

Running Protocol

Getting Acclimated to your Compex Sport (7-10 days prior to starting strength program*)	Resistance level 1-2 Quads	Active Recovery Quads	Active Recovery Quads	Resistance level 1-2 Quads	Active Recovery Quads	Resistance level 1-2 Quads	Rest
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Cycle 1							
Weeks 1-3							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
COMPEX Program	1. Resistance 2. Active Recovery**	1. Resistance*** 2. Active Recovery**	1. Resistance 2. Active Recovery**	1. Resistance*** 2. Active Recovery**	1. Endurance 2. Active Recovery**	1. Resistance*** 2. Active Recovery**	Active Recovery**
Priority Muscle Group(s) *Choose the muscle group(s) most important to your training	1.Quads 2.Gluteus 3.Hamstrings 4.Calf muscles	*** (Abdominals and Low Back Only)	1.Quads 2.Gluteus 3.Hamstrings 4.Calf muscles	*** (Abdominals and Low Back Only)	1.Quads 2.Gluteus 3.Hamstrings 4.Calf muscles	*** (Abdominals and Low Back Only)	1.Quads 2.Gluteus 3.Hamstrings 4.Gastrocnemius
Training Level	Level 1-2	Level 1	Level 1-2	Level 1	Level 1	Level 1	
Intensity*** (milliamps)	20-25 (minimum)	Increase 1 to 5 milliamps from previous session	Increase 1 to 5 milliamps from previous session	Increase 1 to 5 milliamps from previous session	Increase 1 to 5 milliamps from previous session	Increase 1 to 5 milliamps from previous session	

Cycle 2							
Weeks 4-6							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
COMPEX Program	1. Resistance 2. Active Recovery**	1. Resistance*** 2. Active Recovery**	1. Resistance 2. Active Recovery**	1. Resistance*** 2. Active Recovery**	1. Endurance 2. Active Recovery**	1. Resistance*** 2. Active Recovery**	Active Recovery**
Priority Muscle Group(s) *Choose the muscle group(s) most important to your training	1.Quads 2.Gluteus 3.Hamstrings 4.Calf muscles	*** (Abdominals and Low Back Only)	1.Quads 2.Gluteus 3.Hamstrings 4.Calf muscles	*** (Abdominals and Low Back Only)	1.Quads 2.Gluteus 3.Hamstrings 4.Calf muscles	*** (Abdominals and Low Back Only)	1.Quads 2.Gluteus 3.Hamstrings 4.Gastrocnemius
Training Level	Level 2-3	Level 2-3	Level 2-3	Level 2-3	Level 3	Level 2-3	
Intensity*** (milliamps)	25-35 (minimum)	Increase 1 to 5 milliamps from previous session	Increase 1 to 5 milliamps from previous session	Increase 1 to 5 milliamps from previous session	Increase 1 to 5 milliamps from previous session	Increase 1 to 5 milliamps from previous session	

Cycle 3							
Weeks 7-9							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
COMPEX Program	1. Resistance 2. Active Recovery**	1. Resistance*** 2. Active Recovery**	1. Resistance 2. Active Recovery**	1. Resistance*** 2. Active Recovery	1. Endurance 2. Active Recovery**	1. Resistance*** 2. Active Recovery**	Active Recovery**
Priority Muscle Group(s) *Choose the muscle group(s) most important to your training	1.Quads 2.Gluteus 3.Hamstrings 4.Calf muscles	*** (Abdominals and Low Back Only)	1.Quads 2.Gluteus 3.Hamstrings 4.Calf muscles	*** (Abdominals and Low Back Only)	1.Quads 2.Gluteus 3.Hamstrings 4.Calf muscles	*** (Abdominals and Low Back Only)	1.Quads 2.Gluteus 3.Hamstrings 4.Gastrocnemius
Training Level	Level 3 to 4	Level 3 to 4	Level 3 to 4	Level 3 to 4	Level 4 to 5	Level 3 to 4	
Intensity**** (milliamps)	40-75 (minimum)	Increase 1 to 5 milliamps from previous session	Increase 1 to 5 milliamps from previous session	Increase 1 to 5 milliamps from previous session	Increase 1 to 5 milliamps from previous session	Increase 1 to 5 milliamps from previous session	

*** Use the Compex Sport to complement your normal strength training and cardiovascular conditioning. Protocols are to be used as a guideline.**

**** Active Recovery-** can be used daily in addition to one of the strength programs, but not mandatory- use an intensity level sufficient to obtain muscular twitches.

*****Add abdominal work at any time using the resistance program.**

****** Intensity-** use significantly strong levels of stimulation to work the maximum number of muscle fibers.

Your goal is to reach and maintain an intensity level between 40 and 75 milliamps for 3 weeks before proceeding to the next training level.