

COMPEX ®

PRODUCT CATALOGUE



COMPEX RANGES

MUSCLE STIM

BRACING & SUPPORTS

THERAPY

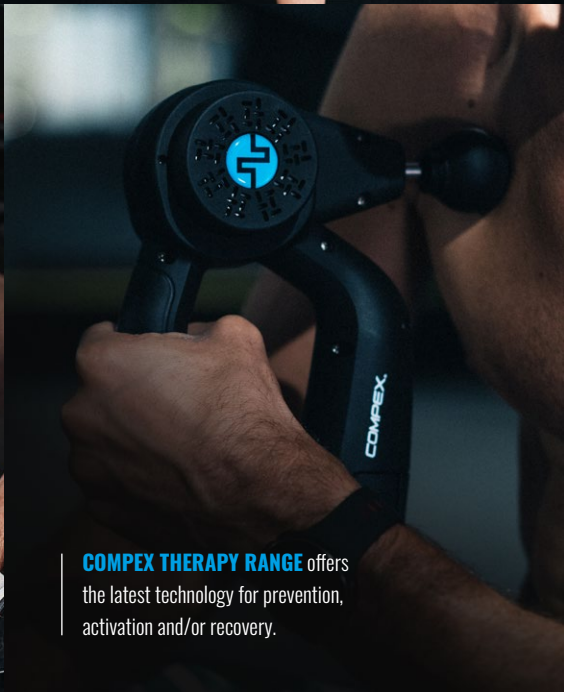
Massage, Tape, Hot & Cold

COMPEX MUSCLE STIM trains your muscles in a way that traditional workouts alone cannot. It is a "best kept secret" that many elite athletes and fitness enthusiasts use to enhance their workouts, training and recovery programs.

Muscle Stim is not a miraculous technique, it is very simple and precisely reproduces the processes that occur when our brain orders muscles to contract by sending electric pulses to your motor nerves in order to create muscle contractions. It respects how our body works.



COMPEX BRACING utilizes the robust product portfolio of DJO/DONJOY to build technical bracing, compression and supports for the athlete seeking to maximize their performance.



COMPEX THERAPY RANGE offers the latest technology for prevention, activation and/or recovery.

MUSCLE STIM

TRAINING

- Improve muscle strength
- Optimize training
- Prevent injuries

WELLNESS

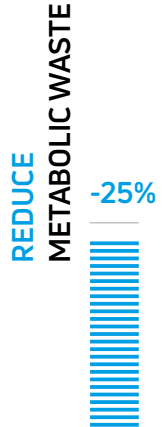
- Sculpt your body
- Tone your muscles
- Shape your body • Relax

RECOVERY

- Reduce muscle soreness
- Recover after training
- Reviving massage

PAIN RELIEF

- Reduce muscle tension
- Relieve muscular and joint pains
- Reduce heavy legs • Treat tendinitis



* Scientific studies available on complex.com



Equipped with unique MI (muscle intelligence) technology, Complex stimulators adapt to each of your muscles to provide the most effective electrostimulation possible, while offering greater comfort and better performance.

MI-SCAN Scans the muscle and automatically adjusts stimulator parameters to your physiology

MI-TENS Makes it easier to adjust stimulation levels for pain relief programs to ensure optimal results

MI-AUTORANGE A brand new feature that enables your Complex module to determine the most appropriate level of stimulation automatically

MI-ACTION Optimizes session effectiveness by combining voluntary contractions with muscle stimulated contractions, giving you total control over your workout

MI-RANGE Indicates the optimal level of stimulation to use for Recovery and Massage programs



MUSCLE STIM SPORT

*Build your Power
Improve Performance
Recover Faster*



SP 8.0 + WOD EDITION

RECOVER FASTER, ENHANCE PERFORMANCE, STRENGTH AND ENDURANCE, HELPS AVOID INJURY AND MANAGE PAIN

Our top of the range Wireless stimulator designed for athletes who train and compete on a regular basis. SP 8.0 includes our brand new MI-Autorange feature that continually brings you better results. **wireless technology**



SP 6.0

IMPROVES STRENGTH AND RESTORES MUSCLE VOLUME, HELPS RELAX AND RECOVER FASTER

For dedicated athletes, SP 6.0 includes all the electrostim functions, but with wireless features giving freedom of movement. Its easy-to-use color screen includes electrode placement! **wireless technology**



SP 4.0

IMPROVES STRENGTH AND RESTORES MUSCLE VOLUME, HELPS RELAX AND RECOVER FASTER

Includes all the basic electrostimulation features and MI-technology, SP 4.0 also offers rehabilitation programs that can be helpful for athletes with frequent injuries who practice their activity 3 times per week. **wired technology**



SP 2.0

TONES THE MUSCLES, SCULPTS THE BODY, HELPS RELAX AND RECOVER FASTER

With all the basic electrostimulation features and MI-technology, SP 2.0 is the ideal partner for athletes who practice their activity 1 or 2 times per week. **wired technology**

MATT FRASER

4x CrossFit Games Champion



FREE 1 YEAR WARRANTY EXTENSION
TOTAL = 2 + 1 years

MUSCLE STIM **FITNESS**

INCREASE YOUR STRENGTH
SCULPT YOUR BODY
TONE YOUR MUSCLES



FIT 5.0

DEVELOPS YOUR MUSCLES, SCULPTS YOUR BODY
AND HELPS YOU RELAX

Designed for those who work out daily, Fit 5.0 is the ultimate product in the range, as it also includes Complex wireless technology. Delivered with 2 stimulation modules, Fit 5.0 is also modular, with the option to add 2 additional modules for even more effective performance. **wireless technology**



FIT 3.0

RESTORES STRENGTH
AND MUSCLE TONE WHILE
RELIEVING PAIN

Including MI-technology as well as all the basic electrostimulation features, Fit 3.0 also offers massage programs for fitness fans who practice their activity 3 times per week. **wired technology**



FIT 1.0

SCULPTS THE BODY,
TONES THE ABS AND
RELIEVES PAIN

The stimulator for fitness and health fans who practice their activity 1 to 2 times per week. **wired technology**



FREE 1 YEAR WARRANTY EXTENSION
TOTAL = 2 + 1 years

MUSCLE STIM PROGRAMS

CONDITIONING

	SP 2.0	SP 4.0	SP 6.0	SP 8.0	SP 8.0 ^{wood}	FIT 1.0	FIT 3.0	FIT 5.0
7	10	10	13	13	0	0	0	
ENDURANCE To improve performance for endurance sports	•	•	•	•	•			
RESISTANCE To improve ability to provide sustained effort	•	•	•	•	•			
STRENGTH To increase maximum strength and speed of muscle contraction	•	•	•	•	•			
EXPLOSIVE STRENGTH To improve explosivity	•	•	•	•	•			
MUSCLE BUILDING To increase muscle tone and volume	•	•	•	•	•			
WARM-UP To prepare muscles before a competition	•	•	•	•	•			
CAPILLARISATION To increase blood flow	•	•	•	•	•			
CROSS-TRAINING To train different muscles to work through different working sequences		•	•	•	•			
CORE STABILISATION To strengthen the abs and lower back		•	•	•	•			
HYPERTROPHY To significantly increase muscle volume		•	•	•	•			
OVERCOMPENSATION To improve endurance or muscle resistance in precompetitive phase				•	•			
ANKLE TWIST PREVENTION To improve ankle strength				•	•			
POTENTIATION To prepare muscles before competition (short distance)				•	•			

PAIN MANAGEMENT

	6	8	8	10	10	1	8	10
PAIN MANAGEMENT TENS To alleviate all types of localised pain	•	•	•	•	•	•	•	•
REDUCE MUSCLE TENSION To decrease muscle tension	•	•	•	•	•		•	•
MUSCLE PAIN To create analgesic actions to block pain	•	•	•	•	•		•	•
BACK PAIN To reduce pains in the back	•	•	•	•	•		•	•
HEAVY LEGS To eliminate heavy leg sensation	•	•	•	•	•		•	•
CRAMP PREVENTION To prevent cramps	•	•	•	•	•		•	•
NECK PAIN To reduce pains in the neck	•	•	•	•	•		•	•
TENDINITIS To decrease persistent tendinitis pains	•	•	•	•	•		•	•
LUMBAGO To block the transmission of acute lower back pain	•	•	•	•	•			•
EPICONDILITIS To decrease persistent elbow pains	•	•	•	•	•			•

FREE 1 YEAR WARRANTY EXTENSION

TOTAL = 2 + 1 years

MUSCLE STIM PROGRAMS

FITNESS

	SP 2.0	SP 4.0	SP 6.0	SP 8.0	SP 8.0 ^{wood}	FIT 1.0	FIT 3.0	FIT 5.0
FIRM YOUR ARMS To recover muscle firmness	4	5	5	10	10	8	9	14
TONE YOUR THIGHS To work on toning thighs	•	•	•	•	•	•	•	•
FIRM YOUR STOMACH To regain a slimmer waist	•	•	•	•	•	•	•	•
SHAPE YOUR BUTTOCKS To tone and firm buttocks	•	•	•	•	•	•	•	•
GET A 6-PACK To strengthen and tone the abs		•	•	•	•	•	•	•
BUILD YOUR PECS To increase pecs muscle volume				•	•	•	•	•
GET STRONGER BICEPS To increase biceps muscle volume				•	•	•		•
LYMPHATIC DRAINAGE To treat swelling of the feet and ankles				•	•		•	•
BUILD YOUR SHOULDERS To increase shoulder muscle volume				•	•			•
BODY POWER To improve muscle strength with a slight increase in volume				•	•			•
MUSCLE BUILDING To increase muscle tone and volume							•	•
CAPILLARISATION To increase blood flow							•	•
CROSS-TRAINING To train different muscles to work through different working sequences								•
WARM-UP To prepare muscles before a competition								•
STRENGTHEN QUADS To improve quad strength						•		•

RECOVERY/MASSAGE

	3	5	5	5	5	1	2	4
RELAXING MASSAGE To generate a relaxing effect	•	•	•	•	•	•	•	•
TRAINING RECOVERY To recover after physical effort	•	•	•	•	•			•
REDUCE MUSCLE SORENESS To reduce duration and intensity of muscle soreness	•	•	•	•	•			•
REVIVING MASSAGE To relieve feelings of tiredness		•	•	•	•		•	•
COMPETITION RECOVERY To recover after intense muscle fatigue		•	•	•	•			

REHABILITATION

	0	2	2	2	2	0	1	2
MUSCLE ATROPHY To restore muscles that have been inactive for a long period of time		•	•	•	•		•	•
REINFORCEMENT To complete rehabilitation once the muscles have been restored		•	•	•	•			•

TOTAL PROGRAMS

	20	30	30	40	40	10	20	30
--	----	----	----	----	----	----	----	----

MUSCLE STIM **ACCESSORIES**



RIGID TRAVEL CASE



PROTECTION SLEEVE

- With lanyard for wireless units



PROTECTION SLEEVE

- For wired units



TRAVEL POUCH



2 WIRELESS MODULES

- For Compex Fit 5.0



ELECTRODE GEL AND MOTOR POINT PEN



ELASTIC STRAPS



ELECTRODES 50x50mm

- 1 snap (Easysnap™ Performance)



ELECTRODES 50x100mm

- 1 snap (Easysnap™ Performance)



ELECTRODES 50x100mm

- 2 snap (Easysnap™ Performance)

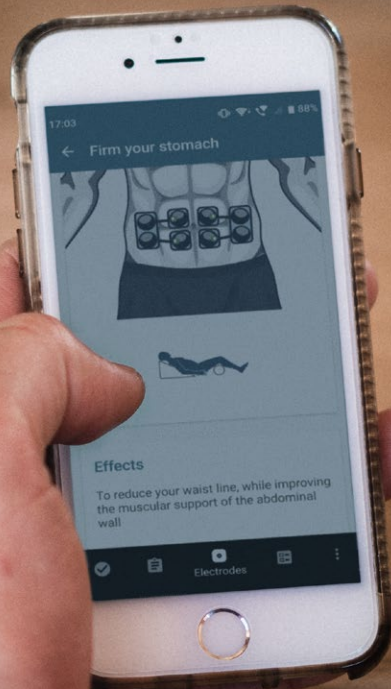


TRAINING GUIDES

- (marathon, cycling, triathlon, etc.)

COMPEX APP

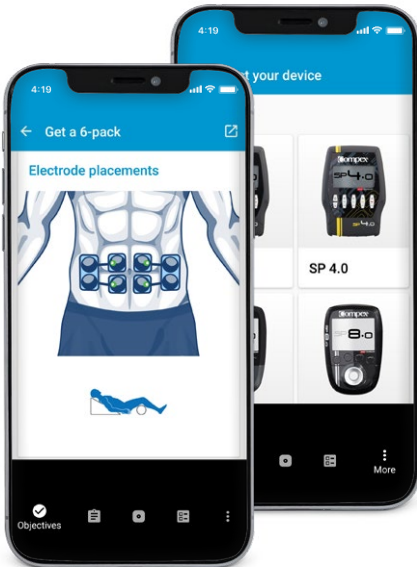
Complex Coach App will guide you to set up your objectives, help you plan your training and remind you when to have your next Complex session. You can also easily share your sessions with your friends.



DOWNLOAD THE FREE
COMPEX APP

Download on the
App Store

GET IT ON
Google Play



This app doesn't control your Complex device, it is meant to be used as a management tool.

FEATURES

- Find an objective that fits your needs (like Prepare for a marathon, triathlon or cycling race, Treat back pain or tendinopathy, Increase your strength...) and set up your plan to reach it
- Shows you the correct electrode placements
- Displays precise images of electrodes placements and position on the body according to the programme
- Explains how to manage the stimulation intensity according to the programme
- Provides you with full details of each Complex programme (description, usages, effects, stimulation intensity, electrodes placements)
- Explains how muscle stimulation works

BRACING AND SUPPORTS

FEATURES

LEVEL OF SUPPORT ●●●○

- Ergonomically designed weightlifting knee support in breathable material to maximize comfort
- 5 mm perforated neoprene support

5mm KNEE BLACK / CAMO



5mm KNEE

2X
SOLD IN PAIRS

5mm KNEE CAMO

RECOMMENDED FOR

Knee support, compression, stabilization, general knee pain, mild strains and sprains



BRACING LOWER EXTREMITY

PINPOINT KNEE STRAP



LEVEL OF SUPPORT ●○○○

- Pinpoint technology delivers comfortable and targeted support to help relieve pain
- Adjustable support
- Fits left or right

RECOMMENDED FOR

Patellar tendonitis and chronic tendinosis

TRIZONE KNEE



LEVEL OF SUPPORT ●●○○

- Low profile knee sleeve with targeted compression zones
- Silicone bands reinforce support, similar to athletic taping
- Available in left and right versions

RECOMMENDED FOR

Repetitive motion or fatigue symptoms, minor strains, inflammation and swelling and to reduce stress on the knee

WEBTECH KNEE



LEVEL OF SUPPORT ●●○○

- Unique silicone structure surrounds and stabilizes the patella
- Shock absorbing stretch silicone helps diffuse tensions
- Bilateral hinges provide stability
- Ergonomic, lightweight design

RECOMMENDED FOR

Minor anterior knee pain, minor lateral and knee instability, overuse symptoms and to reduce stress on the knee

WEBTECH PATELLA



LEVEL OF SUPPORT ●●○○

- Silicone membranes surround and stabilize the patella
- Shock absorbing stretch silicone helps diffuse tensions
- Lightweight, low profile design
- Fits left or right

RECOMMENDED FOR

Minor anterior knee pain, knee instability, overuse symptoms and to reduce stress on the knee

BRACING LOWER EXTREMITY

WEBTECH PATELLA STRAP



LEVEL OF SUPPORT ●●●○

- Silicone strap applies even pressure to the patellar tendon
- Padded back strap for comfort
- Fits left or right

RECOMMENDED FOR

Pressure relief around the patella

BIONIC KNEE



LEVEL OF SUPPORT ●●●○

- Wrap design for ease of application
- Bilateral hinges help support and protect unstable joints
- Anti-slip technology prevents brace from sliding
- Fits left or right

RECOMMENDED FOR

Minor lateral and knee instability, overuse symptoms and minor knee sprains

DEFENDER KNEE



LEVEL OF SUPPORT ●●●○

- Engineered to absorb maximum impact
- Lightweight comfort

2X
SOLD IN PAIRS

RECOMMENDED FOR

Bruises (contusions), abrasions and friction burns

TRIZONE CALF



LEVEL OF SUPPORT ●●●○

- 3 compression zones strategically placed around shin and calf
- Silicone bands offer targeted muscle support
- Fits left or right

2X
SOLD IN PAIRS

RECOMMENDED FOR

Overuse symptoms, minor inflammation/swelling and stiff/achy joints

BRACING LOWER EXTREMITY/BACK

LACE-UP ANKLE

LEVEL OF SUPPORT ●○○○



- Lightweight, easy-to-apply brace with Figure 8 and circumferential straps
- Stabilize the heel and prevent ankle sprains
- Fits left or right

RECOMMENDED FOR

Ankle sprains and strains and ankle instability

TRIZONE ANKLE

LEVEL OF SUPPORT ●●○○



- Compressive knit provides support and stability
- Tape-like silicone bands reinforce support
- Fits left or right

RECOMMENDED FOR

Repetitive motion or fatigue symptoms, weak ankles, minor sprains or strains in ligaments and tendons

BIONIC ANKLE

LEVEL OF SUPPORT ●●●○



- Single strap closure for ease of application
- Bilateral stabilizers help reduce risk of ankle rollover
- Low profile design, comfortably fits in all shoes
- Available in left and right versions

RECOMMENDED FOR

Symptoms of instability or overuse and mild to moderate ankle sprains/strains

BIONIC BACK

LEVEL OF SUPPORT ●●●○



- Semi-rigid stays help improve posture and reduce lower back strain
- Wrap design for ease of application

RECOMMENDED FOR

Minor lower back pain, muscle weakness and lumbar support

BRACING UPPER EXTREMITY

WRIST WRAP



LEVEL OF SUPPORT ●○○○

- Protective adjustable wrist support helps limit harmful movements
- Movable and lightweight foam pads
- Fits left or right

RECOMMENDED FOR

Range of motion protection, wrist instabilities, mild strain and sprains and tendonitis

TRIZONE TENNIS/GOLF ELBOW



LEVEL OF SUPPORT ●●○○

- Elastic compressive elbow band
- Silicone band provides targeted support
- Fits left or right

RECOMMENDED FOR

Minor soreness and to reduce stress on the elbow

TRIZONE ARM



LEVEL OF SUPPORT ●●●○

- Elastic knitted arm sleeve with zonal compression
- Tape-like silicone bands reinforce support
- Fits left or right

RECOMMENDED FOR

Repetitive motion or fatigue symptoms, strains, minor inflammation and swelling

DEFENDER ELBOW



LEVEL OF SUPPORT ●●●○

- Engineered to absorb maximum impact
- Lightweight comfort

RECOMMENDED FOR

Bruises (contusions), abrasions and friction burns

2X
SOLO TO Pairs

COMPEX THERAPY

MASSAGE

Compex FIXX™ 1.0

HOT/COLD

Gel Packs, Spray, Coldform Bracing

COMPEX TAPE



COMPEX FIXX™ 1.0

FEATURES

The Complex Fixx™ 1.0 massager provides the ultimate deep tissue massage for sore and overworked muscles. Fixx massager adjusts to 3 different speeds ranging from 25, 33, and 46 strokes per second. Combining speed and hand pressure customizes your massage to meet your needs and requirements for recovery. Fixx massager can help reduce soreness, loosen tight muscles, and can be used for warm up prior to activity.

3 Speeds: 25sps, 33sps and 46sps*

Amplitude: 14mm

Weight (with battery and tip): 990gr

Battery lifespan: 90min

Battery charging time: 120min

Set content:

- 1 Complex Fixx 1.0 massager
- 1 premium travel case
- 1 battery • 1 power adapter
- 1 charging dock
- 1 tip • 1 instruction for use

Available accessories: 2 tips (cone and pad) • Battery

RECOMMENDED FOR

- Muscle soreness • Loosening tight muscles
- Warming up prior to activity



*stroke per second

COMPEX TAPE

Compex kinesiology tape is an elastic, non-medicated, adhesive tape, made of high-quality cotton with an acrylic adhesive layer. Compex tape can be worn for several days, is free from latex and is water resistant.



BLACK



PINK



BEIGE



BLUE

FEATURES

Supports muscles, removes congestion to the flow of body fluids, corrects joint problems, improves proprioception and relieves musculoskeletal pain.

RECOMMENDED FOR

- Relieving pain • Increasing body awareness, proprioception • Increasing blood circulation and activating the lymphatic system
- Activating healing systems in the body • Increasing muscle functions and movements
- Providing structural support to joints and muscle movements

HOT/COLD THERAPY



REUSABLE GEL PACKS



FEATURES

The ideal product for both injury management and injury prevention.

- Stays flexible even when frozen
- Microwaveable
- Reusable
- Dimensions: 29x27 cm or 21x14 cm

RECOMMENDED FOR

- Soothing aches, pains, bumps and bruises
- Pain relief, reducing swelling and alleviating muscle cramps



The gel pack includes a sleeve for applying the pack directly to the skin

COLD SPRAY



FEATURES

Compex cold spray (400 ml) for fast treatment of sports injuries. Spray evenly over the injured area to be treated.

RECOMMENDED FOR

- Reducing swelling by rapid evaporation cooling
- All sports first aid kits

HOT/COLD THERAPY

COLDFORM KNEE



COLDFORM UTILITY



COLDFORM BACK



Gel pack

Complex Hot/Cold therapy helps reduce swelling and pain, accelerating recovery through movable hot/cold gel pack and a compression wrap

FEATURES

Fits left or right.

Coldform Utility for treatment of the Foot/Ankle, Shin, Thigh, Elbow, Arm.

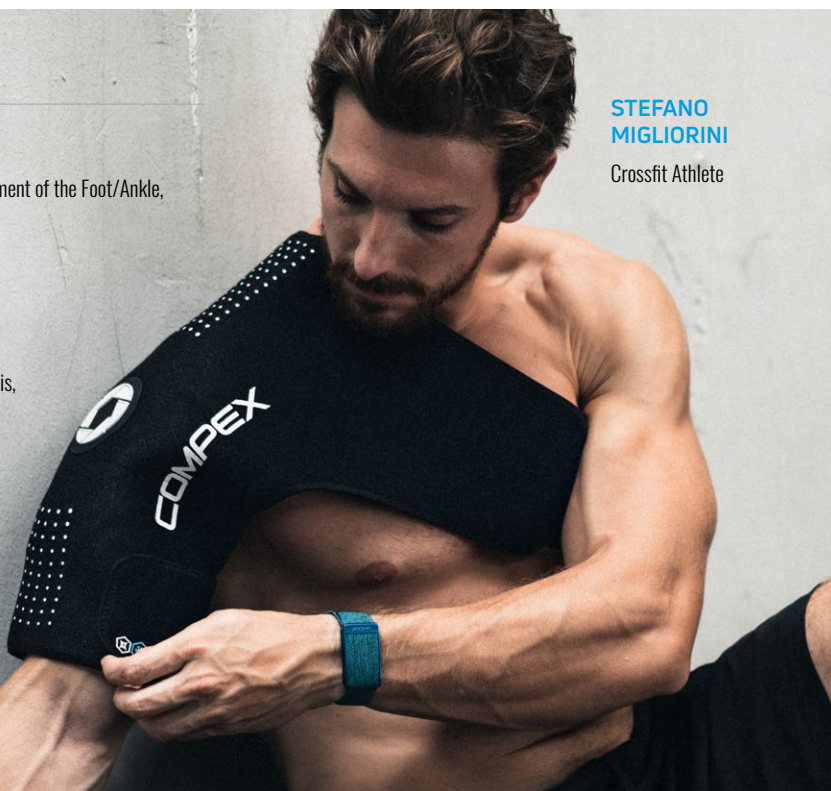
RECOMMENDED FOR

General Pain, Swelling, Sprains and Strains, Tendonitis, Overuse Injuries

COLDFORM SHOULDER

STEFANO MIGLIORINI

Crossfit Athlete





COMPEX 

FREDERIK VAN LIERDE

Ironman Triathlon
World Champion
Complex athlete

COMPEX.COM

 COMPEXINTER

 @COMPEX_INT

 COMPEXINTER

 COMPEXINFO

The Complex devices stimulate the motor neurons in healthy people to improve muscle performance, increase blood flow and allow your muscle fibres to relax. The product is also intended to stimulate the sensory nerves in order to obtain analgesic effects. Complex electrostimulators have a medical certificate and are regulated in accordance with CE legislation.

Back cover photograph by Christophe Guiard