SPORTS PEOPLE?

The level of technology and precision incorporated in the COMPEX WINPLATE meets the performance requirements of sportspeople. The perfect control of vibrations in three directions makes it possible to refine the work depending on each individual athlete's expectations and needs.




- **DIRECTION:** In this case, only vertical vibrations are transmitted. Through a mechanical reflex, they trigger an alternating sequence of muscle contraction/relaxation. This is why 100% of muscle fibres called upon work, as opposed to 40% in traditional training sessions. For the sportsperson, this guarantees effective preparation.
- **FREQUENCY:** This is the number of vibrations per second. The effects vary depending on the selected frequency. At 30 Hz, the blood flow is accelerated. This frequency is used in the muscle relaxation and massage protocols. Between 35 and 40 Hz, optimal stimulation of muscle activity is achieved. These frequencies are used in the different training protocols of the COMPEX WINPLATE. These two frequencies allow you to carry out safe and targeted training sessions suited to your needs.
- **INTENSITY:** This is the height (expressed in millimetres) moved by the platform with each vibration. The greater the intensity, the harder the muscles work. Over the weeks, you can progress through the different levels of difficulty.

PHYSICAL PREPARATION PROGRAMMES

PROGRAMMES

AREAS WORKED

	Running 	Cycling 	Soccer 	Golf 	Swimming 
Upper limbs		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Abdominals/Dorsals	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Lower limbs	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>





BENEFITS

Explosiveness		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		
Endurance	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
Resistance		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
Core stabilisation	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		
Toning/firming					
Massage/relaxation	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>


The training programmes have been developed by COMPEX coach



PROGRAMMES

	Skiing	Tennis	Triathlon
			
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	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

GENERAL PROGRAMMES

Relaxation and massage	Body Training	Stretching	Body Shaping	Free Mode
				
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X coaches, experts in physical preparation for sportsmen and women.





Quadriceps



Quadriceps



Buttocks

CYCLING PROGRAMME

- Complete a succession of passes
- Recover faster and better



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GOLF PROGRAMME

- Increase the power of your drive
- Improve the coordination of your movements



Dorsals



Abdominal muscles



Adductor stretching



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Quadriceps



Abdominal muscles



Buttocks

SKIING PROGRAMME

- Maintain your balance, whatever the conditions
- Improve the quality and power of your stance



TENNIS PROGRAMME

- Hit the ball harder
- Move around faster



Latissimus dorsi



Pectorals



Triceps



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ACCESSORIES, OPTIONS AND TECHNICAL CHARACTERISTICS

Three vibration frequencies:..30 Hz - 35 Hz - 40 Hz
Two intensity levels:low/high
Session length:15 to 180 seconds
Integrated training plan:.....yes

Maximum load:150 kg
Dimensions:.....1m² floor space, 1.51 m high
Weight:.....Approx. 65 kg

The COMPEX WINPLATE is supplied with 1 pair of straps, 1 user manual, 1 power supply cable, 1 soft mat and a guide illustrating the positions. Option: remote control. This enables you to start up from any position.

GUARANTEED FOR 2 YEARS



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