



cefar myo^{XT}



cefar activ^{XT}

cefar[®]

ENGLISH.....3

DEUTSCH.....13

FRANÇAIS.....23

ESPAÑOL.....33

ITALIANO.....43

PORTUGUÊS.....53

NEDERLANDS.....63

РУССКИЙ.....73

POLSKI.....83

ΕΛΛΗΝΙΚΑ.....93

MAGYAR.....103

SVENSKA.....113



PRECAUTIONARY MEASURES 4

STARTING THE STIMULATION 5

 Functions 5

 Step-by-step use 6

 CEFAR EASY TOUCH™ - automatic amplitude settings 7

THE PROGRAMS 7

 Program overview CEFAR MYO XT 8

 Program overview CEFAR ACTIV XT 9

BATTERIES 11

CARE INSTRUCTIONS 11

TROUBLESHOOTING 11

TECHNICAL DATA 12

KEY TO THE STIMULATOR SYMBOLS 12

ELECTRODE PLACEMENT GUIDE 123

CEFAR EASY TOUCH™ – automatic amplitude settings

To set the amplitude automatically:

1. Place the electrodes on the muscle you want to train and select a program.
2. Press **AUTO** once for channel 1. “TEST” begins blinking.
3. When you get a visible muscular response to the current, press **AUTO** again. If you press too late, or want to start again for any reason, press and hold **AUTO** for two seconds.
4. Press **AUTO** once for channel 2. “TEST” begins blinking.
5. When you get a visible muscular response to the current, press **AUTO** again. If you press too late, or want to start again for any reason, press and hold **AUTO** for two seconds.
6. The recommended amplitude will be set automatically for both channels and the program will start.

If you only want to use one channel, follow steps 1–3 above, then wait a few seconds for the right amplitude to be set.

Even if you use automatic amplitude settings, you can raise or lower the amplitude at any time by pressing ▲ or ▼ until the stimulation feels pleasant. Remember that you have now left the automatic amplitude setting.

THE PROGRAMS

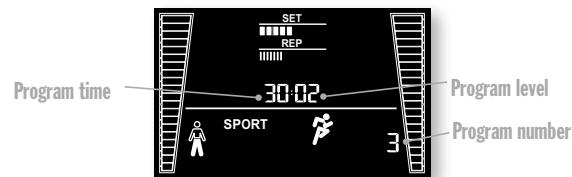
The CEFAR MYO XT and CEFAR ACTIV XT have preset programs for SPORT, FITNESS and WELLNESS.

The display illustrates each type of program with a symbol:

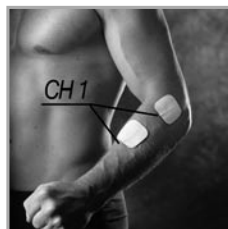
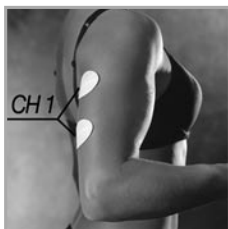
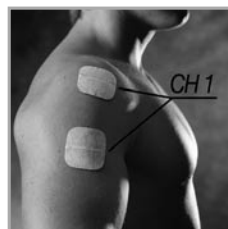
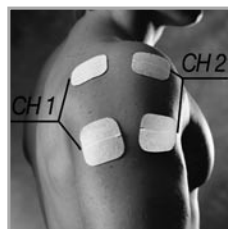
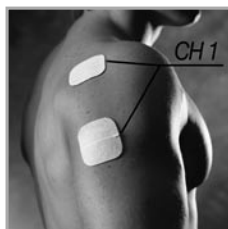
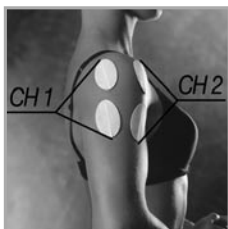
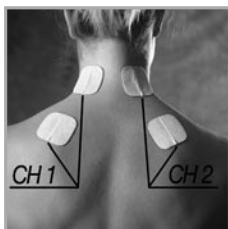


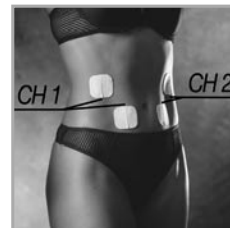
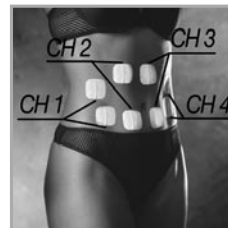
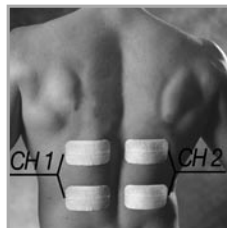
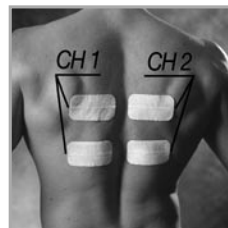
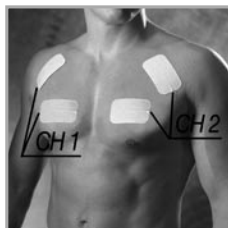
Each program also has a number, shown at the bottom right of the display. See the program numbers in the program overview for an explanation (Page 8).

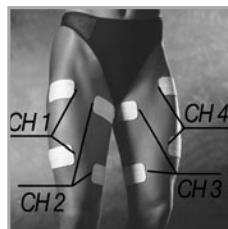
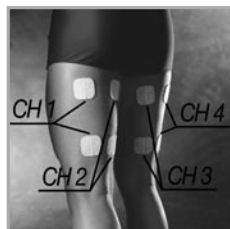
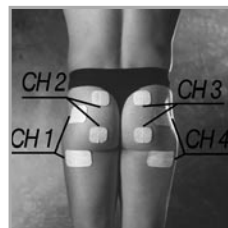
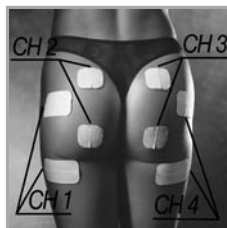
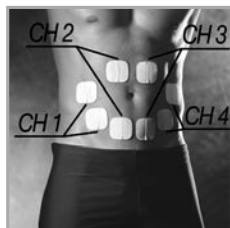
The program levels are shown in the display. Maximum force 1 is lighter than Maximum force 3.

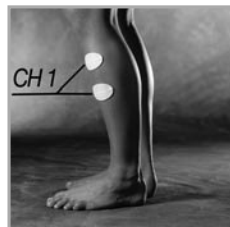
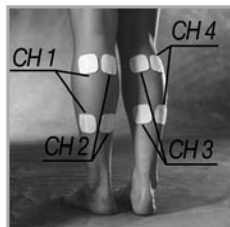
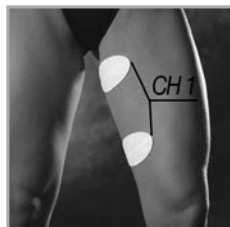


The programs consist of sets and reps, just like regular muscle training principles – CEFAR EASY TRAINING™. At the top of the display, you see how many sets a program contains and how many reps each set has. There is a pause between each set. The pause time is counted down in the display, so you know when the next set begins.











CEFAR Medical AB | Ideon Science Park | Scheelevägen 19A | SE-223 70 Lund | Sweden
Tel +46 (0)46 38 40 50 | Fax +46 (0)46 38 40 60 | E-mail info@cefar.se | www.cefar.se